

ANNAPURNA CIRCUIT TREK - 16 DAYS

Complete the Annapurna Circuit. Take a walk to Tilicho Lake, Ice Lake and cross the challenging Thorong La Pass....



Trip Level: Moderate/Difficult | Group Size: Min. 1-12 people | Min. Age: 12 | Altitude : 5460 m

Arrival on: Kathmandu, Nepal | Departure from: Kathmandu, Nepal

OVERVIEW

Tread on ancient trails and walk through a diverse landscape. Stay at family-run teahouses and enjoy local hospitality. Explore ancient village squares and monasteries. Walk past sacred *mani* walls and spin Buddhist prayer wheels, sending out a prayer to the mountain gods. Interact with locals and experience indigenous mountain cultures. Get awed by the magnificence of the towering peaks and frozen lakes. Ascend the high pass of Thorong La and reach the edge of the Tibetan plateau. One of the classic long-distance treks in the world, Annapurna Circuit Trek is a Himalayan adventure beyond compare!

Annapurna Circuit Trek, a classic trek in the Nepal Himalaya, takes you to one of the most popular trekking trails in the world. A favorite of many trekkers who have been to the Himalayas, **hiking the Annapurna Circuit** allows you to complete a loop in the Annapurna region. The journey takes you from the lush green terraced farms to barren landscapes surrounded by soaring icy mountains.

CROSS TWO RIVER VALLEYS, FROZEN MOUNTAIN LAKES AND HIKE TO THE EDGE OF THE TIBETAN PLATEAU

Your **trek to Annapurna Circuit** begins from Lower Pisang. Tread on ancient trails used by locals and traders trading along the old Tibet trade route. Cross one of the highest mountain passes in the world, Thorong La Pass. There are many highlights of this trek – the fascinating journey past the two river valleys, Marshyangdi and Kali Gandaki, the crossing of the challenging **Thorong La Pass** (bordering Tibet), the exciting hike through the Kali Gandaki gorge to **Muktinath** a holy mountain shrine sacred to both Hindus and Buddhists. But the one which will remain etched in your mind is the walk through the high altitude lakes of **Tilicho Lake** and **Ice Lake**. After crossing the Thorong La head down to Muktinath. And make your way to the mountain town of **Jomsom**.

COMPLETE THIS UNFORGETTABLE LOOP WITH OUR EXPERIENCED GUIDE!

Throughout your journey our experienced trek leader will be there to guide you. He will dispense valuable advice and nuggets of information about the people and places along the trail. Many who have completed the **Annapurna Circle** swear that this is the best trek that Nepal has to offer. The circuit is highly recommended by all trekkers as a spectacular trekking route. The diversity of landscape, mountain views, culture and people you encounter during the trek are incomparable.

SHORT ON TIME OR A FIRST-TIME TREKKER? DO CHECK OUT THESE TREKS!

If you don't have much time to spare or have fitness issues, you can choose our shorter and slightly easier [Annapurna Base Camp](#) Trek. It takes you from the verdant mountainside villages and terraced fields to the base of the Annapurna Massif. For families with kids looking for a Himalayan experience, we recommend our easy [Ghorepani Poonhill Trek](#). This is also an excellent introductory trek for beginners.

Note:

HIGHLIGHTS

- Cross the Thorong La pass and hike across the world's deepest gorge Kali Gandaki Gorge
- Visit the mesmerizing high altitude mountain lakes of Tilicho (4920m) and Ice Lake(4600m)
- Take the lesser known trails that avoids the dusty motorable roads
- Traverse two river valleys- Marshyangdi River Valley and Kali Gandaki River Valley
- Walk along an ancient trade route that's still used by mountain dwellers
- Immerse yourself in mountain culture
- Close up views of 7000 and 8000 metre peaks- Annapurna Massif, Lamjung Himal, Dhaulagiri

Is this trip suitable for you?

- As this trek takes you to elevations above 5000 metres, you need to have a high level of physical fitness.
- From Besisahar, you board a four wheeler and drive on a rough jeep track to Lower Pisang. The ride can be best described as an off-road adventure as the vehicle winds through a gravelly and mountainous route.
- You begin your trek from Lower Pisang (3,200m). The trail is filled with steep ascents and descents and river crossings via traditional wooden bridges. The most difficult part of the trek is the crossing of the Thorung La pass (5,460m) - the highest point of the trek.
- If you can easily hike on rough terrain and can climb stairs without any difficulty, you can do this trek. No technical climbing involved.

MEALS

Planning a vacation calls for many decisions. One of the easiest ways to travel is to book with a travel company and let the experts take care of the planning and logistics. But some travelers want the freedom to explore options that packaged tours rarely offer. Taking into account the needs of an average traveler, *we have designed two packages - Standard and Deluxe*. A **Standard Package** offers a combination of services at a lower price and freedom to do certain things your own way (for instance, choosing your own accommodation in the city). Choose a **Deluxe Package**, if you want to take the stress out of planning your trip. After booking a **Deluxe Package**, you can rest easy knowing that the experts are there to plan your holiday. If you have zeroed in on your destination, all you have to do is select the package that suits your travel style and book your trip!

BEST TIMES

Spring (March to May) and autumn (late September to November) are the ideal seasons. The daytime **temperature** is just perfect during this time. It is neither too hot nor too cold during these times. Nights on the mountains are usually cold. Above 4,000 meters, you can expect nighttime temperatures to drop as low as -10 degrees.

ACCOMMODATIONS

Accommodation for 12 nights in the mountain is included in this package. You will be accommodated at comfortable mountain lodges run by local families. Annapurna Region has well-developed infrastructure for trekkers. Most of the teahouses en route offer hot showers, wi-fi, rooms with en suite bathrooms and variety of meals. Please note, you need to pay extra to use wi-fi or take hot showers. On the trail, you will be accommodated at the best available lodges.

Accommodation in Kathmandu and Pokhara is not included in this package. Both these cities offer a range of accommodation options, from luxurious five star establishments to budget hotels. If you are searching for a 3-star category hotel then we highly recommend Oasis Kathmandu Hotel in Kathmandu and Hotel Pokhara Batika in Pokhara. These hotels are located in tourist hubs, close to the major sightseeing places. Do send us a request if you want us to book rooms for you.

Accommodation is on twin-sharing basis. If you are single, you will share the room with someone of the same sex. If you need a single room, it will be available at an extra cost. To book a single room please click on the 'single supplement' tab while booking your trip. While single rooms are readily available in Kathmandu, Pokhara and at lower elevations while trekking; at higher reaches it is very difficult to get a single room.

MEALS:

Except for farewell dinner, no meals are included in this package. Many restaurants in Kathmandu and Pokhara serve international food (Italian, Japanese, Korean, Mediterranean, Continental, Indian, Thai, Vietnamese etc.). If you need any help choosing a restaurant, do let us know. We will be more than happy to oblige.

While trekking you will be stopping for meals at local teahouses. Items on offer include dal-bhat (rice, lentils, curry), momo, Tibetan bread, chapattis, noodles, pizza, pancake etc.

ITINERARY

1: ARRIVAL IN KATHMANDU & TRIP PREPARATION

Enjoy the view of Kathmandu spreading below before your plane lands at [Tribhuvan International Airport](#). Upon your arrival our representative will meet you at the airport terminal and drive you to your hotel. Freshen up and take some rest. Later in the afternoon or evening attend a pre-trek briefing. Meet your trek leader and other members of your trek group. If you have any questions about the trek you can ask your trek leader. Get your trekking gear and equipments checked. If you have missed out on any items you can always buy them in Kathmandu. Thamel, Kathmandu's tourist district is lined with stores selling trekking gears and equipments- from budget to branded stuff.

As you will have an early start on Day 2 it is advisable to schedule your arrival to Kathmandu in the morning or during daytime. This will allow you to attend the pre-trip briefing and give you ample time to rest before the start of your Annapurna adventure. *Overnight in Kathmandu*

Meal Included : | Dinner

2: KATHMANDU (1400M/4593FT) TO BESISAHAR TO JAGAT (1300M/4264FT)

You leave Kathmandu and drive along the winding road down to Naubise. Mesmerizing views of green hills and local farms fill the landscape. Drive beside the glacial river of Trishuli before reaching the confluence of Marshyangdi and Trishuli rivers. Cross a bridge spanning the Marshyangdi river and drive along the **Prithvi Highway**. The road winds along a verdant forest. Drive past the charming town of **Besisahar**, set beside the Marshyangdi river. Your destination is Jagat, an ancient settlement which was once the point where taxes were collected from travelers traveling along the old Tibet trade route. Once you reach Jagat head to a teahouse and take a well deserved rest. *Overnight in Jagat.*

Meal Included : | Dinner

3: DRIVE FROM JAGAT TO LOWER PISANG (3,200M/10,498FT) VIA CHAME (2670M/8,759FT)

From Jagat drive to the ancient village of Lower Pisang via Chame. You follow a rough jeep track past a landscape filled with brown hills, cascading waterfalls, snowy peaks and pine trees. Drive past a lunar landscape before reaching the village of Lower Pisang. Head to a teahouse and after a brief rest, explore this ancient village. Pisang is divided into Upper and Lower Pisang. Lined with prayer wheels mani walls and chortens, Upper Pisang is the old settlement. The village is filled with ancient traditional houses and an old monastery. Most of the teahouses and business establishments are located in Lower Pisang. There's not much greenery in this part of the world and the landscape is barren. The inhabitants of Upper and Lower Pisang are descendants of Tibetan settlers. They follow Tibetan customs and their lifestyle is similar to Tibetans. From here you can savor close up views of Pisang Peak, Lamjung Himal and Annapurna II. *Overnight in Lower Pisang.*

Meal Included : | Breakfast | Lunch | Dinner

4: TREK LOWER PISANG-GHYARU-NYAWAL- BRAGA- MANANG (3,540M/11,613FT)

You begin your Annapurna Circuit Trek from here. Today you will be walking along one of the toughest but also the most beautiful section of the trail. The hike involves steep ascents with glorious views of the Annapurna Massif and other peaks and the Marshyangdi River valley. The landscape is partly arid (like the Tibetan plateau) with some sections covered with pine wood forest. Walk through the picturesque settlements of Ghyaru and Nyawal. It is a tough climb but the views are awesome. The pointed summit of Annapurna III and Tilicho or Tent Peak look over the trail. Braga is an old village filled with traditional houses built by Tibetan settlers. The village has one of the oldest Buddhist monasteries in Nepal. From Braga take a short walk to Manang. The trail is even and easy. Within a short duration of just 40 minutes you will reach this ancient settlement. Head to a teahouse once you reach the settlement and take a well-deserved rest. *Overnight in Manang.*

Meal Included : | Breakfast | Lunch | Dinner

5: MANANG TO ICE LAKE (4,600M/15,091FT) & BACK TO MANANG

Spend a day in Manang acclimatizing. The village of Manang lies at the foot of Annapurna III and offers splendid views of Gangapurna and Annapurna. Take an acclimatization walk today to Ice Lakes. Locally known as Kicho Tal, the trail to the Ice Lakes winds along the northern slopes of Chulu East. The lakes are fed by the Chulu River that flows down the slopes of Chulu East. Spend some time soaking in the peaceful and heavenly ambience. Take pictures before retracing your steps back to Manang. *Overnight in Manang.*

Meal Included : | Breakfast | Lunch | Dinner

6: MANANG- ACCLIMATIZATION DAY (3,540M/11,613FT)- VISIT HIMALAYAN RESCUE ASSOCIATION'S CLINIC

You spend an additional day in Manang acclimatizing. Inhabited by Mananges, the settlement is known as the home of merchants trading along the Upper Mustang and Tibet route. Explore the village, visit the monastery and interact with the locals. Take an acclimatization walk and visit the **Himalayan Rescue Association's Clinic**. The clinic was established in 1981 to aid trekkers and climbers suffering from sicknesses related to high altitude. Doctors manning the health aid post daily hold talks and lectures on high altitude sicknesses (AMS, HACE, HAPE) - how to recognize the symptoms and prevent it. *Overnight in Manang*

Meal Included : | Breakfast | Lunch | Dinner

7: MANANG TO SRI KHARKHA (4,000M/13,122FT)

Leaving Manang take an uphill ascent and cross a suspension bridge spanning the Manang River. Continue climbing up. After a couple of hours walk you reach Khangsar village. From the village take the upward trail leading to Shree Kharka. After hiking for just over an hour or two you reach the village of Shree Kharka. Head to a teahouse and take a well deserved rest. *Overnight in Sri Kharkha.*

Meal Included : | Breakfast | Lunch | Dinner

8: SRI KHARKHA TO TILICHO BASE CAMP (4150M/13,614FT)

Follow an easy trail to **Tilicho Base Camp**. There are only a few gentle ascents en route. But be careful at the landslide area before reaching Tilicho Base Camp. There are loose rocks and pebbles and you need to watch your step. Walk cautiously along the narrow path till you reach Tilicho base Camp. Once you reach the base camp, walk to a teahouse where your rooms are booked and take rest. *Overnight in Tilicho Base Camp.*

Meal Included : | Breakfast | Lunch | Dinner

9: TILICHO BASE CAMP TO TILICHO LAKE (4920M/16,141FT/) BACK TO SRI

KHARKHA

This day is memorable as you visit the highest lake in Nepal, **Tilicho Lake** situated at an elevation of 4920 meters. You follow a trail that goes up and up till you reach the lake. The dark emerald waters of Tilicho Lake surrounded by pure white snow and ice will surely captivate you. Take pictures and soak in the heavenly views before retracing your steps back to Sri Kharkha. Once you reach the settlement, head to a teahouse and relax. *Overnight in Sri Kharkha.*

Meal Included : | Breakfast | Lunch | Dinner

10: SRI KHARKHA TO YAK KHARKA (4,050M/13,286FT)

Head to Yak Kharka following a gentle ascent. After reaching an abandoned settlement the trail dips down and goes past cultivated grounds and farmlands. There is a gentle ascent again, up to a hill from where one can view **Yak Kharka**. Take a steep descent, cross the river and amble up again till you reach the settlement of Yak Kharka. The settlement is actually a grazing pasture used by yak herders. There are only a handful of teahouses offering accommodation and food. *Overnight in Yak Kharka.*

Meal Included : | Breakfast | Lunch | Dinner

11: YAK KHARKA TO THORONG PHEDI (4,525M/14,845FT)

This is the last leg of the walk before you make the challenging traverse to Thorong La pass. You are walking above 4000 meters and your body is gradually getting used to high altitude. Take it slow and keep yourself hydrated. Have diamox if you feel the altitude is affecting you. The trail to Thorong Phedi goes along a secluded and solitary landscape. Enjoy the solitude and the views. Thorong Phedi is a glacier valley surrounded by snowy mountains on three sides. Usually it's freezing out here. Once you reach this stopover point, head quickly to a teahouse and warm yourself. Retire early as you have a long day ahead of you tomorrow. *Overnight in Thorong Phedi.*

Meal Included : | Breakfast | Lunch | Dinner

12: THORONG PHEDI – THORONG LA PASS (5,460M/17,912FT) MUKTINATH (3760M/12,335FT)

Today's walk is difficult. You make an early start and head off at the crack of dawn. The trail is steep but easy. The last 600 meters to the highest point of the trek tends to be the toughest. When you finally reach the top of **Thorong La Pass**, spectacular views of the mountains greet you. Dhaulagiri rises in all its glory. In the distance you can see the ancient kingdom of Upper Mustang and the Tibetan plateau. Take pictures and celebrate this wonderful moment with your teammates. Afterwards head down to the holy pilgrimage site of Muktinath. Named after a temple that is sacred to both Hindus and Buddhists, Muktinath is regarded as a place to receive salvation. As you reach this small settlement, make your way to a guesthouse and rest your aching

muscles. *Overnight in Muktinath.*

Meal Included : | Breakfast | Lunch | Dinner

13: MUKTINATH TO JOMSOM (2,720M/8,923FT)

Before leaving Muktinath, visit the Muktinath Temple and seek blessings from the guardian deities, Lord Vishnu for Hindus and Avalokiteshwara for Buddhists. Other small shrines and Buddhist Gompa surround the main temple. It is believed that the Buddhist guru Padmasambhava blessed this place. After visiting the temple, board a vehicle and drive to Jomsom. The rough jeep track winds along the banks of the pristine Kali Gandaki river. The river is a source of ammonites or *saligrams* (fossilized mollusks worshipped by Hindus as a representation of Lord Vishnu). After walking for a couple of hours you reach Jomsom, a picturesque small town and the headquarters of Mustang district.

In Jomsom you will find internet cafes, bakeries selling delectable pies and pastries, restaurants, bars and a range of accommodation choices (budget to high end). The town is filled with white-washed traditional houses. After checking in at the lodge stroll around the ancient part of the town or simply call it a day and take rest. Congratulations, you have completed the Annapurna Circuit and this calls for a celebration. Get together with your teammates and crew and celebrate in the evening. Overnight in Jomsom.

Meal Included : | Breakfast | Lunch | Dinner

14: FLY FROM JOMSOM TO POKHARA (800M/2,625FT)

Take a flight from Jomsom to Pokhara. From the window you can see the **Annapurna mountains** and Dhaulagiri rising up almost to touch the sky. On reaching Pokhara head to your hotel and check in. The rest of the day is free. You can spend it as you wish. Stroll around the lakeside or explore more of the city on your own or book a guided tour at an extra cost. The lakeside area is lined with shops selling handicraft items in case you need to shop for souvenirs. *Overnight in Pokhara.*

Meal Included : | Breakfast

15: POKHARA TO KATHMANDU (1400M/4593FT) BY PRIVATE VEHICLE

Drive to Kathmandu by a comfortable tourist coach. Enjoy the scenic landscape as your bus winds along the Prithvi Highway. Once you reach Kathmandu check in at your hotel and take rest. Evening, head to an authentic Nepali restaurant for farewell dinner (complimentary). Enjoy a sumptuous Nepali feast and a cultural show. *Overnight in Kathmandu.*

Meal Included : | Breakfast | Dinner

16: FINAL DEPARTURE

Bid goodbye to Nepal. Our representative will drive you to the international airport three hours prior to your flight's departure. If you are interested in exploring more places do let us know. We run tours to some of the most fascinating and exotic destinations.

Meal Included : | Breakfast

Note on itinerary

WHAT'S INCLUDED

PRICE INCLUDES

- Airport pick up & drop off service for international and domestic flights
- All ground transportation by comfortable private vehicle as per the itinerary
- Airfare for domestic flights
- Luxurious accommodation at a 4 star hotel in Kathmandu and 5 star hotel in Pokhara
- Clean and comfortable tea-house accommodation during the trek
- Teahouse accommodation during the trek
- Three daily meals (breakfast, lunch and dinner) with tea/coffee during the trek
- Professional, English-speaking, government-licensed, trained in first-aid Trek Leader (Guide), Assistant Trekking Guide (5 trekkers: 1 assistant guide).
- Complimentary Welcome and Farewell dinner at a traditional Nepali restaurant.
- All Local and Government taxes, administrative charges
- First Aid kit and essential medicines (paracetamol, diamox etc.) carried by the Trek Leader.
- Third Rock Adventures' T-shirt, Duffel bag and trekking map.
- Sherpa porters to carry luggage (Porter service -2 Trekkers:1 Porter)
- Staff costs including their salary, insurance, equipment, food, transportation and accommodation.
- Transfer from Kathmandu to Lower Pisang by Private Vehicle
- Annapurna Conservation Area Project Entry Fee, TIMS and Trekking Permit.
- Complimentary Farewell dinner at a traditional Nepali restaurant.
- Third Rock Adventures' T-shirt and map
- Domestic flight (Jomsom-Pokhara)

PRICE EXCLUDES

- Travel and medical insurance.
- Personal expenses (laundry, drinks, beverages, snacks, phone calls, extra porters, battery recharge, bottle or boiled water, souvenirs, hot showers etc.)
- International flights
- Nepal Visa fee.
- Extra night accommodation in Kathmandu in case of early arrival or late departure.
- Personal trekking gear and equipment. Down jacket and sleeping bag(available on hire)
- Tips for guide, porter and driver (tipping is expected)

- Any unseen expenses due to circumstances beyond our control (natural calamities, strike etc.)
 - Expenses not listed in the 'Price Includes' section
 - Lunch and dinner in Kathmandu and Pokhara
 - All Meals (except farewell dinner)
 - Accommodation in Kathmandu & Pokhara.
 - Lunch and dinner in Kathmandu
 - Excess baggage fee.
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Note :

ADDITIONAL INFORMATION

Passport & Visa for Nepal

All foreigners except Indians need to have a visa to enter Nepal. Unlike other countries, Nepali consulates and embassies overseas issue visas without much fuss. Visas are also issued on the spot at Tribhuvan International Airport or at the border checkpoints. It can easily be obtained at the Nepal/China border as well. When you arrive at the airport you must fill in an application form and provide a passport photograph. A single entry visa is valid for 15, 30 or 90 days and it costs \$25,40 or 100 respectively. At the airport, you can pay this amount in any major currency but some land crossings insist on payment in USD. Children under 10 are required to have a visa but are not charged for the same. If you are planning to visit India, Tibet and Bhutan you could apply for a multiple entry visa. You can change your single entry visa to multiple entry visa at Kathmandu's Central Immigration Office. Keep in mind that your passport must be valid for at least 6 months when you submit your visa application. For further information, you can easily contact the Embassy of Nepal.

All foreign nationals entering Nepal are required to arrange a visa either on arrival or beforehand. A Nepalese visa can be obtained either prior to your arrival at a Nepalese embassy abroad or on arrival in Kathmandu at the airport. Please note that nationals from Afghanistan, Iraq, Cameroon, Ghana, Somalia, Swaziland, Palestine, Zimbabwe, Nigeria, Ethiopia and Liberia cannot secure the Nepalese Visa upon Arrival. Nepalese visa can also be secured at entry points at Nepalese borders. A digital photo (size: 1.5" * 1.5") will be required and the following fees either in USD dollars cash or the equivalent local currency:

Multiple Entry | 15 Days | US\$ 25 or equivalent Nepalese currency

Multiple Entry | 30 Days | US\$ 40 or equivalent Nepalese currency

Multiple Entry | 90 Days | US\$ 100 or equivalent Nepalese currency

For further information please visit: <http://online.nepalimmigration.gov.np/tourist-visa>

Lukla Weather Condition -Nepal [Everest]

- Please note the flights to and from Lukla depend on weather conditions. Bad weather conditions may

cause delay for a few hours or the flight may get cancelled by a couple days. This may happen at the start of the trip (while flying from Kathmandu to Lukla) or at the end of the trip (while returning to Kathmandu from Lukla). In such a scenario the extra cost incurred (accommodation, food, etc) will be borne by you. The company will be in no way held responsible for the extra expenses.

- We will try our best to get you on the next available flight. When planes are grounded due to bad weather, helicopter charter companies operate mountain flights to Lukla. At your request we can even arrange a helicopter flight (to or from Lukla) for you. Please remember this will incur an extra cost. A helicopter can carry four or five people on board.
- While trekking in the mountains we will try our best to stick to the original itinerary. But if bad weather persists or if something untoward happens (natural disasters like landslide, avalanche etc.) your trek leader has the right to modify the itinerary. This will be done keeping your safety in mind.
- In instances where bad weather persists for days on end and disrupts your travel schedule, you have the choice to cancel your trek to Everest and book another trek (leading to other trekking regions - Annapurna, Langtang etc.) or a cultural tour. We will help you choose the right itinerary for you; one that suits your budget and time frame. Please note there will be no refunds for the loss of time due to flight delay or cancellation. There will be no refunds either if you decline to book another trip in place of your [Everest trek](#).
- To avoid getting your trip disrupted we recommend you to keep aside a few extra days in your itinerary for emergencies.

Climate in Nepal

Europe and Nepal share pretty much the same weather, completely opposite of the Australian seasons. January is the coldest month and July is the hottest. We can say that the climate of Nepal is moderate which means that winters are dry and summers are hot. The important thing to note is because of the huge range in altitude and landscape, climate in Nepal differs significantly. Monsoon lasts from around the end of June to the end of August. About 80 percent of the rainfall occurs during this period throughout the country but the remainder of the year is dry. March to May is spring and September to November is autumn and they are also the most pleasant seasons. During winters (December, January and February) temperatures drop down with a high level of snowfall especially in the high mountain areas.

Banking and Forex in Nepal

Payment in hotels, travel agencies and airlines can be made in foreign exchange. Credit card payments are accepted at most business establishments. There are plenty of cash machines or ATMs in cities and most will accept cards issued by any of the major international banking networks (Plus, Cirrus, etc). The maximum withdrawal amount is Rs 10,000 in majority of ATM's (you can definitely make repeated withdrawals). Most credit cards such as Visa, MasterCard, JCB and American Express are readily accepted at most tourist class hotels, restaurants, airlines and major tourist merchants. There is however a transaction fee for processing the cards (please note that this charge is enforced by the banks and not the merchants so it's useless asking for a discount to remove this). The surcharge is usually around 4% or higher.

Custom Formalities-Nepal

On arrival in Nepal, your baggage should be cleared by the customs at the entry point. You are allowed to bring a personal laptop, camera, movie or video camera, 15 film rolls etc. apart from your personal belongings. If you purchase an antique in Nepal and want to take it home with you, the item will have to be certified by the Department of Archeology. In Nepal, it is illegal to take outside the country objects that are 100 years and older.

Emergency Contact Information

Please do not forget to provide your emergency contact information while filling out the form to book this trip. You can give the contact details of a family member or someone close to you.

Safety and Security - Nepal

Nepal is one of the safest and hospitable countries in the world for travelers (for groups as well as solo travelers). Nepalese are very warm and friendly towards tourists and most of them go out of their way to help visitors visiting their country. Having said that, to be on the safe side one should always take care of one's belongings. Keep your cash, jewelry and expensive gadgets and accessories in a safe place. Try not to venture out alone during nighttime, especially at places where there are less people.

Electricity - Nepal

In Nepal the standard voltage is 230V and the frequency is 50 HZ. While in cities most hotels have multi-adaptor style sockets but in the mountains the teahouses may have two pronged or three pronged outlets. It would be handy to bring along a worldwide adaptor with you to charge your devices. Some teahouses along the trail utilize solar power.

Vaccinations - Nepal

We advise you to visit a physician specializing in travel related illnesses six months before your trip's departure. Take the required boosters and vaccinations. Some of the vaccinations require six months for a complete course and it is advisable to take the full course before embarking on an adventure to a foreign country. You may not have to worry about tropical illnesses if you are trekking in the mountains.

Baggage - Nepal (Porter and Domestic Flight)

On the trail while your heavy luggage is carried by a porter, you will be carrying a light daypack filled with your important belongings and accessories. Please note your baggage (carried by the porter) should not weigh more than 15 kg. One porter will carry the baggage of two clients.

The baggage allowance for domestic flights is 15 kg. You will have to pay for extra baggage if your total baggage weight exceeds 15kg.

Physical Condition & Experience

Walking in higher altitudes is always more physically demanding than walking in the lower reaches. If you are in good health; have average physical fitness, positive attitude, self-confidence and strong determination, you can definitely complete the trek successfully. We would recommend exercising and jogging regularly for some weeks prior to the trip. This will help you enhance your strength and stability. Past [trekking and hiking](#) experience would be an asset but no technical skills are required for this trip. Participants who have pre-existing medical conditions such as heart, lung and blood diseases are required to consult their doctor before participating in this trip. We also advise you to inform **Third Rock Adventures** if you have any medical condition before booking the trek.

Altitude Sickness & Acclimatization

At higher altitudes (2000 metres and above) the air gets thin and the oxygen level decreases. To let the body get used to thin air one should acclimatize properly before going higher. Going too high too fast will result in acute mountain sickness or AMS. The symptoms include difficulty in breathing, nausea, headache, dizziness, irregular heartbeat, vomiting etc. If left untreated it will affect the brain (known as HACE or High Altitude cerebral Oedema (swelling of the brain)) and the lungs (HAPE or High Altitude Pulmonary Oedema(fluid in the lungs)) and will result in death within an hour or two.

All our itineraries allow sufficient time for acclimatization. One or two rest days have been assigned at lower elevations before you venture into the higher reaches (3500 to 4000 metres and above). This will give your body enough time to get used to rarefied air. Additionally our guides carry a first aid kit with medicines like diamox (a pill that prevents and reduces the symptoms of altitude sickness) and antibiotics. On the trail, keep yourself hydrated by drinking lots of fluids as dehydration doubles the risk of AMS. To be on the safe side we advise you to consult your physician before booking a trek.

Equipments & Packing List - Nepal Trekking

The list give below is a guideline to help you pack for your adventure. We also want you to understand that the items listed below will vary according to season and the trek duration. The weight limit for your luggage is 33 pounds or 15 kg. Your luggage will be carried by your porter but you are required to carry a day-pack (with your valuables or anything important) on your own. We would also suggest you to pack only what is important.

Important documents and items

- Valid passport, 2 extra passport size photos, airline tickets
- Separate photocopies of passport, visa form (easily obtained at Kathmandu airport), proof of insurance
- Dollars, pounds or Euros in cash for purchasing Nepalese visa at Kathmandu airport, for paying for restaurants and hotels, for gratuities, snacks, and to purchase your own drinks and gifts
- Credit cards, Bank/ATM/Cash machine cards for withdrawing funds from cash machines (bring a photocopy of your cards), traveler's checks, etc.

Head

- Bandana or head scarf, very useful for dusty conditions
- Warm hat that covers your ears (wool or synthetic)
- Headlamp with extra batteries and bulbs
- Sunglasses with UV protection
- Prescription sunglasses (if required)

Upper Body

- Polypropylene shirts (1 half sleeve and 2 long sleeves)
- Light and expedition weight thermal tops
- Fleece wind-stopper jacket or pullover
- Waterproof (preferably breathable fabric) shell jacket
- Down vest and/or jacket
- Gore-Tex jacket with hood, waterproof and breathable

Hands

- 1 pair of lightweight poly-liner gloves or lightweight wool or fleece gloves.
- 1 pair of mittens, consists of 1 Gore-Tex over mitt matched with a very warm polar-fleece mitt liner (seasonal)

Lower Body

- Non-cotton underwear briefs
- 1 pair of Hiking shorts and 1 pair of hiking trousers
- 1 pair of lightweight thermal bottoms (seasonal)
- 1 pair of fleece or woolen trousers/ waterproof shell pants, breathable fabric.

Feet

- 2 pairs of thin, lightweight inner socks and 2 pairs of heavy poly or wool socks and cotton socks(optional)
- 1 pair of Hiking boots with spare laces (sturdy soles, water resistant, ankle support, “broken in”)
- 1 pair of trainers or running shoes and/or sandals
- Gaiters (winter only), optional, “low” ankle high version

Sleeping

- 1 sleeping bag (good to -10 degrees C or 14 degrees F)*
- Fleece sleeping bag liner (optional)

Rucksack and Travel Bags

- 1 medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carryon)
- 1 large duffel bag
- A small daypack/backpack for carrying your valuables, should have good shoulder padding

- Small padlocks for duffel-kit bags
- 2 large waterproof rucksack covers (optional)

Medical

- Small, personal first-aid kit. (simple and light)
- Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.
- Water purification tablets or water filter
- 1 set of earplugs
- Extra pair of prescription glasses, contact lens supplies

Practical Items

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 cigarette lighter, 1 small box of matches
- 1 compass or GPS(optional)
- 1 alarm clock/watch
- 1 digital camera with extra cards and batteries
- large Ziplocs
- 2 water bottles (1 liter each)
- 1 small folding knife
- Binoculars (optional)
- 4 large, waterproof, disposable rubbish sacks

Toiletries

- 1 medium-sized quick drying towel
- Toothbrush/paste (preferably biodegradable)
- Multi-purpose soap (preferably biodegradable)
- Deodorants
- Nail clippers
- Face and body moisturizer
- Female hygiene products
- Small mirror

Personal Hygiene

- Wet wipes (baby wipes)
- Tissue /toilet roll
- Anti-bacterial hand wash

Extras/Luxuries

- Reading book
- Trail map/guide book
- Journal and pen
- iPod
- Travel game i.e. chess, backgammon, scrabble, playing cards (to help you pass the time at teahouses and/or camps)
- 1 modest swim suit
- Binoculars (optional)
- Lightweight pillow case (in case your teahouses provide you with pillows) or use your own stuff as a pillow

Group Size

If you join a fixed departure trip, you will be traveling with a group of people from different countries and backgrounds and of varying ages. It is a great way to meet new people and make friends. For all our fixed departure trips the minimum group size is 2 and the maximum is 16 people.

Guide, Trek Leader & Support Staff

The trekking group is led by a [professional trek leader](#). He is a licensed trekking guide with years of experience guiding trekking groups in the mountains. He is a local and has in-depth knowledge of the region you will be trekking to. Assistant guides and Sherpa crew assist the trek leader.

Arrival & Departure (Kathmandu)

We offer airport pick up and drop off services. On arrival at the Tribhuvan International Airport in Kathmandu, our representative will meet you and drive you to your hotel. On the last day of your trip you will be transferred to the international airport well in time (3 hours prior to your flight's scheduled departure) to catch your flight.

Travel Insurance for Nepal

It is always a good idea to have a travel insurance policy while travelling to Nepal. Nepal is an adventure destination and most of the tourists who visit Nepal come to see the high Himalayan Peaks and experience different adventure sports. You will reach above 4000m in most of the treks in Nepal and it is best to have a policy that covers medical and emergency rescues. Helicopter rescues and emergency evacuation is common in Nepal so you have to choose insurance wisely. It's a wise decision to have insurance policy that pays directly to the hospital rather than you having to pay for it at the spot.

FREQUENTLY ASKED QUESTIONS

TERMS & CONDITIONS AGREEMENT

Third Rock Adventures Private Limited

Please read the following Terms and Conditions that governs the relationship between you (client) and Third Rock Adventures Private Limited (hereinafter referred as the 'The Company') with the registration number **184629/074/075**. Please note that while booking a trip you are agreeing to the terms and conditions as well as the cancellation policy and certain limitations of liability set by the company. Both parties agree to these terms and conditions to resolve any legal or other disputes that may arise during the trip.

1. THE BOOKING CONTRACT:

Once your booking has been confirmed, the tour operator or the travel agent issues a written confirmation after you have deposited the amount for your trip. Do go through the confirmation details thoroughly and report any incorrect or incomplete information to the company immediately. Please ensure that your names are stated exactly as in your passport.

If you book on behalf of other participants, then you are deemed to be the designated contact person for every participant included on that booking. This also means that you are responsible for making all payments due in connection with your tour booking. You will have to notify us if changes or cancellations are required and you will be solely responsible for keeping your group informed.

If you book on behalf of others, then you represent and warrant that you have obtained all required consents. It is your responsibility for verifying the information that you provide on behalf of other people is complete and accurate and the company will under no circumstances be liable for any errors or omissions in the information provided to complete a booking.

2. BOOKING A TRIP:

- A 'trip' refers to any product itinerary or activities that you buy from us including Trekking, Tours, Expeditions and / or other adventure tour programs.
- The contract between the Company and the Client comes into existence only when the company sends a confirmation invoice or email to the customer.
- The company has the right to increase or decrease product (trip/tour) prices before booking are confirmed and the contract comes into force.
- The company will not be liable for any warranty, collateral agreement, prior agreement, and description of services or conditions other than expressed herein

3. BOOKING DEPOSIT, FINAL PAYMENT REQUIREMENT, AND LIFETIME DEPOSIT:

While booking a trip the non-refundable deposit should be sent to the company. The same amount (non-refundable deposit) is levied for standard as well as customized trips.

Deposit Payment:

To book a trip, a non-refundable deposit of 20% along with due airfares (if the client wants the company to arrange it) 30 days before the trip departure is required. If your booking is done 30 days or less prior to departure, then you must pay the full amount at the time of booking.

Final Payment:

For standard as well as customized trips the non-refundable deposit should be made 30 days prior to your trip's departure. The balance (final payment) should be paid within 30 days of the departure date. In case a booking is made less than 30 days before the departure date, then full payment is required at the time of booking.

Lifetime Deposit

When you are forced to cancel your booking due to unavoidable circumstances, you can rest easy. Your deposit will not go to waste. Your deposit can be retained, provided the reason for the cancellation can be taken as an emergency or an unavoidable circumstance (like illness etc). You should furnish plausible proof (documents like doctor's certificate etc.) for canceling the trip to retain your deposit. You can use the deposit later on to book the same trip or another trip of the same value at a later date.

Please note if the trip has been cancelled for non-payment or violation of these Terms & Conditions your deposit will not be counted as a Lifetime Deposit. Only one Lifetime Deposit is issued per cancelled booking per person. If the value of the Lifetime Deposit is greater than the value of the new trip (per person) then the company will not refund or credit the difference. You can also transfer or regift your Lifetime Deposit to a friend or family to book a trip with us by notifying us.

4. PAYMENT METHODS:

The company receives a booking deposit through the online payment system. We accept all major credit and debit cards. Kindly follow the instructions provided on the booking form.

Prices:

The prices quoted on [our website](#) are the current prices. The quoted price is for per person and is subject to minimum group size. If the minimum numbers are not met by the payment date, a small group surcharge will be levied to ensure the trip's operation. To check the price validity, inclusions and exclusions please do go through the trip notes. If the departures are past the validity date, there will be a likely increase on the trip cost due to a rise on operational costs. There may also be a reduction in trip prices in the instance of a drop in local service charges. Once the deposit amount is paid for your trip any subsequent discounts or price reductions that are advertised may not be applicable.

Third Rock Adventures reserves the right to amend tour prices at any time. Amendments may be done for many

reasons including, but not limited to, increases in ground operator services, exchange rate fluctuations, increased fuel costs, airfares, airport charges, or the need to engage alternative air or ground operators. If there is an increase in the tour price, it must be paid prior to the departure date.

5. CANCELLATION BY THE CLIENT:

Any cancellation by a client must be made in writing and acknowledged by the company. The date on which the request to cancel is received by the company or its agents will determine the cancellation charge applicable. The cancellation charges are expressed hereafter as a percentage of the total tour price. Please note these charges are levied when you don't furnish plausible proof (documents like doctor's certificate etc.) for canceling the trip.

- Cancellation 30 days or more before departure: Loss of deposit.
- Cancellation 7-29 days before departure: 50% of the cost of services booked.
- If you neither show up on the starting day of the tour nor inform the company about your absence: 100% of the cost of services booked.

The client is strongly advised to take out cancellation insurance at the time of making the booking.

Please note that no refunds will be made if you voluntarily leave a trip for any reason after the trip has begun.

No refunds will be made for any accommodation, transport, sightseeing, meals or services not utilized.

CANCELLATION BY THE CLIENT DURING AN EMERGENCY

When you cancel your booking at the last moment due to an emergency, there won't be any refund of your initial deposit. But if you inform us(via email) at least 7 days before the trip starts, stating the reason for the cancellation and furnishing valid documents as proof we will retain your deposit after deducting 20% from the initial deposit. You can use the remaining 80% to book a tour (added charges applicable for the chosen trip) for yourself, your family or friends.

6. CANCELLATION OF A TOUR BY THE COMPANY:

- The company reserves the right to cancel any trip you booked unless guaranteed to run.
- Third Rock Adventures reserves the right to cancel any trip, including a guaranteed trip, prior to departure in the event of natural disasters, flight cancellation, strikes, industrial action, wars, riots, sickness, quarantine, government intervention, weather conditions, or other untoward occurrences beyond its control. In such a case, the company will refund the trip price only. If the company cancels a departure which is guaranteed to run, the trip price will be refunded, or you will be entitled to take an alternative trip of the same value.

The significant alterations do not include a change of airline carrier, flight timetables or itineraries, provided the departure and arrival dates remain unchanged. Change in cabin category or hotel accommodation provided is of

the same category.

- The company is not responsible for any incidental expenses or consequential losses that the client may have incurred as a result of the booking such as visas, vaccinations, non-refundable flights or rail fares, non-refundable car parking or other fees, loss of earnings, or loss of enjoyment etc.

7. MEDICAL CONDITIONS AND SPECIAL REQUIREMENTS:

In case of any medical condition, do inform the company at the time of the booking. A physically challenged condition or any other mental or physical debility which may hinder your ability to travel should be notified at the time of booking. Failure to notify the company may result in the client being refused to travel. It may also result in the loss of deposit amount or 100% of the trip cost.

There may be some trips that may be unsuitable for clients of a certain age, physical (mobility, pregnancy etc.) or mental conditions. It is the client's responsibility to check prior to booking. The company will not provide any special facilities unless it has agreed to do so in writing. The company will also do its best to meet the clients' special requests including dietary. Please note that such requests do not form part of the contract and therefore the company is not liable for not adhering to these requests.

The medical facilities vary from country to country and the company makes no representations and gives no warranties in relation to the standard of such treatments.

8. TRAVEL INSURANCE:

All travelers must travel with adequate and valid travel insurance. Your travel insurance must cover accidents, injuries, illnesses, death and medical expenses (including any related to pre-existing medical conditions), emergency repatriation (including helicopter rescue and air ambulance where applicable) and personal liability. It will be helpful if your insurance covers trip cancellation, curtailment, and loss of luggage and personal effects. You must carry proof of insurance with you and produce it when requested by the company employees or suppliers. If you are unable to provide proof of insurance when requested, the company reserves the right to cancel or suspend your participation on a trip or in certain activities that comprise part of a trip, at any time, including after the commencement of your trip, with no right of refund.

9. FLIGHT DELAYS AND CHANGES IN THE ITINERARY:

Please understand that mountain adventure is always unpredictable due to weather. Bad weather in the mountain regions can cause domestic flight delays. If the domestic flights get delayed or cancelled, the company will arrange accommodation (guest house) and food (lunch and breakfast) at the request of the client. However, the client is responsible to bear all additional expenses including food and accommodation costs. If you wish to make an alternative arrangement such as a Helicopter flight to avoid flight delays, all additional cost would be

your responsibility.

Third Rock Adventures will not be held responsible if the client misses his/her international flight. However, we would try and assist to make alternative arrangements wherever possible. Please also note that during outdoor activities, we may have to make some changes in the itinerary owing to bad weather conditions or events outside our control.

10. TRIP AMENDMENT:

If the booking amendment request is received by Third Rock Adventures 30 days or more prior to your original trip departure, the company will make the necessary amendment with a charge of US\$100 per person. In case you wish to make amendments within 30 days of the trip departure, the cost of an amendment may be higher depending upon the company's arrangements with other parties such as hotels, teahouses, ground operators or airlines.

11. VISA & PASSPORT:

You must carry a valid passport and visa when traveling with Third Rock Adventures. Please ensure your passport is valid for 6 months beyond the duration of the trip. Nepal Visa is available on arrival in Nepal. For Tibet & Bhutan, the company can make the necessary arrangements upon request. For India, the client will have to acquire the Visa from their own home country.

It is your responsibility to ensure that you are in possession of the correct visas for the countries you are traveling to. Third Rock Adventures will not accept responsibility if you are refused entry to a country or places because you lack the correct visa documentation.

12. INJURIES AND EVACUATION:

Third Rock Adventures will not be liable for any injury, health conditions, emotional or other conditions suffered by the client during the trip. Similarly, our package cost does not include any personal insurance. Hence, we advise the clients to take adequate travel insurance package, including medical emergencies and evacuation by Helicopter.

13. SERVICES MISSED OR UNUSED:

There will be no discounts or refunds for missed or unused services. These include voluntary or involuntary termination/departure from the tour due to sickness, the death of a family member etc, late arrival on the tour, or premature departure either voluntarily or involuntarily.

14. UPDATING OF TERMS AND CONDITIONS:

The company reserves the right to update and amend these terms and conditions at any time. It is the responsibility of the client to keep himself/herself updated with any changes. The current version of terms and conditions will always be found on the website www.thirdrockadventures.com and will be the terms referred to in any dispute.