



# Annapurna Trek - 20 Days



## Trip Facts

Destination	Nepal
Duration	20 Days
Group Size	2 - 10
Trip Code	DWT23
Grade	Challenging
Activity	Annapurna Treks
Region	Annapurna Region
Max. Altitude	Thorong La Pass 5416 m
Nature of Trek	Tea House Trekking
Activity per Day	Approx. 4-6 hrs walking
Accommodation	selected hotel in Kathmandu, Pokhara and tea house during the trek
Start / End Point	Kathmandu / Kathmandu
Meals Included	Breakfast in pokhara and all meals during the trek
Best Season	Feb, Mar, Apri, May, June, Sep, Oct, Nov & Dec.
Transportation	private vehicle (Transportation)

## A Leading Himalayan Trekking & Adventure Specialists

TRULY YOUR TRUSTED NEPAL'S TRIP OPERATOR.

A tour around culturally-rich Kathmandu Valley and walk past the magical Annapurna circuit trail, this trek is a glimpse of what Nepal offers. We follow the route from the historical...

It is a notice to all our valuable clients who are joining Annapurna Circuit Trek with us that our journey will begin with 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 Kathmandu a day earlier at afternoon before the day we start our Annapurna Circuit Trek 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

A tour around culturally-rich Kathmandu Valley and walk past the magical Annapurna circuit trail, this trek is a glimpse of what Nepal offers. We follow the route from the historical town of Kathmandu to around the Annapurna peaks. Within this range, we will witness the courteous hospitality of the diverse Nepalese people, the alluring landscape and dense forests with a variation of floras and faunas. As we traverse the ancient alleys and Durbar Squares in Kathmandu, we dive into the historical fascination of the country. We further march with the clouds en route to Annapurna and savour the tranquillity of nature. Annapurna Circuit Trek is one of the most famous and beautiful trails of Nepal. The trail encircles the Annapurna Massif along with beautiful rivers, snow-capped mountains and much more. Dramatic deep canyons, uninhabited high mountain passes, relaxing hot spring, Buddhist and Hindu temples, pleasant farming villages and at every turn a different view of the Annapurna(I-IV) Peaks. With diverse Nepalese landscape and culture, the trail offers a package full of surprises with the beauty of the place and hospitality from the local people.

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

### Highlights

-  Experience the beauty of the alpine region of Nepal
-  ExGorge yak pastures with yaks grazing experience the beauty of the alpine region of Nepal
-  Relaxing hot spring at Tatopani
-  Stay at the stunningly beautiful Jomsom, the headquarter town of Mustang district
-  Spend a day in Pokhara, the most happening place in Nepal
-  Spectacular views of Mount Annapurna, Thorung Peak, Nilgiri, Chulu West and Chulu east, Tukucho Peak, Dhaulagiri, Lamjung Himal, Annapurna II, and Annapurna IV
-  Magnificent glaciers, gorges, and waterfalls
-  Tour around the famous Muktinath temple, 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
-  Traversing through the world's most extensive pass – the Thorong La Pass(5,416m)

### What is Included?

- ✔ Airport arrival and departure transfer to/from Hotel by private transportation.
- ✔ Kathmandu to Bhulbhule by Local bus.
- ✔ Nayapul trek (endpoint) to Pokhara by private transport service.
- ✔ Pokhara to Kathmandu by Tourist Bus.
- ✔ Full Day Kathmandu Valley sightseeing with a tour guide, by private transportation, including entrance fees to world heritage sites.

- ✔ Three nights' accommodation with breakfast at a three-star hotel in Kathmandu.
- ✔ One night accommodation with Breakfast in selected hotel in Pokhara.
- ✔ Best Possible Teahouse, lodge accommodation (Generally twin Sharing room) - 19 Nights.
- ✔ All Standard Meals (16 Lunches, 16 Dinners and 19 Breakfasts) during the trek
- ✔ Government License holder Discovery World Trekking experienced and qualified trek leader (guide), assistant trekking guide, (14 or above trekkers: 1 assistant guide) and porter to help trekkers luggage (2 trekkers: 1 porter).
- ✔ 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.
- ✔ Provide pulse oximeter for blood oxygen saturation level monitor to high altitude. It is an important indicator to recognize early signs of impending altitude sickness and other potential health risks.
- ✔ Medical Kit.
- ✔ Arrangement of sleeping bags and down jackets if you do not have your own.
- ✔ Catering extra dietary requirements.
- ✔ All Government and Local Taxes.
- ✔ Assistance in arranging rescue operation in case of complicated health condition (funded by travel insurance).
- ✔ Discovery World Trekking appreciation of certificate after over the trek.
- ✔ Farewell dinner.

## What is Excluded?

- ❑ International flight airfare
- ❑ 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)
- ❑ Excess baggage charges (Limit is 9kg per Person)
- ❑ All Accommodation and meals in Kathmandu, before and after we start our journey
- ❑ Meals (Lunch, Dinner) in Kathmandu and in Pokhara, before and after we start our journey.
- ❑ Extra night accommodation in Kathmandu and Pokhara due to early arrival, late departure, early return from trekking (because of any reason) prior to the plan scheduled itinerary.
- ❑ Personal expenses (shopping, snacks, boil bottled water, hot and cold drinks, hot shower, Alcohol, Wi-Fi, 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 out of management control, for example, landslide, weather condition, itinerary modifications due to safety concerns, illness, change of government policies, strikes etc.
- ❑ All the costs and expenses which are not listed in "cost includes" will be counted as excludes

## Overview

One of the world's classic treks, **Annapurna Circuit trek**, is famous for its diversity in landscape and lifestyle. The dramatic change in the culture and the scenery varies from subtropical forests and the world's deepest river to the high mountain pass, cliffs and mountain views. Within the Annapurna region, **Annapurna Circuit** embraces the thrilling high pass, **Thorung La(5,416m)** and the deepest Kaligandaki gorge. A package of wonders like Poonhill, Muktinath Temple and the wondrous hot spring in Tatopani, Annapurna Circuit trail is one of the most popular trails because of its comprehensive beauty. We will be travelling through altitudes ranging from 800m to 5416m, through various climatic zones from pass rice paddy fields, subtropical forests, rural farmland and glacial zones. We will be able to view the up close and panoramic scenery of Himalayas, including **Mt. Dhaulagiri (8167m)**, **Mt. Annapurna I (8091m)**, **Mt. Annapurna II (7937 m.)**, **Mt. Annapurna III (7555m)**, **Mt. Annapurna IV (7525m)**, **Mt. Annapurna south (7219m)**, **Mt. Manaslu (8163 m)**, **Mt. Nilgiri (7041m)**, **Mt. Machhapuchhare (6998m)**, **Mt. Hiunchuli (6441m)**, **Mt. Lamjung Himal (6986m)**, **Tukuhe peak (6920m)**, **Tilicho peak (7134m)**. We also get an opportunity to learn about the Tibetan way of life that strongly runs in Mustang valley. There is also a probability 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(845m)** after the scenic drive from Kathmandu, following the trail towards **Jagat(1,300m)**. We further move along to **Dharapani(1,860m)** to **Chame(2,610m)**. We follow the trail to **Pisang(3,115m)** following the Marsyangdi River valley. We trek to **Manang(3,540m)** where we stay for acclimatisation to prepare for crossing the **Thorung La Pass(5,416m)**. A primary rule of hiking to higher elevation is to hike high and sleep low. From Manang, we continue the trail and head to **Yak Kharka(4,050m)**. The next day we hike up to **Thorong Phedi(4,525m)**. From Thorong Phedi we make an ascent to **Thorung La Pass (5,416m)**. After passing the Thorong La pass we head down to **Muktinath(3,760m)**, which is a sacred pilgrimage site for Hindus and Buddhists.

We hike back from **Muktinath to Kagbeni(2,804m)**. We head towards Ghasa(2,113m) from Marpha(2,665m). Since we return from a different route, the trek is even more exciting. We relax in the hot spring in Tatopani(1,200m) and relax our muscles from all the effort we made throughout the trail. We hike to **Poon Hill(3,210m) from Ghorepani(2,860m)** for a final glimpse of the mountains. The trail is culturally rich, and every day will prove to be a new experience for us. From **Nayapul(1,050m)** we drive back to Pokhara, where we will halt for the night. Pokhara is a city of wonders and a great place to conclude the amazing trek and relax. There are lots of massage places which we can visit after weeks of the walk. We drive back from Pokhara to Kathmandu and bid farewell to the country with a moment that we will cherish for the rest of our lives.


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 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

#### Arrival to Kathmandu (Tribhuvan International Airport) (1,350m/4,450ft), transfer to hotel


Arriving at Kathmandu marks the beginning of our journey to **Annapurna Circuit**. We, from Discovery World Trekking, will receive you and escort you comfortably and safely to your hotel. Today you will be meeting with your **DWT guide** who will brief you all about the trek. We prepare ourselves for the beginning of the trip with enough rest and relishing the new place.

 Accommodation at hotel in Kathmandu.

### Day 2

#### Full Day Kathmandu Valley Sightseeing and trek preparation


The city of unique architecture and rich culture, **Kathmandu Valley** is a small glimpse of entire Nepal. Today we will go on a guided tour around some of the most historical and spiritual attraction in Kathmandu. We tour around the **UNESCO World Heritage** sites like **Pashupatinath**, **Swayambhunath** (the monkey temple), **Boudhanath** and the **historic Durbar Square**. As we relish the wonders, we also get a brief insight into these places from our tour guide. After an entire day dedicated to wandering around Kathmandu, we will prepare for our trek starting the next day. We get a final check of the **equipment** and gears done by our **climbing leader**. Also, we meet other trekkers who will be accompanying us on the trek and have a short discussion about the trip.


 Accommodation with breakfast at the hotel in Kathmandu.

### Day 3

#### Drive to Bhulbhule (845m/2,815ft) 200 km west of Kathmandu

We begin our **Annapurna Circuit trek** with a bus ride till **Bhulbhule**. With a good breakfast, we head to our first stop with excitement and beautiful views throughout the way. Accompanied by the Trishuli river on most of our ride till **Pokhara**, the road trip is surely a fun one. From here, we head north to Besisahar and then to Bhulbhule. Situated along the **Marshyangdi** River, Bhulbhule **endeavours views** of the snow-capped peaks surrounding a gorgeous village. Compiling the entire road trip, we enjoy **astonishing glimpses of mountains**, villages, rivers and terraced farms. After registering our permits at Bhulbhule check-post, we roam around the village as we prepare for the trek.


 Overnight at the best possible lodge/hotel


 Included standard meals (Breakfast + Lunch + Dinner).

### Day 4

#### Trek from Bhulbhule to Jagat (1,300m/4,265ft) - Walking Distance(19m/11.8 miles) - 5 hours

We begin our walk from this day. With a lot of **enthusiasm**, we start our trek through a **pleasant trail**. We traverse through lush forests and terraced fields following the **Marsyangdi River**. The trail is easy yet surprisingly beautiful as we pass through enigmatic **settlements and farmlands** to an isolated village of **Jagat**. The walk will **unquestionably** prove to be a warm-up and a fun way to begin our trek in **Annapurna region**. We notice the declining settlements as we walk further. With outstanding views around, we halt at the peaceful village of Jagat.

 Overnight at the best possible lodge/hotel

 Included standard meals (Breakfast + Lunch + Dinner).

### Day 5

#### Trek from Jagat to Dharapani(1,860m/6,200ft) - Walking Distance(15.8km/9.8 miles) - 5 hours

After enjoying a peaceful stay at **Jagat**, we follow the trail to reach **Dharapani**. As we commence our walk, we come across a split road. The trail goes uphill till we reach Tal, where the split trail meets around this point. We enjoy several beguiling waterfalls forming small sandy beaches on

our way. Through rice and potato fields, we reach one of the biggest villages of **Manang, Kodo**. There are also numerous bridges that we will cross. After a short climb of the **stone Kani**, we reach Dharapani. **Dharapani** is a checkpoint where we get our **Annapurna permits** checked before we move ahead. We conclude our day here and enjoy the delicious food of the place.



Overnight at the best possible lodge/hotel



Included standard meals (Breakfast + Lunch + Dinner).

## Day 6

### Trek from Dharapani to Chame (2,610m/8,890ft) - Walking Distance(16km/10 miles) - 6 hours

Following the trail through the forest with pine, fir, oak and maple trees along the **Marsyangdi river**, we head to Chame, district headquarters of **Manang district**. With greenery surrounding us, we will enjoy the amusing settlement of **Manang district**. The aura of this place is such beautiful that will immerse in the serenity and pleasure. Amidst nature, the view enhances with a prodigious sights of **Lamjung Himal, Annapurna II**, and **Annapurna IV (7,525m)**. We'll also stop by a small hot spring where we can rinse all our sore muscles.



Overnight at the best possible lodge/hotel



Included standard meals (Breakfast + Lunch + Dinner).

## Day 7

### Trek from Chame to Pisang (3,115m/10,200ft) - Walking Distance(13.2km/8.2 miles) - 6 hours

We head towards **Pisang** today. Through a steep and narrow valley, we get a glimpse of a massive wall of rock. As known as **Pinguda Danda rock**, it is considered very sacred by the local people. Gazing at the rock, it leaves us with no wonder why it has such value. Considering the fact that it rises 1500m from the river, it is an **undeniable beauty**. Up from here, we can see a clear view of **Annapurna II** at the south and **Pisang peak** on the northeast. We descend further to the Manang Valley Floor. The trail from beginning to the end is, without doubt, breathtaking.



Overnight at the best possible lodge/hotel



Included standard meals (Breakfast + Lunch + Dinner).

## Day 8

### Trek from Pisang to Manang (3,540m/11,300ft)- Walking Distance(17km/10.6 miles) - 5 hours

Through upper **Pisang via Geru**, we hike with outstanding views of many exhilarating mountains. We walk through this trail particularly to enjoy the north face of **Annapurna (II, III, IV)**, **Gangapurna, Tilicho** and **Pisang Peak**. The beauty of this trail cannot utterly be put into words. As we descend with such a stunning view, we feel the air turn cold and dry. We move through small Tibetan settlements where we get a chance to embrace the Buddhist culture. We visit one of the largest and famous monasteries of **Manang, Barge Monastery**. The trail is filled with Buddhist shrines and the rich culture of Buddhism. We reach a lively area that caters to many tourists, Manang. **Manang** is full of wonders and a single day is just not enough to explore the place.



Overnight at the best possible lodge/hotel



Included standard meals (Breakfast + Lunch + Dinner).

## Day 9

### Rest and Acclimatization day at Manang

To accustom with the high altitude, we spend two nights in **Manang**. We spend the entire day exploring Manang village. There are many side hikes that we can do. It is highly recommended to hike to higher elevations and halt back at Manang. We can hike up to **Gangapurna Lake and Base Camp** and spend the day admiring the absolute beauty of **Annapurna III, Tilicho, Pisang** and **Chulu Peaks**. We can also hike up to the famous Ice Lake or roam around Manang Village and visit the famous monasteries. In the afternoon, we may visit the **Himalayan Rescue Association** in Vraja Village. It will be a useful visit as we gain knowledge about acute mountain sickness, its symptoms and precautions. A relaxing day exploring the enigmatic **village of Manang**, we acclimatize with the altitude and prepare for the next day.



Overnight at the best possible lodge/hotel



Included standard meals (Breakfast + Lunch + Dinner).

## Day 10

### Trek from Manang to Yak Kharka (4,050m/14,275ft) - Walking Distance(9.4km/5.8 miles) - 3-4 hours

With enough rest and **acclimatizing** with the high **elevation at Manang**, we move ahead with the trek. From Manang, we head to Tenki village where we cross several beautiful streams. We further head out of **Marshyangdi valley** northwest up to **Jar Sang Khola Valley**. The trail is filled with uphill and downhill as we head northwards. We will pass through an amazing Juniper forest and few **pastures**. Following the trail, we will pass through a small **village called Gunsan** with houses made of flat mud roof. These small details of the trail make sure to amplify our experience. 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 the best possible lodge/hotel



Included standard meals (Breakfast + Lunch + Dinner).

## Day 11

### Trek from Yak Kharka to ThorongPhedi (4,525m/14,525ft) - Walking Distance(9.6km/6 miles) - 4-5 hours

Today we head to the foot of **Thorong La pass, Thorong 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 **Thorong 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 the best possible lodge/hotel



Included standard meals (Breakfast + Lunch + Dinner).

## Day 12

### Trek from Thorong Phedi to Muktinath Temple (3,760m/12,623ft) through Thorung La high pass (5,416 m/17,756 ft) - Walking Distance(12.8km/7.9 miles) - 9 hours

We begin this day as early as possible. One of the most challenging parts of the trek, with enough determination and effort, we cross the **Thorong La Pass**. We reach the highest point of our trek as we traverse the highest pass in the world. With increasing elevation, the trail turns out to be tricky with decreasing level of **oxygen**. Despite the difficulty in climbing, the view is **unquestionably worth it**. We will enjoy the panoramic view of dazzling mountains extending northwards into Tibet. On the other side, we see the Annapurna massifs smiling back at us. We take this hike slow and steady and conquer it despite the efforts. We descend all the way to **Muktinath** where we visit the famous Muktinath temple. A sacred place for Nepalese people, **Muktinath temple** is believed to be the **God of Forgiveness**. We behold the beauty of the culture and tradition of the place as we wander around. Famous for its **100 taps, Muktinath temple is called Chumig Gyatsa** by the Buddhists. As we rinse our sins, we relax after a long day.



Overnight at the best possible lodge/hotel



Included standard meals (Breakfast + Lunch + Dinner).

## Day 13

### Trek from Muktinath to Kagbeni(2,804m/9,200ft) - Walking Distance(10.6km/6.6 miles) - 3 hours

The hike today is comparatively more concise and easier. We descend from **Muktinath to Kagbeni** as we witness the famous **Sky Caves of the region**. We can also have a short detour across the traditional villages of **Chhyongkhar, Jhong and Purang**. A culturally rich place, **Kagbeni is a package of wonders**. As we walk in the narrow alleys, we discover hidden gems of the area. The short hike will help us relax after a strenuous day before.



Overnight at the best possible lodge/hotel



Included standard meals (Breakfast + Lunch + Dinner).

## Day 14

### Trek from Kagbeni to Marpha(2,665m/8,744ft) - Walking Distance(18.4km/11.4 miles) - 4-5 hours

One of the most **enthralling parts of the trail**, we pass through **Jomsom to Marpha**. The flat trail is easy to cover with only a few downhill. As we pass through Kaligandaki River crossing Jomsom, we reach Marpha. An ethnic village, the village is **hypnotizingly beautiful**. All the houses painted in white, and the **narrow alleys are fascinating**. We discover captivating scenery, beautiful peaks green forests with pine and oak trees, cold desert, and **deepest river gorge**. The trail is a package of surprises as we observe the depth of the places we pass through. Marpha is also famous for its apple farming. The apple pie and alcohol made from **Apple called 'Marpha'** is a must try of this place. We can hike up to a small turquoise-green lake nearby as well.



Overnight at the best possible lodge/hotel



Included standard meals (Breakfast + Lunch + Dinner).

## Day 15

### Trek from Marpha to Ghasa(2,113m/6,932ft) - 6-7 hours

Walking parallel to **Kali Gandaki River**, we head to **Ghasa from Marpha**. The motorable road is easy to walk. We pass through Apple farms as we head back. The view is astonishing and relaxing. We move ahead through the **Khobang village** through the narrow trail. We move ahead to **Larjung** and further to Kalapani from where we enjoy the view of Annapurna peaks. After a wave-like trail from Lete, we **reach Ghasa**. We halt at Ghasa and enjoy the mysterious **small village similar to Tibet**.



Overnight at the best possible lodge/hotel



Included standard meals (Breakfast + Lunch + Dinner).

## Day 16

### Trek from Ghasa to Tatopani (1,200m/3,940 ft) - Walking Distance(21.3km/13.2 miles) - 6-7 hours

Today will be an exciting day as we trek to **Tatopani**. Tatopani precisely translated to '**hot water**'. A natural hot spring amidst a quiet and **peaceful place**, we will relax in the lukewarm water. En route, we witness **Kochepani**, the deepest gorge in the world. The **trail is broad** and more comfortable to walk. The sound of birds chirping and humming insects will make the trail extra tranquil. We end our day with a dip in the **beguiling hot spring of Tatopani**.



Overnight at the best possible lodge/hotel



Included standard meals (Breakfast + Lunch + Dinner).

## Day 17

### Trek from Tatopani to Ghorepani (2,860 m/9,385 ft) - Walking Distance(22.2km/13.8 miles) - 7 hours

After a relaxing day enjoying the hot spring, we move forward to **Ghorepani**. Crossing the east side of the **Kali Gandaki River**, we ascend to Ghorepani through villages of **Sikha and Chitre**, and the villages of ethnic Thakali people. We go through a **terraced farmland** with mountains surrounding us. Then pass lush forests filled with rhododendron, birch, magnolia. A beautiful village located at the ridge top, **Ghorepani offers** an astounding view of the mountains. A popular **hiking route**, the place is filled with tourists and so the restaurants and hotels also range from normal to **luxurious**.



Overnight at the best possible lodge/hotel



Included standard meals (Breakfast + Lunch + Dinner).

## Day 18

### Early morning hike from Ghorepani to Poon Hill (3,210 m/10,525 ft) - 3-4 hours, then trek to Nayapul (1,050m/3,445 ft) – 6



### hours, Drive to Pokhara - 1?2 hours

Today we ascend to **Poon Hill(3,210m)** early in the morning. As we reach the viewpoint early, we enjoy the sun kissing the Annapurna Range and **Dhaulagiri Massif**. One of the most photographic spots in the trail, we are surrounded by mountains and the cold fresh air from the peaks. We head back to **Ghorepani** and enjoy our breakfast amidst nature. We descend back to Nayapul through a relaxing forest. We drive back to Pokhara from there onwards. We stay at a hotel near the **famous Phewa Lake** in Pokhara. The most happening city in Nepal, Pokhara is filled with restaurants and bars. Also, there are many things you can do in Pokhara like boating, paragliding. It would be a good idea to end the day with a pleasant full body massage.



Overnight at the best possible lodge/hotel



Included standard meals (Breakfast + Lunch).

### Day 19

#### Drive from Pokhara (820 m/2,690 ft ) to Kathmandu (1,350 m/4,450 ft) - 6-7hours

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



Overnight at the best possible lodge/hotel



Included standard meals (Breakfast + Dinner).

### Day 20

#### Transfer to Kathmandu's Tribhuvan International Airport (TIA) for your international departure

Our personal **representative** will accompany you by **private vehicle to the international airport** for your final departure home. We really hope that you've enjoyed adventure **holiday in Nepal** with us. Please remember **Discover World Trekking** fondly and we hope that you will come back soon! Have a **pleasant journey home!** The hotel in Kathmandu is excluded in the package.



Included meals (Breakfast).

## Trips Notes

### The beginning of the journey towards Annapurna Circuit Trek

You will arrive at Tribhuvan International Airport in Kathmandu, Nepal. You will be required to spend the first night in a hotel in Kathmandu. The overnight stay in Kathmandu is not included in the package as there are varieties of options available for you. You can choose between hotels, lodges and homestays (both economic or luxurious) online and book it yourself or we can do it on your request. We recommend you to pre-book the hotels, as it may be hard to navigate around the new city on the first day. We are pleased to recommend or manage hotels for you on your arrival. We spend a day sightseeing in the Kathmandu valley. From Kathmandu, we head on to Pokhara where we get a bus to Nayapul, the starting point of our trek. We can choose to go to Pokhara either via 25-minute domestic flight (cost not included in the package) or a 6 hours drive via tourist bus that departs early in the morning every day. Pokhara is the gateway to Annapurna circuit trek Taking the bus will require you to stay overnight at a hotel in Pokhara to start trekking next morning

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

When you are new to any place, it is hard to track the location or even book a cab. To avoid such dilemmas, Discovery World Trekking provides you with free pickup and drop service for any trek package regardless of the flight you take. We will receive you at the airport with a pamphlet of your name and our company name. With a warm-hearted welcome and either khada or a marigold garland, we will make you feel homely from day one. We will escort you safely and comfortably to your hotel.

### Accommodation Details During The Trek

The package includes accommodations throughout the trek, as well as one night in Pokhara. Accommodation during the trek is at teahouses, which are essentially hotels but with a more homely feel. They are run by the locals and provide all the basic facilities including hot shower at a small extra charge. The rooms are simple but comfortable usually with two beds with mattress blankets and pillows. Some will have an en-suite bathroom but most have a shared bathroom with a squat toilet. You will get a chance to experience the renowned Nepalese hospitality as well as interact with them, Discovery World Trekking has good public relations with local service providers in Annapurna trek. The company makes sure of the prior arrangement of the accommodation. At Pokhara, accommodation is more luxurious. We stay at hotels with a single room and attached bathrooms, TV, 24 hours hot water, power and laundry facility. The accommodation for your stay in Kathmandu is not included in the package, as there are plenty of hotels in Kathmandu that you can select, according to your requirements.

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

### The Meals

The trek is over higher elevations, which means your body needs enough carbohydrates, protein, nutrition for the body to hike on such humongous Himalayan trails. The meal in this trek is very convenient, not like that in cities, but we make sure you get the entire supplements through your complete trek.

We will be providing you with **19 Breakfasts, 16 Lunch and 16 Dinners** throughout the trek.

Some of the typical food menus are -

**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 (Omelettes, Poached, Boiled), Pancakes, Muesli, Bread, Fruits and Vegetables, Hot drinks like tea and coffees, hot chocolates etc.

**Lunch** - Typical Nepali dish (Dal, Bhat & Tarkari), Tibetan Bread, Various Soups items, Sherpa Stew, Steaks, Sandwiches, Momo (dumplings), Macaroni, Tenduk, Spaghetti Noodles, Thukpa, Pasta, Vegetable curry, Potato items, Vegetable and Salad, Pizza (Tomato, Mushroom, Mixed), Snacks (Papad, Prawn), Dessert items (Rice Pudding, Apple pie), etc.

**Dinners** - Dal, Bhat & Tarkari, Tibetan Bread, Various Soups items, Sherpa Stew, Steaks, Sandwiches, Momo (dumplings) Macaroni, Tenduk, Spaghetti, Noodles, Thukpa, Pasta, Vegetable curry, Potato items, Vegetable and salad, Pizza (Tomato, Mushroom, Mixed), Snacks (Papad, Prawn), Korean Noodles Ramen, Dessert items (Rice Pudding, Apple pie), Hard Drinks, etc. are available on the menu during the trek.

These food items from the menu will usually be fresh, hygienic, tasty and nutritious. The menu is a combination of traditional and local; Asian and western cuisine; almost everywhere but as we go up close, the menu list decreases. We highly recommend consuming enough liquids, green tea, lemon tea, hot lemon, ginger tea and garlic soup (must) at high altitude and fresh vegetables for health benefit.

Though plenty of non-veg items will be available, we won't recommend any of them because the meat in such places may not be healthy during the trek. As suggested by experts, it is best to avoid alcohol, caffeinated drinks, hot chocolate, dairy and cheesy items in such high elevation treks.

All personal bills (Alcoholic Drinks, Hot and Cold Drinks) in tea houses/ lodges or in cafe except standard meals mentioned (including Breakfast, Lunch, Dinner with seasonal fruits) are excluded from the package.

## Best Time to Trek

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 – higher altitude, lower the temperature.

### March-May (Best Season To Go For Annapurna Circuit Trek)

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

### June-August

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°C and gets relatively colder at night ( 5°C to 10°C). Mornings are usually clear with clouds building up during the afternoon and disappearing again at night. The rain may cause some problems during the trek in this month. Various plants bloom during this season. The valleys will be fresh and have a different view than during other seasons.

### September-October (Best Season To Go For Annapurna Circuit Trek)

This is a famous time among tourists with the most favourable weather and perfect climate condition. The sun shines brightly, the skies are clear, you get a superb view of the 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 20°C in high altitudes. The nights are colder with temperatures going down to around 5°C. The greens that grew during monsoon fade to golden/amber, proving a spectacular contrast against the crystal blue skies. Grains are also 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.

### November

November is a busy season, the clearest month, with the crispy 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-February

The coldest time is from December through early February. After late February, climate gradually gets warmer temperatures to get extremely cold dropping to -5°C at high altitudes. Daytime is pleasantly warm with sunshine. Despite being cold, the skies are usually very clear and mountain views are at their best. With snowy caps, it might snow and the ground will be snowy. 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

The Annapurna region provides few days at over 3500m for 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 fatal if the symptoms are ignored. Our trip itinerary is designed for slow and steady ascending so the body can adapt to the new altitude. All our trekking leader and guide have extensive first aid training and well-experienced in the Himalaya. We urge you to inform your group leader and guide at first signs of the symptoms. We guarantee that your health will be at 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 litres 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. Also, your group leader has the definitive response to determine whether you can proceed the trek based on your health conditions.

## Trip Grade: Fitness level, Medical, and Health

The trails around the Annapurna region are moderate to strenuous on some parts. On average, the walk per day will be around 4 to 7 hours, depending on the destination and the number of breaks we take. The trail is mostly uphill or steep descents, with rocky and stone paved paths. It is not impossible to go to these treks for a regular person, but remaining fit and exercising well will make the trek more comfortable and enjoyable. Former trek experience or regular exercises and doing yoga is an advantage for the trekker. Besides, if you love trekking, you can make it happen anyways and conquer your dreams.

This trek, however, is not recommended for individuals with sensitive medical conditions like heart or lung disease. Since the majority of the trek involves moderate to strenuous climbing, it may prove to be dangerous for the health of such people. We recommend you to consult with your

doctor before attempting to attain this trek. Also, we make sure to provide you with all the necessary medical kit supplies you may need in the trek.

### Trekking group/single

The group for the trek usually consists from 2 to 12 people. A leader, assistant guide, and porters will accompany a group of 8 throughout the trek. It is a great time to enjoy your hike with various trekkers from around the world. You may choose to trek with a random group or limit it to your own. We will also be glad to organize a private trek with your friends and family only. We generally recommend travelling in a group rather than an individual due to safety concerns. Also, it is always good when you can share your happiness and experience once you conquer your trek.

### A typical day on the 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, experienced friendly and qualified expert Sherpa will share information and historical facts about the places as they accompany us throughout the trek. The porters who carry our luggage will also accompany us. However, we will be carrying our own small backpack with the 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 days walk around 7 AM to 8 AM, depending on the duration and nature of the days walk. After trekking for three to four hours, we will have lunch 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 also have free time to explore nearby places.

Dinner is served around 6 PM to 7 PM. Before going to bed, we will spend some quality time 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 on board 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

There is mobile phone coverage on most of the routes, But this service may not be reliable, depending on which network you use. Upon your request, we can provide you with a separate local SIM card with good access for talking to family and friends through your cell phone. although Some days at high altitude, there is no mobile network facility.

We'll communicate with all our valuable clients through our leader at least once a day to make sure you're alright and satisfied with our service. Also, depending on the kind of network you use, the signal might fluctuate as you climb uphill. On your request, we can provide you with a separate local sim-card for communication. (Most of the places have Wi-Fi service available with an additional cost)

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

### Extra personal expenses on trekking

Discovery World Trekking tries to provide all extra expenses excluded from the package. Meals and accommodations in Kathmandu are up to our clients themselves as all kinds of hotels/lodges (both luxury & budget) can be booked easily online or even we can do it for on request. All our valuable clients will have to bring personal spending money with them to cover the costs of accommodations in Kathmandu, visa process, travel insurance policy purchase, beverages, snacks for the trek, hot and cold drinks, tips to the trekking crew members, souvenirs etc. We recommend bringing cash (dollars) that can be changed to rupees here cause during the trek as only Nepalese currency is accepted.

### Electricity and battery recharge, water on the trek

Almost all tea houses on the trail route to Annapurna circuit have electricity. You can charge your devices for a small amount of extra charge. we recommend you also bring your own solar powered charger. For drinking water, it's best to take water purification pills and use it on filling local boiled water instead of packed mineral water. Boiling water on local lodges may take extra charge.

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

### Travel insurance

This trip grade is ranked moderately difficult as it entails the risk of high altitude trekking, potential altitude sickness and other unforeseen events including sudden climate changes.

Travel insurance is a significant part of our booking condition for The Annapurna circuit and base camp 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 into 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 at 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\$40(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 day 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 South Asian Association for Regional Cooperation(SAARC) countries (Bangladesh, Bhutan, India, Maldives, Pakistan and Sri Lanka), get the 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) is the local currency.

**(1 USD = ~ Rs.100 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 security advantage of traveller's cheques, we prefer cash exchange to avoid hassles like a lengthy process and 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 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 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 the Trek?

The weight limit for your luggage is 9 kg per trekker, Porters will be assigned to carry your luggage, two people will be assigned with one porter, and combined luggage should not exceed more than 18kg. We never overload our porters. But you should carry your own knapsack or backpack (with your valuables or anything important) on your own. Only carry what are essentials, you can leave any excess baggage either at your hotel or at the Discovery World Trekking store for free and it'll be completely safe.

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

## Annapurna Circuit Trek Safety




Discovery World Trekking guarantees our valuable clients safety, security, and satisfaction. Safety is the utmost important concern for us. For the trek, we will be carrying all the necessary gear, 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







### Equipment lists for the trek

It is recommended to carry the basic clothing and accessories needed for the trek. The followings belongings are suggested that should be brought, although we understand that our clients have their own preference for clothing, we have listed some useful clothing during the trek. Porters will be carrying the main luggage, which should not exceed more than 18kg (one porter will carry two people's luggage, 9 kg for each). Equipment can be bought in Kathmandu at a reasonable price.











### 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
- 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

- 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
23 Nov, 2019 - 13 Dec, 2019	<del>\$2000</del> \$1690
26 Nov, 2019 - 16 Dec, 2019	<del>\$2000</del> \$1690

<b>Departure Dates</b>	<b>Price</b>
30 Nov, 2019 - 20 Dec, 2019	<del>\$2000</del> \$1690
03 Dec, 2019 - 23 Dec, 2019	<del>\$2000</del> \$1630
07 Dec, 2019 - 27 Dec, 2019	<del>\$2000</del> \$1630



# FAQ's

## How long is Annapurna Circuit Trek?

Discovery World Trekking offers 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 holidays plan with safest journey as 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 condition with normal physical fitness, 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 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 a 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 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 shows 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 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 must while trekking. Discovery World Trekking recommend 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 low cost. But you can not use plastic bottles in 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 provide 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 encourage to avoid dairy and cheesy items and strongly suggest 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 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 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)**

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**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

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Quick Questions? Email Us

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Talk to an Expert

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