

Himalaya
Indian
Sub-continent

nepal family adventure



trip highlights

Savour stunning views of the Annapurna Range on this low altitude trek

Enjoy a fully supported trek with plenty of cultural interaction

Observe glaciers flowing from the mighty Annapurnas from Ghandruk

Soak up the Nepali way of life

Travel to Chitwan National park in search of rhino and the Bengal tiger

Experience a stunning Himalayan mountain flight from Kathmandu to Pokhara

Immerse yourself in Kathmandu



Trip Duration	12 days	Trip Code: NFA
Grade	Introductory	
Activities	Trekking, Wildlife Safari	
Summary	4 day trek, 4 nights hotel, 4 nights private eco campsite, 1 night eco lodge, 2 nights adventure lodge	

welcome to World Expeditions

Thank you for your interest in our Nepal Family Adventure trip. At World Expeditions we are passionate about our off the beaten track experiences as they provide our travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. We are committed to ensuring that our unique itineraries are well researched, affordable and tailored for the enjoyment of small groups or individuals - philosophies that have been at our core since 1975 when we began operating adventure holidays. Our itineraries will give you the very best travel experience, designed by people with incredible local knowledge who share our vision of authentic exchange and real exploration with a responsible tourism approach. Whether you like your adventures to include trekking, touring, cycling, mountaineering, kayaking or cruising World Expeditions can make it happen for you. We hope you will join us for a life changing experience!!

why travel with World Expeditions?

When planning travel to a remote and challenging destination, many factors need to be considered. World Expeditions have been pioneering treks in Nepal since 1975. Our extra attention to detail and seamless operations on the ground ensure that you will have a memorable trekking experience in the Himalaya. Every trek is accompanied by an experienced local leader who is highly trained in remote first aid, as well as knowledgeable crew that share a passion for the region in which they work, and a desire to share it with you. We take every precaution to ensure smooth logistics. We use an excellent 4 star hotel in Kathmandu and well maintained, good quality camping equipment on trek. For your convenience and health we supply all meals on trek, whilst maintaining the highest standards of hygiene and our cooks will surprise you with a varied menu. Most importantly, our adventures have always sought to benefit the local peoples we interact with, safeguard the ecosystems we explore and contribute to the sustainability of travel in the regions we experience.



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trip cost

Joining Kathmandu from: \$2430
All prices are per person

options & supplements

Single Supplement: \$590
Children Under 11: \$2030
Children Under 16: \$2110

World Expeditions does not require single travellers to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

For competitive airfares and stopover ideas to join this adventure, contact our expert staff today to receive a detailed quote.

just4u

Want a private trip?

Book this trip as a private departure just for you and your group on your chosen date. Contact us for conditions, costs and availability.

inclusions valued at USD\$:

Meals: USD\$350
Internal Flights: USD\$133

the trip

This low altitude trek in the Annapurna foothills is specifically devised for families. We include time in the traditional Hindu villages where children regard the Himalaya as their playground. Each campsite we join our crew and the villagers in dancing, singing and games of volleyball and cricket. There is also time to visit the local schools and markets where cultural horizons are so different from our own. During the trek we appreciate the magnificent oak and rhododendron forests as we ascend to alpine meadows that afford spectacular views of the Annapurna Range. After completing our trek we travel to Chitwan in search of rhino and the Bengal tiger.

at a glance

DAY 1	ARRIVE IN KATHMANDU (1330M).
DAY 2	HALF DAY SIGHTSEEING TOUR.
DAY 3	FLY TO POKHARA
DAY 4	DRIVE TO KHARE AND TREK TO BERI KHARKA. TO DHAMPUS 1900M. WALK APPROXIMATELY 5 HOURS.
DAY 5	TO LANDRUK 1640M. WALK APPROX 4 HOURS.
DAY 6	TO GHANDRUK 1740M. WALK APPROX 4 HOURS.
DAY 7	TO BIREHANTI AND RETURN TO POKHARA. WALK APPROX 5-6 HOURS.
DAY 8	DRIVE POKHARA TO CHITWAN
DAY 9	AT CHITWAN
DAY 10	RETURN TO KATHMANDU. DRIVE 5 HOURS.
DAY 11	AT LEISURE IN KATHMANDU (1350M).
DAY 12	TRIP CONCLUDES KATHMANDU

what's included

- 11 breakfasts, 7 lunches and 7 dinners including all meals on trek valued at US\$350
- flight Kathmandu to Pokhara valued at US\$133
- airport transfers if arriving on day 1 and 12 or if you booked pre/post tour accommodation at the Radisson through World Expeditions
- expert bilingual guide
- group medical kit
- good quality accommodation in Kathmandu
- use of a World Expeditions trek pack which includes a quality sleeping bag, down or fibre fill jacket and insulated mat (valued at over US\$500)
- souvenir World Expeditions kit bag
- private transportation
- all park entrance fees and trekking permits
- Porters to carry all personal and group equipment and porters insurance
- jeep safari Chitwan
- sightseeing in Kathmandu
- site entry fees
- accommodation in our fully serviced wilderness campsites

Local cash payments are becoming increasingly popular with many operators in the adventure travel industry. The policy seems to benefit the tour operators, more than the local economies or travellers, as it avoids local taxes and transfers the cost and risk of cash handling to travellers. In accordance with our Responsible Travel practices we have chosen a policy not to ask for such payments.

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meals on trek :

Unlike most companies, World Expeditions includes a full meal service as part of the trip price. We believe in the value of providing you with a full service trek which is to lower the risks to you and to ensure you stay healthy, travel safely and with maximum enjoyment. The cost of meals in tea houses and lodges in the main trekking areas is not cheap, the choices are often limited and a lot of the food is fried. By joining one of our camping treks you'll have a full time personal cook and assistant on hand to prepare a creative menu using almost all fresh ingredients and carefully managing the food preparation and hygiene standards that would otherwise cost you \$45 a day or more. Many of our trekkers write to us to compliment the food they received on trek which is testimony to the quality of our fully serviced treks.

Every day is different but here is a sample of one days menu on the trail:

Breakfast

Tea, coffee served in your tent, hot chocolate, porridge or a grain cereal, toast with spreads, eggs (fried, omelet or boiled) and fried tomatoes, boiled water

Lunch

Lemon drink, tomato, cucumber and carrot salad, cheese and gherkins, chapatis, pizza, canned tuna & meats, fresh oranges and bananas, boiled water

Dinner

Creamed corn soup, steamed vegetables, steamed rice, fried chicken, daal, spaghetti, chocolate cake, fresh apples, tea, coffee or hot chocolate, boiled water

trip dates

2018 09 Dec - 20 Dec
20 Dec - 31 Dec

2019 16 Feb - 27 Feb
23 Mar - 03 Apr
06 Apr - 17 Apr
28 Sep - 09 Oct
08 Dec - 19 Dec
19 Dec - 30 Dec

2020 15 Feb - 26 Feb
21 Mar - 01 Apr
04 Apr - 15 Apr
26 Sep - 07 Oct

what's not included

- Lunch & dinner in Kathmandu
- Bottled water, aerated & alcoholic drinks
- Items of a personal nature such as phone calls, laundry, etc.
- Tips
- International flights
- Airport and departure taxes
- Visa
- Travel Insurance

detailed itinerary

DAY 1 Arrive in Kathmandu (1330m).

You will be met by a representative of World Expeditions and transferred to the hotel. The remainder of the afternoon is at leisure. A pre-trek briefing will be given around 5pm where arrangements will be made for the distribution of your kit bag, sleeping bag and down jacket. Evening drinks are held in the hotel for all World Expeditions clients arriving today. Drinks and snacks will generally be served from 6:30 pm until 7:15pm, and this is a great opportunity to get acquainted with your fellow group members before heading out to dinner.

meals: NIL

DAY 2 Half day sightseeing tour.

This morning a sightseeing tour takes in the key attractions in and around Kathmandu. We will visit Pashupatinath and Boudhanath, returning to the hotel by 2pm. In the afternoon you may have time to explore Durbar Square, Patan, Swayambhunath or Bhaktapur, and the lesser-known towns that dot the valley on foot, by bicycle or trishaw. The area has an amazing range of fascinating highlights, whatever your interest. Excellent bookshops, extensive markets, and novelty and handicraft shops contrast with fantastic centres of cultural and spiritual significance - Kathmandu has more World Heritage sites than any other city in the world.

meals: B

DAY 3 Fly to Pokhara

After breakfast we transfer to Kathmandu's domestic terminal to take our flight to Pokhara, the main gateway for trekkers into the Annapurna region. This is one of the most scenic flights in the Himalaya, as we trace the backbone of the monstrous Ganesh, Manaslu and Annapurna ranges. The flight path heads west up and over the rim of the Kathmandu Valley along the Trisuli River to Pokhara, Nepal's second largest town and our first night's camp near the shores of the Phewa Lake.

meals: B,L,D

DAY 4 Drive to Khare and trek to Beri Kharka. To Dhampus 1900m. Walk approximately 5 hours.

We drive for an hour to a pass between two river valleys at the village of Khare, and commence our trek. The trail ascends for the first hour, following a ridge through fields of bamboo clusters to magnificent rhododendron forest. Villagers greet us with "Namaste", the traditional Nepalese greeting, as we pass their homes and continue

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06 Dec - 17 Dec
17 Dec - 28 Dec

important notes

Note: - Daily departures on request, available from September to May.

to the ridge top where at the crest the scale of the mountains astounds us, with Machapuchare (6993m), Hiunchuli (6441m) and Annapurna South (7219m) in our immediate viewpoint. Overnight eco lodge.

meals: B,L,D

DAY 5 To Landruk 1640m. Walk approx 4 hours.

This is an interesting day as the trail gently glides through forest, and in and out of small gullies, all the time bringing us closer to the mountains. In the rhododendron forests the lush canopy affords protection for the smaller delicate flora, such as primula and daphne. It also provides a haven for birdlife and we can hear their varied calls as we move through. The trail soon opens onto fields as we approach the village of Landruk with its excellent views of Annapurna South at the head of the valley. Overnight private eco campsite.

meals: B,L,D

DAY 6 To Ghandruk 1740m. Walk approx 4 hours.

Our destination today is easily seen across the valley; the attractive Gurung village of Ghandruk. Unfortunately we must descend to the valley floor to reach it! Slowly descending through rice terraces, we cross the steel cable suspension bridge that spans the glacial river of the Modi Khola and commence our ascent. As we trek up the many staircases, we enjoy the beauty of the Himalaya at a relatively close range and observe the glaciers flowing from them and feeding the rivers below. It is a magnificent location and a photographer's delight. Our leisurely approach along these ridges with their fine mountain views ensures proper acclimatisation and the un-hurried opportunity to fully savour this magnificent scenery. Ghandruk is the centre for the Annapurna Conservation Area and after lunch we will visit the headquarters. Overnight private eco campsite.

meals: B,L,D

DAY 7 To Birethanti and return to Pokhara. Walk approx 5-6 hours.

The morning views of Annapurna South and Machapuchare are stunning, and will remain with us as we walk for around 4 hours on a broad trail that traverses and descends to our lunch stop at Shaule Bazaar, on the banks of the Modi Khola. After lunch we walk gradually downhill through neat villages and along well-worn trails busy with local people. We pass through Birethanti, an interesting village with traditional architecture, before continuing to the roadhead at the busy market of Naya Phul. We transfer by coach to Pokhara and our final camp beside Phewa Tal. This evening we will have a celebratory dinner with our porters and trek staff.

meals: B,L,D

DAY 8 Drive Pokhara to Chitwan

This morning we transfer to Chitwan by road. On arrival we are briefed on the planned activities during our stay. Late afternoon and early morning are the best times to sight wildlife, so other times tend to be for less energetic activities. We will have lunch at our lodge and commence our activity program. Our accommodation is at the Chitwan Adventure Lodge outside the park, generally in 2-bed huts with a private bathroom. Solar heated hot water is available in the afternoons.

meals: B,L,D

DAY 9 At Chitwan

A full day's activities are available including jungle walks, canoe rides, bird-watching and jeep safari, as well as lectures on other fauna. Our concession area is the territory

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fast facts

Countries Visited:

Nepal

Visas:

Yes*

Vaccinations:

Please consult a travel vaccination specialist for up to date information

Private Groups:

Private group options are available for this trip*

Singles:

A single supplement is available for this trip*

Leader:

Expert local leader

Advice for people with limited mobility

This trip is not suitable for people with limited mobility.

Brochure Reference:

Himalaya and Indian Subcontinent

*Ask our staff for more information.

of many species of wildlife including 3 tigers, 5 leopards, 7 rhino, and many deer, boar, bear, peacocks, an extraordinary number of bird species and is occasionally visited by wild elephants.

meals: B,L,D

DAY 10 Return to Kathmandu. Drive 5 hours.

We complete our last activity, and we make the journey out of the jungle and back to the Kathmandu by vehicle, arriving late afternoon.

meals: B

DAY 11 At leisure in Kathmandu (1350m).

There are a million things to see in Kathmandu and we recommend you spend this day wandering the town and exploring the valley on bicycle or by taxi. Our staff can arrange a guide and/or transport should you wish, or you can head off armed with a map and let the day unfold.

meals: B

DAY 12 Trip concludes Kathmandu

After breakfast the trip will conclude unless further arrangements have been made. Transfer to the airport for your homeward journey.

meals: B

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

suggested extensions

Kathmandu to Delhi

country information

People from all walks of life are drawn to Nepal to experience the incredible Himalaya. Whether it is witnessing the windswept summits of the world's highest mountains, an early morning visit to a monastery high in the Himalaya, or sipping on a cup of warm Nepali tea with your trekking crew as you watch the sunrise over the mountains, we are sure you will find your adventure in Nepal with World Expeditions inspiring and rewarding. Far from the rush of the modern world, and in the delightful company of our trek crew, you will settle into a daily rhythm in the mountains that is immensely enjoyable. Our dedicated and experienced crew will take excellent care of you, helping you to relax, stay healthy and enjoy the beauty of Nepal. Their warmth and openness will give you an insight into their culture that will add a deeper dimension to your adventure. The camaraderie within your group that gradually develops on the trail, and the unexpected friendships you form with the locals you meet, will be highlights of travelling in this wonderful country.

Nepal's population of around 30 million people practice a blend of Hindu, Buddhist and traditional animist religion. While Nepal is a predominantly rural society, with 90% of the population living outside metropolitan areas, Kathmandu is rapidly urbanizing with a population of around 1 million. With over 100 different ethnic groups and languages, and an unparalleled concentration of World Heritage Sites in the Kathmandu Valley, Nepal offers a fascinating cultural tapestry like few places on earth.

climate

Our trekking season in Nepal extends from mid-September to May. However within this period there are clear seasons in the weather. Trekking in Nepal during winter, from December to February, offers cool to mild and clear days with often very cold nights. Occasionally winter



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thoughtful travel

The natural environments that you'll travel through are fragile; the cultures and traditions precious and often the communities we pass through are reliant on tourism. It is our responsibility as visitors to minimise the impact of our presence, protect what is precious and where we can leave a positive impact. Learn how you can do this by downloading the Thoughtful Traveller booklet from our website.

trip grading Introductory

To determine the grade of a particular adventure we consider a number of factors. These include the condition of the walking terrain, the altitude, the number of pass crossings and the length of the trek.

The Nepal Family Adventure is graded introductory. This is primarily due to the low altitude gains and the condition of the trail which is well defined and not unduly demanding. During the trek you will be walking for up to five to six hours a day at a slow but steady pace. You will need a reasonable level of fitness (remember there is no such thing as an easy trek) and we suggest 30 minutes of aerobic type exercise, (either cycling or jogging) three times a week for the three months leading up to your trek. Hill walking with a daypack in variable weather conditions is also recommended.

adventure travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your consultant or travel agent.

storms can bring snow as low as 2500m. In March the cold, dry winter season begins to give way to warmer, spring conditions. Mornings are usually clear with cloud build-up occasionally bringing afternoon rain. Late spring conditions, in May, are generally hot at low elevations and as the clouds build up to the next monsoon which generally begins in June, daily afternoon rainstorms are common. This is a period that generally has clear weather at the higher altitudes and is traditionally a time when mountaineering expeditions commence their ascents. The monsoon creates a rainy season in Nepal, which lasts from mid-June to mid-September. During this time the Nepal Himalaya is unsuitable for trekking, with the exception of a few remote valleys. World Expeditions offers treks during this period in Tibet, the Indian Himalayan regions of Kulu, Garhwal & Ladakh, Central Asia and Pakistan, places that are at their best during this time.

The post-monsoon period - From early September the monsoon rain starts to decrease. By mid-October through to mid-December the weather is usually stable with mild to warm days, cold nights and clear views. Daytime temperatures can reach 25 - 30 degrees Celsius at lower altitudes and decrease as you gain height. Over 3000 meters the daytime temperatures can vary as much as 10 to 20 degrees Celsius, and may be hotter or colder, depending on whether it is sunny or windy etc. At night at lower altitudes, temperatures do not normally drop much, although as you approach November it does get colder and the days shorter. Up high it can drop sharply at night, from 0 to minus 10 or 15 and more when camped on the ice or snow.

The pre-monsoon period - In March the cold, dry winter season begins to give way to warmer, wetter spring conditions. Mornings are usually clear with cloud build-up bringing occasional afternoon rainstorms. Views of the mountains in the middle of the day and afternoon may often be obscured. Daytime temperatures increase quickly in March with temperatures of up to 30 degrees Celsius and mild nights. At higher altitudes it is similar to the conditions of the post-monsoon period, however there is usually more snow, which has accumulated over the winter period. There are spectacular displays of rhododendrons and wildflowers at this time of year. Late spring conditions ie April and May, are generally hot at low elevations and as the clouds build up to the next monsoon, daily afternoon rainstorms are common.

mountain flights

The flights to and from Pokhara are a spectacular journey and a highlight of any trip to Nepal. Unlike the small mountain airstrips that use small aircraft and are often unreliable due to weather delays, this flight is from the major airport of Pokhara to the capital of Kathmandu. The many flights between these two cities use larger aircraft and have frequent schedules. The views of the Annapurna, Manaslu, Ganesh and Langtang ranges are breathtaking. Maximum luggage allowance on flights between Kathmandu and Pokhara is 20kg per person including the weight of your hand luggage (bear in mind though that the maximum weight of your kit bag can only be 15kg during the trek). These limits are strictly adhered to so please pack carefully.

a typical day

You will be woken with a cup of tea brought to your tent around 6:30am, followed by a small bowl of warm water for washing. Before breakfast you pack your gear into your kit bag which is then taken by the pack-animals or porters and will not be available to you until you reach camp that afternoon. After a wholesome breakfast we are usually on the trail between 7.30 - 8am, depending upon the duration and nature of the day's walk. We will walk for around 3-4 hours and then generally break for lunch for about 1 hour. Some of our staff will walk ahead and select a suitable place to stop. The afternoon walk is generally a little shorter and camp is usually reached by around 3.30 - 4.30 pm. Once we have reached camp and the kitchen is set up, afternoon tea will be prepared. From then until dinner there is time to rest or explore the surrounding area. Dinner is usually served between 6-7 pm. Remember to bring your headlamp and your water bottles to the dining tent so they can be filled with boiling water. Trekking evenings afford some of the best memories of your trek, whether it is talking, playing cards,

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important note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

chatting with the crew or joining in some singing and dancing with the local people. Much of the enjoyment of an expedition is in the journey itself.

private eco campsites

The Annapurna region is a very popular area for trekking with its stunning mountain vistas and traditional villages. Road constructions in some parts of the region have not hindered our opportunity to seek out the best walking trails away from these thoroughfares. World Expeditions pioneered the concept of private eco campsites in the Everest region in 2013 and due to their great success, has replicated this in specific sites across the Annapurna region. While most companies offer lodge trekking where sustainable practice is not well patrolled and which takes away employment from the alternative camping option, our private eco campsites deliver a small environmental footprint but are big on comforts. Each site comprises of a permanent dining room which is heated, two person stand high tents with stretcher beds, mattresses and pillows, composting sit toilets and many of our private eco campsites also have hot showers. Meals will be taken in the dining room and at the end of the trekking day, you will relax with cushioned seating and the pot belly stove in the company of your staff and fellow World Expeditions travellers. There are no emissions in the room as the chimney carries smoke outside. There is also a staff kitchen where the preparation of all your meals takes place and there are incinerators that are used to burn all waste with any non combustibles being carried out for proper disposal in Pokhara. Our camps deliver an atmosphere of privacy and exclusivity from where you will enjoy fantastic mountain views; a place where travellers and staff come together and where camaraderie and friendships are forged. We know this to be a highlight of our camping approach and consistently received feedback that overwhelmingly supports this. When you join one of our camping treks, you should also take comfort in knowing that you are supporting the livelihoods of many local people as our style of trekking provides up to 25% more employment than a lodge or teahouse trek and we also engage people from each village in maintenance and surveillance when the camps are not in use.

We list next to each trek day in the day to day itinerary above where our private eco campsites are located. Hot showers are available at the following camps: Dhampus, Landruk, Ghandruk, Tadapani, Swarga, Chomrung, Upper Phulbari. There will be a small charge of between 200-300 rupees for their use and they are subject to availability.

eco lodges

In areas where there are no suitable campsites we chose to stay in carefully selected eco lodges. We have selected these lodges with our responsible tourism practices in mind and they use a mix of cow/yak dung/solar and generators for power. Our cooks will prepare all your meals, which means that we are able to maintain a high level of hygiene and a varied menu.

dietary requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

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accommodation in Kathmandu



In Kathmandu we stay at the comfortable, well located Radisson Hotel. The Radisson Hotel is situated in Lazimpat, a quiet and central area of Kathmandu. Only a short 12 minute walk to the main tourist district of Thamel, the Radisson acts as a base for World Expeditions travellers. The hotel has a World Expeditions tour desk in the foyer, free WIFI, a pool and bar, gymnasium, restaurants, room service, currency exchange and free luggage storage whilst you are on trip. A hearty buffet breakfast is included with every night stay in the Radisson. The Tranquility Spa, within the Radisson offers massage, reflexology, steam room and sauna, plus many beauty treatments for your enjoyment as a World Expeditions client you will receive a 30% discount off the retail prices on any treatment at the Spa. You can book these services through the Radisson while you are in Nepal.

In Pokhara you will be accommodated at our exclusive permanent campsite. We've created a sanctuary in a quiet backroad just 10 minutes walk from Phewa Lake and the main shopping district. The site is completely secure, spacious and complimented by tall trees and manicured gardens. There's a large central dining room built in keeping with traditional Nepali architecture, a shower and toilet block and plenty of open space for you to stretch out in the gardens and relax. The stand high two person tents comprise an above floor bed fitted with sheets, pillows and fly screens. It's a great base camp before and/or after your Annapurna trek with the cacophony of birds adding a special ambience in the late afternoons.

what you carry

In your daypack you will need to carry extra warm clothing (depending on the altitude, location and weather), a rainjacket, water bottle, camera gear, valuables and personal items such as sunscreen, lip-eze etc. Porters and mules carry all group gear and your trek pack.

equipment required

Specialist gear required include walking boots and day pack (a comprehensive gear list is provided in the pre-departure information provided on booking).

acute mountain sickness

When we ascend above 2500 meters our bodies have to acclimatise to the decreasing amount of the oxygen available. To allow our bodies to adjust we have structured our treks so that you ascend slowly, allowing acclimatisation to occur. However, during the acclimatisation process, you may experience some of the following symptoms.

- Headache
- Tiredness
- Disturbed sleep
- Loss of appetite/nausea
- Shortness of breath
- Cough
- Palpitation
- Swelling of the hands and face

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Individuals acclimatise at different rates. Your best strategy is to take your time and drink plenty of water. These symptoms may not indicate the onset of A.M.S. and if you experience them it does not necessarily mean that you should not continue. All our group leaders have extensive first aid training and we urge you to communicate with the group leader at all times should you believe you have any symptoms in order that we can effectively monitor your symptoms. The only cure for Acute Mountain Sickness is to descend.

Please note that your group leader has ultimate responsibility and may ask you to descend if symptoms persist.

porter initiatives

Porter Welfare in Nepal: the Himalaya

Porters are an integral part of the World Expeditions philosophy and style of travel. We take our travellers off-the-beaten track, avoiding the congested trails, to experience our often remote tent-based adventures ... this style of trekking is enabled by porters. When we trek, the entire group - travellers, guides and porters alike - are a team who share the same needs for safety in the mountain environment. Our Himalaya porters receive the following:

- *A good working wage that is regulated by the Trekking Agents Association of Nepal and the Labour Union of Nepal. We pay per their guidelines, which are unionised.
- *We are one of the only trekking companies in Nepal to provide our porters with three meals a day, prepared by our cooks.
- *We are one of the only trekking companies in Nepal to provide our porters with lodging or tents, sleeping mats and blankets.
- *Porters also receive life insurance and income protection insurance.
- *Access to same first aid care that our travellers receive including emergency helicopter evacuation if required.
- *Porters are provided with wind and waterproof jacket and over-trousers, 2 pairs of woollen socks, 2 pair of leather shoes on long treks and 2 pairs of canvas shoes while on short treks, woollen gloves, warm cap, sunglasses, mattress and blanket and tent / lodge.
- *Porters are not to carry more than 30kgs.
- *The minimum age for a Porter is 16 and the maximum age is 50 years old.

World Expeditions supports the good work of a number of international organisations that operate to ensure the health and education of porters, they are:

International Porter Protection Group >> www.ippg.net

International Mountain Explorers Connection >> www.mountainexplorers.org

Kilimanjaro Guide Scholarship Foundation Inc. >> www.kiliguides.org

vehicles & safety

During the course of your trip, we will use a variety of vehicles, all of which are fit for purpose and the conditions encountered. It should be noted that laws governing transportation safety may differ from those in your home country and whilst wherever possible, vehicles with seatbelts are provided, on occasion some vehicles may not have seat belts fitted.

info nights

World Expeditions invites you to attend our inspiring adventure travel information nights. These special evenings are designed to inform and entertain and are hosted by our most experienced and passionate adventure travellers and mountaineers. Ask our staff for a info night schedule or register on our website - www.worldexpeditions.com. Shows can fill early so it is important to register your attendance so we know to save a seat, or two!

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private groups

The adventures featured in our brochures, and on our website, are just a starting point for many of our private group travellers. Working closely with our Groups Department we can organise custom designed itineraries for groups of friends, clubs, charity's, schools or even work colleagues. Our team will assist you with all aspects of your private group adventure from itinerary design to group flights. Contact our team today.

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social networking

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INSTAGRAM: @worldexpeditions

Follow us at instagram.com/worldexpeditions

YOUTUBE: World Expeditions

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