

Himalaya  
Indian  
Sub-continent

# annapurna chitwan



## trip highlights

- Savour uninterrupted views of the Annapurna and Dhaulagiri ranges
- Search for Asiatic Rhino and Bengal Tiger in Chitwan National Park
- Witness a magical sunrise over snow capped peaks at Poon Hill
- Relax and let us take care of the details on a fully supported camping based trek with freshly prepared meals
- Experience a breathtaking mountain flight from Kathmandu to Pokhara



Trip Duration	11 days	Trip Code: AEX
Grade	Introductory	
Activities	Trekking, Wildlife Safari	
Summary	11 day trip, 5 day trek, 2 day wildlife safari, 3 nights private eco campsite, 3 nights eco lodge, 2 nights hotel, 2 nights adventure lodge	

## welcome to World Expeditions

Thank you for your interest in our Annapurna Chitwan 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.



# annapurna chitwan

Combine our introductory Annapurna Trek and Chitwan Safari



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. Please refer to our website for the additional cost. Single supplement charges relate to nights spent at the Radisson Hotel in Kathmandu and our permanent eco-campsites. In other locations single rooms are allocated when available, if there are shortages due to peak periods, a private tent will be provided and will include a sleeping mat for your use.

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

## trip dates

**2020**

- 20 Sep - 30 Sep
- 27 Sep - 07 Oct
- 11 Oct - 21 Oct
- 18 Oct - 28 Oct
- 01 Nov - 11 Nov
- 08 Nov - 18 Nov
- 22 Nov - 02 Dec
- 06 Dec - 16 Dec
- 13 Dec - 23 Dec
- 23 Dec - 02 Jan

**2021**

- 10 Jan - 20 Jan
- 17 Jan - 27 Jan
- 31 Jan - 10 Feb
- 14 Feb - 24 Feb
- 27 Feb - 09 Mar
- 14 Mar - 24 Mar
- 21 Mar - 31 Mar
- 04 Apr - 14 Apr
- 08 Apr - 18 Apr
- 11 Apr - 21 Apr
- 18 Apr - 28 Apr
- 19 Sep - 29 Sep
- 26 Sep - 06 Oct
- 10 Oct - 20 Oct
- 17 Oct - 27 Oct
- 31 Oct - 10 Nov
- 07 Nov - 17 Nov
- 21 Nov - 01 Dec
- 05 Dec - 15 Dec
- 12 Dec - 22 Dec
- 22 Dec - 01 Jan

## the trip

We combine our Annapurna Trek with a wildlife safari at Chitwan National Park. This adventure is a fine contrast between trekking the remote foothills of the Annapurna's and a safari in the vicinity of Chitwan. We trek through traditional Hindu villages and pristine forests to ridge top camps that afford remarkable views of Annapurna South and Machapuchare. At Chitwan we undertake a wildlife safari in search of rhino and the Bengal tiger. (Our wildlife safaris take place inside the park boundaries.)

## at a glance

DAY 1	JOIN KATHMANDU (1330M).
DAY 2	FLY TO POKHARA, DRIVE TO KIMCHI (1640M) - APPROX. 3.5 HOURS AND TREK TO GHANDRUK. APPROX 40MIN
DAY 3	TO TADAPANI (2650M). WALK APPROX. 6 HOURS
DAY 4	TO GHOREPANI (2880M) WALK APPROX 6-7 HOURS
DAY 5	EARLY MORNING POON HILL & TREK TO ULLERI, WALK APPROX 5-6 HOURS
DAY 6	TREK TO NAYAPUL AND DRIVE POKHARA, WALK APPROX. 4-5 HOURS, DRIVE 2 HOURS
DAY 7	IN POKHARA
DAY 8	DRIVE POKHARA TO CHITWAN. APPROX 5 HOURS
DAY 9	IN CHITWAN
DAY 10	DRIVE TO KATHMANDU APPROX 5-6 HOURS DRIVE
DAY 11	TRIP CONCLUDES KATHMANDU

## what's included

- 10 breakfasts, 8 lunches and 8 dinners, including all meals on trek valued at US\$400
- flight Kathmandu/Pokhara US\$133 approx
- Airport transfers if arriving on day 1 and 11 or if you booked pre/post tour accommodation at the Radisson through World Expeditions
- expert bilingual guide and group medical kit
- private transportation
- good quality accommodation in Kathmandu and Chitwan National Park
- use of a trek pack including sleeping bag, down or fibre filled jacket and insulated mat, valued at USD \$500
- souvenir World Expeditions kit bag
- all park entrance fees and trekking permits
- porters to carry all personal and group equipment along with porter's insurance
- accommodation in a combination of our comfortable eco lodges and private eco campsites with off the ground camp beds, mattresses and pillows
- Chitwan jeep safari

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.

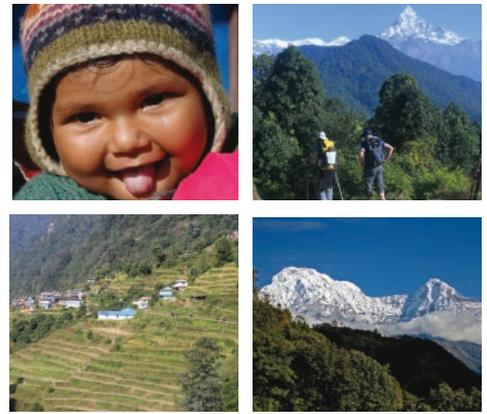
## what's not included

- International flights and airport taxes
- Lunch & dinner in Kathmandu
- Bottled water, aerated & alcoholic drinks



# annapurna chitwan

Combine our introductory Annapurna Trek and Chitwan Safari



## important notes

**IT2** - Trip will run with 12 day duration. Please refer to secondary itinerary.

**1** - This trip has been confirmed below our normal minimum group size. There may be a small surcharge to pay if you join this departure, which will be removed if minimum numbers are met. Please ask us for details regarding the additional cost.

- Items of a personal nature such as phone calls, laundry, etc.
- Tips

## detailed itinerary

### DAY 1 Join Kathmandu (1330m).

You will be met by a representative of World Expeditions and transferred to the Radisson hotel. Remainder of the afternoon at leisure. A pre-trek briefing will be given around 4.30-5pm where arrangements will be made for the distribution of your kit bag, sleeping bag and down/fibrefill jacket. This evening we will head out for dinner, this is a great opportunity to get acquainted with your fellow group members.

Overnight: Radisson Hotel

meals: NIL

### DAY 2 Fly to Pokhara, drive to Kimchi (1640m) - approx. 3.5 hours and trek to Ghandruk, approx 40min

We take a short 25min early morning flight to Pokhara, Nepal's second largest city (820m). In good weather we are greeted with sights of the entire Annapurna range. From here we drive alongside the Kali Gandaki river and through foothills and valleys to Kimche. On arrival we will begin our walk to Ghandruk, our first overnight stop.

Overnight: Private eco-camp

meals: B,L,D

### DAY 3 To Tadapani (2650m). Walk approx. 6 hours

Our trail meanders uphill through fields and into the forest of rhododendron and magnolia. We pass by waterfalls that cascade down narrow gullies that provide the perfect home for many small ferns and delicate plants. Tadapani is a clearing in the forest and a rest place for porters. We overnight in an eco lodge and observe the local people as they travel by.

Overnight: eco-lodge

meals: B,L,D

### DAY 4 To Ghorepani (2880m) Walk approx 6-7 hours

The walk this morning offers excellent views of the Dhaulagiri range as the trail zigzags until we Ghorepani. This is a sizeable town on the main tourist trail. You may wish to wander through the bazaar, browse through Tibetan wares on display and enjoy local treats from the bakeries.

Overnight: eco-lodge

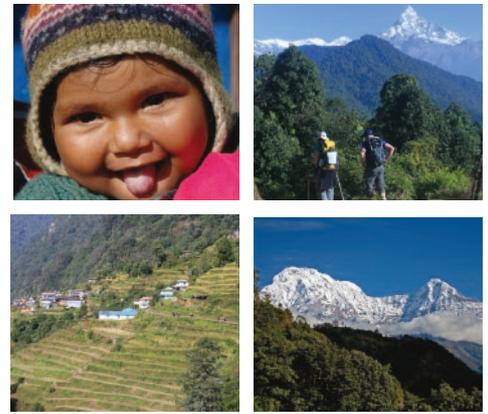
meals: B,L,D

### DAY 5 Early morning Poon Hill & Trek to Ulleri, walk approx 5-6 hours

From Ghorapani a pre dawn 45 minutes climb brings us to the summit of Poon Hill (3200m). The view of the Himalaya are tremendous, with forested foot hills as a fore ground and some of the world's greatest mountain ranges surrounding us. The glow of the rising sun catches Dhaulagiri, Nilgiri and Annapurna, making the early morning rise more than worth the effort. We descend to camp for breakfast and during the morning we descend further through small settlements to enter a deep

# annapurna chitwan

Combine our introductory Annapurna Trek and Chitwan Safari



## 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.

\*Ask our staff for more information.

ravine where multiple waterfalls follow our trail. We over night in an eco lodge in the village of Ulleri. From Ulleri we will have an over view of our trek route, as well as views of the Annapurnas at the head of the valley. Overnight at our private eco lodge  
meals: B,L,D

### DAY 6 Trek to Nayapul and drive Pokhara, walk approx. 4-5 hours, drive 2 hours

Today we take a short trek to Nayapul before being transported back to Pokhara for an overnight stay. Remainder of the day is at leisure to explore the Pokhara city. It is important to us that this trek follows few of the commercial tea-house trails. Accordingly the route and campsites may be varied at the discretion of the group leader. Note that the walking hours include rest stops, are a guide only and can vary due to trail or weather conditions.

Overnight: Private eco-campsite

meals: B,L,D

### DAY 7 In Pokhara

Today you will have a free day to explore Nepal's second largest city, Pokhara. This relaxing city surrounds Phewa Lake, the second largest lake in Nepal and is a popular starting and ending point for trekking in the Annapurna region. This city offers plenty of modern restaurants, bars and a buzzing nightlife. There are countless stores to pick up last minute souvenirs or locally made goods. For those still in seek of adventure can choose to go paragliding, cycling tour, paddle boat across the lake or an ultra light scenic flight. You may also explore historical and religious sites including Devi's Falls, Gupteshwor Mahadev Cave or Binyabasini Temple. Whilst there are plenty of options, nothing beats a gentle stroll to discover this relaxing city.

Overnight: private eco-camp

meals: B,L,D

### DAY 8 Drive Pokhara to Chitwan. Approx 5 hours

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 In 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 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.

Overnight: adventure lodge

meals: B,L,D

### DAY 10 Drive to Kathmandu approx 5-6 hours drive

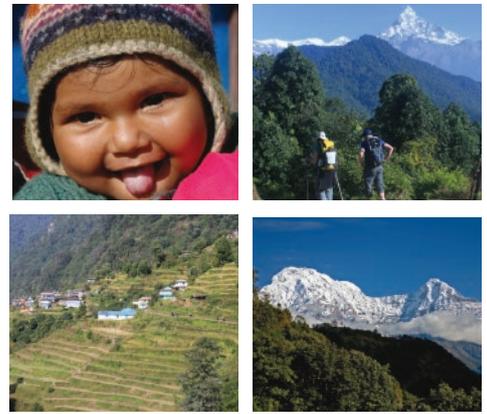
After breakfast we transfer by road to Kathmandu.

Overnight: Radisson Hotel or similiar

meals: B

# annapurna chitwan

Combine our introductory Annapurna Trek and Chitwan Safari



## thoughtful travel

The environments we travel through are fragile. It is our responsibility as visitors to minimise the impact of our presence. World Expeditions were the proud recipients of the inaugural Australian National Travel Industry's Environmental Achievement award for our Responsible Travel Guidebook. This detailed guide to responsible and sustainable travel is provided to all World Expeditions clients before they travel. Please ask your consultant if you have not received your copy of our award winning book. Alternatively, you may like to download a copy from our website [www.worldexpeditions.com](http://www.worldexpeditions.com)

## 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 Annapurna Trek 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.

## DAY 11 Trip concludes Kathmandu

After breakfast arrangements cease unless further arrangements have been made. Those people travelling by aircraft to further destinations will be transferred to the airport and assisted with check-in procedures.

**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
- Ancient Varanasi & the Ganges
- India
- Ancient City of Lhasa
- Bhutan Retreat

## chitwan national park

Currently the accommodation in Chitwan National Park is closed to tourists. Our accommodation is at an alternative lodge situated outside the park. At Royal Chitwan National Park, you will see yet another side of Nepal. The days here are spent on excursions into the jungle, swimming, jungle walks, bird watching and a canoe trip on the Rapti River.

Situated in the Rapti Valley, the Chitwan National Park is approximately 180 kms by road southwest of Kathmandu. The region in which the park is situated is known as the Terai, a flat and highly cultivated plain which constitutes the entire southern quarter of the country.

Hot in the summer and mild and cool in winter, this long flat plain produces most of the country's food. Early this century the Terai was a rarely visited jungle expanse with very few inhabitants, the only visitors being members of the Nepalese upper class on hunting trips. During the 1950's, malaria was brought under control and the population began to expand rapidly and the jungle was slowly cleared by logging and by farmers in search of new fields.

Conservationists soon realised that if action was not taken it wouldn't be long before all the animals of the Terai would be extinct. Thus in 1962 King Mahendra designated Chitwan a rhinoceros preserve and in 1973, it became the first national park in Nepal.

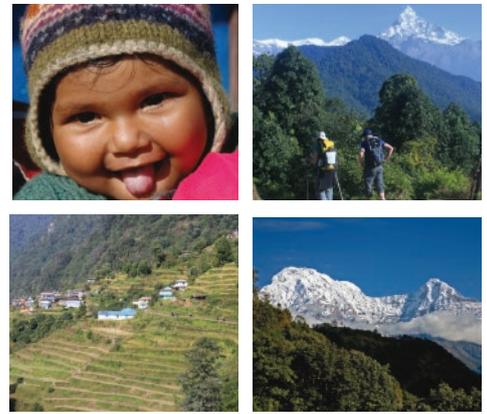
Today there are only about a thousand one-horned rhinos left in the world and over 300 of these are found in the Chitwan National Park; of the less than 2000 tigers remaining in the sub-continent, over 40 live in Chitwan. There are many other animals as well, such as the gharial fish-eating crocodile, sloth bear, leopard, gaur, sambar, chital, hog deer wild boar, monkeys, elephants and wild peacocks. Much of the wildlife is solitary and nocturnal. You will need to be quiet at all times on safari and wear subdued colours if you are to get the best out of your stay. For a more in depth study of all the animals in the park you should read "The Heart of the Jungle" by K.K. Gurung.

Remember that although there are many animals to be seen, Chitwan is not a zoo, nor is it like the vast open plains of Africa. It is a jungle, and you must go out and find the animals. Bear in mind that it is possible that you may not see much at all particularly if you visit around threshing time which is for two weeks in January when the grass is cut. Outside this period, if you rise early in the morning and go on a jungle walk with the park guides, you are very likely to spot wildlife. It should also be noted that there are over 400 species of bird living in the park and if you are interested in bird watching there will be plenty of opportunities to do so if you ask the guides. Make sure that if you wish to do any different activity, you inform either your group leader or the lodge manager.

Elephant Welfare:

# annapurna chitwan

Combine our introductory Annapurna Trek and Chitwan Safari



## 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.

## 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.

World Expeditions removed all elephant rides from our program in 2014 because we learnt about the cruel practice that is used to break an elephant's spirit so that it will tolerate human contact. The best way for you to encounter an elephant is in the wild, where it is able to display all its natural behaviours. To learn more ask your World Expeditions consultant for a copy of our Animal Welfare Code of Conduct. Lastly, do your own research before leaving home to ensure that you travel 'Animal-Friendly'.

## 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 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.

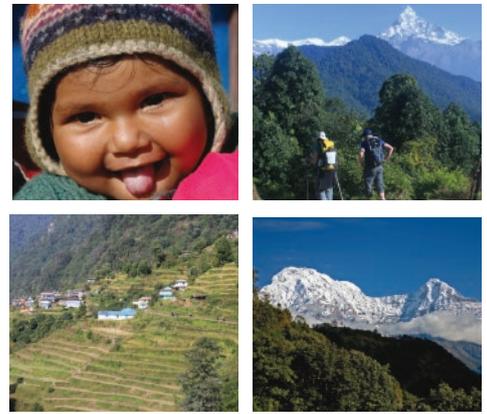
The post-monsoon period - From early September the monsoon rain starts to decrease. By mid-October through to mid-December the weather is usually stable with mild to warm days, cold nights and clear views. Daytime temperatures can reach 25 - 30 degrees Celsius at lower altitudes and decrease as you gain 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



# annapurna chitwan

Combine our introductory Annapurna Trek and Chitwan Safari



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

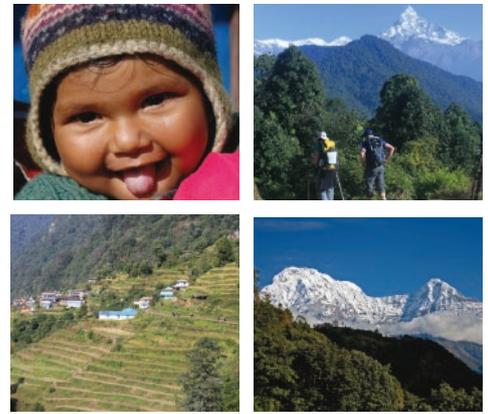
You will be woken with a cup of tea brought to your tent around 6:30am, followed by a small bowl of warm water for washing. Before breakfast you pack your gear into your kit bag which is then taken by the pack-animals or porters and will not be available to you until you reach camp that afternoon. After 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, 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

# annapurna chitwan

Combine our introductory Annapurna Trek and Chitwan Safari



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.

## equipment provided



You will be provided with the use of a World Expeditions trek pack which includes a duffel bag, quality sleeping bag, down or fibre fill jacket and insulated mat (valued at over US\$500). Further, our porters are provided with clothing and boots suitable for the conditions. See more information about our porter initiatives below.

## accommodation in Kathmandu

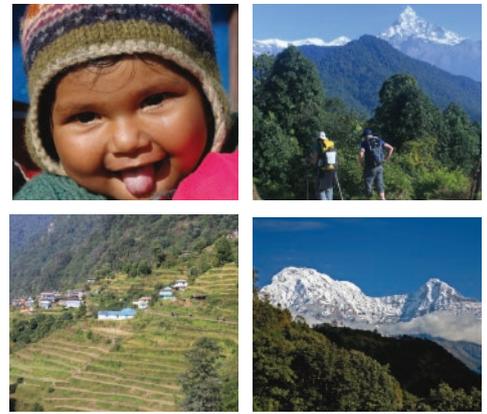


In Kathmandu we stay at the comfortable, well located Radisson Hotel. The Radisson Hotel is situated in Lazimpat, a quiet and central area of Kathmandu. Only a short 12 minute walk to the main tourist district of Thamel, the Radisson acts as a base for World Expeditions travellers.



# annapurna chitwan

Combine our introductory Annapurna Trek and Chitwan Safari



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 metres 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

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.

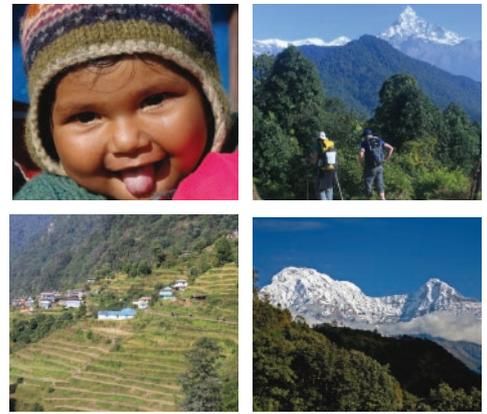
## porter initiatives

Porter Welfare in Nepal: the Himalaya



# annapurna chitwan

Combine our introductory Annapurna Trek and Chitwan Safari



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](http://www.ippg.net)

International Mountain Explorers Connection >> [www.mountainexplorers.org](http://www.mountainexplorers.org)

Kilimanjaro Guide Scholarship Foundation Inc. >> [www.kiliguides.org](http://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](http://www.worldexpeditions.com). Shows can fill early so it is important to register your attendance so we know to save a seat, or two.

## 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.

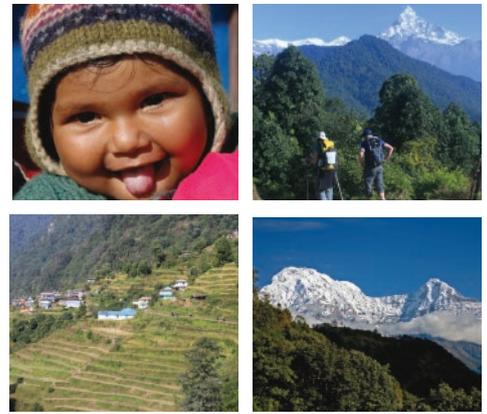
## subscribe to our e-newsletter

Never miss an amazing deal, inspirational speaker tour or exciting new trips and cutting edge adventure news. Head to our website to subscribe to our regular e-newsletter.



# annapurna chitwan

Combine our introductory Annapurna Trek and Chitwan Safari



## social networking

Connect with us on social

FACEBOOK: @worldexpeditions

Like our page at [facebook.com/worldexpeditions](https://facebook.com/worldexpeditions)

INSTAGRAM: @worldexpeditions

Follow us at [instagram.com/worldexpeditions](https://instagram.com/worldexpeditions)

YOUTUBE: World Expeditions

Subscribe to our channel at [youtube.com/worldexpeditions](https://youtube.com/worldexpeditions)

Share the love

Use the hashtag #WorldExpeditions on your best travel photos and videos to be featured.

## trip availability

If this trip seems right for you then we encourage you to call us now to check availability. There are many reasons why you may not be able to join your desired departure and limited space on our small group departures is just one of them. Many of our adventures require us to secure services on your behalf; such as trekking permits, train travel and visa invitation letters. The demand is increasing each year making it difficult to join a trip last minute. To ensure we can assist you onto your adventure of a lifetime we ask that you check your trip availability with our team at your earliest convenience.

## how to book

To book a World Expeditions trip, you will need to complete a booking form and pay a non refundable deposit which you can do by using our online booking function for most trips, or if you prefer, download a booking form from the website and return to us by fax, or mail your booking form and deposit to your nearest World Expeditions office or travel agent. We can also help you with any additional arrangements that you require, such as competitive airfares to get you to your destination, stopovers, pre or post trip accommodation or any additional tours that you wish to take in conjunction with the main World Expeditions trip.