

ANNAPURNA SANCTUARY TREK - 14 DAYS

An enchanting walk through traditional Nepalese villages to the glacial bowl of Annapurna Sanctuary...



Trip Level: Easy/Moderate | Group Size: Min. 1-12 people | Min. Age: 10 | Altitude : 4130 m

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

OVERVIEW

Annapurna Sanctuary Trek – A walk to the abode of the Mountain Gods. Walk through a typical Nepalese landscape filled with terraced fields, rustic traditional farms and the snow clad Himalayas stretching in the horizon. Exchange smiles and a warm 'Namaste!' with friendly villagers. Let your guide lead you to a spectacular glacial sanctuary known as the 'Abode of the Gods'...

Annapurna Sanctuary Trek is on the bucket list of trekking enthusiasts dreaming of an adventure in the Himalayas. A popular trek in Nepal, **Annapurna Sanctuary trekking** takes you from the verdant hills to a

spectacular glacial basin. Stand under the inspiring Annapurna Massif at [Annapurna Base Camp](#). These sacred mountains are revered as gods. In addition, a hike to the village of Ghorepani and its viewpoint [Poon Hill](#) adds flavor to this classic itinerary. From the vantage point, enjoy a three-sixty degree panorama of the Annapurna mountains.

THE TRAIL - A LITTLE BIT OF UP AND A LITTLE BIT OF DOWN

A short drive from Pokhara brings you to the trailhead at Nayapul. Your first day's trek involves a long ascent up the stone steps to Ulleri. Before climbing on the epic staircase, enter the lush jungle of the Annapurna Conservation Area. This **Annapurna trek** takes you through picturesque Gurung and Magar traditional settlements; home to the brave 'Gurkha' soldiers. Further, hike to Poon Hill for 360-degree views of the Himalayas. Experience mountain culture coupled with amazing Himalayan views.

The trail cuts along steep gorges of glacial rivers. Walk across a typical Nepali landscape; terraced fields and hillside villages with mud and stone cottages. Step on winding stone staircases and under canopies of blooming rhododendron trees. Following close on the heels of your experienced guide, you eventually reach the awe-inspiring Annapurna Base Camp and the **Annapurna Sanctuary**. Finally, wrap up your trek with a relaxing soak at the Jhinu hot springs. Graded moderate, one can do this **Annapurna trek in Nepal** if one is physically fit and has a bit of trekking experience. Join this trek and get the best of the 'Annapurna experience'!

SOME MORE AWE-INSPIRING ANNAPURNA TREKS

Looking for something challenging? Please check out our [Annapurna Circuit Trek](#) which takes you from the verdant Marshyangdi Valley to the arid Kali Gandaki Valley. Experience diversity in culture and landscapes. For a shorter Annapurna experience, you can book our popular [Ghorepani Poonhill Trek](#). This trek offers amazing mountain views and cultural immersion at [Gurung villages](#) en route.

Note:

HIGHLIGHTS

- Step into the Annapurna Sanctuary – a sacred glacial basin surrounded by Himalayan peaks
- Visit Poon Hill, the most popular viewpoint in the Annapurna Region
- Walk past mountain settlements of Gurung and Magar ethnic communities
- Trek through one of the largest rhododendron forests in the world
- Take a dip in the mineral-rich waters of Jhinu hot springs

IS THIS TRIP SUITABLE FOR YOU?

- This trek can be done by anybody who is in good health and is used to walking on hilly terrain.
- The actual trek lasts for 10 days. The trail winds along ethnic Gurung and Magar villages and rhododendron forests. Most of the time you will be walking up and down well-laid stone staircases.
- You walk 5 to 6 hours each day. If you want to take it slow, our experienced guide will allow you walk at your own pace. You won't have to worry about catching up with your group. There will always be someone from the crew to guide you if you fall behind.

- The first day's trek is the toughest as you will have to ascend more than 3000 steps. If you have trouble with your knees, you should consider opting for a much easier trek.
- You will have your meals and stop for rest at locally run teahouses. These are small mountain lodges offering basic facilities - hearty meal and shelter for travellers passing by. Do not expect modern amenities like you get in city hotels at these humble mountain lodges. Remember, you are travelling in one of the world's most remote places and you may have to sacrifice some modern luxuries.
- The highest point you will reach is the Annapurna Base Camp at 4,130m.

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 to trek to **Annapurna Base Camp** as it is neither too hot or nor too cold during these times. Notably, an Autumn trek promises clear skies and stunning mountain vistas, while a Spring trek will have you walking through meadows filled with flowers. The forests are filled with colorful rhododendron blooms during this time. Above 4000 meters, you can expect nighttime temperatures to drop as low as -10 degrees.

ACCOMMODATIONS

Accommodation for 9 nights in the mountain is included in this package. You stay at clean and comfortable local teahouses. Annapurna Region has well-developed facilities for trekkers. Most of the teahouses en route offer hot showers, wi-fi, rooms with en suite bathrooms and variety of meals. Please note to use wi-fi or to take hot showers you may have to pay extra. On the trail we use these lodges- Hotel Nice View at Ulleri, Hotel Sunny at Ghorepani, Hotel Grand View in Tadapani, Lucky Guest House in Chhomrong, Hotel Paradise in Annapurna Base Camp, Bamboo Guest House at Bamboo and Hotel Namaste in Jhinu Danda.

Accommodation in Kathmandu and Pokhara is not included in this package. Both these cities offer a wide selection 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. Both these establishments are located in tourist hubs, close to the major sightseeing places. Please send us a request if you want us to book rooms for you.

Accommodation is on twin-sharing basis. If you are a solo traveller, you will share the room with someone of

the same gender. If you need a single room, it will be available at an extra cost. Just click on the 'single supplement' tab while booking your trip. Please be informed, single rooms are readily available in Kathmandu, Pokhara and at lower elevations while trekking; but at higher reaches it is very difficult to get a single room.

MEALS:

No meals included in this package (except for farewell dinner). You will find many restaurants in Kathmandu and Pokhara serving international food. 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 (1,400M/4,593FT) & TRIP PREPARATION

Kathmandu is set in a deep valley surrounded by rolling green hills. A mix of old and new, the city is filled with historic localities dating back to medieval times and new urban structures. Once you land at the airport our representative will meet you at the airport terminal. Drive to the hotel and check in. Later there will be a pre-trek briefing by your trek leader

During the briefing your trek leader will apprise you in detail about the **Annapurna Sanctuary Trek itinerary**, the trail's condition and what to expect during the trek. Meet your other teammates and put forward your queries if you have any. Check your gear and if you have missed out on any items you can hire or buy from any of the shops in Thamel. A popular tourist hub, Thamel has a range of shops that sells and rents out trekking gear. Ask your trek leader for suggestions. To recover from jet lag and attend the pre-trek briefing, please do schedule your arrival to Nepal in the morning or during daytime. Attend a welcome dinner hosted by Third Rock Adventures in the evening. *Overnight in Kathmandu.*

Meal Included : | Dinner

2: DRIVE KATHMANDU TO POKHARA (800M/2,625FT)

Leave *Kathmandu for Pokhara*. Take the road heading down a mountainside with a lot of switchbacks. The highway follows the Trishuli River and is filled with scenic views of green hills and tiny settlements. Watch people in brightly coloured helmets and life jackets rafting down the gushing rapids of Trishuli. Snow covered peaks spread over the horizon as you approach Pokhara. Lying on the banks of the serene *Phewa Lake*, Pokhara is the starting point of most *Annapurna treks*. Check into your hotel and freshen up. Take rest or head down for a stroll by the lakeside. Have an early night as you have a long day ahead of you tomorrow. *Overnight in Pokhara.*

Meal Included : | Breakfast

3: DRIVE POKHARA TO NAYAPUL TREK TO ULLERI (1,970 M/6,463FT)

You feel a twinge of excitement as your trek begins today. Leaving Pokhara take a scenic drive to Nayapul and from there head to Tikhedhunga. From Tikhedhunga it's a long climb up a steep stone staircase to Ulleri, a large Magar village. It is one of the toughest days of your trek as you climb more than 3000 steps! Find solace in the thought that every step brings you closer to **Annapurna Sanctuary**, your destination. Once you arrive in Ulleri head straight to a teahouse and rest your aching limbs. Men from this village usually join the British or the Indian army. The world knows them as the fearless 'Gurkha' soldiers. *Overnight in Ulleri.*

Meal Included : | Breakfast | Lunch | Dinner

4: TREK ULLERI TO GHOREPANI (2,874 M/ 9,429 FT):

Compared to yesterday's arduous ascent today's hike is easy. The **trail** goes through one of the *biggest rhododendron forests in the world*. Trekkers who have been through this route in spring describe this part of the trail as 'a walk through paradise'. Red and pink rhododendron blooms cover the trail making it seem like you are walking through an enchanted forest. Get your permits checked at the checkpoint and walk through the arched gateway welcoming visitors to *Ghorepani*. The village of Ghorepani (literal translation 'Horse Water') which has a large Magar (an ethnic community) population is a popular stop for trekkers visiting *Poon Hill*. In the olden days the place was a watering hole for horses and mule packs of caravans making their way to Tibet. *Overnight in Ghorepani.*

Meal Included : | Breakfast | Lunch | Dinner

5: POON HILL HIKE BEFORE SUNRISE (3,210M/10,529FT)- TREK GHOREPANI TO TADAPANI (2,600M/8,530FT)

Wake up early and head to Poon Hill, one of the most popular viewpoints in Nepal. About an hour's hike brings you to the top of the hill. This vantage point was named '*Poon Hill*' by Tek Bahadur Poon, a retired major who served in the British Army. Watch dawn breaking over the snowy ridges of the Annapurna South, Annapurna I, Hiunchuli, Machhapuchhre (Fishtail) Gangapurna and Dhaulagiri. Take selfies and click as many pictures as you can. Later descend to Ghorepani and head to Tadapani. Take an upward trail through a dense forest of rhododendron and pine. After reaching Deurali Pass, make a descent to Tadapani. Once you reach the village head to a teahouse and take rest. *Overnight in Tadapani.*

Meal Included : | Breakfast | Lunch | Dinner

6: TREK TADAPANI TO CHHOMRONG (2,170M/7,119FT)

From Tadapani head to Chhomrong, a Gurung village offering close up views of Annapurna South and **Machhapuchhre** (Fishtail Peak). The trail to Chhomrong goes via a thick rhododendron forest. Take a downward descent enjoying views of the hillside settlements on the Modi Khola Valley and the Annapurna

Himal. Cross the bridge at Kimrong Khola and ascend the Modi Khola Valley. Follow a trail carved on the side of the mountain till you reach Chhomrong. From the village savour views of deep gorges and the Himalayan peaks. Head to a teahouse and take rest. *Overnight in Chhomrong.*

Meal Included : | Breakfast | Lunch | Dinner

7: TREK CHHOMRONG TO BAMBOO (2,310M/7,579FT)

The near vertical view of **Annapurna South** and Machhapuchhre (Fishtail Peak) from Chhomrong heighten your excitement. Each step takes you closer to these mountains and soon you will be standing at the foot of these snowy giants. Today's destination is Bamboo, a rest stop for trekkers and travelers with few teahouses. You cross the Chhomrong Khola and take the trail winding high up the Modi Khola. The path goes through thick forests of bamboo and rhododendron. Walk by Khuldighar and climb down a stone staircase to Bamboo. Follow your trek leader to the teahouse where your rooms have been booked. *Overnight in Bamboo.*

Meal Included : | Breakfast | Lunch | Dinner

8: TREK BAMBOO TO DEURALI (3,230M/10,597FT)

Walk through a trail shaded by thickets of bamboo. The canopy of bamboo leaves soon disappears and you can see the open sky once you reach Himalaya Hotel. As you climb higher, you gain altitude. Walk past Hinku Cave, a spot used by the first *Annapurna expedition* groups as an overnight camp and supply depot when there were no teahouses along the **Annapurna Sanctuary Trekking route**. The trail drops down to the river and goes up till you arrive at Deurali. Before reaching Deurali, pass through scenic waterfalls, rocky cliffs and a forest filled alive with chirping birds and colourful butterflies. Once you arrive at a teahouse in Deurali, get some much needed rest as you will be heading to Annapurna Base Camp tomorrow. *Overnight in Deurali.*

Meal Included : | Breakfast | Lunch | Dinner

9: TREK DEURALI TO ANNAPURNA BASE CAMP (4,130M/13,550FT) VIA MACHHAPUCHHRE BASE CAMP (3,700M/12,139FT)

Leave Deurali and head down to a stream. Walk on the rocky banks till you reach what looks like a natural gateway. The trail cuts right through the middle of gigantic mountains. When you see the icy Annapurna Massif and Machhapuchhre staring down at you, you really feel as if you are entering a divine place. Step on the Machhapuchhre Base Camp situated at the foot of Machhapuchhre(FishtailPeak), a sacred peak of the Gurungs. Climbing on this mountain is not allowed as the locals believe it is the abode of gods. Continue walking to Annapurna Base Camp

As you approach **ABC**, you find yourself staring at the icy walls of the Himalayan peaks. You feel a rush of adrenaline as you step on the **Annapurna Sanctuary**, a glacial basin surrounded by the snowy walls of **Annapurna Massif** (including Annapurna I, the tenth highest peak in the world), Gangapurna and Hiunchuli. Take pictures and celebrate with your friends and crew. You have finally made it! Enjoy the glorious sunset before heading to the teahouse. Try stargazing at night if the sky is clear and you can brave the night chill. The galaxy of Milky Way is visible from ABC on clear nights. *Overnight in Annapurna Base Camp.*

Meal Included : | Breakfast | Lunch | Dinner

10: TREK ANNAPURNA BASE CAMP (4,130M/13,550FT) TO BAMBOO (2,310M/7,579FT)

Wake up before dawn to witness the wonderful spectacle of the sun rising over the Annapurna peaks. After spending some time at the *Annapurna Sanctuary* head back to the teahouse, gather your things and get *trekking*. Take the trail down to Bamboo. It is a long descent. Tread carefully as you descend the stone staircase. Take a well deserved rest once you arrive at Bamboo. *Overnight in Bamboo.*

Meal Included : | Breakfast | Lunch | Dinner

11: TREK BAMBOO TO JHINU DANDA (1,760M/5,774FT)

From Bamboo head to *Jhinu Danda*. The settlement is famous for its hot springs. After reaching the village, take the steps leading down to the river. The hot spring lies beside the river. Soak your tired muscles in the heated pool. Let the mineral rich waters dissolve your aches and pains. After the soothing dip make your way to a teahouse and celebrate your last day on the trail with your teammates and crew. *Overnight in Jhinu Danda.*

Meal Included : | Breakfast | Lunch | Dinner

12: TREK JHINU DANDA TO NAYAPUL (1,070M/3,510FT) DRIVE TO POKHARA

Leave Jhinu Danda and retrace your steps to Nayapul. Today's walk marks the conclusion of your trek. At Nayapul board a vehicle and drive to Pokhara. Check into your hotel and spend the rest of the day at leisure. Please note there are no activities planned for today. If you are not too tired you can stroll around the lakeside and enjoy a boat ride on the serene Phewa Lake on your own. Gaze at the mountains, under whose shadows you had walked for the past week, before darkness falls. *Overnight in Pokhara.*

Meal Included : | Breakfast | Lunch | Dinner

13: DRIVE POKHARA TO KATHMANDU

Return to Kathmandu via the Prithvi Highway. Once you arrive in Kathmandu check in to your hotel and spend the rest of the day as you wish. Rest and relax or go souvenir hunting in Ason Bazaar and Thamel. The city is known for its iconic **UNESCO World Heritage Sites**. Explore some of these by booking a guided city tour at an extra cost. Make your last evening memorable with a farewell dinner (complimentary) at a traditional Nepali restaurant. Try out authentic Nepali cuisine and enjoy a cultural programme. *Overnight in Kathmandu*.

Meal Included : | Breakfast | Dinner

14: FINAL DEPARTURE

Our representative will drop you at the airport three hours before your flight's departure. If you wish to explore more of Nepal, do let us know. Choose from one of our standard itineraries or allow us to customize a tour for you.

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
- 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.
- Transfers from Kathmandu-Pokhara-Kathmandu by tourist bus
- Sherpa porters to carry luggage (Porter service -2 Trekkers:1 Porter)
- Staff costs including their salary, insurance, equipment, food, transportation and accommodation.
- 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

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
- Accommodation in Kathmandu & Pokhara.
- All Meals (except farewell dinner)
- Excess baggage fee.
- Lunch and dinner in Kathmandu and Pokhara

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-adapter 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

- What kind of insurance do I need before coming to Nepal? Can I get insurance there?

We would recommend all our clients to purchase travel insurance before booking any of our treks. Trust us you will have a pleasant holiday knowing that you have a good insurance cover. In the event of any sickness or injury while trekking in the mountains, the cost of emergency treatment and evacuation will be considerable. Therefore, traveling with an insurance cover is strongly recommended for everyone who signs up for any of our trips. But be careful while choosing a policy as some policies make special exceptions for adventure travel.

Do read the fine print. Before buying insurance make sure your insurance company is aware of your travel itinerary and is agreeable to cover all activities being undertaken during the trip. Such as if you are planning to trek or climb (mountaineering expedition) in the Himalayas your insurance must cover emergency air ambulance/helicopter rescue including medical expenses. For a group tour in an urban area, insurance cover of air ambulance or helicopter rescue is not mandatory. While booking a trip with us you need to send us a copy of your insurance policy (e.g. your insurance certificate) or carry it with you while you come for the trip.

No, you cannot get insurance in Nepal. Please also note that Third Rock Adventures does not arrange or sell insurance

- Can you provide more information about your trekking guides?

Most of the guides in our **adventure company** come from the mountainous areas. They are carefully selected on the basis of their experience, leadership skills and personal aptitude. We provide guides that are experienced and fluent in English. With the objective of sustaining local communities, we employ guides from different ethnic backgrounds who have adequate knowledge about the culture, ecosystem, flora and fauna, geography and history of Nepal.

Our guides have the required government license to guide tourists. They have all gone through intensive training programmes like wilderness first aid, trekking guide training, eco training workshop and rock climbing, ice climbing and mountaineering, which are certified and approved by the government of Nepal

- Is this trek safe? Is it safe for a woman to trek alone in Nepal?

Absolutely, Nepal is very safe for tourists. The most noteworthy feature of Nepal besides the mountains are its people. The people here are very peace loving and are considered to be the friendliest in

comparison to other nationalities. For solo female travelers, Nepal could be the safest country to travel. However, one should be culturally sensitive and take care to dress modestly. When you book a trip with us, your safety and well-being will be our responsibility for the duration of the trip

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.