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**Last Updated:** October 21, 2021

## Annapurna Circuit Trek - ANTA

18 days: Kathmandu to Kathmandu

### What's Included

- Your Welcome Moment: Meet Your CEO and Group
- Your Local Living Moment: Narchyang Community Homestay, Narchyang
- English-speaking local guide and full support team of porters and assistants for the Annapurna Circuit trek between Besi Sahar, Muktinath, Jomson, Pokhara
- All transport between destinations and to/from included activities

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

**VERY IMPORTANT:** Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

**VALIDITY:** Valid for all trips departing January 1st, 2020 and onwards

### Itinerary

**NOTE:** Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

#### Day 1 Kathmandu

Arrive in Kathmandu at any time.

##### Your Welcome Moment: Meet Your CEO and Group

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

#### Day 2 Kathmandu/Jagat

Travel to Besi Sahar and then on to Syange via local bus. From Syange, head out on a short trek to Jagat and take in the beautiful hot springs along the way.

##### Private Vehicle

Kathmandu – Besi Sahar 5h-6h

Settle in and scan the scenery from the convenience of a private vehicle.

##### Local Bus

Besi Sahar – Syange

Climb aboard, grab a seat, and enjoy the ride.

##### Jagat Trek

Syange – Jagat 2h

Enjoy a short trek from Besi Sahar, offering the first glimpse of the Himalayan peaks, and a challenging climb to reach the village of Jagat.

#### Day 3 Jagat/Bagarchh

Begin 11 days of challenging trekking in one of the highest mountain ranges on Earth. Experience stunning Alpine pastures, forests of rhododendron, temples, rural villages and local people, waterfalls, glaciers, and some of the most spectacular mountain scenery known to man.

For almost 2 weeks, we immerse ourselves into the spectacular mountain wilderness of the Annapurna Range. At 8,091m (26,545ft) Annapurna 1 is one of the highest mountains in the world. Its surrounding sister mountains are equally imposing, creating magnificent panoramas from any view point. Throughout the trek we come across isolated mountain communities, each observing different ancestral customs and traditions, resulting in not only a visually superb expedition but also a culturally rich one. Amid the rugged mountain scenery, we meet warm and welcoming locals herding yaks and goats on grassy pastures, and visit their monasteries and temples. Along the way, we see waterfalls of melted snow, cross icy rivers, broad plains, and high mountain passes and reward ourselves with a soak in natural hot springs (you've earned this!). The trekking is challenging, averaging 6-7 hrs a day, often at high altitudes. The highest point we reach, occurring on Day 9, is the 5,416m (17,769ft) Thorung Pass.

Given the dangers of altitude sickness, it is imperative that we take at least 3 days to ascend to this height. A couple of days are also allowed for rest and acclimatisation.

Details for the trek are as follows. Please note however that the exact itinerary can vary due to unforeseen circumstances including weather conditions or bandhs (strikes) called by the government.

#### **Annapurna Circuit Trek Day 1**

Jagat – Bagarchhap 5h-6h 17km

Cross breathtaking landscapes and winding paths around the mountains. Steep sided valleys filled with lush vegetation line the way to Bagarchhap.

#### **Day 4 Bagarchhap/Chame**

Trek from Bagarchhap to Chame (2,670m, 8,760ft).

#### **Annapurna Circuit Trek Day 2**

Bagarchhap – Chame 6h-7h 21km

Trek from Bagarchhap to Chame and watch as the scenery changes to more Alpine surroundings. Breathe in the fresh mountain air.

#### **Day 5 Chame/Pisang**

Trek from Chame to Pisang (3,300m, 10,827ft).

#### **Annapurna Circuit Trek Day 3**

Chame – Pisang 7h-8h 16km

Leaving the village of Chame behind, walk out past the prayer wheels and cross wide rivers and pine forests on the way to Pisang.

#### **Day 6 Pisang/Manang**

Trek from Pisang to Manang (3,540m, 11,614ft).

#### **Annapurna Circuit Trek Day 4**

Pisang – Manang 6h-7h 12km

Cross the Marsyandi River on the way out to Manang. Leaving Pisang behind, head out west, passing several small villages and fascinating Buddhist monasteries before arriving at Manang, the largest village in the area. Stop in Manang overnight.

#### **Day 7 Manang**

Enjoy a rest day at Manang.

#### **Acclimatization Day**

The dramatic setting of Manang makes for a pleasant rest and acclimatization day with the added benefit of hot showers. The best way to acclimatize is to do some high climbing then return to the lower altitude of Manang for sleeping.

#### **Day 8 Manang/Yakkharka**

Trek from Manang to Yak Kharta (4,018m, 13,182ft).

#### **Annapurna Circuit Trek Day 5**

Manang – Yakkharka 6h-7h 9km

Trek through Manang, where the altitude continues to rise as the route snakes through the mountains and up to Yakkharka. Enjoy gorgeous views of the Annapurna range during the hike and from the tea house at Yakkharka.

#### **Day 9 Yakkharka/Phedi**

Trek from Yak Kharka to Phedi (4,450m, 14,600ft).

#### **Annapurna Circuit Trek Day 6**

Yakkharka – Phedi 3h-4h 5km

Trek from Yakkharka via pastures of grazing yak, small chortens and streams before arriving at Phedi.

#### **Day 10 Phedi/Muktinath**

Trek from Phedi to Muktinath (3,800m, 12,467ft).

#### **Annapurna Circuit Trek Day 7**

Phedi – Muktinath 8h-9h 13km

This is a tougher uphill day walking up to Muktinath. Keep a slow steady pace and enjoy the views while hiking.

#### **Day 11 Muktinath/Kalopani**

Take a local bus to Kalopani and view the contrasting yellow hills against green farmland of the valley floor. View the Kali Gandaki, home to the deepest canyons.

#### **Acclimatization Day**

Full Day

Enjoy some time away from the trek to adjust to the higher altitude. Take it easy, enjoy the scenery, drink plenty of fluids, and prepare for the next day's hiking.

#### **Local Bus**

Muktinath – Kalopani 4h-5h

Climb aboard, grab a seat, and enjoy the ride.

#### **Day 12 Kalopani/Tatopani**

Cross a suspension bridge and switchback across the river. Spend 3-4 hours trekking through waterfalls, bridges, varieties of trees, and small communities to reach Tatopani. Settle into your homestay for the night in Narchyang Village, located on the opposite side of Tatopani.

#### **Annapurna Circuit Trek Day 8**

Kalopani – Tatopani

Reaching Tatopani (1,630m/5348ft) today will require crossing over suspension bridges, through villages, across orange, lemon, and banana trees, with stunning views of the Annapurna South range. After 3-4 hours of trekking arrive for a rest in Tatopani.

#### **Your Local Living Moment: Narchyang Community Homestay**

Set in the lower village, the Narchyang homestay offers a glimpse into traditional village life. Learn about the Magar culture and the Magar Kura language from your hosts and embrace this unique opportunity to live like a local. Get to know your hosts more over dinner as you enjoy a homemade meal of Nepali Dhido Set - typical cuisine for the area. Set in the lower village, the homestay provides the perfect starting point for exploring. Hike to the upper village for spectacular mountain views.

**Meals included: Lunch | Dinner**

#### **Day 13 Tatopani/Sikha**

Climb a stairway of stone steps and cross a suspension bridge. Reach a mesmerizing view of ascending levels of teahouses and lodges with the mountains surrounding. Today's hike will be 4-5 hours.

#### **Annapurna Circuit Trek Day 9**

Tatopani – Sikha 4h-5h

Leave Tatopani, crossing a bridge just outside the village and head to Sikha (3,108m, 10,197ft) along a paved path that, at places, seems to be made of marble. Pass through several small villages along the way.

**Meals included: Breakfast**

#### **Day 14 Sikha/Ghorepani**

Today trek from Sikha to Ghorepani (2,785m, 9,137ft). View local villages, teahouses, and settlements along the uphill route.

## **Annapurna Circuit Trek Day 10**

Sikha – Ghorepani 5h-6h 8km

From Sikha, take a route steeped in history all the way to Ghorepani; myths and stories of the origins of the indigenous people of the Annapurna region abound. The views of Machhupuchare and the Himalayas from Ghorepani are absolutely spectacular on a clear day.

## **Day 15 Ghorepani/Birethanti**

Enjoy an early morning excursion to Poon Hill. Then venture through Poonhill to Ramghai, enjoying spectacular views of the Annapurna range along the way. Cross through forests, streams, and bridges to reach the final destination, Birethanti.

### **Poon Hill Excursion**

Ghorepani – Poon Hill 1h30m 1-2km

Take in the incredible mountain scenery that lines the route from Ghorepani to Poon Hill. Enjoy the views across rhododendron forests and of spectacularly coloured birds during the trek. Arrive at Poon Hill to enjoy some of Nepal's best vistas.

## **Annapurna Circuit Trek Day 11**

Poon Hill – Birethanti 8h-9h 14km

Trek from Poon Hill to Birethanti. The views from Poon Hill are absolutely stunning and are known to be among the best in the area.

## **Day 16 Birethanti/Pokhara**

Take a short hike from Birethanti to Nayapul where our bus will be waiting to take us to Pokhara. Rest and take a well-deserved shower in this lakeside resort town.

### **Hike from Birethanti to Nayapul**

Birethanti – Nayapul

Complete the final leg of your trek with a 30 minute hike to Nayapul where the bus awaits.

### **Private Vehicle**

Nayapul – Pokhara 1h30m

Settle in and scan the scenery from the convenience of a private vehicle.

## **Day 17 Pokhara/Kathmandu**

Return to Kathmandu.

We travel back to Kathmandu where the rest of the day is free for shopping, sightseeing, or relaxing in one of the many rooftop cafés.

Want to take the fast route back to Kathmandu? Book the Pokhara to Kathmandu flight extra. Speak to your Global Connection Officer or travel agent about booking.

### **Private Vehicle**

Pokhara – Kathmandu 5h-6h

Settle in and scan the scenery from the convenience of a private vehicle.

### **Free Time**

Kathmandu Evening

Enjoy some free time in Khatmandu by shopping, sightseeing, or simply enjoying a cup of warm chai in a roadside café.

## **Optional Activities - Day 17**

### **Flight: Pokhara to Kathmandu**

Pokhara – Kathmandu

Swap the scenic route for speed. Opt to upgrade to a flight straight from Pokhara to Kathmandu and give yourself more time to explore the sights of Kathmandu.

## **Day 18 Kathmandu**

Depart at any time.

## Departure Day

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

## What's Included

Your Welcome Moment: Meet Your CEO and Group

Your Local Living Moment: Narchyang Community Homestay, Narchyang. English-speaking local guide and full support team of porters and assistants for the Annapurna Circuit trek between Besi Sahar, Muktinath, Jomson, Pokhara. All transport between destinations and to/from included activities.

## Highlights

Take in stunning Himalayan views, experience high passes and prayer flags, stay in tea house lodges and tiny hamlets, Visit sacred temples and monasteries, Enjoy a day to trek Poon Hill or unwind

## Dossier Disclaimer

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VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

## Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

## Important Notes

1. Weather conditions in the Himalayas can change rapidly and our CEO may be forced to change the trip itinerary accordingly. Travellers need to be prepared for all weather conditions. For more information please read the "what to take" section of these trip notes.

2. While our itineraries are designed to allow for adequate acclimatisation you are likely to feel the effects of altitude sickness and oxygen deprivation whilst on this trek. Please be aware that your CEO may deem it unsafe for you to continue trekking at any time, and arrange for you to descend to a lower altitude.

3. REQUIRED-In order for us to obtain the Annapurna trekking permit for our passengers, we require the following documents prior to departure.

- 1) A scanned colour passport copy
- 2) A scanned colour copy of two passport sized photographs

### 4. DRONES IN NEPAL

Please note that drones and the flying of drones are prohibited in Nepal. If you violate these regulations the police may take you into custody.

## Group Leader Description

All G Adventures group trips are accompanied by one of our Chief Experience Officers (CEO). The aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting - we think it's the best of both worlds.

## Group Size Notes

Max 15, Avg 10

## Meals Included

1 breakfast, 1 lunch, 1 dinner

## Meals

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. Included breakfasts will usually be asian style consisting of noodles or congee (rice porridge) or bread and eggs. Vegetarians will be able to find a range of different foods, although in some areas the choice maybe limited. While trekking in remote regions food is included, plentiful and made of fresh local ingredients. For all trips please refer to the meals included and budget information for included meals and meal budgets.

## Transport

Bus, walking.

## Local Flights

All local flights are included in the cost of your tour unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

## Solo Travellers

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

## Accommodation

Hotels/guesthouses (3 nts), homestay (1 nt), tea house lodges (13 nts).

## About Accommodation

A tea house is the combination of guest house, restaurant, and social hang out. Private rooms are available in most tea houses, except for high altitudes ones where it will be just dormitories. The lodges are fairly basic. The rooms are sparse with twin beds and very little additional furniture. Blankets are generally provided. Most bathrooms are shared and toilets can be either squat type or western style. Most tea houses have running water. The majority of tea houses only have cold showers, a few may have hot water available at an additional cost. However, we discourage our groups from using water heated by wood, as lack of firewood in villages is a big environmental concern in Nepal.

There is a large dining room-cum-lounge, warmed by the bukhara stove (an iron cylinder, fitted with a chimney duct, in which a log fire is lighted). There is normally no electric lighting in the rooms unless the village has hydroelectric power. The dining room usually has solar lighting. Some tea houses now also have electricity for charging small appliances - mobile phones and cameras - and there may be a small charge for this.

During a tea house trek you will usually have breakfast and dinner at the tea house, lunch will be eaten at one of the trail side restaurants. Every tea house serves the traditional Nepali meal Dal Bhat (rice and lentils), as well as a variety of different food items, such as rice, vegetables, noodles, potatoes and soup. Some have Nepali versions of western food such as pizza, pasta and french fries. Soft drinks, snacks and beer are available in most of the tea houses and trail side restaurants. And, of course, Nepali milk tea is served everywhere.

All tea houses have boiled water for trekkers. We discourage the purchase of bottled water while on the trail. The plastic bottles are difficult to dispose of and have become an environmental problem.

## Joining Hotel

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

## Joining Instructions

When arriving into Tribhuvan Intl Airport in Kathmandu you will notice how small the city really is. It is on 7km from the downtown area and the only way to get there is by taxi. You can arrange a prepaid taxi from the counter outside of the baggage hall run by the Airport Queue Taxi Service Management Committee for about 700-800 NPR. Please be aware of people wanting to help you with your bags as they will ask for money once you get to your taxi.

If you have paid for an arrival transfer when you booked your trip our driver will be waiting for you with a G Adventures Sign with your name on it. Please check carefully once you exit the baggage hall as there seem to be hundreds of people waiting outside in the arrival area.

Please note that Day 1 is an arrival day and no activities have been planned for that day other then your welcome meeting in the evening, so you can arrive at any time. Similarly the last day is a departure day during which no activities have been planned.

Your CEO will organize a short meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip. A welcome note will be left for you in the hotel so you have all the necessary information regarding the meeting time. If you arrive late, s/he will leave you a message detailing what time and where you should meet the next morning.

## Arrival Complications

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your CEO, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

## Emergency Contact

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

### AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

If your call is specifically concerning Airport Transfer complications at Tribhuvan International Airport please call our local G Adventures Transfer providers directly at:

Mr. Rajju Maskey

From outside of Nepal: +977 98 0201 4444

From within Kathmandu: 98 0201 4444

From within Nepal, but outside Kathmandu: 098 0201 4444

### EMERGENCY CONTACT NUMBERS

G Adventures South Asia Manager, Rishab (Delhi, India)

>From outside of India: +91 88 5180 6614

>From within Delhi: 88 5180 6614

>From within India, but outside Delhi: 088 5180 6614

G Adventures Office Bangkok, Thailand

During Office hours (Weekdays, 9am-5pm Local Time): +66-02-3815574

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

## What to Take

This is a very active trip, meaning you will be on the move most of the time, so pack as lightly as possible. We provide one porter for every two travellers; your trekking gear will be carried by the porter in a water-proof duffel that we will provide. The maximum the porters are allowed to carry is 7.5kg/16.5lb per passenger. Some of your luggage can be left in Kathmandu (the hotel may charge a storage fee), but you will need to take all your trekking gear with you.

Important to note:

- Please read the 'Checklist' section of this trip notes for additional details of what you need to bring for the trek on this trip.
- You will need to bring a comfortable medium sized day pack to carry the things that you will need during the day. This should have a waist strap or (better) a padded waist belt.
- The weather is subject to change in high altitude so layered clothing is recommended throughout the year.

## Packing List

Available for Rent:

- Sleeping bag (100 - 200 NPR per day)

Cold Weather:

- Long-sleeved shirts or sweater
- Scarf
- Warm gloves
- Warm hat

- Warm layers

#### Conservative Dress:

- Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)
- Shawl or scarf (for temple visits)

#### Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Required visas or vaccination certificates (required) (With photocopies)
- Vouchers and pre-departure information (required)

#### Essentials:

- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Toiletries (Preferably biodegradable)
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

#### Health & Safety:

- Face masks (required)
- Hand sanitizer (required)
- Pen (Please bring your own pen for filling out documents.)
- Rubber gloves

#### High Altitude Trekking:

- Down jacket (Recommended for winter season)
- Hiking boots (Worn frequently prior to departure)
- Pack liners to waterproof bags
- Reusable water bottler - minimum 1 litre (Aluminium or Nalgene polypropylene are best)
- Sandals (For wearing around camp in the evenings)
- Sleeping bag and liner, 4 season
- Spare boot laces
- Thermal base layer
- Waterproof gloves
- Whistle
- Windproof rain gear
- Wool socks

#### Warm Weather:

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sun hat/bandana
- Swimwear

Note: The best clothing for trekking is either wool or synthetic materials in layers, as this is quick-drying and can keep heat in better. We suggest a base-layer, then a mid-layer such as a light fleece jacket or similar, then a windproof and waterproof layer.

## Laundry

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

## Visas and Entry Requirements

Please note it is your responsibility to arrange visas before you travel. Your travel agent can assist. Below are the visa requirements at the time of printing.

### NEPAL

All foreign nationals (except Indians) require a visa to enter Nepal. Visas are obtainable from embassies abroad or on arrival at Kathmandu's Tribhuvan airport. If getting the visa at the airport be prepared for long queues. You will also need to provide one passport photo and the following fees in US dollars cash only: single entry visa valid for 15 days - US \$30; Single Entry Visa for 30 days - US \$50 and multiple entry visa valid for 90 days - US \$125.

## Detailed Trip Notes

Trekking has been long established in Nepal, providing stunning views in a natural landscape. Trekking can be difficult in parts, with a lot of uphill and downhill climbing, but within the capabilities of any healthy person with an established level of walking fitness. Often stubbornness (endurance) helps. Walk at your OWN pace – slow and steady is the way to go – being fit or unfit is not the primary control here, it is how you deal with altitude. **DO NOT RUSH!** The only reward for trying to prove something by being first is nausea, vomiting and a splitting headache! **GO SLOWLY** – plod on at a steady pace, pause, standing to rest – don't sit too often – it is harder to get going again. Don't care about whether others are ahead! The path is clear, your guides keep track of where you are. There is plenty of time so walk at YOUR pace regardless of how far behind you may think you are. Remember the sun is intense – wear sunscreen and sunglasses It is colder than you think, especially in the wind – if you take off layers whilst walking make sure to put them on again as soon as you stop or are in the shade – don't wait to get cold.

## Spending Money

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

## Money Exchange

As currency exchange rates in Asia fluctuate often we ask that you refer to the following website for daily exchange rates: [www.xe.com](http://www.xe.com). There are many ATM machines that accept both Visa and Mastercard but these are limited to major cities. We also recommend the use of cash and travellers cheques in USD currency. Major credit cards are accepted in most shops but they may charge a 2-4% transaction fee.

## Emergency Fund

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

## Departure Tax

All departure taxes should be included in your international flight ticket.

## Tipping

It is customary in Asia to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is expected - though not compulsory - and shows an expression of satisfaction with the people who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping drivers and local guides would range from \$1-\$2 USD per person per day depending on the quality and length of the service, for porters during the trekking portion of your trip, the recommended amount is 300-500Rs (4-7USD) per day; ask your CEO for specific recommendations based on the circumstances and culture. Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$10-15 USD per person, per week can be used.

## Optional Activities

Pokhara  
- Flight: Pokhara to Kathmandu

## Health

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit as well as any personal medical requirements. Please be aware that sometimes we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. In Asia pharmacies tend to stock the same western drugs as you get at home but they are usually produced locally so please bring the full drug name with you when trying to purchase a prescription drug. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

## **Safety and Security**

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

[www.gadventures.com/travel-resources/safety/](http://www.gadventures.com/travel-resources/safety/)

## **Trip Specific Safety**

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

## **A Couple of Rules**

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

## **Travel Insurance**

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

## **Planeterra Foundation - the non-profit partner of G Adventures**

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

## **Local Dress**

In Asia the dress standard is more conservative than it is back home. When packing try to pick loose, lightweight, long clothing that will keep you cool in the usually hot and humid climate of Asian summers. In predominately Buddhist, Hindu and Muslim countries we ask that you dress respectfully and avoid very short shorts/skirts and singlets/tanktops when visiting temples or mosques or other holy sites.

## **Feedback**

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at [customerservice@gadventures.com](mailto:customerservice@gadventures.com) and we will send it on to you.

## **Newsletter**

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at [www.gadventures.com/newsletters/](http://www.gadventures.com/newsletters/)

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

## **Minimum Age**

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

## **International Flights**

Check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.