

# KATHMANDU, ANNAPURNAS & DHAULAGIRI

This trip, easy and accessible, offers enchanting views on the most beautiful mountains of Nepal. Walk across authentic villages, away from the most frequented paths, and enjoy the beauty of the Himalayan landscapes without climbing up too high! From Kathmandu, we take the road to reach the trailhead in the Annapurna mountains. We begin our trek near the superb village of Ghandruk, facing Mt. Annapurna South (7219 m) and the superb silhouette of Mt. Macchapuchhre (6993 m). For 9 days, we walk through rice fields, rhododendron forests and alpine pastures in the Annapurnas. We come across many traditional hamlets, inhabited by Gurung people, and it's an opportunity to discover an authentic Nepal... Here, there is no need to higher than 4000 meters to enjoy the beauty of the Himalayas: The fabulous vintage points of Muldai, Kopra and Mohare Danda offer us some of the most beautiful panoramas of Nepal: the high peaks of the Annapurnas, the superb east face of the "white mountain", the Dhaulagiri I (8167 m). We end our adventure in Pokhara, on the shores of Lake Phewa, with the peaks of the Annapurnas in the background...

 Region	Annapurnas, Manaslu & Dhaulagiri
 Activity	Trekking
 Duration	12 days
 Group	4 to 15 people
 Code	NEPKOP-EN
 Price	From €1,274
 Level	2/5
 Comfort	3/5
 Language(s)	English

## ITINERARY

### Day 1 Kathmandu



Arrival in Kathmandu (1360m): Welcome to the capital of Nepal. If your arrival time permits, you can enjoy a walking tour of the bustling city of gods. Your local guide can introduce his hometown with its old streets, temples and shops offering a first glimpse into Nepalese life.

*Accommodation: Hotel*

*Meals not included*

### Day 2 Drive: Kathmandu- Ghandruk (1960M)



Today, we take the road to the Annapurna region, up to the village of Kimche, the starting point of the trek. Arrival in Kimche in the middle of the afternoon, where we meet our porters and assistant guides. A steady climb in front of Mt. Machapuchare (6993 m) leads us to Gandruk, a beautiful traditional village of the Gurung people.

*Accommodation: Lodge*

*Ascent: 425m*

*Trek: 2h*

*Drive: 7 hrs*

### Day 3 Ghandruk - Tadapani (2640M)



It's a pleasant discovery of the village of Gandruk, its temples and traditional houses. We then start our trek across rice fields and rhododendron forests to reach the village of Chuile (2050m), via Komrong Danda Pass (2655m) with its views of the Himalayas. Short, steep walk to the village of Tadapani. Arrived at the village, we enjoy the view of the Modi Khola valley leading straight to the Annapurna sanctuary.

*Accommodation: Lodge*

*Ascent: +745m*

*Descent: -80m*

*Trek: 4h*

### Day 4 Tadapani - Isharu (3140 m) - Dobato (3420 m)



From this day, we leave the classic trail of the the Annpurnas. We embark on the north-west path towards the Muldai Trek. The path offers the view of the Kimrong Khola valley. A short descent, then we walk up to pastures with closer views of the Annapurna mountains. The slope then becomes steeper along a ridge before arriving at a place called Meshnar (2970 m). Continue along this ridge leading to Isharu, perched on the slope, before arriving at Dobato where we spend the night. From Dobato, we get the first views of Mt. Dhaulagiri I (8167m) and Tukuche Peak.

*Accommodation: Lodge*

*Ascent: +825m*

*Descent: -60m*

*Trek: 4h*

📍 Day 5 **Dobato- Muldai Peak (3640 M) - Chistibung (3025 M)**



Early morning walk to admire the sunrise from the top of Muldai Peak, where we reach after a mountain pass (3545 m). The view is simply exceptional: 360° with the Annapurnas (I, south, III), the Dhaulagiris chain, the Hiunchuli, and the Machapuchare. We take our time to enjoy one of the most beautiful panoramas in Nepal! Descent to Dobato and stop at the lodge where we spent the night for breakfast. The rest of the day consists of small ascents/descents on ridges offering beautiful views on the surrounding valleys. We arrive at Bayeli, an ideal break for a tea, before starting a great descent to the river.

*Accommodation: Lodge*

*Ascent: +550m*

*Descent: -1020m*

*Walk: 4h*

📍 Day 6 **Chistibung - Kopra Danda (3650 M)**



This morning, we climb up the path that leads to Kopra Danda. The views of the Dhaulagiri massif are splendid. Those who wish can rest this afternoon, and others can go on a short excursion with the guide, to explore the surroundings.

*Accommodation: Lodge*

*Accommodation: Lodge*

*Ascent: +650m*

*Descent: -50m*

*Trek: 4h*

📍 Day 7 **Excursion on the crest of Kopra Danda (4200 M) - Chistibung**



We leave for a day of hiking round trip (optional) on the ridges overlooking Kopra Danda. Along the way, several belvederes offer incredible panoramas! The path climbs to Lake Khayer, a sacred lake perched at an altitude of 4650 m where we will not have enough time to reach. We then descend back to Chistibung via Kopra (the Kopra lodge cannot be booked for two nights in a row during the high season). N.B. The excursion of the day will be adapted according to your desire.

*Accommodation: Lodge*

*Trek: 4h*

*Ascent: +3*

*Descent: -700m*

#### 📍 Day 8 **Chistibung - Swanta (2220 M)**



Long day of descent through the rhododendron forest. The trail winds down to the river which we cross by a wooden bridge. We then reach a bamboo forest, then barley and potato fields which lead to the village of Swanta, where we spend the night.

*Accommodation: Lodge*

*Trek: 4h*

*Ascent: +160m*

*Descent: 1600m*

#### 📍 Day 9 **Swanta - Ghorepani (2850m)**



Descent amid rice fields down to the river which we cross on a suspension bridge. We pass by the village of Chittre, then we walk up towards Ghorepani, where we spend the night

*Accommodation: Lodge*

*Ascent: +770m*

*Descent: -90m*

*Trek: 3h*

#### 📍 Day 10 **Ghorepani - Poon Hill - Mohare Danda (3330 M)**





Superb day ahead with two very beautiful viewpoints. We start at daybreak with a climb to see the Poon Hill (3150 m) viewpoint, more classic and frequented than the Mohare View Point, that we will see later in the day. Superb views of the Annapurnas and Dhaulagiris range. We then walk on a beautiful ridge to reach Mohare Danda with a constant view of the Dhaulagiris. This wild path crosses mountain pastures where yaks and buffaloes often graze. Arrival at Mohare Danda in the middle of the afternoon. The view is sublime: Mardi Himal, Lamjung Himal, Annapurnas, Dhaulagiri, Macchapucchare follow one another!

Accommodation: Lodge

Ascent: +710m

Descent: -280

Trek: 4h

#### Day 11 Pokhara - Kathmandu



After breakfast, drive to Kathmandu. Transfer to the hotel and free day. Comfort option: possibility of taking a flight between Pokhara and Kathmandu or possibility of extending your stay in Pokhara or Kathmandu: see "options" section.

Accommodation: Hotel

Drive: 6h or Flight (25 minutes)

#### Day 12 End of Stay



End of our services. International return flight.

## DATES & PRICES

### *International departures:*

*No departure for now*

**Trip code: NEPKOP-EN**

### *Included*

- All transfers by private vehicle as detailed in itinerary
- 3 \* hotel and B&B accommodation in Kathmandu (Hotel Tibet, Manaslu or similar)
- 2 \* hotel accommodation in Pokhara (Hotel Lake View or similar)
- Full board for the trek
- Accompaniment by an English speaking Altaï Guide
- Visits as per itinerary: with a cultural guide and a private vehicle
- Luggage: up to 12kg maximum per person during the trek
- Trekking support team: assistants and porters
- Trekking permits: ACAP and TIMS
- Staff Insurance

### *Not included*

- Entrance to historical sites, monuments and museums
- Meals in Kathmandu & Kathmandu Valley
- Nepalese visa: US \$ 25
- International flights
- Insurance: Repatriation, Medical & Helicopter Services
- Drinks, tips and personal expenses

### **Additional Options**

Supplement Flight: Pokhara - Kathmandu: 130€

### *Terms and conditions*

#### **Booking conditions**

Booking a trip with Altaï Nepal implies acceptance of the terms and conditions of sale. Each customer is required to complete a registration form and, subject to availability at the time of registration, travellers are expected to pay a deposit of 35% of the total price to complete their booking. Payments can be made online or by bank transfer. You will receive an e-mail with your booking confirmation.

#### **Invoice procedure**

Once your booking is confirmed you will receive an invoice by e-mail. The full balance of the trip must be received at least 35 days before your departure date. Altaï Nepal reserve the right to cancel your booking, free of charge, if this deadline is not respected.

#### **Cancellation policy**

If for any reason you have to cancel your trip, Altaï Nepal require written confirmation of your decision. The money you have paid will then be refunded according to the following deductions:

- Cancellation received more than 30 days prior to the departure date: a sum of €50 per person will be retained
- Cancellation received 30 to 21 days before the departure date: your deposit, 30% of the total trip price will be retained
- Cancellation received 20 to 14 days before the departure date: 50% of the total trip price will be retained
- Cancellation received 13 to 7 days before the departure date: 75% of the total trip price will be retained
- Cancellation received less than 7 days before the departure date: 100% of the total trip price will be retained

#### **Special cases:**

Please note that, regardless of the date of cancellation or modification if you have agreed to pay for services such as hotel reservations, flights or additional activities, these services are usually non-refundable so additional fees may apply.

- Fixed airfares: if your airline ticket was issued in advance, often done to avoid significant surcharges, you will be charged 100% of any non-refundable fees if you wish to change or cancel your flight plan.
- Fixed in-country costs: early charges for firm bookings will be charged if you cancel or modify your trip.
- Insurance costs: if you have taken out comprehensive or cancellation insurance, the cost of insurance is due and cannot be refunded.

**Please note that fees apply according to the date Altaï Nepal receive your cancellation or modification request in writing.**

If we have to cancel a departure due to an insufficient number of participants, you will be informed no later than 21 days before departure and a full refund will be issued, you will not be entitled to further compensation. We reserve the rights to cancel departures due to exceptional circumstances which may impact the safety of participants. Such circumstances include those amounting to 'force majeure' in which case participants will receive a full refund but they will not be entitled to any compensation.

### ***Changes to travel contract***

If you wish to make a change to your booking please contact us in writing; you will be expected to pay any fee which might arise from this change. In the event of unforeseen external events, Altaï Nepal may change some aspects of the travel contract. If any changes are necessary you will be informed as quickly as possible.

### ***Pricing***

The prices on our website are updated regularly and all of the prices we advertise are accurate when published. Altaï Nepal reserve the rights to make changes to any of these prices. Before you make a booking we will give you the up-to-date price of your chosen holiday including any supplements, upgrades or additional activities you may have requested. If the number of travellers is fewer than the indicated number of participants on the website, a small group surcharge may be applied. For all of our trips we include details of services, prices and what is/is not included but please be aware that changes to the prices may be necessary in accordance with exchange rates or price changes of various components of the journey.

### ***Contract transfer***

If you are unable to travel with Altaï Nepal for any reason, you can transfer your booking to another person in which case our modification conditions apply. Both the transferor and transferee will be jointly and severally liable for payment of the total holiday price and other associated expenses. Some airline carriers treat name changes as cancellations and you may be required to pay for the cost of a new ticket.

### ***Insurance***

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We strongly recommend that you take out personal travel insurance for your trip with Altaï Nepal as soon as your booking is confirmed. We advise you to purchase a travel insurance policy which covers flight cancellations, luggage loss and emergency health care. Please look carefully at which activities are covered by your insurer and do not forget to bring all necessary documents and information with you (name of the company, name of the contract, insurance policy number, telephone number...)

## PRACTICAL INFO

### Staff

Based in Kathmandu for many years, Altai Nepal guarantees you an active travel experience, thanks to our guides and our logistical infrastructure. During your trip, you are accompanied by our Altai trekking guides, 100% mobilized to help you discover unusual places in the heart of nature. Let yourself be guided...

- This trip is led by an English-speaking Nepalese trekking guide
- A local team assists you during the trek. Here is its composition (variable depending on the size of the group and the logistics required):

- Porters: during the trek, our belongings are carried by porters. Porterage is a historical tradition in Nepal, necessitated by the very rugged topology of the place. Thus, it is not uncommon to come across locals carrying loads of more than 50 kg on the trails! Being very concerned about the working conditions of our teams, we ensure that our porters work in the best possible conditions (a fair salary, limited charges, insurance, and suitable equipment are made available to all). On our trips, we provide one porter for every two travellers. The load is limited to 30 kg per carrier on our trips to lodges.

- Assistant-guides: in addition to the guide, assistant-guides are present too. They are responsible for providing active assistance to travelers, and make sure all participants to walk at their own pace.

### Food

The traditional Nepalese dish is 'dal bhat', rice and lentils, accompanied by some spicy vegetables. In Kathmandu, it is possible to eat a good variety of dishes, but in the mountains, the choice is relatively limited: the lodges (local tea houses) offer menus that are often similar and less varied (e.g. dal bhat, fried noodles, momos, fried rice, pasta with tomato sauce, fried potatoes, etc).

On our group trips: three meals and a snack per day will be served. On long trekking days, you will also have an energy supplement (cereal bars and/or dried fruits).

During lodge treks, we try to offer you the most varied meals possible, with the dishes or ingredients available in the lodges. Some examples: dal bhat (Nepali daily meal), stir-fried rice with vegetables, potatoes with cheese, fries, pasta with tomato sauce, and sometimes even pizza! Note that fresh meat is rare and sometimes not recommended for Western stomachs.

Here are examples of the meals served on our trips:

- Breakfast: toast, pancake or Tibetan bread with butter/jam/honey + eggs + tea or coffee.
- Lunch: a main dish.
- A small snack at the end of the day is offered (biscuits and tea).
- Dinner: a soup, a main course, and a dessert (eg fruit in syrup)

+ a cup of tea and/or coffee is offered with all meals.

In Kathmandu and Pokhara, we often exclude meals, so that everyone can enjoy the variety of restaurants in the cities according to their tastes.

In the mountains, you can fill your water bottles at the tap or at the water sources (on the advice of the guide), but it is essential to filter it or treat it with purifying tablets. The purchase of bottled mineral water may also be possible in lodges, in town, or in restaurants. However, we encourage all to minimize plastic consumption: there is no recycling on site.

### Accommodation

In Kathmandu and other cities, you will normally be accommodated in 3 \* hotels. In more rural areas, we use homestay accommodation with varying comforts (they all have functioning beds, mattresses, tables, chairs, toilets, etc.) We love using homestay accommodation options which offer insights into Nepalese life and support local families. In addition, the use of lodges



considerably reduces the number of porters and cut down the infrastructure of trekking.

## **Transportation**

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Transport/transfer by bus, private minibus & plane.

## **Budget & exchange**

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**The local currency is the Nepalese Rupee NPR.**

Visit <http://www.xe.com> for the latest currency converter and exchange rates.

You can withdraw Nepalese Rupees from in-country ATMs in Kathmandu and credit cards are accepted except in shops and hotels. Please budget for meals in Kathmandu, drinks, tips and other personal expenses.

## **Tips**

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Tipping is very present in Nepal. It is an integral part of the 'tourism' culture of the country: independent of salary levels, your tip is seen as a sign of appreciation. The amount depends on your satisfaction with the services rendered and your generosity. Your guide will help you on this subject. Like money, if you have clothes to give, do not hesitate to seek advice from your guide who will make a fair distribution. We advise you not to give sweets and / or energy bars / chocolate to local children as there are virtually no dentists here in the mountains. The same rules apply to medicine, western medication is not necessarily adapted for the Nepalese and, moreover, following the correct dosage is extremely important.

## **Vital equipment**

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- Warm Sleeping Bag
- Water purifiers (micropur, aguatabs ...)

### **From head to toe:**

- A cap or sunhat
- 1 or 2 sets of thermals: long-sleeved thermal tops and full-length long johns
- Long sleeved and short sleeved t-shirts, preferably in quick-drying technical material
- A light fleece or equivalent (plus extra warm layers if necessary)
- A breathable wind proof, waterproof jacket (Gore-Tex...)
- Lightweight waterproof over trousers
- Suitable shorts
- Walking trousers
- A pair of high-rise walking boots - strength, good grip of the foot and ankle (high stems) and impermeability are essential. Choose shoes with non-slip soles (vibram).
- A pair of trainers/sandels or equivalent casual shoes for cities, villages and evenings
- Thick walking socks
- Warm gloves, hat and scarf (it can be chilly in the mountains)

## **Material**

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- Your personal toiletries and a fast drying towel
- Water bottle(s). Min. 2 litres, light and isothermal
- A good pair of sunglasses (think min. category 3)
- Sun-cream, face and lips
- Head torch and spare batteries
- A pocket knife
- A pair of hiking poles
- A waterproof bag cover (or plastic bags) to protect your belongings
- Toilet paper
- Anti-bacterial hand gel
- Your camera
- A notebook or travel journal

## **Helpful equipment**

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- Walking sticks

- Waterproof bags to protect your belongings
- Notebook or travel diary

## **Luggage**

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Your luggage must be divided into two bags:

- A rucksack (35-40L or 45-50L) for use as a day bag. This will contain your (vital) personal belongings for the day (sweater, spare t-shirt, water bottle, picnic-lunch, sunglasses, small things ...)
- We use porters to transport our other belongings when trekking. Please bring a flexible travel bag with zips for easy access max 80L and max 13kg (16kg with camping gear). Please do not bring suitcases or other hard bags which the porters cannot transport.
- You may also be able to store some belongings securely at the hotel in Kathmandu.

To protect your bags, we will provide solid waterproof Altaï Bags.

## **Medicine**

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Your guide is a trained first-aider and will carry a full first aid kit at all times during the trip. We recommend that you bring a small personal first aid kit containing any medication you may need such as inhalers, plasters, antiseptic and painkillers. And of course, do not forget to bring medicines that you have to use regularly. And of course, do not forget to bring medicines that you take regularly, if any.

## **Passport**

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Your passport should be valid for at least six months after the last day of your stay. It is your responsibility to confirm your specific passport requirements and please be aware that proof of onwards travel may be required.

## **Visa**

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It is your responsibility to confirm your specific visa requirements. Please bring valid passport photos with you to obtain a visa upon arrival.

To obtain trekking permits, your passport and photo ID is also required. Please provide us with good quality scans of your passport and 2 photos of identity.

For an individual visa, obtained on the spot as you arrive in Kathmandu, rates are as follows:

- 15 days : 30 US\$
- 30 days : 50 US\$

## **Mandatory vaccines**

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No mandatory vaccinations are required. Recommended vaccines include Typhoid, Hepatitis A, Hepatitis B, Rabies, Japanese Encephalitis, and Influenza.

## **Health information & recommendations**

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It is your responsibility to check that your personal health insurance covers everything in this trip. A consultation with your doctor is a prerequisite for any trip and we advise you to visit your dentist too as untreated cavities have an annoying habit of waking up with altitude.

### **Hygiene Recommendations**

Water is not drinkable in Nepal. It is always possible to buy bottled water but in order to limit pollution and preserve natural areas, we strongly recommend that you drink purified water. For that, think to bring a water bottle of minimum 1.5 liters and purifying tablets (micropur, aquatabs ...). Consume only treated water or water which has been boiled for 30 minutes and then filtered. Be sure to wash your hands frequently, and definitely before each meal (anti-bacterial hand gel is recommended) and take care to disinfect any skin wounds. Avoid drinking natural drinks like pressed fruit juice and do not consume ice cream or "lassi" (a milk-based beverage) bought in the street. Meat and fish / shellfish should be well cooked before consumption.

## **Weather**

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From the eternal snows of high peaks to the tropical lowlands, Nepal has a wide variety of climates.

- **In autumn** (October to mid-December) the days are very beautiful but can be fresh at altitude. At 3000 m altitude, temperatures can drop to -10 °C (14°F) at night.

- **In winter** (mid-december to mid-february): The nights are generally cold and the climate is dry. If night time temperatures drop easily below 0 °C (31°F) to 3000 m, the days are often sunny. Treks below 4000 m are very pleasant. There are very few tourists at this time.

- **In spring** (March to end of May): in this season, Kathmandu is in full bloom and the rhododendrons are magnificent. The weather is pleasant, it is getting hotter with some night storms. Temperatures vary between 10 and 28 °C (50 - 83°F), but can rise to over +30 °C (+86°F). Between 2000 and 3000 m, temperatures rarely drop below 0 °C (32°F). A few rare frosts or snowfalls are possible in March from +4000 m.

- **In summer**: it is the monsoon season. This interrupts the majority of trekking from June until the end of September. However, certain regions of the "Trans-Himalayan" zone, Mustang and Dolpo remain sheltered from the monsoons - these are the only circuits available in Nepal in the summer.

## **Electricity**

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In recent years, due to a lack of hydropower facilities, electricity and water outages are becoming more frequent in Nepal, especially in Kathmandu (mainly in winter and spring). The hotels have generator but the electricity is limited. It is the same for the consumption of water.

## **Local time**

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Coordinated Universal Time (UTC)/ Greenwich Mean Time (GMT) +5.45. Daylight Saving Time (DST) is not observed here.

## **Sustainable tourism**

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As adventure and wilderness travel experts who run trips to some of the most remote parts of the world, we take responsible tourism very seriously. We respect the 'Leave No Trace' outdoor ethical code and try to explore this beautiful location whilst causing minimal environmental damage.

Since the beginning, we have advocated for responsible tourism and the importance of equitable and sustainable principles. Harmonising these fundamentals ensures a fair distribution of economic benefits, improved working conditions for local teams and an increased awareness of the importance and practice of environmental protection. We hope that all of our clients will respect our philosophies and embrace these attitudes.

The Leave No Trace policy can be summarized in 7 simple steps which we hope you will follow during our trip...

1. Be prepared
2. Stick to trails and camp overnight right
3. Stash your trash and pick up waste
4. Leave it as you find it
5. Be careful with fire
6. Respect wildlife
7. Be considerate of other visitors

Over the years we have built up good relations with our local suppliers and we are keen to support local businesses as much as possible. We are a small company and we pay our local partners and suppliers directly insuring fair rates.

Our small group sizes not only provide a more intimate adventure but also cause less impact on the environment and local communities. We expect all who travel with us to support and uphold our Sustainable Tourism philosophies.