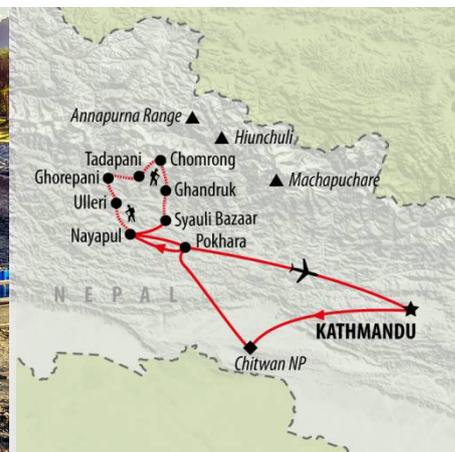


# Annapurna Panorama

13 days | Starts/Ends: Kathmandu



*Experience a wonderfully varied and easy-paced trek through the stunning Annapurna region, while lodging in quaint mountain villages. Track tigers at Nepal's finest national park, relax by picturesque Lake Phewa in Pokhara and sightsee in fascinating Kathmandu.*

## HIGHLIGHTS AND INCLUSIONS

### Trip Highlights

- Annapurna Region - Enjoy a six day trek through the beautiful Annapurna range to Ghorepani and Poon Hill
- Poon Hill - Watch the sunrise and marvel at the spectacular panoramic view of the High Himalayas
- Kathmandu - Rickshaw ride through the city, visit Kathmandu Durbar Square, Swayambhunath Stupa & Bodhnath Stupa
- Bhaktapur - Roam around Bhaktapur's beautiful Durbar Square and test your pottery making skills
- Patan - Explore historic Patan Durbar Square and watch a Singing Bowls performance
- Chitwan National Park - Go on a jeep safari in Chitwan, home to the one horned rhino and the elusive Bengal tiger

- Pokhara - Relax in this laidback town on the shores of picturesque Lake Phewa

### What's Included

- 12 breakfast, 8 lunches, 8 dinners including dinner at a Nepali cultural evening
- 7 nights - 4 star hotels, 5 nights - simple tea houses (shared bathroom facilities)
- Airport arrival and departure transfer on day 1 and day 13
- Economy class flight from Pokhara to Kathmandu
- Touring of Kathmandu, Patan and Bhaktapur
- Chitwan National Park jeep safari in the buffer zone, jungle activities and park fees
- 6 day Ghorepani and Poon Hill trek in the Annapurna Region with porters and a mountain guide
- Services of local English speaking guides for all scheduled sightseeing
- Rickshaw ride in Kathmandu and pottery making in Bhaktapur
- All relevant transfers and transportation in private air conditioned vehicles
- Trekkers' Information Management Systems (TIMS) Card
- Annapurna Conservation Area Project (ACAP) fee

### What's Not Included

- Entrance Fees: USD\$45-55pp, paid in local currency
- International flights and visa
- Tipping - refer the 'Tipping' paragraph in the trip notes for a recommended guideline.

## DETAILED ITINERARY

### Day 1 : Kathmandu

Friday. Welcome to Nepal! Upon arrival at Kathmandu Airport you will be met by an On The Go representative and transferred to your hotel where you will receive a welcome drink and a briefing about your trip. **Overnight - Kathmandu**

### Day 2 : The Kathmandu Valley



Nepal's capital Kathmandu is a fascinating blend of old and new and the largest and most cosmopolitan city in Nepal. This morning we visit the colossal Bodhnath (Boudha), which is one of the world's largest stupas and the

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most important Buddhist monument outside Tibet. It's a beautiful worship site where the spinning of prayer wheels, prostrating pilgrims and collective chants are just some of the practices that can be witnessed. The Stupa is located in the area of ancient trade route to Tibet where Tibetan merchants and offered prayers for many centuries. When refugees entered Nepal from Tibet in the 1950s, many decided to live around Bodhnath. Hence, a complete township has developed around Bodhnath and we visit a monastery where the young monks live and study Tibetan Buddhism. We'll also stop at a Thangka Art Gallery, to learn all about this Tibetan art.

We travel on to the Newari town of Bhaktapur, which, despite its close proximity to Kathmandu, seems worlds apart. This enchanting old town is peacefully traffic free and has retained its centuries old traditions, crafts and trades. Bhaktapur Durbar Square is home to beautifully carved Malla dynasty palaces and pagodas and the cobblestone streets, temples, shrines and squares are full of character. The Newar communities of Bhaktapur are famous for their pottery making, they not only sell their products within the country but also abroad. We visit Pottery Square and test our pottery skills, making clay pots on a spinning wheel.

Our final stop of the day is Patan, an old Newari city in the Kathmandu Valley, Here we'll explore the historic Patan Durbar Square, which is home to more than 50 stunning temples and shrines and although it is smaller than Durbar Square in the centre of Kathmandu it is architecturally more refined and less commercialised. Highlights of Patan include the Kumari Temple, Golden Temple, Rudra Varna Mahabihar, Machhendra Bahal, Kumbeshwor Temple, Taleju Temple and Taleju Bell. We also watch a Singing Bowls demonstration, which were invented by ancient Tibetan and Nepali Buddhist monks for physical, mental and spiritual rejuvenation.

After time to freshen up at your hotel, enjoy a tasty dinner whilst watching a traditional dance performance depicting the various religions of Nepal. **Overnight - Kathmandu (B, D)**

## Days 3-4 : Chitwan National Park



Kathmandu – Chitwan. On day 3 we travel by road to Chitwan National Park (approx 5 hr drive), arriving in time for lunch. Chitwan is hailed as one of Asia's finest game parks, home to more than 500 species including the endangered one horned rhino and the elusive Bengal tiger.

Over the next two days we enjoy a selection of activities offered by the lodge including a jeep safari, hoping to encounter the one horned rhino, various types of deer, boar, monkey, leopard and if we're very fortunate the Bengal tiger. Other activities at the lodge include a local village walk and nature walks in the jungle, a scenic dugout canoe ride down the Rapti River, bird watching and a visit to the Crocodile Breeding Centre. We'll also watch a traditional Tharu dance performance one evening with dinner. **Overnight - Chitwan National Park (B:2, L:2, D:2)**

## Day 5 : Pokhara

Chitwan National Park – Pokhara. Today we travel on to scenic Pokhara (approx 5 hour drive). Pokhara is the gateway to the magnificent Annapurna Range, which boasts five mountains over 7200m and has one of the Himalayas most distinctive mountains - Machapuchare with its unique 'fishtail' peak. The local people believe Machapuchare is sacred to the god Shiva and therefore is off limits to climbing. Arriving in the afternoon, there's time to relax and perhaps take a stroll around the lakeside market. **Overnight - Pokhara (B)**

## Day 6 : Annapurna Region



Pokhara – Nayapul - Ulleri. We meet our trekking guide and porters at the hotel this morning and drive to Nayapul (1070m). From here we travel by jeep to Hile where we begin our Annapurna trek (approx 2 hour drive). The picturesque trail climbs steadily and as we climb, the tops of Annapurna South and Hiunchuli begin to merge from behind the hills. We continue trekking to Ulleri (1960m), where we spend the first night of our trek in a lodge.

Trek Time: Approx. 2-2.5 hrs

**Overnight - Ulleri (lodge) (B, L, D)**

## Day 7 : Ghorepani



Ulleri – Ghorepani. From Ulleri the trail climbs gently through pastures and cultivated fields. The fields soon give way to deep forest as the trail climbs to Banthanti (2300 m) where we stop for our lunch at the local restaurant. Here we can enjoy wonderful views of Annapurna (7454 m) and Fish Tail (6993 m). Beyond the village of Banthanti, there's a magnificent oak and rhododendron forest. From here, it takes approximately 3 hours for us to reach Ghorepani (2750m), passing sparkling clear streams and teashops en route.

Trek Time: Approx. 6 hrs

Distance: 9kms

Ascent: 790m

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# Annapurna Panorama

**Overnight - Ghorepani (lodge)** (B, L, D)

## Day 8 : Tadapani

Ghorepani – Tadapani. An early morning hike up Poon Hill (3200m), which takes approximately an hour, provides spectacular unobstructed views of the High Himalayas. Here you'll see mountains such as Dhaulagiri (8167 m), Annapurna South (7219 m), Annapurna I (8091 m), Tukucho Peak (6920 m), Hiunchuli (6441 m), Fish Tail (6993 m), Annapurna III (7555 m), Annapurna IV (7525 m), Annapurna II (7939), Lamjung Himal (6932 m), Nilgiri South (6839 m) and Manaslu (8163 m). After enjoying the mountain scenery we return to Ghorepani for breakfast before continuing our trek.

From Ghorepani we continue our trek to Tadapani (2590 m). We follow the trail along a stone staircase for approximately 1.5 hours onto the ridge and then downhill to Banthanti (2520m) through dense forest of oak, firs and rhododendron. The village of Banthanti is located in the shadow of a huge rock face where we stop for our lunch (please note, this is not the same Banthanti that we visit on day 7). Beyond Banthanti, the trail starts climbing, leaving the moist, high mountain forests and entering a field of cane before trekking up to the ridge which offers a brief view of the mountains. The trail climbs steeply about half an hour before reaching Tadapani which means "Far Water" is an ideal place to see the views of Annapurna ranges including Hiunchuli, Annapurna, Glacier Dome and Fish Tail.

Trek Time: Approx. 6-7 hrs

Distance: 12kms

Descent: 132m

**Overnight - Tadapani (lodge)** (B, L, D)

## Day 9 : Chomorong

Tadapani – Chomorong. Our trek today starts with a steep downhill walk through the forest before the trail eases as we reach Gurjung, the village of the Gurung people. From here its an easy walk to Chomorong (2020m) where we spend the night.

Trek Time: Approx. 5-6 hrs

Distance: 10kms

Descent: 460m

**Overnight - Chomorong (lodge)** (B, L, D)

## Day 10 : Ghandruk



Chomorong – Ghandruk. Today our trail heads gradually downhill to Kimyo Khola. Crossing the river we start our ascent to Ghandruk (1950m), a beautiful village which is also inhabited by the Gurung tribal people.

Trek Time: Approx. 5 - 6 hrs

Distance: 11kms

Descent: 255m

**Overnight - Ghandruk (lodge)** (B, L, D)

## Day 11 : Pokhara

Ghandruk – Nayapul – Pokhara. After breakfast we begin the final leg of our trek. We descend steeply on flag stone steps, then continue through forests and a landslide area. The trail is downhill for about two hours until we reach Shyauli Bazaar, a village of around 10 – 15 houses, which are scattered above the Modi Khola. From here we continue our gentle descent; walking along the river bank and passing terraced fields for about one and a half hours to arrive at the police check post of Birethati (1050m). After our trekking permits are checked we cross the suspension bridge and stop for lunch. This afternoon we trek for further 30 minutes to Nayapul to meet our waiting vehicle for the drive to Pokhara. After hotel check in, relax and spend the rest of the day at leisure.

Trek Time: Approx. 5 hrs

Distance: 10kms

**Overnight - Pokhara** (B, L)

## Day 12 : Swayambhunath & Durbar Square



Pokhara – Kathmandu. This morning we take the short flight (approx. 30 mins) back to Kathmandu and in the afternoon we explore more of the city.

Our sightseeing today includes the beautiful Buddhist Stupa of Swayambhunath, which offers a wonderful view of the Kathmandu Valley. Built over 2,500 years ago, Swayambhunath is also known as the Monkey Temple, as there are sacred monkeys living in part of the temple and we'll see plenty of them roaming around the grounds.

From Swayambhunath we head to Kathmandu Durbar Square where there are over 50 temples and monuments, predominantly designed from the time of the Malla Dynasty. We'll also see the living goddess KUMARI, the young girl considered the Hindu Living Goddess, worshipped by Nepali Buddhists and Hindus as the manifestation of the goddess Durga.

Then we get explore the backstreets of the capital, taking an exciting rickshaw ride from Hanuman Dhoka to Thamel through narrow alleys where we'll see scenes of everyday life, local shops selling Nepali spices and souvenirs, pious people revering deities and others involved in selling fresh fruits & vegetables, home-made pie and tea. We finish the day with an evening walk around the Thamel market where you can pick up some last minute souvenirs. **Overnight - Kathmandu** (B)

## Day 13 : Kathmandu

Wednesday. Our tour comes to an end today with a transfer to the airport. An optional Everest scenic flight is offered on the morning of day 2 or day 13 (subject to availability) so

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# Annapurna Panorama

if you'd like to book this please ensure that you onward flight on day 13 does not depart before midday.

**Overnight - Kathmandu (B)**

## HOTELS

Highlighted below are some of the hotels which we frequently use on this tour, though we reserve the right to substitute these hotels to ones of a similar standard.

**Please refer to your Tour Voucher for your confirmed arrival hotel and further arrival information.**

### Mulberry Hotel

The Mulberry Hotel is an inviting oasis in the heart of Kathmandu. The elegant rooms are bright and airy with complimentary WiFi. Guests have a choice of two dining venues at the hotel with a rooftop infinity pool, spa and wellness centre to take advantage of also. The hotel is conveniently located in the popular entertainment district of Thamel and a 30 minute drive from the airport.



### Jungle Villa Resort

Situated at the northern borders of Chitwan National Park, the Jungle Villa's cottages contain well-furnished rooms with fully equipped ensuite bathrooms. Wake up to the sights of the World Natural Heritage Site from your private balcony overlooking the Rapti River. The resort's restaurant and outdoor bar serve a variety of cuisines and cocktails crafted from local produce. During the day, the National Park is right on your doorstep, should you wish to view the endangered flora & fauna on a safari tour, or join a village tour to learn about life in local communities.



### Kasara Resort

Situated on the border of Chitwan National Park, Kasara Resort blends simple luxury with a lush jungle setting. Each guestroom boasts a private, water-garden courtyard, an indoor-outdoor bathroom space and a sun deck set up for personal dining. Alongside a restaurant and spa facilities, guests can take part in an exciting range of outdoor activities. Perhaps enjoy a scenic cruise along the Rapti River in a dugout canoe, take a guided jungle walk in search of native wildlife or cycle around the nearby villages.



### Atithi Resort and Spa

Atithi (Sanskrit for 'guest') offers genuine Nepalese hospitality in central Pokhara. At the heart of the resort are its spa, which incorporates yogic methods into a range of modern treatments, and an intimate outdoor pool looking out upon the majestic Annapurna range. The all-day restaurant and lounge-bar offer comfortable spaces for guests to relax. All rooms are ensuite, with rosewood furniture, LCD television, and a mountain view.



### Everest Scenic Flight

If you'd like to see the world's highest mountain there is the option to book a spectacular Everest Scenic Flight locally. Prices are subject to change.

### Mountain Flight 'Everest Experience Flight' in Kathmandu

Flight Time: 45 to 50 mins

Cost: Approx US\$200 - USD\$250 per person, including return transfers and domestic airport taxes

### Insurance

Most travel insurance does not cover for trekking above 2000m as standard and you may have to pay a premium to cover yourself up to 3210m (which is the height of Poon Hill). You MUST ensure that you get the correct level of cover.

### Trek Information

- Area covered: Pokhara Valley & Annapurna Region.
- Grade: Easy - moderate
- Daily walking duration: 4 - 6 hours
- Altitude: Max. 3210m
- Average group size: 2-8

### Tipping

Tipping is not a natural part of many western cultures and many of us feel uncomfortable or unsure about when and how much to tip. However in the Himalayas, tipping is an important part of local incomes and it's handy to always keep a supply of small notes for tipping.

As a guide we recommend you allocate the following amount for the duration of your tour to cover tips for drivers, porters and local guides - approximately: USD\$100-110 in local currency.

Local drivers for arrival/departure transfers - approx USD\$2.00

Local guide for a full day of touring - approx USD\$5.00

Local driver for a full day of touring - approx USD\$3.00

Naturalist guide in Chitwan - approx USD\$3 per activity

Porter for the duration of the trek - approx USD \$20-25

Trekking guide for the duration of the trek - approx USD\$45-50

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# Annapurna Panorama

## What to Pack

It is best to pack light and to bring clothes that can be layered for warmth. There are plenty of traders selling clothes and trekking equipment in Kathmandu and Pokhara, so there is no need to worry about not packing enough. This equipment check list below suggests several items you might bring on a trek. Do not carry all of them as you will overload your backpack.

Please note that porters on the trek will carry bags up to a maximum of 15kgs.

- Holdall/kitbag, max size 100litre with a separate day pack (definitely no suitcases!)
- A high quality sleeping bag - (lodges do not always provide adequate bedding)
- First aid kit - remember plasters for damaged feet!
- Water purification tablets, iodine and water bottle
- Torch, batteries and pocket knife
- Sewing kit
- Laundry soap
- Compass and guidebook
- A towel
- Toiletries, sunscreen and lip balm (SPF +15)
- Wet wipes are very handy a quick freshen up.
- Camera and charger/batteries
- Insect repellent
- A padlock
- Binoculars for spotting animals in Chitwan NP!

### Footwear

- Light/medium weight walking boots/shoes (well worn in)
- Camp shoes
- Socks (polypropylene)

### Clothing

- A down or fibre filled jacket
- A good water/wind proof jacket or poncho with a hood
- Loose fitting lightweight trousers and shorts
- Thick woollen jumper/sweater
- T-shirts
- Swimwear
- Sun hat and sun glasses
- Gloves and a hat
- Plus all of the usual essentials

## Health & Fitness

Nepal offers some of the best trekking in the world, with stunning scenery and magnificent mountain ranges. You don't need to be an athlete to undertake either of our Himalayan treks; you simply require a good level of fitness, gained from regular exercise and a sense of adventure! Greater fitness will allow you to adjust with ease, leaving you to enjoy yourself and your surroundings. We suggest you begin a fitness program at least 3 months before departure. Take part in regular activities such as cycling, swimming, jogging, tennis, walking and bush walking.

The Annapurna Panorama is a perfect introduction to trekking, reaching a maximum height of 2830m, trekking at a relatively easy pace, with plenty of sightseeing and lodge accommodation. You'll be trekking on average for 4 – 6 hours a day. Everyone can walk at a steady pace and there is plenty of time during the day to cover the distances and the physical exertion, though strenuous, is not sustained. There will be plenty of time to rest.

Altitude Sickness - Our treks are designed to ensure there is plenty of time for adequate acclimatisation and cases of mountain sickness are rare. Altitude sickness is not related to your level of fitness; it occurs as a result of failure to adapt to high altitudes (usually over 2000 metres) and can affect anyone. The common symptoms are headaches, nausea, irregular breathing, insomnia and the swelling of fingers and glands. Treatment is to descend to a lower altitude as quickly as possible which normally results in rapid improvement and recovery.

A helping hand - While you are trekking the porters will carry your bag and all of the heavy gear, you'll just need to carry a small day pack for your water, camera and essentials.

## Trekking Tea Houses

Whilst trekking we use simple family-run tea houses (mountain lodges) which usually have a large sociable central dining area. Rooms are on a twin share basis and the majority of lodges have en suite bathroom facilities. While hot water is offered at all lodges, they do rely upon solar power and therefore it

cannot always be guaranteed. WiFi is also available at the majority of lodges.

If you need to charge the battery of your camera or mobile phone etc, the lodges charge a small fee. On our treks we provide one complimentary hour of electricity to charge one piece of equipment, per person per day.

It is important to understand that when you are trekking you will be away from civilisation and the comforts of home. Trekking is adventure travel! Despite the lack of facilities, these lodges certainly have a rustic charm. Most are blessed with spectacular views and being family run operations, offer a great insight into the daily life of the Himalayan people.

## Meals & Water

All of your meals are included whilst you're trekking. Meals at the lodges are normally vegetarian and staple foods include rice, vegetable curry, dal soup, noodles, pasta, dumplings, fries and stew. Desert is not provided, although it's usually possible to purchase chocolate bars, biscuits and sweets at the lodges. At each meal you'll be given a cup of tea or coffee and you can purchase additional drinks from the lodges of porters.

During the trek mineral water is readily available to purchase and the cost ranges from Rs.50-350 per litre depending on the altitude (the higher you are, the more things cost). Alternatively you can refill a bottle at lodges and water stations by paying a nominal fee of Rs.20-50 and use purification tablets to make it safe for consumption. We recommend that you do this to help protect the environment by reducing the use of plastic bottles and it is also more cost effective.

## KNOW BEFORE YOU GO

### Nepal Country Guide

## Nepal Visa Requirements

Please be advised that visa requirements are subject to change and that visa procurement is the responsibility of the traveller and not On The Go Tours. Please check with your local embassy before travelling and also ensure that your passport is valid for at least 6 months

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# Annapurna Panorama

from your planned date of departure from Nepal.

All nationalities must obtain a visa for Nepal. On our multi-country tours you will need a visa for each country included within the holiday.

It is possible for UK, EEC, Australian, New Zealand, Canadian, South African and USA passport holders to obtain a visa upon arrival. However in the event of visa refusal at port of entry On The Go will not be held responsible.

In order to avoid long queues and unnecessary problems at Kathmandu airport, it is now possible to complete an Online Visa Application form within 15 days of travel. The application is only valid for 15 days so do not complete the form any earlier than this.

For further information and to complete your application please visit... <http://online.nepalimmigration.gov.np/tourist-visa>

Please note that we require a scanned colour copy of your passport to apply for trekking permits (if applicable).

## Currency in Nepal

The currency of Nepal is the Nepalese Rupee.

Pound Sterling, US Dollars or other major currencies can be exchanged at the airport and there are plenty of places to exchange money in Kathmandu. There are also ATMs at the banks in Kathmandu and Pokhara, although as these are sometimes out of order and banks are not always open, we advise that you bring some cash with you, preferably US dollars. It's advisable to request bank notes in smaller denominations, as it can sometimes be hard to get change from large notes and smaller notes are handy for smaller purchases and gratuities. Traveller's Cheques are not recommended as they're often difficult to exchange and incur high fees.

## Time & Voltage in Nepal

Kathmandu (Nepal) is 5 hours 45 mins ahead of GMT and does not observe daylight savings time.

Standard voltage in Nepal is 220 volts. Primary sockets generally require Indian round 3 pin plugs that are similar but not

identical to European plugs, however you will also find those which require the European variety. We recommend that you pack a universal travel adaptor. You will need a voltage converter, and plug adaptor in order to use U.S. appliances.

## Health Requirements

You should seek medical advice before travelling to Nepal from your local health practitioner and ensure that you receive all of the appropriate vaccinations. As a guide Diphtheria, Tetanus, Typhoid, Hepatitis A and Polio are strongly recommended. You may also be advised to take anti-Malarial medication.

### DENGUE FEVER

Nepal recently confirmed cases of Dengue Fever. Risk is typically present throughout the country, with peak transmission from August to November. Travellers should take meticulous measures to prevent mosquito bites during the daytime. Use a repellent containing 20%-30% DEET. Re-apply regularly according to manufacturer's directions. Wear neutral-coloured (beige, light grey) clothing. If possible, wear long-sleeved, breathable garments. Apply sunscreen first followed by the repellent (preferably 20 minutes later).

### WATER

As tap water is not safe to drink in Nepal, only drink bottled mineral water which is readily available in hotels, shops and restaurants. You should also avoid salads which may be washed in unhygienic water.

## Altitude Sickness

An altitude of over 3,000 meters is defined as high altitude and given parts of Nepal are higher than this level, it is possible to experience differing degrees of symptoms which include headaches, nausea, dizziness, fatigue and shortness of breath. These symptoms will usually decrease in severity during acclimatization and mild cases of altitude sickness should not interfere with light activity. It is important not over exert yourself if travelling to altitude and drink plenty of fluids and eat carbohydrate food to keep the body properly hydrated. Please

report any symptoms of Altitude Sickness immediately to your tour leader.

## Food in Nepal

The national dish of Nepal is Daal Bhaat Takaari (lentils, rice and vegetable curry) which can be found in a range of flavours and is often served as a main course for lunch and dinner. For many people in Nepal this is the only dish they eat. It often varies in quality, being excellent in one restaurant and bland in another. Nepali food has Tibetan influences especially in the mountains where a traditional diet consists of soups, potatoes, pasta and toasted flour. You will also find Indian food in Nepal, such as Roti (bread) tandoori meats, masala and kofti. Kathmandu is renowned as the budget eating capital of Asia with tourist restaurants selling a wide variety of Western style fast food including chips, steaks and pizza. Noodles are available everywhere and ideal for a quick snack, the Nepali name for them is chao-chao.

## Entrance Fees

On our group tours in Nepal, entrance fees are not included must be budgeted for by you. The total cost of the entrance fees which need to be paid locally, as noted under 'Exclusions' on the first page of these Trip Notes. Entrance fee amounts can change and as such upon arrival, your tour leader will highlight the exact total entrance fee cost for your tour. Entrance fees are to be paid in Nepalese Rupees and they will be collected on day 2 of your tour.

## Tipping in Nepal

Tipping is not a natural part of many Western cultures and many of us feel uncomfortable or unsure about when and how much to tip. However in the Nepal, tipping is an important part of local incomes and it's handy to always keep a supply of small notes for tipping.

In Nepal, as a guide, we recommend you allocate the following amount for the duration of your tour to cover tips for drivers, porters and local guides - approximately: USD\$40-50 in local currency.

Local drivers for arrival/departure transfers - approx USD\$3

Local guide for a full day of touring - approx USD\$5-10

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# Annapurna Panorama

Naturalists / Safari guides in Chitwan – USD 5  
Per Activity

Local driver for a full day - approx USD\$3-5

## Style of Trip

Local guides provide sightseeing and assistance at each port of call, the tours are not escorted throughout by a tour leader. On flights you will therefore travel without a guide and will be met upon arrival at your destination and transferred to your hotel. In Chitwan National Park guiding will be provided by the lodges own expert jungle guides. Transportation is a combination of internal flights and private air conditioned vehicles.

## Group size

The number of travelers participating our Himalayan tours and treks varies from week to week. Our maximum group size in Nepal is 15, with an average of 2 - 6 travelers on each departure.

## Single Rooms

If you have opted for a single room on any of our trips, we are always able to guarantee single rooms for all hotel stays. If your tour involves trekking where accommodation is offered in tea houses single rooms are not always available and you maybe required to share with someone of the same sex on your tour. We will contact you prior to departure if shared accommodation is required at any time on your tour, though this does not negate the minute chance that a change maybe required locally.

## What to Expect

Nepal is a developing nation with limited infrastructure. Coupled with this and ever changing weather conditions and its no surprise that at times there can be delays or cancellation of services. This may take the form of flight delays due to low cloud in the mountains or foggy conditions in Kathmandu. The road network is quite congested in the cities and suffers from poor maintenance on some routes again causing delays and a rough ride from time to time.

Whilst Kathmandu has a good choice of high quality hotels, in other areas hotels and facilities

are not as high as western standards. Power shortages, water supply issues and fuel scarcity are common problems throughout Nepal. We will always try to offset any unforeseen problems but patience and understanding should be included when packing. Bear in mind that tourism is still relatively new to these beautiful Himalayan regions, things do not always run smoothly and a sense of adventure is a must!

## Insurance

We will make every effort to ensure that your tour runs as smoothly as possible. However, we shall not be responsible for any changes and alterations in the itinerary due to unavoidable circumstances such as landslide, road blockage, flood, snow, political unrest, cancellation of flight, delayed arrival, sickness or accidents. Any extra cost incurring there of, shall be borne by yourself/upon consultation. It is therefore essential that you have comprehensive insurance to cover you for medical, personal accidents, cancellation.

## Climate in Nepal

In Nepal, June to September is monsoon season and during these months it is very hot and rains almost every day. October to November is much drier with pleasant temperatures in the daytime and good visibility, and at this time of year conditions are ideal for trekking. The winter months from December to February tend to be mild in the daytime but can become very cold at night especially in the mountains. January is the coldest month of the year. March to May is very warm, with occasional showers. The annual temperatures peak in May just before the monsoons begin.

The best time to trek in Nepal is during the spring (March - May) and autumn (October - November).

## Temple Etiquette

Please take particular care when visiting religious places, such as temples and monasteries. Dress and behave appropriately - don't wear shorts or sleeveless tops and

do not smoke or hold hands. Shoes and hats should be removed. Within temples no carvings, statues or deities should be touched. Photography is prohibited in certain sections of most sacred sites and please do not attempt to be photographed with Buddhist monks. If in doubt ask your local guide for further information.

## Shopping in Nepal

The Kathmandu Valley is heavenly for shoppers, with a host of craft outlets selling locally made handicrafts, stone idols and statues of Buddhist and Hindu deities. There are also beautifully designed brass pots and vessels available. Jewellery shops sell gold, silver, white metal and semi precious stones, as well maala (the traditional necklace worn by women in the Himalayas, which is made of gold with strings of glass beads) at very reasonable prices. If you are more interested in clothing there are delicately embroidered Kaftans, Pashminas made of goats wool, Kashmiri Shawls and Tibetan robes. You can also pick up inexpensive leather jackets.

Whilst trekking there are traders dotted along the trails selling everything from down jackets, waterproofs, jumpers, hats and socks at very reasonable prices, so there is no need to panic if you haven't packed enough! It is advisable to pack light and simply buy extra clothing en route if needed.

You are expected to barter for your goods in Nepal and the process is always very lighthearted. Most traders will speak English in tourist areas but if you can learn a few words in Nepali you may get a better deal.

## Annapurna Panorama - 13 days

www.onthegotours.com  
UK 020 7371 1113 info@onthegotours.com  
AUS 1300 855 684 aus-info@onthegotours.com  
NZ 0800 44 77 69 CAN 1 866 890 7038  
USA 1 866 606 2960 SA 0800 990 311

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This information has been compiled with care and good faith. They give an accurate illustration of the proposed arrangements for this holiday. Circumstances beyond our control such as changes in local conditions, inclement weather or other reasons could force us to make changes to this itinerary. Any costs shown are subject to change, though are an accurate reflection of costs at time of writing. Please also note that visa requirements are subject to change and are the responsibility of the traveller and not that of On The Go Tours.