

# ANNAPURNA DISCOVERY, NEPAL



walking in the Annapurna middle hills with Mount Machapuchare behind



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## HIGHLIGHTS

- ) A leisurely trek that allows ample time to enjoy the views and culture of the Annapurna region of Nepal.
- ) The trek goes to Poon Hill where, weather permitting, there are very good views of Dhaulagiri and the western Annapurnas.
- ) After the trek you visit Chitwan National Park, a region of subtropical forest which is a superb bird habitat, with over 300 species recorded. It is also one of the few remaining areas with the endangered Asian one-horned rhino. Other notable species include tiger, leopard, garial, sloth bear and Indian bison
- ) Roland, owner and founder of The Mountain Company, has led this trip before and modified the itinerary based on this experience. He will be able to answer any questions you might have



# ANNAPURNA DISCOVERY

Total number of days	14 days
Grade & days trekking	Moderate, 7 trekking days
Accommodation	7 nights hotel, 6 nights teahouse lodges
2019 price from Kathmandu	£1,595 (US\$2,075 or €1,815)
2020 price from Kathmandu	£1,595 (US\$2,075 or €1,815)
Minimum group size	2
Dates	March 3 <sup>rd</sup> to 16 <sup>th</sup> 2019 April 7 <sup>th</sup> to 20 <sup>th</sup> 2019 October 6 <sup>th</sup> to 19 <sup>th</sup> 2019 November 3 <sup>rd</sup> to 16 <sup>th</sup> 2019 March 1 <sup>st</sup> to 14 <sup>th</sup> 2020 April 5 <sup>th</sup> to 18 <sup>th</sup> 2020 October 4 <sup>th</sup> to 17 <sup>th</sup> 2020 November 1 <sup>st</sup> to 14 <sup>th</sup> 2020

## THE FOLLOWING IS INCLUDED IN THE PRICE OF THE TRIP

) Internal flight from Kathmandu to Pokhara.

) All transfers including airport collections.

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- ) One day sightseeing in Kathmandu with Nepalese cultural guide and private vehicle.
- ) Twin share room in Kathmandu at Hotel Tibet or Hotel Ambassador and in Pokhara at Hotel Mount Kailash.
- ) Breakfast only in Kathmandu, all meals included while on trek. Trek meals include breakfast, lunch, afternoon tea and biscuits plus two course dinner (soup and main meal) plus up to two cups of hot drinks per meal.
- ) All trekking arrangements including permits and fees, trekking guide(s) and porter(s). **We provide one trekking guide for group size of two people and two guides for a group size of three people and three guides for group size of six people plus.**
- ) Two nights staying at lodge in Chitwan National Park with all jungle activities
- ) Annapurna trekking map given to you on arrival to Kathmandu.
- ) Rubberised luggage tags posted to you before departure.
- ) Full financial protection for all monies paid to us through our membership of Association of Bonded Travel Operators Trust (our ABTOT membership number is 5365) and having an Air Travel Organiser's Licence (our ATOL number is 10921).
- ) Pre departure support and advice from The Mountain Company by email, phone or face to face meetings in London. After booking with us we will send our comprehensive "Nepal Pre Trip Information" notes.

## **THE FOLLOWING SINGLE SUPPLEMENT IS AVAILABLE:**

Single room supplement                      £195 (US\$230)

Please note that if you are a single person booking on one of our trips you do not have to pay the single room supplement, this is only payable if you specifically request to have a room or tent to yourself. You will not have to pay this for this



option if you happen to end up with a single room or tent due to odd numbers on the trip.

## THE FOLLOWING IS NOT INCLUDED IN THE PRICE OF THE TRIP

- ) International flight to/from Kathmandu.
- ) Travel & trekking insurance.
- ) Nepal visa for 30 days.
- ) Lunch and evening meals in Kathmandu.
- ) Personal clothing & equipment, please see the Appendix for suggested kit list.
- ) Tips (guidance on amounts included in our “Nepal Pre Trip Information” notes).
- ) Other items not listed in “What is included”.

## PARTICIPANT SELECTION

The Mountain Company carefully selects and screens potential participants applying to join our groups to ensure the trip is an appropriate objective for you. We have a number of pre-trip questions asking information about your outdoor experience, training, experience, medical conditions and fitness. To access the pre-trip questions please send in your application by clicking on the “**Apply now**” **button** on the trek webpage. After review of your replies we might contact you by telephone or email for further information to aid our selection process.

Please ensure you have done your own research about Annapurna Discovery trek by reading our pre trip documents (Trip Dossier, Trip Grading and Trip Reports published on TMC blog) to ensure you have a realistic idea of what to expect. Every trip organised by The Mountain Company has been graded based on four factors: daily walking times, altitude, terrain and remoteness.



## INTRODUCTION

This is a leisurely trek to the Annapurna region visiting Poon Hill for Himalayan viewpoint and Gurung villages.

We start by taking the spectacular flight from Kathmandu to Pokhara where you will get superb views of the Himalayan mountains. The Annapurna Discovery trek follows trails in the Annapurna foothills passing through pretty Gurung villages, terraced fields and rhododendron forests.

This is a leisurely trek giving you time to enjoy the views and the culture of Nepal. From Ghorepani village you have superb views of Annapurna, Lamjung, Dhaulagiri and Machapuchare (commonly known as Fishtail mountain). The high point of this trek is the walk up Poon Hill for the sunrise across a panorama of Himalayan mountains.

After the trek you travel to Chitwan National Park where you will go on an elephant safari, bird watching and a jungle walk. Chitwan National Park is one of the prime habitats of the Royal Bengal tiger and has many other interesting animals and birds.

## DETAILED ITINERARY

It is our intention to keep to the day by day itinerary detailed below, although there might be some flexibility due to local conditions or other factors beyond our control. If this is the case the trek leader will do everything possible to work out the changes to the itinerary in order to minimise your inconvenience.

### **Day 1. Arrive Kathmandu and join the tour at the hotel.**

You will be met on arrival at Kathmandu airport and driven back to the hotel. Please provide travel plans on booking and we will arrange the pick up and transfer. A full briefing will be given in the afternoon. **Overnight at Hotel Tibet or Hotel Ambassador (Meals: none).**

### **Day 2. Sightseeing in Kathmandu.**

This is a day to explore Kathmandu where we organise guided sightseeing to the Buddhist and Hindu sights in Kathmandu, to Kathmandu's Durbar Square,



Swayambunath - the Buddhist monkey temple and Pashupatinath – a sacred Hindu temple complex on the banks of the Bagmati River.

In the Kathmandu Valley the landscape is dramatically sculpted by the contours of the paddy fields. The towns and villages are alive with the colours of farm produce, ranging from pyramids of golden grain to the vivid reds of chilli peppers laid out on mats to dry in the sun. In the streets and towns there is a constant bustle of activity, especially in the bazaars and markets where the farmers sell their vegetables and fruit. You should get back to the hotel after your sightseeing tour around mid-afternoon and the rest of the day is free for you to explore the city further and pack bags ready for the start of the trek the following morning. You can leave a bag at the hotel with items you will not need on the trek. **Overnight at Hotel Tibet or Hotel Ambassador (Meals: B).**

**Day 3. Fly to Pokhara, drive to Phedi then trek to Dhampus- 2 to 3 hours walking.**

After breakfast, we take the morning flight to Pokhara. On arrival we drive to the road head at Phedi where you begin your trek up the trail to Dhampus which sits on a ridge with superb views. **Overnight teahouse lodge (Meals: B,L,D).**

**Day 4. Trek to Landrung- 4 to 5 hours walking.**

Today the trek continues through forest to Landrung which sits above a gorge with the Modi River far below. Tomorrow's destination, the Gurung settlement of Ghandrung, is visible on the hill opposite. **Overnight teahouse lodge (Meals: B,L,D).**

**Day 5. Trek to Ghandrung- 3 to 4 hours walking.**

Today you descend to the bridge over the Modi Khola river then climb up to Ghandrung. You can spend the rest of the day exploring the village with your guide. **Overnight teahouse lodge (Meals: B,L,D).**

**Day 6. Trek to Tadapani- 4 to 5 hours walking.**

From Ghandrung, continue upwards through Deorali and into the forest. Continue on through rhododendron forests and over a pass to Tadapani. **Overnight teahouse lodge (Meals: B,L,D).**



**Day 7. Trek to Ghorepani- 4 hours walking.**

From Tadapani the trail continues through rhododendron forest until we get to Ghorepani for lunch. **Overnight teahouse lodge (Meals: B,L,D).**

**Day 8. Early morning climb to Poon Hill and then trek to Birethanti- 4 to 5 hours walking.**

Wake up early to make a pre-breakfast excursion to Poon Hill where, weather permitting, there are very good views of Dhaulagiri and the western Annapurnas. Return for breakfast.

Start off down the ridge to Ulleri and descend the steep stairway to the Burungdi River. Tirkhedhunge lies at the foot of the cliff and then the trails moves up and down through Hille skirting fields and forest along the river to reach the charming village of Birethanti. **Overnight teahouse lodge (Meals: B,L,D).**

**Day 9. Trek to Nayapul, transfer to Pokhara- 2 hours walking.**

A short walk to the road head at Nayapul and an hour's car ride will bring you into Pokhara. Rest of day free on your own. **Overnight at Mount Kailash Resort (Meals: B).**

**Day 10. Transfer to Chitwan National Park.**

In the morning we drive to Chitwan National Park. In the afternoon we will ride on an elephant in to the National Park. There is a variety of animals including one horned rhinoceros, deer, wild boar and if you are very lucky a tiger. **Overnight at Jungle Villa Resort depending on availability in Chitwan (Meals: B,L,D).**

**Day 11. Chitwan National Park.**

We have a full day of activities starting with an early morning elephant ride into the National Park for game viewing. On getting back to the lodge we have breakfast on the verandah overlooking the Rapti river. Next we take a dug out canoe to visit the crocodile conservation project. After lunch you have the chance to take an elephant shower where you will be sprayed with water from their trunks. **Overnight at Jungle Villa Resort depending on availability in Chitwan (Meals: B,L,D).**

**Day 12. Drive back to Kathmandu.**

Drive back to Kathmandu arriving back in the late afternoon. **Overnight at Hotel Tibet or Hotel Ambassador (Meals: B).**

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**Day 13. At leisure in Kathmandu. Overnight at Hotel Tibet or Hotel Ambassador (Meals: B).**

**Day 14. Fly back home.**

Transfer to Kathmandu airport for the flight back home. End of trip.

## YOUR COMPLETE FINANCIAL PROTECTION

The Mountain Trekking Company Ltd (trading as The Mountain Company) is a fully licensed and bonded tour operator. For flight inclusive packages sold to UK residents these will be covered by our Air Travel Organisers Licence (our ATOL number is 10921). For packages that do not include flights and for packages sold to customers outside of the UK your financial protection is covered by our membership of Association of Bonded Travel Organisers' Trust ("ABTOT"). Our ABTOT membership number is 5365.



Our membership of these organisations means that you can book with us in complete confidence that all monies paid to us for trips are protected.

## THREAT AND RISK ASSESSMENT

Participants should be aware trekking, mountaineering and travelling in a developing country are activities that involve a risk of personal injury or death. As a condition of booking you must accept these risks and be responsible for your own actions and involvement.



Adventure travel requires an open and flexible attitude. You may experience extreme conditions, unpredictable weather and last minute changes to the itinerary beyond our control. The ability to work in team is an important aspect of all of our trips.

As a part of our planning process we have performed a detailed threat and risk assessment for our Annapurna Discovery trek. It is worth pointing out all of our trips have a certain degree of risk, this is of course part of the attraction of adventure travel and why so many people choose to join this type of holiday. However by identifying the potential hazards on Annapurna Discovery we can assess the level of risk and implement control measures to reduce this happening.

Our full threat and risk assessment for Annapurna Discovery is available on request. For your information we have listed below a summary of the significant risks and hazards identified by us:

- ) Falls and trips resulting in physical injury eg. slipping on ice or falling off the path.
- ) Altitude illness including but not limited to AMS, HACE and HAPE.
- ) Climatic injuries (dehydration, sun burn, heat exhaustion, hypothermia or heat stroke).
- ) Lightning strike.
- ) Wildlife, pack animals (eg. donkeys or horses) or stray dogs. Pack animals have been known to knock people off the path. Dogs can attack and bite, we advise you discuss rabies vaccination with your doctor.
- ) Earthquake.
- ) Risk of fire in the hotel or lodge.
- ) Endemic local diseases. We advise you discuss vaccinations with your doctor before departure.
- ) Physiological injury such as heart attack, appendicitis, hernia, toothache etc. in a remote area.



- ) Road traffic or flight accident [*see paragraph “Internal flights in Nepal” for further information*].
- ) Contaminated food and/ or water.

This trip visits a remote area where you are away from normal emergency services and medical facilities. In case of a serious injury requiring hospitalisation evacuation could take up to several days and may impede your ensuing recovery. Helicopters are the most usual means of evacuation, however they are not always available or they may be hindered by poor weather and flying conditions.

## THE ASSOCIATION OF INDEPENDENT TOUR OPERATORS (“AITO”)

The Mountain Company is a member of the Association of Independent Tour Operators (AITO) and we have agreed to abide by the terms of the AITO Quality Charter.

AITO is the Association for independent and specialist holiday companies. Our member companies, usually owner-managed, strive to create overseas holidays with high levels of professionalism and a shared concern for quality and personal service. The Association encourages the highest standards in all aspects of tour operating. For more information please take a look at <http://www.aito.com/>





# ETHICAL AND ENVIRONMENTAL CONSIDERATIONS

The Mountain Company is committed to adopting a responsible attitude to the areas we visit. We are guests of the communities visited and with some thought and care we can ensure that everyone benefits from the experience. We have developed a Responsible Tourism policy which aims to ensure that The Mountain Company and its clients act in a way that is socially, environmentally and culturally sound.

In 2017 the Association of Independent Tour Operators (AITO) launched Project PROTECT in recognition of the important role that destinations play in the future of the travel industry. The aim of this project is to encourage sustainable tourism and to nurture the destinations for tomorrow's travellers. The PROTECT acronym stands for People / Resources / Outreach / Tourism / Environment / Conservation / Tomorrow.

This project is led by Professor Xavier Font of the University of Surrey and each AITO member has to publish an annual pledge and report back at the end of the year on how they got along. To see The Mountain Company's Project PROTECT pledges for 2018 and 2017, please take a look at our [Sustainable Tourism page on AITO website](#).



We work closely with the International Porter Protection Group and abide by their five guidelines for porter protection, their website is at [www.ippg.net](http://www.ippg.net). We also have partnered with Kathmandu Environmental Education Project in Nepal, their website is at [www.keepnepal.org](http://www.keepnepal.org)



# PRACTICAL INFORMATION

## ACCOMMODATION IN KATHMANDU

For our Annapurna treks we use several hotels in Kathmandu depending on availability. They are as follows:

**Hotel Tibet** is located in Lazimpat next to the Radisson. Hotel Tibet is our usual hotel for our standard trips in Nepal as our clients enjoy staying at this property due to its good location, comfortable rooms and high level of service. There is a garden terrace next to the restaurant on the ground floor and the roof terrace with the Yeti Bar overlooking the city. For more information on Hotel Tibet please take a look at their website <http://www.hotel-tibet.com/> .

**Hotel Ambassador** is located in Lazimpat not far from Hotel Tibet and Manaslu. This hotel was rebuilt and opened in Spring 2017 with well-appointed rooms including both King size and twin beds, complimentary wifi, tea & coffee, iron & board, combined bath & shower. The rooms are a good size at 30m<sup>2</sup> and are well decorated with original art. The rooms have air conditioning and are sound proofed for quiet nights rest. For more information on Hotel Ambassador please take a look at their website: <http://www.ambassadornepal.com/>

There are store rooms at all of these hotels where you can leave luggage not required while on trek. There is also a security safe at these hotels for storage of valuables.

## ACCOMMODATION IN POKHARA

For our Annapurna treks we use several hotels in Pokhara depending on availability. They are as follows:

**Mount Kailash Resort** is situated in a good location along a quieter section of Lakeside and has fine views of the lake and the mountains. This property has been recently built in modern style and the rooms are spacious with amenities including

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en-suite bathroom, television, air-condition and free WI-FI. For more information please take a look at their website: <http://www.mountkailashresort.com/>

## **FOOD**

In Kathmandu there is a wide range of excellent restaurants, some of the more popular ones are: K Too Steak House, Everest Steak House, Rumdoodles, Fire and Ice, La Dolce Vita and New Orleans. Breakfast is provided each morning by the hotel.

While on the trek, the lodges provide good quality food in sufficient quantities. Trek meals include breakfast, lunch, afternoon tea and biscuits plus two course dinner (soup and main meal) plus up to two cups of hot drinks per meal.

## **CLIMATE**

The traditional trekking season in Nepal is late September to May, with October and November generally recognised as having the best weather. Spring is also a popular time of year with warmer weather and the advantage of seeing spring flowers and rhododendrons in bloom.

This trek will have a wide range of temperatures depending on the altitude and the time of day. In the mountains between 1,000m and 3,500m the nights will be cool, normally around 5°C, and during the day temperatures sometimes rise to 25°C. At higher altitudes temperatures range from about 15°C to -5°C.

## **CLOTHING AND EQUIPMENT**

A list of clothing and equipment for Annapurna Discovery trek has been included in Appendix below. It is worth pointing out that you will need a sleeping bag for this trip although you can arrange to rent one in Kathmandu.

If you do not have the clothing and equipment contained in this list then a good option might be to rent from the UK. Trek Hire and Expedition Kit Hire rent out high quality items at competitive prices which would save you the expense of buying.

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The links to their websites are at <http://www.trekhireuk.com/> and <http://www.expeditionkithire.co.uk>

Alternatively if you are going to buy then please contact the office for the Cotswold Outdoor promo code that entitles you, as a client of The Mountain Company, to a 15% discount in their stores and online.

Each trekker should bring one backpack for items required during the day. Your day backpack will contain items such as warm clothes, jacket, camera, water bottles, personal first aid kit and snacks.

The rest of your personal equipment packed in a duffel bag or backpack will be carried by a porter. **The maximum weight allowance is 15kgs.** Please ensure that your bag is marked clearly on the outside for easy identification.

## VISA REQUIREMENTS

All foreigners require a visa for entry into Nepal. It is your responsibility to obtain the entry visa. You can get from a Nepalese embassy overseas or on arrival in Nepal. Most people will obtain their visa on arrival to Kathmandu airport.

You will need one passport photo and the following fees dependent:

15 days USD\$25 or equivalent convertible currency  
30 days USD\$40 or equivalent convertible currency  
90 days USD\$100 or equivalent convertible currency

## VACCINATIONS AND MEDICAL

You should obtain professional advice from a travel clinic or your local GP about which vaccinations to have before you arrive in Nepal. A dental check-up is a good idea as there will be no dental facilities while on the trek.

We bring a comprehensive first aid kit including high altitude medicine, antibiotics and other medicines. Please get in contact with us if you would like to see the list of medicines contained in our medical kits.



## INTERNATIONAL FLIGHTS

The Mountain Company does not book international flights for our holidays. Instead all package prices are Land Only with services starting from arrival to the destination country.

If you would like help arranging flights then we suggest you contact our partner travel agent, StudentUniverse (ATOL registered) a specialist division of the Flight Centre Travel Group ---> [Get an online quote](#)

## INTERNAL FLIGHTS IN NEPAL

British Foreign & Commonwealth Office (“FCO”) travel advice to Nepal states that “STOL airstrips in Nepal are among the most remote and difficult to land on in the world and are a challenge for even the most technically proficient pilots and well-maintained aircraft.” For their latest advice please take a look at their Safety & Security section under Air Travel, link at: <https://www.gov.uk/foreign-travel-advice/nepal/safety-and-security>

There have been a number of recent air accidents in Nepal and in December 2013 The European Union banned all airlines based in Nepal from flying in the 28-nation bloc under the latest changes to a list of unsafe carriers. For more information on Nepal’s air safety profile take a look at Aviation Safety Network, link at: <http://aviation-safety.net/database/country/country.php?id=9N>

## INSURANCE

Travel insurance for any Mountain Company itinerary is a condition of booking a holiday. At the very least you should have emergency medical and repatriation insurance which must include the cost of mountain rescue. Cancellation insurance is strongly recommended as all deposits paid to The Mountain Company are non-refundable.

Please carefully check your insurers’ Terms and Conditions in particular you should make sure the following is covered: 1) Activity (i.e touring, trekking or



mountaineering) 2) Maximum altitude reached on trek 3) Helicopter evacuation in an emergency.

It is important for you to understand that ultimately the burden of any expense incurred in evacuation and repatriation procedures will be borne by you and that it is your responsibility to pay any costs incurred in respect of any evacuation or for medical treatment. You should be fully aware of the implications involved in arranging your own travel insurance and understand the limitations and exclusions of your policy.

You should be aware that under certain circumstances, The Mountain Company leader (or our local agent, if no western leader) might instigate rescue proceedings via helicopter (or any other means necessary) in situations of medical emergency without first contacting your insurance company for their approval.

The Mountain Company has arranged travel and trekking insurance for European Union residents with the specialist insurance broker **Campbell Irvine**. Their insurance policy will cover you for most of the trips in our portfolio. However if your trek is classified or graded by The Mountain Company as “**Strenuous**” or “**Challenging**” then you must make sure you select this option when obtaining an online quote for your insurance. Campbell Irvine will not provide insurance cover for any trips classified as “**Mountaineering**”.

**CAMPBELL IRVINE**  
DIRECT TRAVEL INSURANCE

To apply for an online quote through [Campbell Irvine's Direct Travel Insurance](#) website. Should you have any questions regarding the terms and conditions of cover please contact Campbell Irvine on 0207 938 1734 or email [info@campbellirvine.com](mailto:info@campbellirvine.com)

We have [listed on TMC website a comprehensive list of specialist adventure travel insurers](#) that our trekkers from UK, EU and Internationally based have used in the past. Please carefully check their Terms & Conditions prior to purchase. These



companies are not necessarily recommended by us so it is your responsibility to ensure you have appropriate coverage.

## **CULTURAL CONSIDERATIONS**

For those of you who are visiting Nepal for the first time we have provided some cultural information to help you fit in and feel at ease:

- ) The dress code is important for both men and women. Men and women should wear trousers rather than shorts while trekking.
- ) There are many hot springs, rivers and lakes where it is pleasant to take a dip, it is fine for men to go bare-chested while bathing but they should not go nude. Women should try and be as modest as possible in these situations.
- ) Hindus are concerned about the ritual pollution of food when it is touched by someone outside their caste or religion. Therefore, do not touch any cooked foods on display and when drinking from a container used by others avoid touching your lips to it. Do not eat food with your left hand and make sure you only give or receive food with your right hand.
- ) Shoes are considered degrading so keep them on the ground and remove them before putting your feet on anything. If you enter a Nepali house follow the example of your host in deciding whether to remove your shoes but on entering a temple or monastery you should definitely remove them.
- ) You will pass Buddhist mani walls, chortens, and stupas along the trek and to follow local traditions you should pass them on your right.
- ) When visiting a monastery or gumpa it is customary to give a donation for its upkeep.



## SUGGESTED READING

Annapurna south face by Chris Bonnington

Himalayan Pilgrimage by David Snellgrove

Annapurna by Maurice Herzog

True Summit: What Really Happened on the Legendary Ascent on Annapurna by David Roberts

The Ascent of Rum Doodle by WE Bowman

A Nepalese Journey: The Essence of the Annapurna Circuit (Mountain Photography) by Andrew Stevenson

Nepali Phrasebook by Lonely Planet

## MAPS

Nepal Trekking Map Himalayan Maphouse Scale: 1:900,000 **This map will be included in your welcome pack when you arrive in Nepal.**

National Geographic Annapurna Trekking 1:135,000



# APPENDIX

## CLOTHING AND EQUIPMENT LIST FOR ANNAPURNA DISCOVERY

For the safety of everyone in the group and to help ensure a successful trek, you are required to have the following items in our clothing and equipment list tailored for Annapurna Discovery trek.

As a reminder, the weather on this trek will vary season to season and day to day as you ascend to higher elevations. During the first couple of days you are likely to experience quite warm conditions and you will experience the coldest temperatures at Ghorepani at an altitude of 3,210m where overnight lows can get down to around -5°C.

### **Footwear:**

- ) Walking boots. A pair of water repellent boots with ankle support.
- ) Gaiters. A pair used to keep boots dry if walking through deep snow or on wet ground.
- ) Wool and liner socks.
- ) Trainers or trail shoes. Can be used in camp/lodge in the evenings.

### **Clothing:**

- ) Waterproof jacket and trousers (goretex or similar).
- ) Trekking trousers.
- ) Long sleeve shirts (not cotton).
- ) Micro fleece.
- ) Mid to heavyweight fleece.
- ) Sleeveless or body warmer type fleece.



) Thermals or base layer for top & bottom (merino wool or synthetic).

) Fleece pants.

**Handwear:**

) Fleece gloves.

**Headwear:**

) Wool or fleece hat.

) Sun hat.

) Bandana or scarf.

) Headtorch. Bring extra batteries.

) Sunglasses. The lenses need to be Category 4 rated and should have side protection or wraparound design to prevent light getting through to your eyes that could cause sun blindness.

**Personal Equipment:**

) Sleeping bag. Maximum overnight lows at Ghorepani will be around -5 Celsius.  
Note: it is possible to rent a bag in Kathmandu from Shonas Rental.

) Fleece or silk liner for your sleeping bag. A liner protects your sleeping bag from getting dirty and helps by adding extra insulation to keep you warm at night.

) Daypack. Recommended size is 30 litres or larger as you need to have enough space to carry water bottles, camera, snacks and extra clothing. It is also a good idea to bring a rain cover to keep the contents dry.

) Stuff sacks for keeping your gear dry and organised. Or even better are fold-drybags such as from Exped.

) Two water bottles (Nalgene wide mouth bottles are the best).

) Sunscreen and lipsalve with a high SPF.

) Insect repellent.

) Water purification tablets (Pristine, Biox Acqua or Acqa Mira).



- ) Favourite snack food.
- ) Books, ipod and cards etc.
- ) Trekking poles (Black Diamond with “Flick Lock” are best).
- ) Camera with spare batteries and memory cards.
- ) Insurance certificate.
- ) Earplugs (optional).
- ) Baby wipes (optional).
- ) Hand sanitizer (optional).

**Travelling:**

- ) Duffle bag or large backpack for your personal gear on the trek (carried by a porter). Bring a small combination padlock to secure the bag.
- ) Travel clothes. You will need casual clothing for air travel days and time spent in Kathmandu.
- ) Toiletry bag include toilet paper, soap, towel, toothbrush, etc.

**Personal first aid kit:**

Note: we provide a comprehensive group first aid kit but please bring personal medications and other items you might use regularly such as:

- ) Any personal medications.
- ) Malaria prophylactic tablets.
- ) Blister treatment (Compeed patches are the best).
- ) Rehydration powder eg Dioralyte.
- ) Analgesics (paracetamol, ibuprofen and aspirin).
- ) Plasters and zinc oxide tape.
- ) Throat lozenges.



) Diamox (helps with acclimatisation).