G Adventures

Last Updated: October 30, 2026



Annapurna Sanctuary

15 days, Kathmandu to Kathmandu

Trip code ANAS

What's included

- Your G for Good Moment: Nepalese Dumplings Cooking Demonstration, Kathmandu
- Your Welcome Moment: Meet Your CEO and Group
- Kathmandu Durbar Square guided tour
- English-speaking guide and full support team of porters and assistants for the Annapurna Sanctuary trek
- All transport between destinations and to/from included activities

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

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

VALIDITY: Valid for all trips departing June 30th, 2023 and onwards

Itinerary



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

Day 1

Kathmandu

Arrive in Kathmandu at any time. Attend the group welcome meeting today and enjoy a brief orientation walk around Thamel.

Accommodation

Kantipur Village (or similar) Hotel

Today's Activities

ACTIVITY

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

Kathmandu Orientation Walk Kathmandu 1h

Get a taste of this lively capital city, which is fascinating at every turn.

Day 2 Kathmandu

Today after breakfast, we will walk towards Kathmandu Durbar Square where the group will enjoy a guided tour. Later, walk through the heart of the old city to Durbar Square, home to the palace of the Kumari Devi, considered to be a living goddess. Then enjoy a cooking demonstration and learn how to make Nepalese momos (dumplings). Afterwards, taste the delicious dishes made during an authentic local lunch.

Opt to wake up with the birds and climb to the Swayambhunath Temple. Enjoy free time in the afternoon in Kathmandu.

Meals included

Lunch

Accommodation

Kantipur Village (or similar) Hotel

Today's Activities

Kathmandu Durbar Square Guided Tour Kathmandu

Step back in time with a guided visit to Kathmandu Durbar Square, a historic royal palace complex that served as the seat of Nepalese kings for centuries. Located in the heart of the old city, this World Heritage Site is a remarkable showcase of traditional Newari architecture, with detailed carved wooden windows, multi-tiered temples, and courtyards steeped in history.

We also visit the Hanuman Dhoka Palace, once home to the Malla and Shah kings, and the Taleju Temple, a towering pagoda dedicated to the royal goddess. You'll also see the Kumari Ghar, residence of the Royal Kumari–Nepal's most revered living goddess. Chosen as a child and worshipped as an incarnation of the goddess Taleju, the Kumari occasionally appears at the window to bless visitors during special occasions.

As we wander through the square, you'll experience the vibrant atmosphere of Kathmandu's historic core, with local artisans, bustling markets, and centuries-old buildings bearing silent witness to Nepal's royal and spiritual heritage.

ACTIVITY

Enjoy a cooking demonstration at a local establishment and learn how to make momos (traditional dumplings). Afterwards, taste the delicious dishes made during a Nepali lunch.

Free Time Kathmandu

Explore the city of Kathmandu and get to know this bustling city.

Optional Activities - Day 2

Bodhnath Stupa Visit Kathmandu

Enjoy a visit to the Bodhnath Stupa, one of the largest Buddhist stupas in the world. Built in the 5th century, this UNESCO World Heritage site still attracts many pilgrims, particularly Tibetan Buddhists and local Nepalis. Take in the peaceful atmosphere and observe Buddhist monks in prayer in the monasteries surrounding the stupa.

Everest Flight Mount Everest - Kathmandu

Get a close look at awesome Mt Everest, the highest mountain in the world, without having to do any climbing; this one-hour plane tour will give you an unforgettable experience. At times, the weather may cover Everest, but the surrounding view is still worth the ride!

Swayambunath Guided Tour Kathmandu

Enjoy a guided tour of Swayambhunath and learn more about this most ancient and enigmatic of all the holy shrines in Kathmandu Valley. Its beautiful white dome and glittering golden spire are visible from miles away. The area surrounding the stupa is filled with temples, painted images of deities, and many other religious objects. Each of the four sides of the main stupa are painted with a pair of big eyes, which symbolize God's all-seeing perspective.

Day 3 Kathmandu/Pokhara

Today the group will take a mountain drive from Kathmandu to Pokhara. The drive takes about 7 hours along the Prithivi Highway, which connects Kathmandu with other major cities of Western Nepal. As the group approaches Pokhara they will be able to see truly stunning views of the Annapurna Range. Upon arrival enjoy an orientation walk of Lakeside.

Leaving the Kathmandu valley behind, head for the enchanting Nepalese town of Pokhara. Depending on our arrival time, there may be time to hire a small boat for a quick paddle on the lake for sunset.

Accommodation

Hotel Queens Park (or similar) Hotel

Today's Activities

Private Vehicle Kathmandu – Pokhara 8h-9h

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

Pokhara Orientation Walk Pokhara

Breathe in the fresh air and take in the views of the Himalayas and Phewa Lake while getting your bearings around this scenic city.

Day 4 Pokhara/Tikhedhunga

Drive to Birethanti and trek to Tikhedhunga. Enjoy 10 days of trekking through alpine meadows, isolated villages, dramatic glaciers, and inspiring mountain vistas. The drive from Pokhara to Birethanti takes about 2 hours. The route goes along the bank of Seti River and offers stunning views of Annapurna Range. As the group nears Birethanti – the trekking starting point, the road starts to climb up the hills offering even more beautiful scenery. At Birethanti, meet the trekking support crew and begin trekking towards Tirkhedhunga. Today the trek is relatively easy and just a warm up walk for your days to come.

At 8,091m (26,545.3 ft), Annapurna 1 is one of the highest mountains in the world. Its surrounding sister mountains are equally imposing and create magnificent panoramas from any view point. This trek

covers a wide variety of terrain, from lowland pastures and peaceful villages to powerful glaciers and stunning mountain views. In the rugged mountain scenery, we stay in mountain communities and meet friendly Nepali hill people as they go about their daily lives. The expedition is not only visually superb, but also a chance to learn about local cultures. Along the way, see thundering waterfalls of melted snow, cross icy rivers and high mountain passes, and reward ourselves with a soak in natural hot springs.

While the trekking is challenging, averaging 4-6 hrs walking a day on steep terrain, our Annapurna Sanctuary expedition into the Himalayas allows you to experience 'the roof of the world' without major issues associated with high altitude. The highest point on the trek is Annapurna Base Camp at 4,130m (13,550 ft).

Note - This is a trek that requires a very good level of fitness as there are plenty of ascents and descents (in fact there's hardly anything flat!) and the walking is strenuous. The weather can be harsh in December and January with snow and frosts. Our expedition is led by an experienced local guide who speaks English. We stop at teahouses where our basic mountain accommodation is twin or multishare, toilet and washing facilities are rudimentary, and the food is simple but filling, usually vegetarian and cheap.

Accommodation

Laxmi Guest House (or similar) Teahouse

Today's Activities

Private Vehicle Pokhara – Birethanti 2h 42km

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

Annapurna Sanctuary Trek Birethanti to Tikhedhunga Birethanti – Tikhedhunga 3h-4h 6km

Leaving Birethanti (1025m), the trek begins with a flat hike through incredible mountain scenery, charming villages, and rhododendron forest. The fascinating culture of the Nepal countryside is the backdrop as the trek continues to Tikhedhunga (1480m). The trail passes through small village and follows the Bhurungdi Khola river upstream, gradually ascending through forested hillsides and passing several waterfalls.

Walking distance: 6kms.
Time: 3-4 hours.
Elevation gain: 455m
Terrain: Mostly uphill with some sections of steep stone steps and occasional flat sections.

Day 5 Tikhedhunga/Ghorepani

Trek from Tikhedhunga to Ghorepani along a trail with a mix of steep steps and gentle ascents through rhododendron and oak forests, and a suspension bridge crossing. Enjoy the epic views along the way as the group climbs up 1380m in elevation today.

Accommodation

See You Lodge (or similar) Teahouse

Today's Activities

Annapurna Sanctuary Trek Tikhedhunga to Ghorepani Tikhedhunga – Ghorepani 6h-7h 8km

Begin today with a slow ascent through woodland, with views of the Annapurna range stretching out ahead. Passing through dense forest, the route ends in Ghorepani (2860m), where there are incredible mountain views across the region. The trek starts with a steep climb up a stone staircase which has around 3000 steps. After crossing this Ulleri staircase, the trail levels out before the approach to Ghorepani, when the trail becomes steeper again with several uphill sections.

Walking distance: 13kms.
Time: 6-7 hours.
Elevation gain: 1380m
Terrain: Mix of steep climbs, gentle trails through forests, and a suspension bridge crossing

Day 6

Ghorepani/Tadapani

Enjoy a morning excursion to Poon Hill for an unforgettable sunrise. The trail starts with a steep uphill climb through the rhododendron forest and offers panoramic views of Annapurna and Dhaulagiri mountain ranges with sunrise over the peaks being the highlight of the day. After breakfast, the group will begin the moderate trek with some steep uphill and downhill trails all the way to Tadapani.

Accommodation

Fishtail View Top Lodge, Tadapani (or similar) Teahouse

Today's Activities

Poon Hill Excursion Ghorepani – Poon Hill 3h 4km

Take in the incredible mountain scenery that lines the route from Ghorepani to Poon Hill (3210m). Enjoy the views across rhododendron forests and of spectacularly coloured birds during the trek. Arrive at Poon Hill to enjoy some of Nepal's best vistas.

Walking distance : 4kms
Time: 3 hours
Elevation gain: 350m
Terrain: mostly rocky terrain with mixed forested areas.

Annapurna Sanctuary Trek Ghorepani to Tadapani Ghorepani – Tadapani 5h-6h 9km

Descending from Ghorepani, the views of the Annapurnas continue as the hike heads for Tadapani (2630m). Views of Machhapuchhare are absolutely spectacular on a sunny day. Walk through beautiful forests of rhododendron, oak trees, and bamboo trees, with occasional clearings offering panoramic views of the Annapurna Ranges and valleys below.

Walking distance : 9kms
Time: 5-6 hours
Elevation loss: 230m
Terrain: Mixture of uphill and downhill trails through forest

Day 7

Tadapani/Chhomrong

Trek mostly uphill today from Tadapani to Chhomrong. The hike will take around 6 hours and offers expansive views as the group climbs higher and higher in elevation.

Accommodation

New Chhomrong Guest House (or similar) Teahouse

Today's Activities

Annapurna Sanctuary Trek Tadapani to Chhomrong Tadapani - Chhomrong 5h-6h 10km

It's another day of varied ascents and descents on the way to Chhomrong (2170m). Pass through endless rhododendron forest and into farmland where the impressive terraced fields are a sight to behold. Continue upwards past waterfalls and bridges before arriving to Chhomrong.

Walking distance : 10kms
Time: 5-6 hours.
Elevation loss: 460m
Terrain: Trail passes through lush forests and the first part of the trek involves a gradual descent followed by steep climb

Day 8

Chhomrong/Himalaya

Trek from Chhomrong to Himalaya. Get an early start and catch the sunrise over the Annapurnas before heading out on the trail. Travel mostly uphill passing through dense forests and crossing several small streams and waterfalls on today's journey.

Accommodation

Hotel Himalaya (or similar) Teahouse

Today's Activities

Annapurna Sanctuary Trek Chhomrong to Himalaya Chhomrong – Himalaya 7h-8h 12km

Wake early enough to catch the sunrise over the Annapurnas before the trek begins today. There are more suspension bridges and rhododendron forests on the trek today, as well as villages and teahouses. On the way to Himalaya (2920m), the trek changes to bamboo forest and the views of Machhapuchhare are even more impressive.

Walking distance: 12-13kms
Time: 7-8 hours
Elevation gain: 750m
Terrain: Mostly uphill with some steep and rocky sections

Day 9

Himalaya/Annapurna Base Camp

Trek from Himalaya to Annapurna Base Camp—the highest point of the Annapurna Sanctuary trek. It is a challenging but rewarding day. The trail is surrounded by tall cliffs with the peaks of Annapurna and Machhapuchhare looming overhead. As the group approaches Annapurna Base Camp, the terrain becomes more rugged and rocky.

Accommodation

Sanctuary Guest House (or similar) Teahouse

Today's Activities

Annapurna Sanctuary Trek to Annapurna Base Camp

Himalaya - Annapurna Base Camp 5h-6h 7km

It is a tough day trekking to reach the highest point of the Annapurna Sanctuary trek at 4,130m (13,550 ft) today. The route to Annapurna Base Camp passes through some open valleys, a reminder of all the snowfall that can occur during winter. With incredible views of the Annapurnas and, in particular, the views of Machhapuchhare, the hiking today is worth the challenge.

Walking distance: 7kms
Time: 5-6 hours
Elevation gain: 1210m
Terrain: Mostly rugged and rocky terrain

Day 10

Annapurna Base Camp/Bamboo

Trek from Annapurna Base Camp to Bamboo along the same trail as yesterday. Pass Machhapuchhare Base Camp along the way. This is a mostly downhill, enjoyable descent with striking views of some of the most magnificent mountains in the world.

Accommodation

Bamboo Guest House (or similar) Teahouse

Today's Activities

Annapurna Sanctuary Trek Annapurna Base Camp to Bamboo

Annapurna Base Camp - Bamboo 8h-9h 16km

Retracing steps today, the trek returns from Annapurna Base Camp, past Machhapuchhare Base Camp, to the village of Bamboo (2310m). This is a much more enjoyable trek than the last few days with mostly downhill sections and forest areas among epic views.

Walking distance: 16kms
Time: 8-9 hours.
Elevation loss: 1820m
Terrain: mostly downhill along rocky and uneven steps and through forested areas

Day 11 Bamboo/Jhinudanda

Trek from Bamboo to Jhinudanda following the trail mostly downhill and crossing rivers and farmlands as the group travels lower and lower in elevation. Highlight of today is the natural hot springs in Jhinudanda where the group can soak and relax those tired muscles.

Accommodation

Ever Green Guest House (or similar) Teahouse

Today's Activities

Annapurna Sanctuary Trek Bamboo to Jhinudanda Bamboo – Jhinudanda 4h-5h 8km

Continue the trek downhill, crossing rivers and farmland, as well as countless steps, on the way from Bamboo to Jhinudanda (1780m). Its easy to see the roofs of Jhinudanda on the walk, and this final stop for the day is well deserved.

Walking distance: 8kms
Time: 4-5 hours.
Elevation loss: 530m
Terrain: mostly downhill crossing rivers and farmland

Day 12

Jhinudanda/Pothana

Trek from Jhinudanda to Pothana along a relatively easy portion of the trail with gentle ascents and descents. Wander through lush forests, pass terraced fields, and see traditional villages while enjoying this pleasant and scenic walk.

Accommodation

See You Guesthouse (or similar) Teahouse

Today's Activities

Annapurna Sanctuary Trek Jhinudanda to Pothana Jhinudanda – Pothana 6h-7h 16km

It is a longer day trekking today, on the way to Pothana (1890m). The trek goes through lush forest and across several bridges over the fast-flowing river below. The rich greenery of the area, with spectacular wildflowers in the right season, makes for a rewarding day trekking.

Walking distance: 16 - 17kms

Time: 6-7 hours.

Elevation gain: 110m

Terrain: Mix of gentle ascents and descents, lush forests, terraced fields, and traditional villages

Day 13 Pothana/Pokhara

Today the group will walk along the trail to Ghattekhola, where the trek ends. From there, drive back to Pokhara and celebrate the adventure completed.

Accommodation

Hotel Queens Park (or similar) Hotel

Today's Activities

Annapurna Sanctuary Trek Pothana to Ghattekhola Pothana – Ghattekhola 2h 5km

It is the last day of the trek today, consisting of the short distance from Pothana to Ghattekhola (1130m). Be sure to look back at the views of the high peaks of the Annapurnas as the trek winds through green fields and forests before joining up with the road and the transfer back to Pokhara.

Walking distance: 5kms

Time: 2 hours.

Elevation loss: 760m

Terrain: mostly downhill through green fields and forests.

Private Vehicle Phedi – Pokhara 1h 20km

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

Day 14 Pokhara/Kathmandu

Return to Kathmandu for a well-earned celebration.

Today we return to Kathmandu where you will have free time perhaps some last minute shopping, or simply wander around the beautiful old Durbar Square or visit Bodhinath.

Accommodation

Kantipur Village (or similar) Hotel

Today's Activities

Private Vehicle Pokhara – Kathmandu 8h-9h 200km

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

Free Time Kathmandu

Enjoy some free time exploring bustling Kathmandu.

Day 15 Kathmandu

Depart at any time.

Today's Activities

Departure Day

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

What's included

- Your G for Good Moment: Nepalese Dumplings Cooking Demonstration, Kathmandu
- Your Welcome Moment: Meet Your CEO and Group

- Kathmandu Durbar Square guided tour
- English-speaking guide and full support team of porters and assistants for the Annapurna Sanctuary trek
- All transport between destinations and to/ from included activities

What are the main highlights of this trip?

Take in panoramic views and prayer flags in the Himalayas, Explore rhododendron forests and tiny hamlets, Meet local shephards, Experience tea house lodges and high passes.

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Is there a disclaimer I should read before booking this trip?

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

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

Is there a travel disclaimer for my itinerary I should review before booking this trip?

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

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

What important notes should I be aware of before the trip?

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

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

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

4. REQUIRED: In order for us to obtain the Annapurna trekking permit for our passengers, we require a coloured copy of your passport in advance of travel. We please request you send a coloured copy of the passport you will be travelling on to experience@gadventures.com

What is the role of the group leader during this trip?

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

What is the maximum and typical number of participants on this tour?

Max 15, Avg 10

What meals are included in this trip?

1 lunch

What are the meals like on this trip?

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your group CEO will be able to suggest favourite restaurants during your trip. On truck trips in Africa, aboard the expedition ship Explorer or our Galapagos yachts, while trekking in remote regions etc. food is included, plentiful and made of fresh local ingredients. The above information applies to G Adventures group trips. For Independent trips please check the itinerary for details of meals included. For all trips please refer to the meals included and budget information for included meals and meal budgets.

What are the modes of transportation on my trip?

Bus, minibus, walking.

Are local flights included in the cost of the trip?

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

Is there an extra cost for travelling solo?

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

Where will we stay during the trip?

Simple hotels/guesthouses (5 nts), tea houses (9 nts).

What should I expect from the accommodations on this trip?

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

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

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

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

What are the joining instructions?

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

If you would like to book an airport Arrival transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Please note that day 1 is an arrival day and no activities have been planned on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

What should I do if I can’t find my airport transfer or experience arrival issues?

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

Who do I contact for arrival issues or in the event of an emergency?

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

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

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

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

Ms. Binita Gurung - (Primary Contact)
From outside of Nepal: +977 98 0191 1000
From within Nepal: 98 0191 1000

Mr. Rajju Maskey - (Secondary Contact)
From outside of Nepal: +977 98 0201 4444
From within Nepal: 98 0201 4444

EMERGENCY CONTACT NUMBERS
G Adventures South Asia Manager, Sorab Jassawalla (Delhi, India)

From outside of India: +91 88 5180 6614
From within India: 88 5180 6614

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

Toll-free, North America only: 1 888 800 4100
Calls from UK: 0344 272 0000
Calls from Germany: 0800 365 1000
Calls from Australia: 1 300 796 618
Calls from New Zealand: 0800 333 307
Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What details should I be aware of when planning my departure day?

If you would like to book an airport Departure transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

What are the packing guidelines and luggage restrictions?

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

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

What should I pack for this trip?

Available for Rent:

- Sleeping bag (100 - 200 NPR per day)
- Trekking poles

Cold Weather:

- Long-sleeved shirts or sweater
- Scarf
- Warm gloves
- Warm hat
- Warm layers
- Warm waterproof jacket

Conservative Dress:

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

Documents:

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

Essentials:

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

Health & Safety:

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

High Altitude Trekking:

- Down jacket (Recommended for winter season)
- Hiking boots (Worn frequently prior to departure)
- Pack liners to waterproof bags
- Reusable water bottler - minimum 1 litre (Aluminium or Nalgene polypropylene are best)
- Sandals (For wearing around camp in the evenings)
- Sleeping bag and liner, 4 season
- Spare boot laces
- Thermal base layer
- Waterproof gloves
- Whistle
- Windproof rain gear
- Wool socks Note: The best clothing for trekking is either wool or synthetic materials in layers, as this is quick-drying and can keep heat in better. We suggest a base-layer, then a mid-layer such as a light fleece jacket or similar, then a windproof and waterproof layer. Please note that for this tour you will need to bring 2 passport-size photos.

Where can I do my laundry on this trip?

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

What are the visas and entry requirements for my trip?

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page here

NEPAL:
Nepal is now offering e-Visas for some nationalities. please visit this link for further information, and to check if your nationality is eligible for an e-Visa. You can apply for the visa here .

We strongly suggest travellers eligible for an e-Visa complete the form online and print their receipt before arrival to Nepal to ease your entry and avoid queuing. Visas are available upon arrival at the airport and land crossings for those who are unable to receive their e-Visa beforehand.

Where can I read detailed notes about this trip?

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

What should I consider when planning my personal expenses and discretionary spending for this itinerary?

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

What should I know about currency, credit cards, and exchanging money while on this tour?

As currency exchange rates in Asia fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com. As of Feb 2012 the exchange rate for NEPAL was 1 USD = 78.76 NPR (Nepalese Rupees). There are many ATM machines that accept both Visa and Mastercard but these are limited to major cities. We also recommend the use of cash and travellers cheques in USD currency. Major credit cards are accepted in most shops but they may charge a 2-4% transaction fee.

What emergency funds do I need access to on this trip?

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

Do I need to pay a departure tax?

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

What are the tipping guidelines for this trip?

It is customary in Asia to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is expected - though not compulsory - and shows an expression of satisfaction with the people who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping drivers and local guides would range from $4-5 USD per person per day depending on the quality and length of the service, for porters during the trekking portion of your trip, the recommended amount is 300-500Rs ($4-7 USD) per day; ask your CEO for specific recommendations based on the circumstances and culture.

Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline $10-15 USD per person, per day can be used.

What activities are optional on this trip?

Kathmandu

- Bodhnath Stupa Visit
- Swayambunath Guided Tour

Mount Everest

- Everest Flight

Are there any health considerations I should know before travelling?

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

There are no specific health requirements for this trip. However, you should consult your doctor for up-to-date medical travel information about before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements . Please be aware that we are in remote areas and away from medical facilities for some time during this trip, and for legal reasons our CEOs are prohibited from administering any type of drug including headache tablets, antibiotics, etc.

What general safety tips and free-time guidelines should I follow?

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

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

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

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

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

www.gadventures.com/travel-resources/safety/

Are there any specific safety considerations for this itinerary?

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

What are the mandatory group rules regarding laws and behaviour?

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

What are the mandatory travel insurance requirements for this trip?

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

What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.
G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

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

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

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

How should I dress to respect local customs during the tour?

When packing be aware that dress standards are conservative throughout Asia. To respect this and for your own comfort, we strongly recommend modest clothing. This means covering shoulders and no short shorts. Loose, lightweight, long clothing is both respectful and cool in the predominantly hot Asian climate. Shorts should be knee-length. Singlets and tank tops are not acceptable. One piece bathing suits are recommended and topless sun bathing is unacceptable.

How can I share feedback about my trip experience?

Earn 5% off your next G Adventures Tour (up to $100 USD)*

After your travels, we want to hear from you! Your feedback information is so important to us and to thank you for your time, we are pleased to offer a 5% discount (up to a maximum of $100 USD) off your next G Adventures holiday. All you need to do is submit the form within 4 weeks of the completion of your tour, and you'll be able to join the thousands of travellers who have taken 2, 3, 4 or even 10 or more tours with us!

Discount cannot be combined with other offers or applied to 'Independent' style trips. Maximum discount value is $100 USD (or equivalent currency). Valid for new bookings only. G Adventures reserves the right to withdraw or modify this offer at any time without notice. Limited to one discount per person.

Does G Adventures have an email newsletter I can subscribe to?

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

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

What are the age restrictions for this trip?

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

Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

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

What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our LGBTQ+ page for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

Dossier Disclaimer

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

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

Itinerary Disclaimer

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

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