

ANNAPURNA EXPLORER TREK



Highlights

- Unique itinerary carefully put together for you to explore the stunning Annapurna Region without the intensive high-altitude trekking
- This spectacular adventure treks through the Annapurna foothills to the wild and remote Kopra Ridge, one of the best vantage points in the Himalaya.
- The journey into this area offers a window into traditional culture and lifestyles of the Annapurna Ranges and small mountain villages
- Pass awe-inspiring glaciers, pristine rivers, wind through impressive forests, cross mountain pastures and witness this epic mountain landscape
- Experience the beautiful hospitality of the Nepalese people and the incredible humanity and knowledge of your local support team
- Time spent in Kathmandu and Pokhara completes the adventure with insights into Nepali culture and tradition.
- Receive a complimentary [Water-To-Go bottle](#) when you depart on this trip to minimise our plastic foot-print in Nepal!



WELCOME

Svāgatam

Overview

This is the perfect trek for those who would like to experience some of the best trekking trails on the planet without the demanding impact of high-altitude ascents. Trekking the Annapurna Region is one of the most jaw-dropping and stunning places in Nepal, you'll be absolutely captivated by the area from the very first day.

Winding through some of the world's tallest mountains and diverse climatic zones (from tropical to freezing alpine peaks), with superb views of the Annapurna's and Dhaulagiri, it's no wonder this remains one of Nepal's greatest hiking destinations. Whilst the journey is still quite demanding, it is an excellent introduction to walking in the Himalaya.

Starting and finishing your epic mountain journey in the renowned Kathmandu with its colourful temples, city squares, and colourful markets. With the support of a team of expert Sherpas, the challenging trails of Annapurna will reward you with a stunning combination of towering peaks and dramatic valleys to enjoying the beautiful hospitality of the Nepalese people and their quaint mountain villages.





TRIP SUMMARY



Activity: Trekking
Duration: 9 days & 8 nights
Active days: 6 days trekking approx. 70kms
Altitude: 3650m
Accommodation: Local guesthouse & teahouses
Cost: Deposit: £195 per person
Remaining balance: £1100 per person
Total cost: £1295 per person

Group size: 8 – 18 people
Level of difficulty: ■■■■■
Tough
Dates: Mar or Oct

ROUTE MAP

Get ready for an adventure



DAY 1

Flight from UK to Kathmandu Nepal. Transfer to the hotel in Lanjaron.

DAY 2

Kathmandu to Tadapani. Fly to Pokhara (25 mins) and transfer to Kimche (2.5 hours). Trek from Kimche to Tadapani

DAY 3

Trek Tadapani to Bayalikharka

DAY 4

Trek Bayalikharka to Khopra Danda

DAY 5

Trek Khopra Danda to Swanta

DAY 6

Trek Swanta to Ulleri

DAY 7

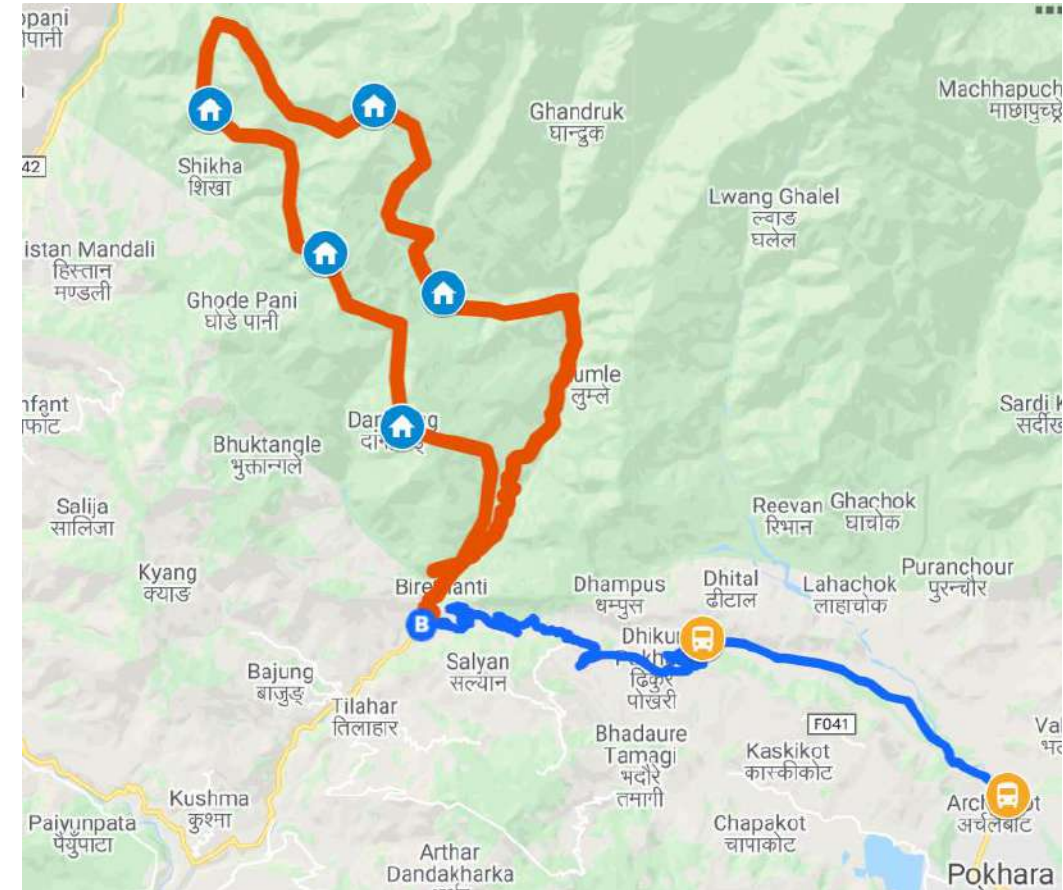
Trek Ulleri to Nayapul and transfer to Pokhara

DAY 8

Return flight from Pokhara to Kathmandu and free time

DAY 9

Return flight from Kathmandu to UK



ITINERARY

2 boots. Himalayan mountain range. 1 epic trekking adventure

DAY 1

Overnight flight from UK to Kathmandu Nepal

On signing up for the trip, we will provide you with the recommended flights to book or alternately, we can book the flights for you through our ATOL protected Flight Agent at an additional cost. Flights are not included in your package to give you the flexibility to travel from your nearest airport, use your frequent flyer points or extend your stay in Nepal if you wish. The recommended flights for this will include airport transfers in Nepal. There are direct flights from London and other major airports across the UK. Return flights from the UK to Kathmandu Airport are operated by Etihad, Qatar, British Airways, Oman Airways, Turkish Airways and Emirates and cost upwards of £685 per person return economy class dependent on which airline and when you book.

Transfer from Kathmandu Airport to hotel

On arrival in to Kathmandu Airport you will be met and transferred to your hotel where you will meet your fellow trekkers and local Nepalese Guide. There will be a briefing of the trek ahead and your chance to ask any questions and make any last-minute preparations. The remainder of the day is at your leisure or you can join an orientation walk around the inner part of the city through the back lanes and old market square (time permitting).

Included

Transfer:	Private transfer
Accommodation:	Kathmandu Guesthouse or similar (twin share basis)
Meals:	None

DAY 2

Kathmandu to Tadapani

An early start today with breakfast in the hotel followed by taking one of the first flights in the morning to the City of Pokhara (25-minute flight), the gateway to the Annapurna Region. It's the perfect way to see enormity of this region with fantastic views of the Himalayan mountains. In Pokhara you will rendezvous with your wonderful trek crew who will accompany and support you throughout your trek. From Pokhara you will be transferred to Nayapul (approximately 1.5 hours), then into the Annapurna Conservation Area and further on to Kimche along rough roads however the spectacular scenery through Modi River Valley will provide the perfect distraction (1hr approx).

This is where your trekking adventure begins to Tadapani at an altitude of 2590m. Starting with a short uphill walk you will reach Ghandruk, (1940m), a popular and ornate 'Gurung' village which has grown large and prosperous on the pensions of retired Gurkha soldiers. You will be rewarded with dramatic views of the peaks of Annapurna South, Gangapurna, Hiunchuli and the all-softamous Machhapuchhre. Following lunch at Ghandruk, your trek winds uphill for the most part of the afternoon passing through mountain forests and the views of Annapurna South and Hiunchuli become increasingly closer and even more impressive. Your first day of trekking finishes in the small village of Tadapani which is surrounded by impressive mountain forests. You will overnight in a traditional tea house.

Journey info

Flight time:	25 mins from Kathmandu to Pokhara
Transfer time:	Approx. 2.5 hours
Trekking time:	Approx. 4 hours
Trekking ascent:	690m
Overnight altitude:	2590m

Included

Transfers:	Private vehicle transfers
Flights:	Internal flight from Kathmandu to Pokhara
Accommodation:	Teahouse
Meals:	Breakfast only

ITINERARY CONTINUED

2 boots. Himalayan mountain range. 1 epic trekking adventure

DAY 3

Trek Tadapani to Bayalikharka

The perfect place to awaken this morning with the serenity of the Himalayan mountain landscape. As part of this unique trek you will veer off the popular Annapurna trail to experience the less-trodden Khayer trail. The trail winds its way gently uphill through charming rhododendron and magnolia forests, with daphne bushes and orchids hosted by the larger trees. You will see storm-torn trees broken by the winter snows & wind before reaching a picturesque meadow complete with a small stream. Reaching a minor mountain pass, you continue through the rhododendron forest descending to a clearing in the midst of woodlands which is Bayalikharka at an altitude of 3450m.

Trekking info

Trekking time:	Approx. 6 hours
Trekking ascent:	860m
Overnight altitude:	3450m

Included

Accommodation:	Teahouse
Meals:	Not included

DAY 4

Trek Bayalikharka to Khopra Danda

This morning your trail descends and twists its way down through the woodlands to the stunning pasture at Lower Chistibung. Your trail then gradually ascends up a forested hill through meadows, to reach a makeshift herders' settlement at Chistibung (2990m). The latter part of the day involves a continuous climb breaking through the treeline into alpine mountain terrain. This marks the highest point of your trek at the unbelievably beautiful Khopra Danda (Kobra Ridge) at 3650m. Renowned to be "somewhere between Heaven & Earth", the views from Kobra of Annapurna South (7219m) Baraha Shikhar (7647m) in the foreground and the peaks of the Nilgiri away towards Mustang and westward to the hulk of Dhaulagiri, where later the sun will set, are filled with the ultimate wow factor. This, plus the encounters with the friendly villagers, will make anyone want to come back again and again. Keep your eyes peeled to catch a glimpse of the Himalayan Tahr and the beautifully hued national bird of Nepal – the Danphe. For those who wish, there's an optional hike to nearby hilltops.

Trekking info

Trekking time:	Approx. 7 hours
Trekking ascent:	200m
Overnight altitude:	3650m

Included

Accommodation:	Teahouse
Meals:	Not included

ITINERARY CONTINUED

2 boots. Himalayan mountain range. 1 epic trekking adventure

DAY 5

Trek Khopra Danda to Swanta

Set your alarms early as you definitely don't want to miss the spectacular sight of the sun's first rays lighting up the Himalayan peaks. It's a sunrise that you'll treasure for a very long time to come. The trek then resumes with a steep descent through meadows to Chistibung, with a number of herder's huts and dzo grazing (crossbred cow and yak). The path continues to descend through rhododendron and oak forests with more views of Mount Dhaulagiri providing a lovely backdrop to the terraced fields and traditional houses in the nearby villages. Finally you will reach the village of Swanta. If you wish, you can visit Swanta Primary school, a community supporter school where there are two teachers funded by the profits from the community lodges.

Trekking info

Trekking time: Approx. 6 hours
Trekking ascent: -1455m
Overnight altitude: 2195m

Included

Accommodation: Teahouse
Meals: Not included

DAY 6

Trek Swanta to Ulleri

The morning starts with an undulating path to the village of Chitre passing through forest and hamlets. You will reach the famed village of Ghorepani for lunch and it is here you will re-join the popular Poonhill Trek route, giving you a sense of appreciation of your quieter days trekking the Khayer trail. Your path is a continuous descent on stone steps to Ulleri approx. 3.5 hours.

Trekking info

Trekking time: Approx. 7 hours
Trekking ascent: -235m
Overnight altitude: 1960m

Included

Accommodation: Teahouse
Meals: Not included

DAY 7

Ulleri to Nayapul and transfer to Pokhara

This is your final day of trekking where the trail out of the Annapurna begins to level as you pass Birethanti and on to the roadhead at Nayapul. Here you'll meet your private transport for the return drive back to Pokhara. Spending one night in Pokhara near the stunning Lake Phewa gives you the chance to relax or further explore the lakeside district of markets, visit the International Mountain Museum (time permitting) or just sit back and enjoy the spectacular scenery from one of the many restaurants or cafes.

Trekking info

Trekking time: Approx. 4 hours
Transfer time: Approx. 2.5 hours
Trekking ascent: -890m
Overnight altitude: 800m

Included

Accommodation: Mount Kallash Resort or similar (twin share basis)
Meals: Not included

ITINERARY CONTINUED

2 boots. Himalayan mountain range. 1 epic trekking adventure

DAY 8

Pokhara to Kathmandu

Today sees you depart the gateway to the Annapurna range as you take your return flight from Pokhara to Kathmandu filled with many fond memories and great adventure stories. The remainder of the day is yours to experience, the sights, sounds and smells of Kathmandu. Whether you're barrelling through the traffic-jammed alleyways of the old town in a rickshaw, marvelling at the medieval temples or purchasing some last-minute Nepalese souvenirs, Kathmandu can be an intoxicating and amazing place. You may wish to visit the UNESCO-listed Durbar Square in the heart of the old city where the old Royal Palace is located. Outside is Kumari Chowk, home of the Kumari, the young girl who is revered as a living goddess. Stroll through the backstreets and Kathmandu's timeless cultural and artistic heritage still reveals itself in hidden temples overflowing with marigolds, courtyards full of drying chillies and rice, and tiny workshops. Or you may wish to visit the monkey temple at Swayambhunath, one of the largest Buddhist Stupas in the world at Bodnath, or the most important Hindu temple in the valley at Pashupatinath. Feel free to speak with your Nepalese Guide if you have any questions or need any directions.

Journey info

Flight time: 25 minutes

Included

Internal flights: Flight from Pokhara to Kathmandu
Accommodation: Kathmandu Guesthouse or similar (twin share basis)
Meals: Breakfast included

DAY 9

Return flight from Kathmandu to UK

Transfer to Kathmandu Airport for your return flight home.

Please note, the itinerary is subject to minor changes depending on flight arrival and departure times, weather, the ability of the group, etc., but the itinerary outlined provides an excellent indication of the trek and what you will experience.

TRIP EXTENSIONS

If you wish to extend your stay in Nepal, we can help you with plenty of recommendations of things to do and see. Simply get in touch to chat further about what you can do at info@adventurousewe.co.uk or call 01492 588 069.



TRAVEL APP

Once signed up, all your trip details and updates will be available through our free travel app, **Vamoos**. It's accessible 24/7 and the excitement will build with the countdown to your adventure starts. Plus no more paper, A'ppy days.



TRIP SUMMARY

Snapshot of trip highlights



TRIP DETAILS

Itinerary, activity details and inclusions



TRAVEL DOCUMENTS

Training guide, kit list & exclusive discount codes, meet the team, emergency contact details, safety & wellbeing guidelines



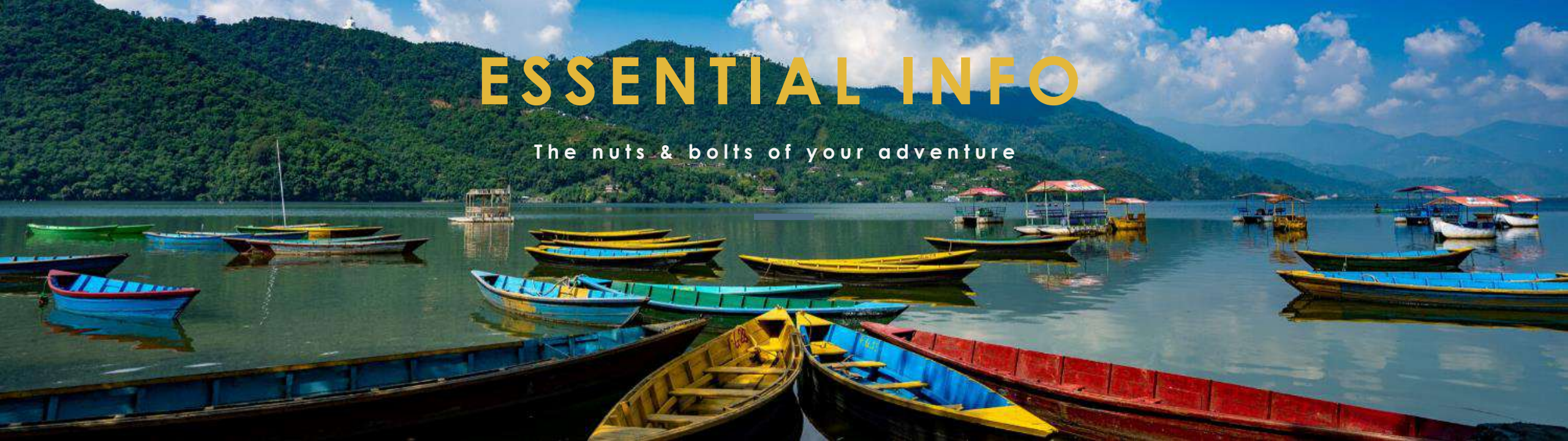
OTHER INFO

Weather, maps, etc.



ESSENTIAL INFO

The nuts & bolts of your adventure



Safety & well-being

Adventurous Ewe puts the safety and wellbeing of you, our leaders & crew and the communities we visit at the centre of all our operations, always. Your safety and wellbeing is our top priority and as such we have implemented a new operational procedures focused on safety and strong hygiene practices for all our adventures.

The Annapurna Explorer Trek will require preparation as the challenge is designed to take you out of your every-day comfort zone and achieve something amazing. Rest assured we have a thorough Safety Management System, in-depth risk assessments and risk management systems in place. You're in safe hands with Adventurous Ewe.

Leaders & crew

An Adventurous Ewe UK Leader will accompany groups of over 8 people and is an experienced altitude leader. Leaders have been carefully selected to ensure you have the best experience with a bit of humour thrown in for good measure. Your Leader will be Wilderness First Aid trained too.

Your Local Leader is a key part to this trip. They are expertly trained and experienced in every field of this high-altitude trek, bilingual (English and Nepali) and qualified in first aid and/or Wilderness First responder. They also have a huge passion for what they do and have plenty of knowledge ready to share with you. They are responsible for ensuring the complete safety, well-being and enjoyment of the team whilst also retaining a flexible and fun attitude. The Leaders have radio and satellite phone contact with base, the local office and Adventurous Ewe's HQ.

Trip grading

The Annapurna Explorer Trek is graded as **'Tough'** as it involves 6 consecutive days of trekking some of which is at altitude. However, it is achievable and has been designed as an ideal introductory itinerary to trekking in the Himalayas. The maximum altitude is 3650m and we recommend this trek to those who want a thorough overview of the Nepalese Himalaya. The hiking is mostly on well-established trails. The route crosses numerous modern suspension bridges over rivers and valleys; all have mesh sides and none are especially high. Anyone with a strong fear of heights or vertigo may find the bridge crossings a challenge though the guides will give you additional support.

To complete this trip comfortably, it is preferable that you have previous trekking experience in varied and irregular terrain carrying a 35-litre daypack. The walking is not dangerous or technically difficult, though you must be a confident walker with a good

Preparation is key to help you get the most enjoyment and reward from this trek. A good level of fitness, endurance and some gritty determination will help you conquer each day.



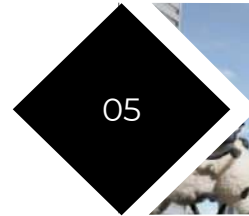
02



03



04



05

Group size

We pride ourselves in small group trips to minimise the impact on the environment, to maximise your safety & wellbeing and to make your experience more authentic.

The minimum group size for this trek to run is **8 people** and the maximum group size is **18 people**.

You are most welcome to join this trek as a group of friends, family or colleagues or as a solo traveller. You are also welcome to use this trip as a fundraiser for the charity of your choice.

If you have a group of over 8 people, we would be more than happy to run a private trip for your team, your charity or your company. Please get in touch for more info.

Training

A Trek Training Programme will be provided when you join this event to help you with your preparations.

We also have exclusive offers with our Training Partners and Communities – **Her Spirit** and **Strength & Movement Coast, Peter Lant**. For more info, please visit our [Training and Preparation](#) page.

The more you are prepared, the more you will enjoy the challenge.

Our motto is: Train hard, smile harder and enjoy the journey!

Kit and discount codes

A full kit list will be provided when you join this adventure together with an exclusive Adventurous Ewe discount code for independent outdoor retailers.

Packing and kit tips will also be provided when you sign up.

Rest assured any equipment that we supply will be hygienically cleaned and sanitised.



06

07



Adventure with purpose

We're very proud to have teamed up with leading climate change charity **Cool Earth** and invest a % of our revenue into supporting their critical conservation projects around the world.

This partnerships means that just by joining the flock and taking part in this trip, you will not only have an incredible experience, but you can do so by knowing you are actively supporting rainforest communities across the globe, sustainably.

Any queries?

Feel free to contact Jim or Sue at:

jim@adventurousewe.co.uk

susan@adventurousewe.co.uk

call 01492 588 069 or chat to us online via the website.

We're here to help, support and guide you as much as you need.

Travel Admin

A quick snapshot of what you need to know...

Adventurous Ewe Financial Guarantee

Any monies paid to Adventurous Ewe for a trip are immediately placed into a Trust account and not used for the day-to-day operations of the company. So, in the unlikely event of our insolvency, money paid in respect of future travel will be refunded, in full. This pledge has been honoured since the foundation of Adventurous Ewe in 2007. No client has suffered financial loss outside our T&C's whilst travelling with us.

Financial security

Rest assured, your money is safe in any and all circumstances. There has been and always will be full financial protection on your booking. If your adventure needs to be cancelled for any reason, like say a global pandemic, you won't be left stuck and you'll be offered plenty of alternative options thanks to our financial protection through our insurance. What's more, in the very unlikely event of Adventurous Ewe going under, you'll get your money back and be repatriated if you were on a trip at the time.

Passport

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay. For the latest info, please visit <https://www.gov.uk/foreign-travel-advice/nepal/entry-requirements>

Visa

Most nationalities require a visa for Nepal, which can be obtained in advance or on entry into the country. To avoid queuing, unnecessary delays or potential clearance problems, we recommend you contact your nearest Nepali embassy to organise your visa prior to arrival. For British passport holders, please visit the UK Foreign & Commonwealth office website for the latest travel information on Nepal at: <https://www.gov.uk/foreign-travel-advice/nepal>

Insurance

Travel insurance is compulsory for all our overseas trips. It is a condition of joining this trip that you are fully insured against medical and personal accident risks (to include repatriation costs and air ambulance or helicopter rescue services where appropriate). We strongly recommend that the policy also covers the activities you are undertaking on this trekking challenge to an altitude of 3650 metres, personal liability, cancellation, curtailment and loss of luggage and personal effects.

Global Rescue Membership

For peace of mind whilst trekking in the mountains, Global Rescue provides short term membership giving access to travel, security, medical advisory and evacuation services up to \$US500,000. For more info, please visit <https://ss.globalrescue.com/partner/adventurosewe/index.html>

Vaccinations

There are currently no mandatory vaccination requirements. Vaccinations for consideration are: Polio, Tetanus, Diphtheria, Typhoid, Hepatitis A and Rabies. For the most up to date info on vaccinations, please consult with your GP or travel healthcare practitioner 8 weeks in advance of travel. For more info, feel free to visit <https://www.fiifortravel.nhs.uk/destinations>.





WHY ADVENTUREOUS EWE

Big adventures, small footprints

Here at Adventurous Ewe we think, talk, love, live and breathe adventure. We create and deliver worldwide adventures, whether they be trailblazing itineraries to remote pockets of the globe or classic bucket list adventures. At the core of each trip creation is real and meaningful connections to destinations and people.

We're a friendly family business operating since 2007 with decades of adventure travel experience, knowledge and insight that you can depend on. We're passionate about igniting your adventurous spirit and achieving the extraordinary in some of the world's most incredible places. We're also proud to be the main UK trip supplier for **Much Better Adventures**.

We're also proud to operate adventures with reason by supporting both local and global environmental charities, the **Snowdonia Society** and **Cool Earth**. So by joining the flock for your next trip, experience the feel-good factor that you're helping the planet through these partnerships. We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

Why join us:

- ✓ Reconnect and gain a fresh perspective through the lens of adventure
- ✓ Be bold, be ambitious and experience an adventure to remember
- ✓ Feel protected, feel safe and know your wellbeing is our focus
- ✓ Be part of something bigger and help the environment and local communities grow
- ✓ Meet and mingle with the people of the planet
- ✓ Enjoy the *whole* journey - the support & guidance from AE, the new friend-sheeps made, the thrill of travelling, the people & places, the great achievements and difference you can make - not only to your life, others too!

We're excited to be immersed in your adventure from your very first step. Travel is a force for good, for everyone!

All you need is the....

1. **Courage** to start
2. **Strength** to endure
3. **Determination** to finish! **#ewecandoit**

HELPING SHAPE THE FUTURE OF TOURISM

Adventurous Ewe may only be a small tour operator however we are proud to be part of these fantastic initiatives with our operations and as a collective collaboration, make a difference to the safety and future of tourism.

AITO

Following a rigorous assessment process, Adventurous Ewe is delighted to be a member of AITO, the association for specialist travel companies. The membership is formed of companies, usually owner-managed, who strive to create travel experiences with high levels of professionalism and a shared concern for quality and personal service. The Association promotes the unique range of its members' travel packages and encourages the highest standards in all aspects of tour operating. Our membership also dictates that we have financial protection for all our trips and other arrangements (including accommodation only) booked by you.

World Travel & Tourism Council's #SafeTravels

We have implemented the protocols for tour operators which have been compiled based on input from leading tour operators either directly or from their public announcements around the healthy, and responsible reopening of tour operations to the public. The protocols also take into account World Health Organisation (WHO), the US' Centres for Disease Control and Prevention (CDC) and the European Centre for Disease Prevention and Control (ECDC) guidelines. The objective is to ensure that protocols are in place across all relevant functions with an increased focus on health, hygiene, and reduction of physical contact guidance which travellers will need and expect to embrace a safe travel experience.

Tourism Declares Climate Emergency

As part of being part of Tourism Declares a Climate Emergency, we have put in place an action plan to reduce our carbon emissions in the next 12 months.

Future of Tourism

We've also joined the movement to reshape the Future of Tourism. We are excited to announce that Adventurous Ewe has signed the new set of Guiding Principles launched by the Future of Tourism Coalition. As a signatory, we commit to please destination needs at the centre of our recovery strategies and do our part to build a better tomorrow for travel and tourism.

Learn more at www.futureoftourism.org. #FutureofTourism

Glasgow Declaration

Launched at COP26, the Glasgow Declaration aims to unite everyone in the tourism sector around a common set of pathways for climate action. As a signatory, Adventurous Ewe commits to:

Support the global commitment to halve emissions by 2030 and reach Net Zero as soon as possible before 2050;

Deliver climate action plans within 12 months from becoming a signatory and begin implementing;

Align plans with the five pathways of the Declaration (Measure, Decarbonise, Regenerate, Collaborate, Finance) to accelerate and co-ordinate climate action in tourism.

For more info please visit: <https://www.adventurousewe.co.uk/tourism-declares-a-climate-emergency/>



ADVENTURE WITH PURPOSE

Our mission: to harness the power of travel to conserve and protect the world's precious natural spaces, one epic adventure at a time.

Our goal: to ensure rainforest communities benefit from adventure tourism, and to educate and inspire our flock to help actively support these communities across the planet.

Now more than ever our commitment to maintain our support of one of the leading global climate change charities, **Cool Earth** and the local protection and sustainability work of the **Snowdonia Society**, is of utmost importance.

To do this we'll continue to contribute a % from every booking to Cool Earth and maintain our partnership with the Snowdonia Society. It's time that we all live in a more responsible world. This means that not only will you have a fabewelous experience when you travel with Adventurous Ewe, you can do so whilst taking pride in knowing that you are helping support both of these fantastic causes.

Snowdonia National Park Ambassador

Adventurous Ewe have been a founding member of the Snowdonia National Park Ambassador Scheme since 2019. The scheme was formed to strengthen links between stakeholders working within the tourism industry and the National Park and provide training to create a greater understanding and knowledge about the area's natural and cultural resources, in order to improve the overall visitor and local experience.

For more info please visit: <https://www.adventuroousewe.co.uk/about-us/adventurous-ewes-partnership-with-cool-earth/>

COOL EARTH



TOP TIPS

Himalayan trekking

- Dress the part and layer up – base layer, insulating layer and shell. Base layer that wicks perspiration away from your skin (merino wool base layers are ideal), a mid layer that insulates you from the cold and a shell layer that keeps wind and moisture out
- Ensure you have comfortable trekking boots which are well-worn in and waterproof
- Wear synthetic or merino wool socks that fit well. Thicker socks provide more insulation, but make sure they don't cause your boots to fit too tight. It's also important to keep your feet dry, so have an extra pair of socks to change into
- Train in your trekking kit. Including your hiking boots & socks and wearing of your daypack with weight inside, in varying weather conditions so you know your kit is both suitable and comfortable for your big challenge
- Ensure your daypack is comfortable and has a waist strap to help take the weight of your bag on your hips
- Pack your kit inside a dry bag just in case
- Stay hydrated – it's important when undertaking any physical activity but particularly so at altitude
- Hygiene, hygiene, hygiene – use hand sanitiser regularly and don't share any personal items
- Look after your feet – blister prevention
- When it's cold, you might be less inclined to stop for food and water. Make it simple by keeping snacks and water within reach so you can eat and sip regularly throughout the trek
- Bring your favourite high calorie snacks. Remove as much packaging as possible before taking it on the trek (less litter to carry)
- The combined weight of your daypack + main kit bag should be no more than 15kg for your internal flights in Nepal
- Bring your own water bottle, your Water-to-Go bottle is ideal, plus a camelbak./platypus that you can refill and avoid plastic bottles
- Be respectful of the rural communities, the people, their land and their homes
- **Most importantly.....SMILE & ENJOY THE JOURNEY!**





COST

Deposit: £195 per person payable on booking

Remaining balance: £1100 per person payable 4 weeks prior to start of trip

Total: £1295 per person

A monthly payment plan can be arranged for this trip. Please contact us for more information or to set up your plan. Simply email info@adventurousewe.co.uk or call 01492 588 069.

Book & Travel with Confidence

As well as carefully crafting amazing and meaningful adventures across the planet, we've made booking them as flexible, safe and as simple as possible.

For the latest info regarding booking and travelling with Adventurous Ewe, please visit our [website](#) and see our [T&C's](#).

Fundraising

All sponsorship monies are to be sent directly to chosen Charity/s / Foundation.

INCLUSIONS & EXCLUSIONS

Annapurna Explorer Trek

INCLUDED

Pre-trip:

- Personalised trip support in the lead up to your trek from Adventurous Ewe
- Trek training guide
- Discount on personal kit both in shop and online
- Trip info supplied via our free mobile travel app
- Public liability insurance
- Financial Protection for your booking
- Monthly payment plan available
- Risk assessment and emergency management planning
- Free Adventurous Ewe Water-to-Go Bottle

During your trip:

- Adventurous Ewe Leader (for groups over 8 people)
- Qualified & experience Local Mountain Guide
- All ground crew as per your itinerary
- Internal return flight from Kathmandu to Pokhara
- Private vehicle road transfers within Nepal per your itinerary
- Accommodation - 3 nights in hotel (twin or triple share) and Teahouses
- Breakfast x 3 mornings
- Drinking water during your trek (treated water, not bottled water)
- Medical safety equipment and supplies
- All logistical and safety management whilst in Nepal
- Emergency evacuation
- All trip management and hygienic cleaning procedures of equipment before, during and post trek.

NOT INCLUDED

- Travel insurance (mandatory)
- Return flights to Kathmandu Nepal. These can be arranged for you at an additional cost through our Flight Agent who is ATOL protected
- Airport transfers in Nepal if flights booked are outside of our recommended flight times
- Visa – please refer to: <https://www.gov.uk/foreign-travel-advice/nepal>
- Vaccination/s. Please refer to: <https://www.fitfortravel.nhs.uk/destinations/asia-east/nepal>
- Personal spending money and drinks
- Meals not listed in your itinerary
- Snacks, electrolytes, water purification tablets
- Kit and equipment as listed on your kit list and medication
- Tips for local crew
- Single room supplement where available
- Any associated costs with leaving the trek early.

TRIP EXTENSION

If you wish to extend your stay in Nepal, we can help you with plenty of recommendations of things to do and see. For more information, please contact us at info@adventurousewe.co.uk.

KIT LIST

Good quality, durable kit could mean the difference between a fantastic trek and an uncomfortable one. This is a list of recommended kit to take on your trekking journey.

BAGS

- Main kit bag (duffle bag)** – a soft-sided weather resistant bag with functional straps for carrying. Suitcases and wheeled bags are not suitable as these are unable to be carried by porters. The weight limit per person is 10kg each. Porters carry two bags each as well as their own backpack. Porters weight limit is 25kg each. Any baggage not needed on trek can be left at the hotel
- Rucksack** – 30 - 35 litre rucksack to carry your day-to-day trekking items. A rucksack liner/dry bag is recommended
- Dry stuff sacks** - (try to avoid plastic bags) that keep fresh clothing and other important items like passports dry. Good for quarantining old socks
- Small foldaway/reusable bag** - for leaving items in the hotel in Kathmandu which are not needed on the trek

CLOTHING

- Water-proof jacket with hood AND water-proof trousers.** It is imperative to have good quality water-proof clothing which is breathable. We recommend the following fabrics: Gore-Tex Pro, Gore-Tex or Páramo.
- Wind-stopper jacket** or a **soft-shell jacket** which is wind-proof
- Down jacket** ideally with a hood. Great for when having breaks during your trek, for wearing at night or in extreme weather conditions
- Midlayer** or **fleece**
- Trekking trousers** – avoid cotton trousers
- Trekking t-shirts** – merino wool based or wicking fabric
- Base layers** (merino wool or wicking fabric) long-sleeved top x 2 and long johns x 2 (one pair for trekking and one pair for teahouses & sleeping)
- Buff** – for warmth and sun protection
- Beanie** which covers your ears and is lined for extra warmth
- Gloves or mittens** - a pair of thin liners and a pair of wind stopper/waterproof gloves
- Inner/liner gloves** – ideally merino wool, windproof
- Underwear** - Merino wool or wicking material, not cotton
- Evening clothing** - for hotels & teahouses
- Casual clothing** - for travel

FOOTWEAR

- Hiking boots** – well-worn in trekking boots with ankle support and waterproof
- Trainers / crocs** – or comfy shoes to wear in the evenings
- Socks** – minimum of 3 pairs of merino wool or synthetic trekking socks over liner socks. Please ensure you trial your sock-wear prior to departure to ensure your choice is suitable. Recommend Smartwool Merino Mountaineering Extra Heavy Crew Socks
- Flip-flops** or similar - (optional) casual wear

TREKKING EQUIPMENT

- Water bottle** - suggest a 2-3 litre capacity. Platypus/ Camelbak system. Please bring water purification tablets to reduce the need for purchasing water in plastic bottles
- Adventurous Ewe Water-to-Go filtration bottle**
- Head torch & spare batteries** - essential
- Sunglasses** – essential and must have strong UVA/UVB protection
- Retractable trekking pole(s)** - optional
- Sleeping bag** – a good 3-4 season sleeping bag as the nights can be cold especially in the teahouses. 4-season sleeping bag for December trips
- Sleeping bag liner** - we recommend taking a sleeping bag liner to add a little more warmth and keep your sleeping bag clean inside
- Gaiters** - optional

TRAVEL ADMIN

- Passport** plus photocopy of passport
- Flight tickets**
- Travel insurance policy and emergency number**
- 2 passport photos** for your trekking permit (plus 1 more passport photo if applying for your visa on arrival in case the electronic machines are out of order)
- Cash** - the currency in Nepal is the Rupee, US \$ are also accepted in some places. Before departing on your trek, ensure you have enough Nepalese currency in small denominations to purchase meals & drinks during the trek and tips for local crew
- Debit and credit cards**

ADDITIONAL ITEMS

- Antibacterial hand gel & face mask/buff**
- Sunscreen and lip block** – minimum SPF50
- Favourite snacks** - both sweet and savoury
- Electrolytes**
- Camera** – enclose in a dry bag
- Toiletries** – including biodegradable loo paper, dog poop bags, biodegradable soap/shampoo/conditioner, travel hand soap, eco-friendly wet-wipes, toothpaste & bamboo toothbrush, deodorant, lip balm, etc.
- Light-weight micro-fibre towel** – optional
- Personal First Aid** - personal medication plus paracetamol, ibuprofen, antihistamines, rehydration sachets, diarrhoea tablets and plasters/Compeed blister pads, zinc oxide or Rock tape, ankle and knee supporters if you need, etc.

NICE TO HAVE

- Duct tape** for emergency repairs – wrap some around your water bottle rather than carrying a whole roll
- Ear plugs** for teahouses
- Reading material / card games** for evenings
- Spare dry bag** for dirty or wet clothing
- Portable charger** - any chargers or battery items must be transported in your carry-on luggage during your flight
- Plug adapter**
- Go-Pro** - or similar. Please note, recharging facilities will be limited in teahouses so it would be ideal to bring your own charging packs. Please visit the website for use of drones <https://uavcoach.com/drone-laws-in-nepal/>

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Big Adventures, Small Footprints

EST 2007

We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

- We believe in epic goals, trailblazing adventures and pushing boundaries
- We cheer, salute and support every person stepping outside their comfort zone
- We celebrate the things that make us different and doing things that make a difference
- We dream big, aim high, inspire others and believe #ewecandoit



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We look forward to welcoming you to the stunning Annapurna region of Nepal for this incredible trekking adventure.

