



# Annapurna Circuit Trek - 14 Days



## Trip Facts

Destination	Nepal
Duration	14 Days
Group Size	2 - 30
Trip Code	DWTK04
Grade	Challenging
Activity	Annapurna Treks
Region	Annapurna Region
Max. Altitude	5,416m at Thorung la high pass
Nature of Trek	Lodge to Lodge Trekking
Activity per Day	Approx. 4-6 hrs walking
Accommodation	Hotel in Pokhara and Hotel/Lodge/Tea House during the trek
Start / End Point	Kathmandu / Kathmandu
Meals Included	Breakfast in Pokhara Hotel and all Meals (Breakfast, Lunch, Dinner) during the trek
Best Season	Feb, Mar, Apr, May, June, Sep, Oct, Nov & Dec.
Transportation	Kathmandu to Bhulbhule, & Muktinath to Tatopani by Public transportation, Birethanti to Kathmandu by Tourist bus

## A Leading Himalayan Trekking & Adventure Specialists

TRULY YOUR TRUSTED NEPAL'S TRIP OPERATOR.

Annapurna Circuit Trek, One of the most popular treks in Nepal circuit trek around the Annapurna. Dramatic deep gorges,

desolate high mountain passes, relaxing hot spring, Buddhist and Hindu temples,...

Its Notice to all our valuable clients who are joining Annapurna Circuit Trek with us that our journey will begin with a 7-8 hour local bus ride from Kathmandu to Besisahar or Bhulbhule (approx 172.9 km) which is included in the package, however, with an additional cost you can book a Private Jeep and while returning back to Kathmandu if you want to take a domestic flight from Pokhara to Kathmandu (20 mins approx) we can provide that with an additional cost excluded from the package. Despite being the gateway to Annapurna Circuit Trekking, Besishar lacks this facility Discovery world Trekking would like to recommend all our Valuable clients that they should arrive in Kathmandu a day earlier in the afternoon before the day we start our Annapurna Circuit Trek the next day, To make sure that you'll attend our Official Briefing as an important Pre-meeting. The reason we do so is we want to make sure that you get proper mental guidance and necessary information just to have a recheck of equipment and goods for the journey so that if you have forgotten something then we'll provide you with that ASAP.

## About the Trip

Annapurna Circuit Trek, One of the most popular treks in Nepal circuit trek around the Annapurna. Dramatic deep gorges, desolate high mountain passes, relaxing hot spring, Buddhist and Hindu temples, delightful farming villages, and at every turn a different view of the Annapurna summits.

- ✔ Best Price Guarantee
- ✔ Hassle-Free Booking
- ✔ No Booking or Credit Card Fees
- ✔ Team of highly experienced Experts
- ✔ Your Happiness Guaranteed

### Highlights

-  Pass yak pastures with yaks grazing
-  Relaxing hot spring at Tatopani
-  Stay at Jomsom, the headquarter town of Mustang district
-  A day at tourist hub Pokhara
-  Spectacular views of Mt. Annapurna, Thorung Peak, Nilgiri, Chulu west and Chulu east, Tukucho Peak, Dhaulagiri, Lamjung Himal, Annapurna II, and Annapurna IV
-  Relax at hot springs in Tatopani
-  Magnificent lakes, glaciers, gorges, and waterfalls
-  Visit Muktinath ,a sacred place for both Hindus and Buddhists
-  Visit the beautiful Manang district and embrace the beauty of the place
-  Visit Barge Monastery, the largest monastery in Manang district
-  Crossing the world's widest pass – the Thorong La Pass at 5,416 meter.

### What is Included?

- ✔ Kathmandu to Bhulbhule(trak start) by Local bus and Birethanti( trek end point) to Pokhara by private transport service
- ✔ Muktinath to tatopani by local transport service.
- ✔ Pokhara to Kathmandu by Tourist Bus.
- ✔ One night accommodation with attached bathroom "Hotel Crown Himalayas" in Pokhara.
- ✔ Eight nights room with attached bathroom at Jagat, Dharapani, Chame, Pisang, Muktinath, Jomsom, Tatopani and Ghorepani, five nights standard room at Bhulbhule, Manang(2N), Yak kharka, and Thorang Phedi (Twin Sharing Room) -13 Nights
- ✔ All Standard Meals (13 Lunches, 13 Dinners and 15 Breakfasts) during the trek.
- ✔ Government License holder Discovery World Trekking experienced and qualified trek leader (guide), assistant trekking guide, (12 or above trekkers: 1 assistant guide) and porter to help trekkers luggage (2 trekkers:1 porter "9 kg per trekker max limit").

- ✔ Coverage of guides and porters meals, insurance, salary, lodging, transportation and other necessary equipment.
- ✔ Annapurna Conservation Area Permit (ACAP) Fee.
- ✔ Trekkers Information Management System (TIMS) card fee.
- ✔ Snacks (cookies) and Seasonal fresh fruits every day
- ✔ All government, Local taxes and official Expenses
- ✔ Assistance in arranging rescue operation in case of complicated health condition (funded by travel insurance).
- ✔ Souvenir - A company's T-shirt & Cap
- ✔ Discovery World Trekking's appreciation of certificate after the successful trek
- ✔ Farewell Dinner at the end of the trek

## ✖ What is Excluded?

- ⊖ International Flight.
- ⊖ Excess baggage charges (Limit is 9kg per Person)
- ⊖ Nepal Entry Visa Fees for multiple Entries on arrival at Tribhuvan International Airport- (15 days - \$25-30, 30 days- \$40-50 and 90 days- \$100-110)
- ⊖ All Accommodation and meals in Kathmandu, before and after we start our journey
- ⊖ Lunch and Dinner in pokhara.
- ⊖ Extra night accommodation, Meals in Kathmandu and Pokhara due to early arrival or late departure, early return from the trek.
- ⊖ Personal expense such as shopping, snacks, bar bills, bottle or boiled water, shower, Wi-Fi, laundry, telephone call, battery re-charge fee extra porters etc.
- ⊖ Personal clothing and gear.
- ⊖ Travel insurance which has to cover emergency high-altitude rescue and evacuation compulsory
- ⊖ Tips for guide and porters (Recommended by the Culture)
- ⊖ Additional costs or delays caused by management out of control like landscape, bad weather condition, in case of itinerary modification with a view to safety concern, illness, change of government policy, political instability raises strike, moment etc.
- ⊖ All the costs and expenses which are not listed in "cost includes" will be counted as Excludes

## 🔍 Overview

**Annapurna circuit trek** is a trek within the Annapurna region around the entire Annapurna massifs including crossing the highest pass at **Thorung La (5,416m)**, walking through the edge of the world's deepest Kaligandaki gorge, as well as the sunrise view over the Himalayas from Poonhill, visiting Muktinath temple- the major pilgrimage destination, and refreshing in the natural hot spring at Tatopani. We will be traveling through altitudes **ranging from 800 m to 5,416m** taking you through a number of climatic zones from past rice paddy fields, subtropical forests, rural farmland, and glacial zones. you will be able to view panoramic sceneries of the Himalayas, including **Mt. Dhaulagiri (8,167m), Mt. Annapurna I (8,091m) Mt. Manaslu (8,163 m), Mt. Annapurna II (7,937 m.), Mt. Annapurna III (7,555m), Mt. Annapurna IV (7,525m), Mt. Annapurna south (7,219m), Mt. Nilgiri (7,041m), Mt. Machhapuchhare (6,998m), Mt. Hiunchuli (6,441m), Mt. Lamjung Himal (6,986m), Tukucho peak (6,920m), Tilicho peak (7134m)**. We get an opportunity to learn about the Tibetan way of life that strongly runs in Mustang valleys. There is a small chance of seeing a snow leopard in Yak Kharka along with blue sheep We will also make a stop at Tatopani where we can relax in their famous hot springs

**Trek to Annapurna circuit** begins at Bhulbhule after the scenic drive from Kathmandu and follows the trail towards Jagat, Dharapani to Chame to Pisang following the Marsyangdi River valley. We trek to Manang where we stay for acclimatization to prepare for crossing the Thorung La pass. From Manang, we continue the trail and head to Yak Kharka. The next day we hike up to Thorong Phedi. And from **Thorong Phedi to Thorong La Pass (5,416m/17,769ft)**. After passing the Thorong La pass we head down to Muktinath, which is a sacred pilgrimage site for Hindus and Buddhists From Muktinath we drive to Tatopani and spend the night. The next day we head up to Ghorepani, Poon Hill to Berithanti then we drive to Pokhara and drive back to Kathmandu.

This **Annapurna circuit trek itinerary** is curated for trekkers who would like to experience a more adventurous journey in Nepal Himalaya and experience a diversified scenery, geography, and different climate zones of the Annapurna circuit. We have another exciting trek packages in the Annapurna region. [16 Days Annapurna Circuit Trek and Tilicho Lake](#), [16 Days Nar Phu Valley Trekking](#), [11 Days Annapurna Base Camp Trekking](#), [10 Days Annapurna Circuit Trekking](#), [9 Days Annapurna Sanctuary Trekking](#), [7 Days Khopra Danda Trekking](#), [7 Days Mardi Himal Trekking](#).

## Day to Day Itinerary

### Day 1

#### Drive from Kathmandu to Bhulbhule (845 m / 2,815 ft) west of the Kathmandu

##### Itinerary Facts

**Driving hours** (200 Km/124 miles) - 7-8 hrs.

Our first day of the **Annapurna Circuit Trek** starts in the early morning after breakfast we take a local bus to Bhulbhule. The route goes out of the valley along the picturesque trishuli river to Pokhara from where we head north to the large bazaar to Besisahar to Bhulbhule, situated along the **Marsyangdi River**. Throughout the ride, we will be able to see the beautiful scenery of terrace farms, villages and catch a sight of the snowy mountain peaks of Ganesh and Manaslu. At Bhulbhule we register our permits at the check post. This is how our first day of the Annapurna circuit trek will **go down along with the sun**.



Overnight at "Holiday Trekkers Lodge"



Included meals: (Breakfast, Lunch, Dinner).

### Day 2

#### Trek from Bhulbhule (845 m / 2,815 ft) to Jagat (1,300m/4,265ft)

##### Itinerary Facts

**Trek Distance** 16 Km/ 9.9 miles

**Highest Altitude** 1,300m/4,265ft

**Trek Duration** 5 hrs

After a **nourishing** breakfast meal, we inaugurate our first steps on the trail. The route follows a pleasant trail through the fertile jungle and terraced fields upriver, along the flowing Marsyangdi river. We take a leisurely lunch break and pass through several rural settlements and more farmland to gradually reach the peaceful village of Jagat, a former trading post. In this way, our 2nd day of **Anappurna Circuit Trekking** will be successful around Jagat village and hill stations.



Overnight at "Tilicho Guest House" with attached bathroom.



Included Meals: (Breakfast, Lunch, Dinner).

### Day 3

#### Trek from Jagat (1,300m/4,265ft) to Dharapani(1,860m/6,200ft)

##### Itinerary Facts

**Trek Distance** 15 km/9.3 miles

**Highest Altitude** 1,860m/6,200ft

**Trek Duration** 5 hrs

After breakfast we begin our **3rd day of Annapurna circuit trek**, we go along the Marsyangdi river after a steep climb we enter the vicinity of **Manang region** at the village named tal .here we see several waterfalls forming a river by the sandy beaches. We follow a trail through barley, rice, and potato fields. and pass through the village of **Kodo** which is one of the biggest villages in the Manang valley. We cross a **suspension bridge**, and after a short climb of the stone **Kani**, we **reach Dharapani**. Finally, we complete the 3rd day of our **Annapurna trek** with **energy and enthusiasm**.



Overnight at "Heaven Guest House" with attached bathroom.



Included meals: (Breakfast, Lunch, Dinner).

### Day 4

## Trek from Dharapani (1,860m/6,200ft) to Chame (2,610m/8,890ft)

### Itinerary Facts

<b>Trek Distance</b>	15.5 km/ 9.6 miles
<b>Highest Altitude</b>	2,610m/8,890ft
<b>Trek Duration</b>	6 hrs

Today we follow the trail through the forest with pine, fir, oak, and maple trees along the **Marsyangdi river** to reach **Chame**, the **district headquarter** of Manang district. Well be surrounded by the **green forest** around us and over us, we'll see remarkable views of **Lamjung Himal**, **Annapurna II**, and **Annapurna IV (7,525m)**. We'll also stop by a small hot spring where we can relax for a while.



Overnight at "Tilicho Guest House" with attached bathroom.



Included meals: (Breakfast, Lunch, Dinner).

## Day 5

### Trek from Chame (2,610m/8,890ft) to Pisang (3,115m/10,200ft)

#### Itinerary Facts

<b>Trek Distance</b>	13.2km/8.2 miles
<b>Highest Altitude</b>	3,115m/10,200ft
<b>Trek Duration</b>	5 - 6 hrs

We walk through a steep and narrow valley to have our first view of a massive wall of rock that is considered very sacred to the local people, **Paungda Danda rock face**, a curved **rock face rising 1500m** from the river. From here, we also see clear views of **Annapurna 2** at the south and Pisang Peak in the northeast. Next, we descend to the **Manang Valley floor**



Overnight at "New Trekkers Hotel" attached bathroom.



Included meals: (Breakfast, Lunch, Dinner).

## Day 6

### Trek from Pisang (3,115m/10,200ft) to Manang (3,540m/11,300ft)

#### Itinerary Facts

<b>Trek Distance</b>	17km/10.6 miles
<b>Highest Altitude</b>	3,540m/11,300ft
<b>Trek Duration</b>	5 - 6 hrs

We trek on the upper trail through upper Pisang via Geru, we choose this trail as it offers outstanding views of north face **Annapurna II, III, IV, Gangapurna, Tilicho, and Pisang Peak**. as we ascend well feel the air turn cold, **dry, and harsher**. The trail goes through Tibetan settlement and we get a chance to **explore Buddhist culture** in a short visit to Barge Monastery, the largest in Manang. The trail is dotted with **Buddhist shrines** as we pass below more monasteries and reach the large settlement of **Manang** with a lively bazaar area that caters to tourists.



Overnight at "Hotel Himalayan Singi"



Included meals: (Breakfast, Lunch, Dinner).

## Day 7

### Rest and Acclimatization day at Manang

For our body to acclimatize we spend this day **exploring Manang**, early morning we hike up to **Gangapurna Lake** and **Base Camp** spend the day admiring **Annapurna III, Tilicho, Pisang** and **Chulu Peaks**, **roam** around **Manang Village** and **Monasteries**.during the afternoon we may visit the **Himalayan Rescue Association** in Vraja village where we will be briefed about acute **Mountain Sickness**., its symptoms, and preventions



Overnight at "Hotel Himalayan Singi"



Included meals: (Breakfast, Lunch, Dinner).

## Day 8

### Trek from Manang (3,540m/11,300ft ) to Yak Kharka (4,050m/14,275ft)

#### Itinerary Facts

**Trek Distance** 9.4km/5.8 miles

**Highest Altitude** 4,050m/14,275ft

**Trek Duration** 3-4 hrs

After a day in and around **Manang**, acclimatizing to the **high elevation**, and allowing our bodies time to rest and get used to the environment, From Manang, we cross a stream and climb up to Tenki village then head out of **Marshyangdi valley** northwest up Jar **Sang Khola valley** .the trail ascends slowly as we head northward. we will pass a few pastures and **juniper trees**. Following the trail, we will pass through a small village called **Gunsan** with houses made of flat mud roof and then pass pastures with yaks and horses. After crossing a small river on a **wooden bridge**, we make our way up the spectacular valley to an open, peaceful meadow known as **Yak Kharka**



Overnight at "Hotel Gangapurna"



Included Meals (Breakfast, Lunch, Dinner).

## Day 9

### Trek from Yak Kharka (4,050m/14,275ft) to Thorong Phedi (4,525m/14,525ft)

#### Itinerary Facts

**Trek Distance** 8.5 km/ 5.2 miles

**Highest Altitude** 4,525m/14,525ft

**Trek Duration** 4-5 hrs

Today we head to the foot of **Thorong La pass**, Throng Phedi. We climb up to a ridge then head down and cross the Marsyangdi river on a wooden bridge. After climbing up the mountain path, we follow a narrow trail across a slope and descend to Thorung Phedi. The **uninhabited**, rugged terrain is otherworldly and much different than the lush lowlands that we passed on the **way up during the initial phase** of the trek.



Overnight at "Thorong High Camp Hotel"



Included Meals (Breakfast, Lunch, Dinner).

## Day 10

### Trek from Thorong Phedi (4,525m/14,525ft) to Muktinath Temple (3,760m/12,623ft) Via Thorung La high pass (5,416 m/17,756 ft)

#### Itinerary Facts

**Trek Distance** 15.6 km/ 9.6 miles

**Highest Altitude** 5,416 m/17,756

**Trek Duration** 9 hrs

Today's the **most challenging part of the trip**, we cross Thorung La pass, one of the **highest passes** in the world, and the highest point of the trek. we have to wake up at a very early morning to complete this challenge. we have to push ourselves through the icy air, and high altitude but the view from the pass will make it totally worth it. We will see a panorama of majestic Himalayan peaks extending northwards into Tibet, at the back we can see several of the main **peaks of Annapurna**.

We then descend all the way to Muktinath a sacred place for both Hindus and Buddhists. The Buddhists call it Chumig Gyatsa, which in Tibetan means "Hundred Waters".



Overnight at "Hotel Town House Muktinath" with attached bathroom.



Included Meals (Breakfast, Lunch, Dinner).

## Day 11

### Drive from Muktinath (3,760m/12,623ft) to Jomsom and Tatopani (1,200m/3,940ft)

#### Itinerary Facts

**Driving hours** (113km/70 miles )-6-7 hrs

**Highest Altitude** 3,760m/12,623ft

We visit **Muktinath temple before** continuing our journey on a local bus ride to Tatopani. It will be a rough drive through the deepest gorges in the world. We will go from the arid highlands to lush green forests. Tatopani is famous for **natural hot spring**, it is a place where we can soak in the hot springs.



Overnight at "Dhaulagiri Lodge" with attached bathroom.



Included meals: (Breakfast, Lunch, Dinner).

## Day 12

### Trek from Tatopani (1,200m/3,940ft) to Ghorepani (2,860 m/9,385 ft)

#### Itinerary Facts

**Trek Distance** 17 km/10.5 miles

**Highest Altitude** 2,860 m/9,385 ft

**Trek Duration** 6-7 hrs

We leave the hot springs behind and cross to the east side of the **Kali Gandaki River**. We ascend to **Ghorepani** through villages of **Sikha and Chitre**, the villages of **ethnic thakali** people. we go through a terraced farmland with mountains all around. then pass lush forests filled with **rhododendron, birch, magnolia** we stop at **Ghorepani**, a beautiful village located at a ridge top.



Overnight at "Hotel Snow Land" with attached bathroom.



Included meals: (Breakfast, Lunch, Dinner).

## Day 13

### Early morning hike to Poon Hill (3,210 m/ 10,525 ft) - then trek to Birethanti (1,039 m/3,250 ft) - Drive to NayaPul - Pokhara

#### Itinerary Facts

**Trek Distance** 12.5 km / 7.7 miles

**Highest Altitude** 3,210 m/ 10,525 ft)

**Trek Duration** 4-5 hrs,

**Driving hours** 2hrs

This will be our final day on the trail. We ascend to **poon Hill (3,210m)** in the early morning to view sunrise over the whole **Annapurna, Dhaulagiri massif** including **Mt Machhapuchhre** (Fishtail) and surrounding rice terrace. A favorite spot among photographers. After visiting Poonhill, we return to our Ghorepani lodge for breakfast then we will trek back to **Birethanti** then drive to Pokhara, **overnight at Pokhara**.



Overnight at "Hotel Crown Himalayas" with attached bathroom.



Included meals: (Breakfast, Lunch)

## Day 14

## Drive from Pokhara (820 m/ 2,690 ft ) to Kathmandu (1,350 m/4,450 ft)

### Itinerary Facts

**Driving hours** (200km/ 124miles) - 6-7hrs

After breakfast, we drive back to **Kathmandu on a tourist bus**. It's a **200 Km route** that first follows first along the Marsyangdi River and then the Trishuli River. **You may also choose to return by a 25-minute flight** (not included in the package). Our trek package completes at Kathmandu

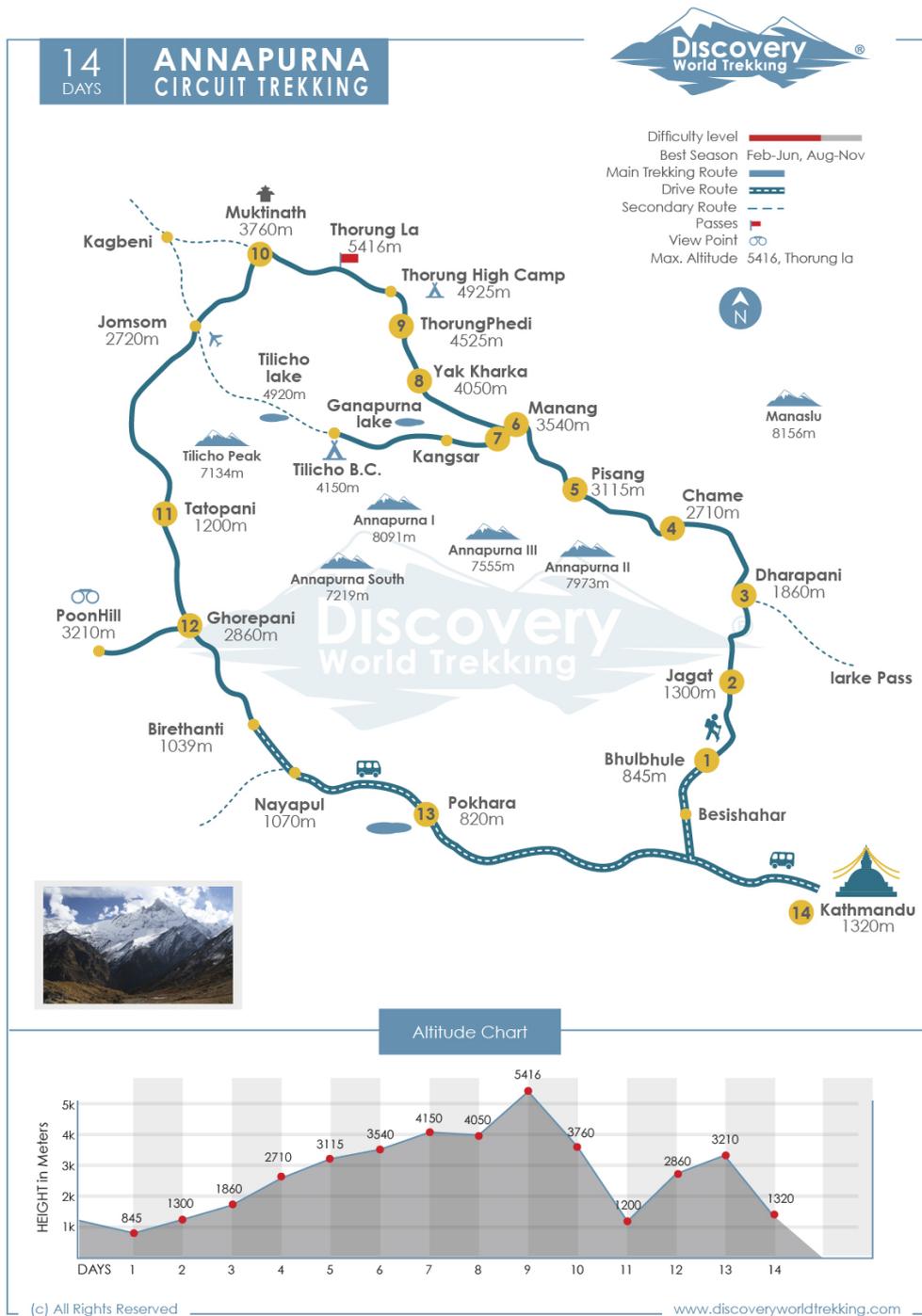


Accommodation at your own selected Hotel in Kathmandu.



Breakfast

Route Map



## Trips Notes

### Covid-19 updates & safety precaution for Annapurna Circuit Trek - 14 Days

Annapurna circuit trek is full of amazing peaks which you'll definitely leave you dreamy with its every edge but how to deal with corona risk while traveling?

So the real question is, is it safe to travel on the Annapurna circuit, looking at the facts that It can get to anyone. To be honest, it's subjective but considering the fact if we take necessary precautions the risks are very near to 0% getting affected, and Discovery World trekking makes everything that's possible to provide the best quality service available in the Nepalese tourism market.

Apart from Geographical safety, Discovery World Trekking has taken precaution in following things to make travel as safe as possible making the most out of it without any worry!

- Our guides are well trained with Intensive wilderness First Aid
- Trek leaders and guides have years of trekking experience who can help you if there is any kind of uneasiness and assure happiness & satisfaction is guaranteed.
- We'll have High-quality masks & Gloves with sanitizers for everyday use throughout the journey for the DWT team assisting you.
- Encouragements and motivation will be everyday perks
- Food & Accommodation in mountains will be rechecked for extra hygiene.

### How Your Journey Towards Annapurna Circuit Trek Will Start?

The first day is your arrival day in Nepal. The second day, early in the morning, your guide will come to pick you up at your stay hotel in Kathmandu and take you to the bus station. Then, we drive to Bhulbhule via Besisahar for the start of the trek.

Local Transportation (Kathmandu to Besisahar -Bhulbhule, Jomsom to Tatopani ) is included in package. private jeep is available at an extra cost

### Don't Worry, We'll Pick You!

Discovery World Trekking provides free airport arrival and departure transfer on any flight for the Annapurna Circuit Trek package. You will be received from our representative crew from Discovery World Trekking regardless of the flight you take holding a pamphlet of your name and our company name with a warm-hearted welcome with either a khaki or a marigold garland and you'll be escorted to your hotel with all comfort possible.

### Accommodation Details During The Annapurna Circuit Trek!

15 days trek includes **Fourteen nights** lodge to lodge stay at a mountain and one night in **Pokhara** hotel where we use the best available lodge and select the best accommodation in the **Annapurna region**. We provide **eight nights** twin sharing rooms with a private attached bathroom at Jagat, Dharapani, Chame, Pisang, Muktinath, Jomsom, Tatopani, and Ghorepani, **five nights** twin sharing standard accommodation at Bhulbhule, Manang(2N), Yak kharka, and Thorang Pheidi.

We spend a one-night hotel in **Pokhara accommodation** with attached bathroom, TV, 24 hours hot water, power, and laundry facility.

For solo trekker - single private room with attached bathroom in the available lodge, single private accommodation in other places of the itinerary.

**Two nights of Hotels** in Kathmandu before and after the trek is required which is not included in the package. Kathmandu has a wide range of hotels for all budgets and your interest. We prefer your choice.

Hot showers, Wi-Fi will be available at an extra cost in possible places.

### The Meals During The Trek!

Our trek is all over high elevations near the world's highest peak which means your body needs enough carbohydrate, protein, nutrition as food is fuel for the body to hike on such humongous Himalayan trails. The meal on this trek is very

convenient but not as in cities.

There will be **15 Breakfasts, 13 Lunch and 13 Dinners** will be provided in the trek. Some of the popular menu items are -

**Fifteen Breakfasts** - ( Oatmeal, Corn Flakes, French toast with Jam, Butter, Cheese, and Honey Tibetan bread or Chapati Local tsampa porridge, Hashed brown eggs, Varieties of eggs (Omelets) Pancakes Muesli Breads Fruits and Vegetables Hot drinks like varieties of teas and coffees Hot chocolates, etc)

**Thirteen lunch** - (Dhal, Bhat & Tarkari (Dal Bhat power 24 hours) Tibetan Bread Various Soups items Sherpa Stew Steaks Sandwiches Momo (dumplings) Macaroni dishes Tenduk Spaghetti Noodles Thukpa Pasta Vegetable curry Potatoes items Vegetable and salad Pizza (Tomato, Mushroom, Mixed) Snakes (Papad, Prawn) Desserts items (Rice Pudding, Apple pie), etc)

**Thirteen Dinners** -( Dhal, Bhat & Tarkari Tibetan Bread Various Soups items Sherpa Stew Steaks Sandwiches Momo (dumplings) Macaroni dishes Tenduk Spaghetti Noodles Thukpa Pasta Vegetable curry Potatoes items Vegetable and salad Pizza (, Tomato, Mushroom, Mixed) Snacks (Papad, Prawn) Korean Raman Desserts items (Rice Pudding, Apple pie), Hard Drinks Steaks, etc.) are available on the menu during the trek. The best selected from the menu of the lodge which will be fresh, hygienic, tasty, and nutritious.

The menu is a combination of traditional local, Asian, and western cuisine almost everywhere but as we go up close, the menu list will be shorted. We highly recommend liquids green tea, lemon tea, hot lemon, ginger tea and garlic soup(must), etc. at high altitude and also the fresh vegetable items for health benefit. Tho plenty of non-veg items will be available we won't recommend any of them because the meat in such places is not hygienic and healthy during the trek. We highly encourage to avoid dairy and cheesy items and strongly suggest not to consume Alcoholic drinks, caffeinated items, hot chocolates as experts suggest to avoid such items during such high elevation treks.

**Note:-** Lunch and Dinner at Pokhara shall not be provided by the Company.

All Personal Bills (Alcoholic Drinks, Hot and Cold Drinks) in tea house/ Lodges or in cafe except Standard Meals(Breakfast, Lunch, Dinner with seasonal fruits) are excluded from Package.

## Best Time For Annapurna Circuit Trek

The weather is one of the most important factors to look at when deciding to trek to **Annapurna Circuit Trek** cause no one is beyond nature.. People trek 12 months of the year up to Annapurna circuit trek but certainly, there is ups and downs in every season, It is best suited to trek during the spring and the autumn as the sky is crystal clear from dusk till dawn, the rainy weather stops and thick sun-blocking clouds also fades. The Magic of clear azure skies provides the most spectacular vistas. With added those breathtaking views, Tho during the winters and monsoon, it becomes a bit challenging to trek due to heavy snowfall, cold temperature but that's what excites many trekkers.

Although trekking is possible throughout the year each season has different advantages and attractions and advantages offer for trekking in the Annapurna region. The temperature in the mountains also depends according to the altitude range – the higher the altitude, the lower the temperature. In brief, below are the detailed information about the climatic condition of every quarter of months.

### March-May - Spring

Destination towards **Annapurna Circuit Trails** in Spring (March-May) is a season in which mountain lovers and travel enthusiasts come to Annapurna circuit trek in a very large number. In this season, the climate is mild, the rainfall is quite low and the trekking conditions are perfect. The mean daily temperature in the high elevation of Annapurna Circuit trek is between **-8 to 0 degree C**. Lower regions along the trek are even warmer making it pleasant for any nature lover.

Trekking season begins after March in the spring. By April, the trek route throughout the Himalayas will be rewarded with different full blossom rhododendron of red, pink, and white even at an elevation of over 3,000 meters. The temperature starts rising from mid-March up to mid-May. The weather is cool at this time. The sky is very clear and you can enjoy the clearest views of the mountains.

### June to August -Summer

If you are coming to trek **Annapurna Circuit** between July to August, you are signing up for summer. Summer season falls in the month of June, July, and August. Summer is the month of the hottest temperature and therefore has the most pleasant trekking conditions compare to other months. But the monsoon that coincides with the summer means that you have to be more careful with your preparation as the trekking trails might be wet and slippery.

It usually rains during this season. Monsoon generally begins around the end of June and continues up to the second week of August. The temperature during the days usually ranges from **10°C to 23!** and gets relatively colder at night ( 5°C to 10?) mornings are usually clear with clouds building up during the afternoon and disappearing again at night.

Though the rain may cause some problems. various plants bloom during this season, the valleys will be a green and totally different view than during other seasons.

#### September to November -Autumn

Autumn (**September, October, November**), like Spring, is a season that invites travelers around the world to trek in the Annapurna circuit trek. Moderate temperatures, mild wind, and low precipitation make Autumn a season of wonderful trekking conditions.

This is a favorite among tourists with the most favorable weather and perfect climate condition. The sun shines brightly the skies are clear you get a superb view of mountains and the temperature is perfect for the daytime trek. you can enjoy spectacular starry skies since the sky is clear at night. The monsoons will be over by early September and the weather ranges from mild to warm days. Daytime temperatures can reach up to 20c in high altitudes, the nights are colder with temperatures that may go down around 5c. the greens that grew during monsoon fade to golden/amber proving a spectacular contrast against the crystal blue skies, grains are ripening in the enclave. The environment is clean and the lowlands are lush. The biggest festivals of Nepal like Dashain, Tihar also fall during these seasons. It is also a busy season, the clearest month, with the crisp and sparkling sky. The daytime temperatures at this month are usually the most stable, from mild to cool conditions the humidity is also pretty dry with very cold nights.

#### December to February- Winter

Winter (December - February) treks in the **Annapurna region** are as popular as the Spring or Autumn treks. The places along the Annapurna circuit trek can be cold during the winter but that's what excites most trekkers. The temperature of the Annapurna circuit trek itself can be as low as -10 degree C which tempts trekkers to visit this region in pleasant climatic conditions.

The coldest time is from December through early February, after late February, the climate gradually gets warmer Temperatures to get cold dropping to -5 degree C at high altitudes. daytime is pleasantly and relatively warm with sunshine. Despite being cold the skies are usually very clear, mountain views are at their best. with snowy caps, it might snow and the ground will be snow the trails are the least busy at this time.it may not be the best season for beginners but experienced trekkers will have no problem.

The weather in the Himalaya is so unpredictable and the temperature may change quickly from day to night.

### Acclimatization

Our 15 days Annapurna circuit trekking package provides a rest day in **Manang 3540m** for proper acclimatization, where there is a significant risk of being affected by altitude sickness also called acute mountain sickness. Altitude sickness is preventable but can be a life-threatening situation if its symptoms are left ignored. Staring from Bhulbhule 845 m and trekking in low elevation for four to five days before reaching to Manang 3540 m provides plenty of time for our body to cope automatically with the existing high altitude environment and helps in reducing the chance of altitude sickness problem. Our trekking leaders and guide have extensive first aid training and well -experienced in the Himalaya we use oximeter to monitor your oxygen level and detect the symptoms. We guarantee your health will be in reliable hands. Your trek leader or guide will suggest precautions. The best way is to take your time and drink plenty of water at least 4 liters a day. If it is severe the only cure for altitude sickness is to descend immediately. Please note that your group leader has the ultimate responsibility to decide or stop your ascent based on your overall condition. It is essential to keep in mind that some are more vulnerable than others.

### Physical Condition & Experience Requirements

Our 15 Days Annapurna circuit trekking is a challenging grade trek in the Annapurna region. The hiking up in lower land for five days below 3500m from Bhulbhule 845 m to Manang 3540 m is 5 to 6 hrs, and in the high mountain for two days above 3500m from Manang 3540 m to ThorongPhedi 4,525m is generally 3 to 4 hrs a day, with regular breaks to take in the stunning mountain views, because trekking in higher altitude is physically demanding than trekking in the lower altitude. This is a remote mountain journey, trek routes on the Annapurna circuit involve long climbs, steep descents, and straightforward roads following a good trail. To accomplish trek, past hiking experience would be an added advantage although no technical experience and skills are necessary. Trekkers who are able to hike 5 to 6 hours a day at a reasonable pace with a light day pack can take part in our short Annapurna circuit. Some days require longer waking hours, so you must be reasonably fit and prepared for long days. Exercising and jogging regularly for a couple of weeks prior to the trip is a good idea to enhance our stamina. To join our Annapurna circuit trekking, all participants should be in good health condition with normal physical fitness and have a positive attitude, self-confidence, and strong determination. It is very important to make sure you are as healthy as possible before starting the trek. Participants with pre-existing medical conditions such as heart, lung, and blood disease should inform us before booking the trek.

## Trekking group/single

We organize a group as well as a private trek. The price of **group discount** is applied with having your own pax at your group and price will be the same whether group joining or **private touring**. We are able to lead and handle any size of the participants in a group. There will be a group leader Guide, a porter for every two trekkers, and an assistant guide for a group of 12 or above trekking members.

## A typical day in Trek

Every day will be rewarded with a unique experience of trekking, climbing enjoying the scenery, taking photos, and exploring the local villages. During the expedition, we are accompanied by experienced, friendly, and qualified expert Sherpa's sharing of information and historical facts about the places as we trek. We will also be accompanied by the porters who carry our luggage. However, we will be carrying our small regular day bag pack of necessary items. The day starts with an early morning hot cup of tea/coffee. After packing our bags and gorging on a wholesome breakfast, we set off on the day's walk around 7 AM to 8 AM, depending on the duration and nature of the day's walk. After trekking for three to four hours, lunch will be served around midday on the route to the next destination and we continue after about an hour of rest. The afternoon walk is generally shorter; about two to three hours. Once we reach our overnight lodge/tea house/tent, we snack on the extra dietary food. We will have free time to explore nearby places. Dinner is served around 6 PM to 7 PM. After dinner and before going to bed, we indulge in friendly conversations and discuss the experience of that day. The expedition leader/guide will brief us about the next day's plan. After this briefing, we enjoy onboard games like monopoly, cards, and watch available mountaineering documentaries. Most of the foreigners indulge in light and fun learning of Nepalese language from our crew or read books before heading off to bed for a well-deserved sleep.

## Communication on trek

On the **Annapurna Circuit Trek**, the use of internet service will be available at the lodges with some extra service charge. You can contact your family and friends via the lodges, but once we reach high altitudes communication will be through the phone for safety proposes. We'll communicate all our valuable clients through our leader at least once a day to make sure you're fine, safe, feel right, and have everything up there.

You'll always be connected to **Kathmandu's DWT office** for any kind of help during the trek. Also, depending on the kind of network you use, there will be a signal but not very strong before the high altitude. At your request, we can provide you with a separate local sim card (Most of the places have wifi service available with an extra cost) for good access to connect.

Normally Wi-Fi works every part of the trek in lodge/lodges which will be provided with an extra cost.

## Electricity and battery recharge, water on Annapurna Circuit trekking

Throughout the lodges at **Annapurna trek**, electricity for the camera and mobile battery recharge is available at an extra cost in all lodges. Most of the lodges have **hydroelectricity** and some of them have used solar panels. Water during the trek, you can buy either packed mineral water from local lodges and en route shop or filling boiled water at an extra cost. A water **purification pill** is will be provided to make water drinkable.

You shouldn't drink water from the river, tap, well up there cause it might not be drinkable as it seems.

## Extra personal expenses on trekking

Discovery World Trekking tries to provide all extra expenses excluded from the package. Meals and accommodations in Kathmandu will have to be arranged by self. All meals, transfer, and accommodation required for Annapurna circuit trekking are included except lunch and dinner in Pokhara Trekkers will have to bring personal spending money with them to cover costs of accommodations in Kathmandu, visa process, travel insurance policy purchase, beverages, snacks for the trek, tips to the trekking crew members, souvenirs, etc. We recommend bringing **cash (dollars)** which can be changed to rupees here. bringing a cash card you can use to withdraw from an ATM (bear in mind your bank may charge for this service).

## Travel insurance

15 Days Annapurna Circuit Trek is a challenging journey as it involves crossing 5, 416m Thorung La High Pass. This mountain journey is not for a usual visit, potential high altitude sickness, and other unforeseen events such as injury, illness, flood, landslide or sudden climate changes, etc may face.

Travel insurance is a significant part of our booking condition for The Annapurna circuit trek. All the members of trekking

must provide a copy of their comprehensive travel insurance policy certificate to Discovery World Trekking. The policy must cover medical and emergency repatriation inclusive of helicopter rescue and evacuation expenses at high altitude for trekking members.

We can recommend insurance companies to help you but we don't directly get involved in the sale of an insurance policy. Members can be refused to be included in the trekking based on insufficient, improper, or absence of travel insurance policy.

Trekking members are kindly requested to send their detailed insurance information once they book for trekking. In case of emergency situations, we will be using the insurance policy and informational documents you sent us. This will help us arrange a quick and effective rescue operation, transfer for emergency medical help, etc. Please ensure that the insurance company includes the cost incurred for mountain rescue service at the highest elevation of the trekking.

Before you buy travel insurance (Don't just believe them what they say in their website) make sure you call them and recheck if they have Helicopter-rescue and evacuation up to 6000m according to your trekking height.

## Passport and visa

All foreigners except Indian nationals must have a valid visa to enter Nepal. Visa is available on arrival at Tribhuvan International Airport upon entry in Kathmandu, Nepal, and at Nepal borders of India and Tibet. Visa can be easily extended to the central immigration office. [www.immigration.gov.np](http://www.immigration.gov.np); Visa application requires a passport with at least 6 months until expiration and one passport -size photo. The current cost of a visa for 30 days is US\$50(to be paid in cash) for 30 days that is required to make in cash. Other currencies are also accepted although rates may differ. Other nationalities should check entry requirements. visitors are requested to specify return flight tickets, time intended to stay in Nepal. we recommended you schedule at least 1-2 days extra at the end of the trip just in case there is a delay. If no delay occurs we can arrange an additional activity for your time in Nepal To help calculate the exact dates of these crossings we have found the website [www.timeanddate.com](http://www.timeanddate.com) to be very useful. The children under the age of 10 will get a free visa. Please be advised to check the current regulation. Visa regulation can change without prior notice. Citizens of China, as well as citizens of the South Asian Association for Regional Cooperation(SAARC) countries (Bangladesh, Bhutan, India, Maldives, Pakistan, and Sri Lanka), get a free visa. countries not entitled to get a visa upon arrival are Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, and Afghanistan If you are a citizen of one of these countries, please contact your local Nepalese embassy.

## Money exchange

**Nepali Rupees (NPR/Rs) is the local currency.**

**(1 USD = ~ Rs.100-112 NPR).**

We can exchange most of the foreign currencies through local banks and legitimate money exchanges in Kathmandu and all over Thamel. Small amounts of cash can also be exchanged at the hotel.

The ongoing rate of exchange is visibly displayed. The government of Nepal has banned the import, export, and use of 500 and 1000 Indian Rupee note in Nepal. You should ensure that you are not carrying these notes on arrival in Nepal as they will be confiscated and you may also be fined.

Despite having the security advantage of traveler's cheques, we prefer cash exchange to avoid hassles like a lengthy process and a high rate of commission at the banks. You can withdraw cash (in Rupees only) from one of the many ATMs in Kathmandu and Thamel itself. There are quite a several ATMs that are open around the clock. The maximum withdrawal amount is 35,000 Rupees for a 500 Rupees processing fee if you are using your foreign card.

If you use the money exchange facility at banks and financial institutions the service fee charge imposed is about 4% or more depending upon the bank.

During the trek, there are no banks and money exchange services so you should exchange your money in Kathmandu only, depending on how much personal expense you require as in the Himalayan region people only accept Nepalese Currency

Most of the established banks in Asia will not accept foreign currency notes that are old, torn or faded. Please ensure that you have new, clean notes

## How Much Luggage can I take during 15 days-Annapurna Circuit Trek?

The weight limit for your luggage, Porters will be assigned to carry your luggage. Two people will be assigned one porter, combined luggage should not exceed more than **18 kgs**. We never overload **our porters**. but a should carry your own knapsack or backpack (with your valuables or anything important) on your own. Only carry what the essentials, You can leave any excess baggage either at your hotel or at the **Discovery World Trekking** store for free.

We'll recheck everything (Luggage, equipment, etc.) in our briefing before we start our journey from our Office.

## 15 days-Annapurna Circuit Trek Safety

Discovery World Trekking guarantees our valuable **client's safety, security, and satisfaction. Safety is** the utmost important concern for us. For the trek, we will be carrying all the necessary gears, equipment, and first aid kits. Our leaders and guides have vast knowledge and have extensive first aid training. If a trekker falls sick due to the altitude, it is entirely up to the trekker to decide if he/she will further continue as health is very important. In case of emergency, the rescue helicopter will always be ready to bring you back from the higher elevation. During the trek, every group will be together so that everyone is safe and won't wander off alone.

## Equipment Checklist

### Head

-  Sun hat or scarf
-  Winter hat or insulating hat or a wide-brimmed hat
-  Headlight with extra batteries

### Face

-  Sunscreen
-  Sunglasses with UV protection
-  Face/body wipes

### Hands

-  Lightweight gloves
-  Heavyweight winter gloves

### Body

-  Hiking shirts
-  Long sleeved shirt
-  Hooded rain jacket
-  Fleece jacket
-  Lightweight cotton pants
-  T-Shirt (bring lightweight wool)
-  Polypropylene underwear
-  Down jacket (available for rent in Kathmandu)
-  Sweater
-  Waterproof jacket and pants

### Footwear

-  Hiking Boots that been worn in

- ☞ Thick wool socks (Take an extra pair of thick light socks)

## Essential gear

- ☞ Backpack or daypack (Size depends on whether you take porter or not)
- ☞ Thermal bottle
- ☞ Water purification
- ☞ Trekking pole
- ☞ Sleeping bag (-15 degree bag is best in the high altitude trekking)
- ☞ Toiletries (toilet papers, tooth paste, tooth brush, )

## Toiletries

- ☞ Medium size drying towel
- ☞ Toothbrush
- ☞ Toothpaste
- ☞ Deodorant floss
- ☞ Biodegradable bar soap
- ☞ Nail clippers
- ☞ Small mirror

## Personal accessories

- ☞ Money
- ☞ Watch
- ☞ Cell phone
- ☞ Camera

## Extra items

- ☞ First aid kit
- ☞ Extra passport photos and photocopies of passport
- ☞ Notebook and pen
- ☞ Binoculars

## Join Upcoming Trips

The given prices are per person basis and fixed in which the International flight cost has excluded. In addition, trek cost includes and excludes details is applied. The dates schedule is fixed, 100 percent guaranteed and confirmed to departure trekking. We are flexible to organize trek in your own departure trek date. We organize private and group trek. For this, trekker can send us message submitting your own departure trek date.

Departure Dates	Price
09 Dec, 2020 - 23 Dec, 2020	\$1400 \$780
11 Dec, 2020 - 25 Dec, 2020	\$1400 \$780
12 Dec, 2020 - 26 Dec, 2020	\$1400 \$780

Departure Dates	Price
16 Dec, 2020 - 30 Dec, 2020	<del>\$1400</del> \$780
17 Dec, 2020 - 31 Dec, 2020	<del>\$1400</del> \$780

# FAQ's

## How long is Annapurna Circuit Trek?

Discovery World Trekking offers a 10-27 days long trek depending on the packages.

## What are the Annapurna Circuit Trek packages for?

Discovery World Trekking facilitates Annapurna Circuit Trek - 10 days, Annapurna Circuit Trek - 15 days, Annapurna Circuit Trek with Annapurna Base is Camp- 27 days, Annapurna Circuit Trek with Tilicho Lake - 16 days, Annapurna Sanctuary Trekking - 9 days and Annapurna Trek - 20 days. Please call us at +9779840055491 for more information visit our website [www.discoveryworldtrekking.com/](http://www.discoveryworldtrekking.com/).

## What is the best time to trek Annapurna Circuit?

Spring (March-May) and Autumn (September-November) is the most favorable time to enjoy the magnificent views of Annapurna and Dhaulagiri Peaks. However, Discovery World Trekking will guide you in any season to coordinate with your holiday plan with the safest journey possible.

## What is the weather condition and temperature at Annapurna Circuit Trek?

Manth	Day	Night	Weather
March to May	18-22 °C	8-10 °C	Crystal clear views, colorful blossoms of rhododendron and other wildflowers
June to August	20-25°C	10-12 °C	Favorable for northern areas of Annapurna trails
September	18-22 °C	8-12 °C	Most favorable time
October to November	15 °C	7-8 °C	Clear Blue skies, least haze, fresh and vitalized natural vegetation
December to February	7-12 °C	2-8 °C	Low number of trekkers on the trails, picturesque landscapes

## What should be my level of fitness to trek Annapurna Circuit?

Generally, you should have good health conditions with normal physical fitness, a positive attitude, self-confidence, and strong determination. Participants with pre-existing medical conditions such as heart, lung, and blood disease should inform us before booking the trek and are advised to seek medical advice or consent before the trek.

## What is so captivating around Annapurna Circuit Trek?

Well, everything. Discovery World Trekking guides you with incredible trek and adventure to see the panoramic views of mountains, the ever-changing landscapes, mesmerizing scenic beauties, and reminiscing memories with people.

## Is Annapurna Circuit Trek difficult?

Discovery World Trekking considers Annapurna Circuit Trek as a moderate trek which does not involve technical climbing.

## Do I need Travel Insurance to trek in Annapurna Region?

You need travel insurance prior to booking the trek which must cover medical and emergency repatriation inclusive of helicopter rescue and evacuation expenses at high altitude for trekking members. You should provide it to us before you start your trekking. Discovery World Trekking will help you to get travel insurance for potential altitude sickness and unforeseen events due to sudden climate change.

## What about the Insurance of guides and porters?

Discovery World Trekking ensures the expenses for insurance of its guides, porters, and all the crews along with meals, salary, lodging, transportation, and other necessary equipment.

## Is there any luggage limit for porter?

Discovery World Trekking will provide one porter for two trekkers to carry 18 kgs of luggage (maximum 9 kg for each trekker). Please be sure your porters are not overloaded because they do not carry only your equipment but also lift your spirit to reach new heights, and your love, affection, and generosity can be the reason for them to work hard to take you to your destination.

## Do I need to tip my porter and guide?

Your porters are a big reason why you got a chance to feel something very few can have. Apart from guiding and

carrying your necessities and being mindful of your safety, they want to see you happily succeeded more than anyone like family and help you successfully complete the trek safely. So, your tips reflect gratitude towards them. So, tipping is a recommended culture for porters and guide in Nepal as a gesture of thankfulness.

### **What documents do I need for Annapurna Circuit Trek?**

You need to submit the following documents after the advance payment deposit and all the documents should be sent via email.

-  A copy of passport,
-  Passport size photos,
-  Flight details,
-  Copy of travel insurance (it has to cover heli rescue and medical evacuation).

### **What is the booking and payment method for Annapurna Circuit Trek?**

You need to pay 10% in advance and rest of the amount can be paid after your arrival in Nepal. We accept Credit Card, however, you will be charged extra amount as service fee by the bank. So, Discovery World Trekking recommend you to pay in Cash to enjoy the benefit of discount. Any currency is accepted.

### **Is there a cancellation or refund policy?**

Discovery World Trekking offers cancellation and refund facilities. You need to visit Discovery World Trekking's tour packages for more information.

### **Can I use flight option for any local destination during Annapurna Circuit Trek?**

Yes, you can if the starting or ending point of your journey is Pokhara. Normally, the trek for Annapurna Circuit starts from Bhulbhule and ends on Pokhara. In such case, you can take the return flight of about 25 minutes from Pokhara to Kathmandu at your own cost.

### **I usually get altitude sickness. Is there any possible option to avoid it?**

Discovery World Trekking has a well-trained group of team members to deal with these issues. Our team member has oximeter to monitor the oxygen level at high altitude and have regular health check-up facilities. Discovery World Trekking also provide emergency rescue service. However, you can reduce the chances of altitude sickness by:

-  Cutting off caffeinated, alcoholic, and smoking items
-  Drinking at least 4 liters of water a day
-  Trekking slowly
-  Not skipping the acclimatization days
-  Continuing with Diamox, if any symptoms show up
-  Drinking Garlic Soup

### **What is the lodging like in Annapurna Circuit Trek?**

Discovery World Trekking manages a teahouse/lodge accommodation during the trek. Generally, there are twin sharing rooms and squat style toilets, normally outside the room or house. Teahouses/lodges provide blankets but it's a good idea to bring your own sleeping bag as there are no heating systems inside the rooms. Some places may offer hot gas and running water for a shower with an additional fee.

### **Do I need any permits to start my trek of Annapurna Circuit?**

Yes, you need Trekker's Information System (TIMS) Card and the Annapurna Conservation Area Permit (ACAP) to start your trek. But do not worry, Discovery World Trekking takes all the responsibilities for the required permits, paperwork, and local taxes.

### **What types of liquid do I need to drink at high altitude?**

garlic soup is a must while trekking. Discovery World Trekking recommends trekkers to drink green tea, lemon tea, hot lemon, and ginger tea. However, it is better to avoid alcohol and alcoholic beverages, caffeinated items, and hot-chocolates at high altitude.

### **Is the drinking water safe in the trails to Annapurna Circuit?**

Bottled water is easily available at a low cost. But you can not use plastic bottles in the Annapurna region. So, they do not sell plastic bottled mineral water. You need to drink mineral water or boiled or filtered water in those areas. It is better to use water purification drops and tablets which you can either bring from your own country or buy in Kathmandu or Pokhara. Discovery World Trekking also provides water purifier pills.

**Do I need to bring my own medicines for Annapurna Circuit Trek?**

If you are allergic to specific medicines, it is better to consult your doctor and bring your own. Discovery World Trekking regards its clients as its family. So, Discovery World Trekking will facilitate you with medical kits and other safety concern to avoid altitude sickness and other probable sicknesses.

**I am a vegetarian. Am I supposed to get enough meal on my trek?**

Discovery World Trekking won't recommend non-veg items because the meat in such places may not be hygienic and healthy. Discovery World Trekking also encourages to avoid dairy and cheesy items and strongly suggests not to consume them during the trek. So, our packages are suitable for both vegan and vegetarians.

**Is there pick service by the Company?**

You will see a personal representative of Discovery World Trekking welcoming you outside the arrival lounge of Tribhuvan International Airport with your name pamphlets on her/his hand. S/he will take you to your selected hotel on private transportation conveniently.

**Can I hire the gear in Nepal?**

Discovery World Trekking will introduce you to dozens of shops for hiring your gears.

**Is there Wi-Fi on the trek?**

Yes, most guesthouses offer Wi-Fi, for a small charge.



## Discovery World Trekking

### Paul Gurung (CEO/Founder)

Mailing Address: Post Box: 21576, Kaldhara Marg, Thamel, Kathmandu, Nepal, Kaldhara Marg, Thamel, Kathmandu, Nepal

**Phone:** [+977 1 4252366](tel:+97714252366)

**Mobile:** [+9779840055491](tel:+9779840055491)

**E-Mail:** [info@discoveryworldtrekking.com](mailto:info@discoveryworldtrekking.com)

**Skype:** discovery1120

**Phone:** [+977 1 4252366](tel:+97714252366)

**Location:** Saat Ghumti Chowk, On the way to Kaldhara Marg, Near to the International Guest House, Kaldhara, Thamel, Kathmandu, Nepal. [Opening hours – 8 Am to 7 Pm]

### 24 Hrs. Emergency Call

[+977 9851054143](tel:+9779851054143)

or [+977 9840055491](tel:+9779840055491)

Quick Questions? Email Us

**[info@discoveryworldtrekking.com](mailto:info@discoveryworldtrekking.com)**

Talk to an Expert

**+9779840055491**  

