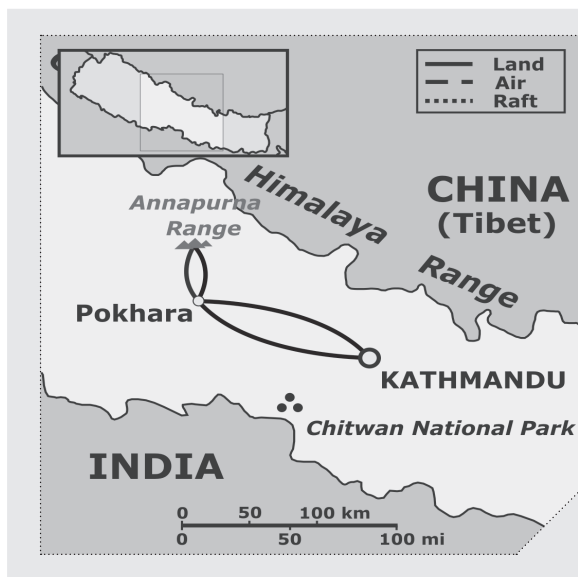


Annapurna Circuit



22 DAYS / SMALL GROUP OR PRIVATE TOUR / TREKKING TOUR /

Considered by many as one of the world's classics, this is a long trek of incredible diversity, panoramic views and soaring peaks. We take you from sub-tropical zones right up to the very edge of the arid Tibetan plateau. This is a hugely rewarding trek that combines the Marsyangdi valley with the sacred Kali Gandaki valley, and encircles the entire Annapurna Himal.



Regular small-group departures run throughout the trekking seasons. Call or check the website for dates and prices. Private and tailor-made options are also available on request.

Please refer to page 4 or website for details.

TOUR HIGHLIGHTS INCLUDE:

Kathmandu sightseeing, Trekking in the Annapurna region, stunning mountain views.

FLIGHTS INCLUDED:*	LOCAL PAYMENT:	ENTRANCE FEES:	AIRPORT TRANSFERS:
X	X	✓	✓

FLIGHT BOOKINGS AVAILABLE
See page 6 for details

TOUR FACTS	
Tour Code:	TRNPAC
Group Size & Age:	Min. - 2 Max. - 12 / Min. age - 16
Travel Idea:	Trekking Tour
Activity Level:	Hard (Trekking grade: Difficult)
Max. Altitude:	5,416m (Thorung La Pass)
Comfort Rating:	Basic
Accommodation:	5 nights in hotels, 16 nights in lodges
Transport:	Bus/minibus/jeep
Meals:	21 Breakfasts (B), 15 Lunches (L) and 16 Dinners (D)

YOUR 22 DAY TOUR ITINERARY	
Day 1:	Arrive in Kathmandu. Transfer from airport to hotel.
Day 2:	Kathmandu - Sightseeing tour.
Day 3:	Travel by road to Besi-Sahar.
Day 4-6:	Besi-Sahar to Dharapani.
Day 7-9:	Dharapani to Pisang to Manag.
Day 10:	Acclimitisation day in Manag.
Day 11-12:	Manag to Phedi.
Day 13:	Phedi to Muktinath.
Day 14-17:	Muktinath to Tatopani to Ghorapani.
Day 18:	Ghorapani to Poon Hill to Tirkhe Dhunga.
Day 19:	Tirkhe Dhunga to Pokhara.
Day 20:	Pokhara - Free day.
Day 21:	Travel by road to Kathmandu.
Day 22:	Kathmandu - Free time. Transfer to airport for flight.

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Annapurna Circuit continued...



22 DAYS / SMALL GROUP OR PRIVATE TOUR / TREKKING TOUR /

DETAILED ITINERARY

DAY 1 / ARRIVE IN KATHMANDU

We greet you at the airport and transfer you to your hotel in the centre of Kathmandu, where our Nepal Uncovered rep welcomes you, helps you settle in, and explains the agenda for the rest of your tour.

Overnight at hotel in Kathmandu.

DAY 2 / KATHMANDU, TOUR

The first part of the morning will be dedicated to a pre-trek briefing and introduction to your trekking guide. After this we arrange for you to taken on a guided tour of the fascinating, sprawling city of Kathmandu. We take you to visit Durbar Square with its splendid array of Hindu Temples and the old Royal Palace. Next, we climb up the many steps leading to the immense Swayambhunath Stupa, which sits upon a hill overlooking Kathmandu and gives a spectacular view out over the city. You will also have plenty time to check out the numerous little gift shops that line the maze-like streets. In the evening you have an opportunity to tryout the numerous, restaurants and bars, and soak up the unique nightlife that makes Kathmandu a magnet for travellers from all over the world.

Overnight at hotel in Kathmandu (B).

DAY 2 EXTRA OPTIONS

Kathmandu to Pokhara flight option

See pages 4-5 for details

DAY 3 / TRAVEL BY ROAD TO BESI-SAHAR

Today you set off early heading west for Pokhara. You will travel in a private car/minibus and, once clear of the city's surrounding hills, there is a wonderful panorama of snow capped peaks as you wind your way down to the Trisuli River valley and on through

the junction town of Mugling. The journey will also give you your first glimpse of Manaslu, far away to the north. After you arrive at Dumre, you head north to Besi-Sahar (823m), which is where your trek will begin the following morning (approx. 6 hours drive in total today).

Overnight at lodge in Besi-Sahar (B D).

DAY 4-6 / BESI-SAHAR TO DHARAPANI

Trekking time - 3½ hrs / 5½ hrs / 6 hrs

You start by travelling north along the Marsyangdi Khola through Khudi to Ngatti. You then continue your ascent over a ridge to Syange. After crossing the river you continue uphill to the villages of Jagat and Chamje (1,314m). The last stretch involves an uphill climb through forest, before finally dropping down to Dharapani (1,943m).

Overnight at lodges in Ngatti, Jagat/Chamje & Dharapani (3xB 3xL 3xD).

DAY 7-8 / DHARAPANI TO PISANG

Trekking time - 4 hrs / 4 hrs

You trek through Bagarchhap, Dhanakyu, and Lattemarang to Chame (2,713m). The route gives good views of Lamjung Himal and the magnificent Annapurna 2, as you travel through small, friendly villages. The scenery along the trail quickly becomes dramatic as you look up at a dominating 2,000' cliff of rock. You are also afforded excellent views of Lamjung Himal. The trail climbs and you catch your first glimpse of Pisang Peak. In the highest part of the town (3,185m), there is an excellent temple 'Gompa' from where you can see Lower Pisang.

Overnight at lodges in Chame & Pisang (2xB 2xL 2xD).

DAY 9 / PISANG TO MANANG

Trekking time - 4½ hrs

There are two routes out of Pisang and the route you do may vary depending on conditions at the time. However, the normal lower trail passes a Stupa before arriving at a pleasant resting site, which allows a perfect viewpoint of the valley ahead. The trail drops as you travel on through a wide valley. You then travel via Ongre and Braga, before arriving at Manang (3,351m).

Overnight at lodge in Manang (B L D).

DAY 10 / ACCLIMATISATION DAY IN MANANG

Today is spent acclimatising as our next few days will take us up over 5,000m and your bodies need to become accustomed to these higher altitudes and thinner air. Luckily Manang is a lovely village and you can either be lazy in the lodge, explore close by or venture slightly further afield. There are plenty of easy day walks, which will give excellent views of some of the surrounding peaks. Just a few hours walking can result in good views of the Chulu Range, and Thorung La to the north. The Gangapurna walk is often a favourite.

Overnight at lodge in Manang (B L D).

DAY 11 / MANANG TO YAK KHARKA

Trekking time - 3½ hrs

On leaving Manang, the trail follows the Jargeng Khola, a tributary of the bigger Marsyangdi Khola. You continue to gain altitude as you travel through small villages eventually arriving at Yak Kharka (3,950m). Excellent views abound, especially of the Glacier Dome.

Overnight at lodge in Yak Kharka (B L D).

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Annapurna Circuit continued...



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DAY 12 / YAK KHARKA TO PHEDI

Trekking time - 3 hrs

Pressing on from Yak Kharka, you trek through the tiny cluster of buildings (Ledtar). You then cross the Jargeng Khola and it's just a bit further to Thorung Phedi (4,400m).

Overnight at lodge in Phedi (B L D).

DAY 13 / PHEDI TO MUKTINATH

Trekking time - 7 hrs

You must leave early today as you have a long, slow steep ascent ahead and you need to lose altitude after crossing the high pass before you can rest for the night. The views are spectacular and you should be travelling slow enough to fully appreciate them. Around late morning you reach the highest point of this trek, Thorung La (Pass 5,416m) and you cross from the Marsyangdi Khola to the Kali Gandaki river valleys. Not many people ever get the chance to trek at such heights and you really feel the privilege and the altitude.

As you descend it becomes very steep in places, but the views and the beautiful Hanging Meadow on the way down are more than enough to compensate. You can rest your legs and be proud of your accomplishment when you arrive in Muktinath (3,802m) having covered over 2,400m in height today. There is an "eternal flame" here as flames burn on water where a spring and natural gas exit the ground together. This is housed just above the town in the temple complex. Muktinath has long been a pilgrimage site for Hindus and Buddhists alike because of this remarkable occurrence.

Overnight at lodge in Muktinath (B L D).

DAY 14 / MUKTINATH TO MARPHA

Trekking time - 6 hrs

You descend past Jharkot, an impressive fort like town. You can trek along the shoulder of the valley or descend to the riverbed

itself. Either way you have impressive views of Dhaulagiri, as you pass by the mediaeval looking town of Kagbeni. It can be very windy in these barren valleys and when the wind really picks up it is worth covering your face to keep the dust from stinging. You continue on through the busy town of Jomsom, which has some very picturesque streets and friendly restaurants. It is from here that helicopters and small planes make the spectacular flight down through the mountains to Pokhara. You keep to the ground however and heading down river you reach the idyllic town of Marpha (2,667m). This town is often remembered for the magnificent paved street (with a burbling water culvert underfoot) that runs down the centre. One end of the town boasts a beautiful 'Mani Wall'. This part of the trek is known as 'the apple pie circuit' and Marpha is also renowned for its local apple brandy.

Overnight at lodge in Marpha (B L D).

DAY 15 / MARPHA TO KALOPANI

Trekking time - 5 hrs

From Marpha you hike through Tukche, which sits at the base of Dhaulagiri. You also have excellent views of the Nilgiri range to your east. Eventually you will arrive at Kalopani (2,530m). All along the trail up this valley you pass long trains of donkeys carrying supplies and building materials. These donkeys are much more sure-footed than you and it is usually easier to rest and let them all pass rather than try and compete with them for the same path.

Overnight at lodge in Kalopani (B L D).

DAY 16 / KALOPANI TO TATOPANI

Trekking time - 7 hrs

Today you continue along the Kali Gandaki, which cuts deeper as you head south. As you travel through Ghasa, you can see the old trail on the opposite side of the river. As the valley widens you pass a particularly impressive waterfall and a roughly hewn tunnel

before arriving at Tatopani (1,189m). The hot springs here are a welcome relief from the past few weeks walking and only the good food on offer can drag some out of the steaming pools. The brave can alternate the hot water with quick dips in the ice cold river which rushes alongside.

Overnight at lodge in Tatopani (B L D).

DAY 17 / TATOPANI TO GHORAPANI

Trekking time - 7½ hrs

The climb to Ghorapani is fairly long and steep, so an early start is usually in order.

You get a great view right up the valley you have just descended from the long cable bridge just past the huge landslide down-river from Tatopani. This rockslide blocked the river and caused severe flooding in Tatopani before the army was called in to clear a new path for the waters. You cross the bridge and follow a tributary up to the left of the main river. Although it is all uphill this is a beautiful day's walk passing through tiny villages, thin woods and crossing some impressive old landslides. Eventually you climb out of a deep valley up stone steps before reaching the ridge town of Ghorapani (2,855m). The views are impressive, especially of Annapurna 1 and Annapurna South at sunset.

Overnight at lodge in Ghorapani (B L D).

DAY 18 / GHORAPANI TO POON HILL TO TIRKHE DHUNGA

Trekking time - 4½ hrs

An early start allows you to make the mandatory trek up Poon Hill to watch sunrise from the summit (3,210m).

This is deservedly a popular spot and many people come here to see the unobstructed sunrise, which is considered one of the best viewpoints of the Himalayas. Most of the way up, there are good views of

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the Annapurnas and Dhaulagiri, whilst from the top there is a whole panorama of mountains around you. More and more hills poke their ridges out of the mists as the sun warms the air. There is an observation platform at the summit, with picnic tables around the edge of the hilltop and there is usually a local selling welcome hot drinks. After your early start you press on steadily downhill through a densely forested section, before it levels off into Uleri. You then continue to Tirkhe Dhunga (1,540m) where you will stay the night.

Overnight at lodge, Tirkhe Dhunga (B L D).

DAY 19 / TIRKHE DHUNGA TO POKHARA

Trekking time - 2½ hrs

Today you drop down along slab steps to Hille. The last section, down through Sudame (1,340m) to the bridge you cross into Birethanti (1,080m), is all downhill, mainly along stone steps. From here you walk to Naya Pul and your pick up point. We will then drive you back to Pokhara where you can relax for the rest of afternoon and evening.

Overnight at hotel in Pokhara (B).

DAY 20 / POKHARA. FREE DAY

Today is left free for you to enjoy Pokhara (and to allow for any unexpected delays during your trek). The city itself is enchanting, and dominated by views of the Annapurnas and in particular of Machhapuchhare. The Lakeside area (around Phewa Lake) is delightful and throngs with travellers in the evenings.

Overnight at hotel in Pokhara (B).

DAY 20 EXTRA OPTIONS

Pokhara to Kathmandu flight option

See pages 4-5 for details

DAY 21 / TRAVEL BY ROAD TO KATHMANDU

Today you depart early to return to Kathmandu by private car/ minibus (an internal flight can be arranged if preferred), arriving around mid-afternoon. The rest of the day and evening is free for you to relax and enjoy, and perhaps do a little more last minute shopping. You can also add an extension to Chitwan National Park today (from Pokhara).

Overnight at hotel in Kathmandu (B).

DAY 21 EXTRA OPTIONS

Chitwan safari option

See pages 4-5 for details

DAY 22 / TOUR ENDS

Your tour ends after breakfast and, if required, we transfer you to the airport for your flight home. (B).

NOTE / NEW ROAD BUILDING

Over the last few years there has been extensive road building on parts of this route. There is now a gravel road all the way up the Kali Gandaki valley as far as Muktinath. Traffic is light, but it can stop the high villages feeling as remote as they previously did. Some walking along the road is unavoidable, but our guides have been working on alternative routes in the hills and valleys around for the last few years. Some of these do require significantly longer days however. A similar road is now also being built on the first section of the trek en-route to Manang. (B).

SMALL GROUP, PRIVATE AND TAILOR-MADE TOURS

SMALL GROUP DEPARTURES:

We have regular small group departures on this tour throughout the available seasons. Departure dates are given on our website, and on request.

PRIVATE DEPARTURES:

You can also choose to do the tour privately, following the itinerary above, but on another date. We add a small supplement for these departures. Please contact us first to check availability.

TAILOR-MADE TOURS:

Finally, this tour can also be used as a base for a private tailor-made itinerary, to be run on any dates. You can make adjustments as per your own requirements (for example, adding extra days, slightly shortening the tour, adding some rafting etc.).

ADDITIONAL INFORMATION

OPTIONS:

Booking and paying for options:

Options may be booked by selecting them on our online reservation form, or after you have made your booking. Some options that are not accommodation based may also be added while you are in Nepal, subject to availability at the time. Prices are given on our website and on request. Credit Cards (add 3%), traveller's cheques or cash are accepted in Kathmandu for these payments. A receipt will be provided.

Single room supplement

If you want to guarantee yourself a

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single room throughout the tour, then we need to add a single supplement charge.

If you are a single traveller joining one of our trekking group tours, then if you are happy to, you may share a twin or triple room with another single traveller on the tour of the same sex. If there are no other single travellers available for you to pair up with at the time of your booking, then we will need to add the single supplement to your tour price, but will refund this or deduct it from your balance payment if we are able to pair you up later on.

Note: We cannot guarantee single rooms in the trekking lodges.

Note: Couples will always be given a private double room, and triple/family rooms are available on request.

Book in advance. Pay in advance.

Extra days - Price: on request, subject to party make up

These are available on request in Kathmandu before and after the tour starts and finishes. If you'd like to add extra days into the time elsewhere, then please request a tailor-made tour.

The price includes a night in the hotel, breakfast, all taxes and transfers. Single room supplements apply.

Book in advance. Pay in advance.

Everest mountain flight option

This flight leaves from Kathmandu early in the morning, and lasts for around an hour, taking you up towards Everest and the surrounding high peaks. You can even get glimpses of the high Tibetan plateau.

The planes have good-sized clear windows, and window seats are guaranteed.

Book & Pay in advance or in Kathmandu.

Kathmandu/Pokhara or Pokhara/Kathmandu flight option

Instead of driving between Kathmandu and Pokhara (approx. 6-7 hours each way), we offer the option of upgrading to internal flights (30minute flight + transfers). The journey will be shorter and quicker for you, but you'll miss out on seeing more of Nepal.

Flights are subject to availability and flight times may vary. Prices may also vary unless you add the cost of the flights to your deposit payment so that we can book them straight away.

Book in advance. Pay in advance.

Accommodation upgrades - Price: on request

If you are booking this tour privately (i.e. not joining one of our group departures), then we are happy to arrange to upgrade the accommodation in Kathmandu, Pokhara and/or Chitwan National Park if required.

Upgrades would normally be to the following hotels (subject to availability):

Kathmandu:

- Yak & Yeti hotel or Dwarikas hotel.

Pokhara:

- Fishtail Lodge, Shangri La or Fulbari Hotel.

Chitwan:

- Rhino Residency, Temple Tiger Lodge or Tiger Tops Lodge.

Please contact us for rates if required.

Book in advance. Pay in advance.

Chitwan safari extension option

We offer an extension to the end of the tour to take a 3-day, 3-night wildlife safari to the Royal Chitwan National Park. You'll enjoy jungle walks, canoe trips, elephant rides and cultural shows in this wonderfully idyllic setting. All park activities and entrance fees are

included. Single room and single traveller supplements apply.

Your itinerary would run as follows:

Day 21 / Drive to Chitwan

This morning, we drive from Pokhara to the Royal Chitwan National Park (approx. 5-6 hours). You will be at the park for three nights and during this time you have an exciting itinerary with two full days in and around the park. Once settled into your lodge, you can eat, drink and relax and take in some of the spectacular settings that surround you.

Overnight at safari lodge in Chitwan (B D).

Day 22-23 / Chitwan National Park

Over the next two days you will enjoy a number of exciting activities in and around the park, including:

- An elephant back ride into the park in search of the rare, Indian one horned rhino.
- A canoe ride down the Rapti River to observe the many bird species native to Nepal. You should also see many of the 160 species of migratory birds, which visit Chitwan seasonally. You may also see Gharial crocodiles sunning themselves on the riverbanks.
- A half-day jungle walk where you should see spotted deer and antelope and hopefully spot some more rhino.
- Another excursion takes you further into the park, this time travelling by jeep. The greater distances you are able to cover with the jeeps allow you to see more different habitats and visit the crocodile-breeding centre, located deep inside the park.
- You will also make a tour of a local village where you can gain insights into the daily life of the people of this Terai region.
- Your lodge will also arrange an evening cultural program for you to attend,

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Annapurna Circuit continued...



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and, perhaps, participate in.

Overnight at safari lodge in Chitwan (2xB 2xL 2xD).

Day 24 / Drive to Kathmandu

Today you leave early for the drive back to Kathmandu. The 7-hour drive (a flight upgrade can be arranged if required) gives you one final chance to take in the beautiful scenery, which makes Nepal such a popular country to visit.

Overnight at hotel in Kathmandu (B).

Day 25 / Tour ends

Your tour ends after breakfast and, if required, we transfer you to the airport for your flight home.

(B).

Book in advance. Pay in advance.

INCLUDED IN THE PRICE OF THE TOUR:

- Meals as indicated on the itinerary
- All accommodation
- Sightseeing tours as indicated on the itinerary
- Entrance fees in Kathmandu
- Registered trekking guides & porters
- All transport & transfers
- Trekking pack (sleeping bag, trekking poles, down jacket)
- Annapurna Conservation Area entry permits
- Trekking permit

NOT INCLUDED IN THE PRICE OF THE TOUR:

- International airfares
- Visa costs
- Meals not indicated on the itinerary
- Drinks, snacks, tips, and other personal expenses
- Travel insurance - please see the policies available on our website
- Any other items not mentioned above
- Departure taxes

ACCOMMODATION:

1. Hotels in Kathmandu & Pokhara

We use comfortable tourist class hotels in Kathmandu and Pokhara (approx. 3-star).

2. Trekking with lodges

For this lodge-based trek, we will use a variety of Lodges and Teahouses. In recent years many new lodges have sprung up and many offer quite good facilities and amenities. However, in some areas the lodges can be run on a very simple basis where toilets and washing facilities are outside the building. We can't promise that you will always have full amenities all the time, so you should understand this before embarking on this trek.

Staying in lodges gives you more comfort overnight than camping, and also allows you to meet up with and talk with other trekkers and guides at the end of the day. It also allows us to put more back into the local economies than if we were bringing everything with us.

Rooms in lodges are normally based on same sex sharing of twin rooms (though couples will be able to share). Some sheets & blankets are provided but a sleeping bag is still required. We provide include sleeping bag hire in our tour prices, though you may still wish to bring your own inner sleeping bag liner or sleep sheet if you wish. Warm showers are available for a small fee at

most lodges, though these may be bucket showers higher up.

3. Safari lodges in Chitwan National Park (for extension option)

At Chitwan National Park, we use safari lodges with comfortable clean rooms and en-suite bathrooms. We normally use lodges in and around the village of Sauraha on the edge of the park, which increases the number of activities you can do while at the park.

For further details on the hotels and accommodation used on this tour, please check out the information on our website.

Upgrades to higher level hotels are available on request on private departures - please contact us for details and prices.

TRANSPORT & TRANSFERS:

We use private cars or minibuses for all the main transfers & journeys on this tour. A variety of transport including jeeps, elephants & canoes is used if you visit Chitwan.

Upgrades to internal flights are available on request.

Both your airport arrival and departure airport transfers are included (24-hour service).

INTERNATIONAL FLIGHTS:

In order to keep our tours flexible, and to make them accessible to as many people as possible, we do not include your international flights in the set tour itinerary or price.

However, we do hold an ATOL (UK flight sales license) and are happy to book your flights for you. If you let us know your ideal dates and departure airport, then we will be happy to provide you with some flight options that we can arrange for you. You can then choose whether to book the flights through us, or make

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Annapurna Circuit continued...



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your own arrangements. Either way, your airport arrival & departure transfers are included.

TOUR GUIDES & ENTRANCE FEES:

All your entry fees and permits are included (to cover entry into the trekking conservation areas, and sites on the city tour).

On the Chitwan Extension, all National Park activity costs are included, to cover one of each of the following: Elephant Ride, Jeep Safari, Jungle Walk, Village Walk, River canoe trip.

Fully trained English-speaking Nepalese trekking guides are provided throughout this tour and many of our travellers consider them a highlight of their tour. We also provide a fully trained English-speaking guide for any sightseeing tours.

We support and follow international guidelines for the employment of any trekking porters we use, including those of the IPPG (International Porter Protection Group)

To help support the local people and economy, and because we know it works best, our policy at Nepal Uncovered is to use only local guides and tour leaders on this tour. Please check our website for further details.

TREKKING TIMES:

The trekking times given above are approximate, and will vary depending on your fitness, and also importantly, on the speed you want to walk. We will normally set off early in the morning, and have plenty of breaks during the day, before finishing trekking in mid-late afternoon. Some days will be longer than others, and your guide will let you know when there is a long day ahead.

Acclimatisation days are added into all our itineraries where required, and these cannot be missed out. You can however, slightly adjust the itinerary as you go along if you are struggling on a particular day, or you want to forge ahead. If travelling with a group, you should be prepared to walk at the speed of the slowest

member.

We have graded this trek as: **DIFFICULT:**

"A serious trek, where we would expect you to have had previous trekking experience. You should be very confident of your trekking ability and be prepared to walk some long days perhaps on a steep climb (or descent). You may also have to walk difficult terrain for a number of days. This is definitely the kind of trek where you are more likely to experience extremes of altitude and/or weather. You may also be required to use an ice axe and crampons for part of this trek."

For more information on trekking with us in Nepal, please check the Trekking Activity Guide page on our website.

MEALS:

Kathmandu:

Breakfasts only are provided in the hotel. Kathmandu has a wealth of restaurants serving excellent food from all over the world, so you will never be short of ideas or places to eat within a short walk of the hotel.

Lodge trek:

All your meals are included on the trek, based on a set number of items from the menu per meal plus one drink. You may add to these if you wish, but a substantial & healthy meal is always provided. Many of the lodges along the route offer an excellent variety of food. In places the menu might be limited but the food is always nourishing and wholesome. To protect the limited resources available in trekking areas, we politely suggest that you either eat the same meals as the guides and lodge staff, or try not to order too many different items from the menu.

WHEN TO GO:

Monsoon season:

June to mid-September

We do not generally run this trek during the monsoon months due to the bad weather, poor visibility, and the high chance of landslides or other weather damage to the trails causing long delays while you're on the trek. You can still try the trek at this time, but should allow several extra days.

Winter season:

December to February

We do not generally run this trek during the winter months, as the Thorung La pass regularly becomes impassable due to snow.

Good trekking:

Mid-September to end of November, March to mid-June:

These seasons are the best time for trekking, with good visibility and fine weather. Mid-September, October and November are the most popular, with the busiest trails and lodges, with March-April also good but a little quieter.

TIPPING:

While an accepted part of the culture and customs in Nepal, tipping is always optional, and any amounts paid should reflect excellent service.

It is normal and accepted for people to tip differently, and you should not feel under any pressure to tip any particular amount.

We are often asked for advice on common amounts however, and suggest that approx. 5% of the tour price would be a suitable budget.

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COUNTRY GUIDE:

For an in-depth overview of Nepal, including up-to-date regional security advice and information, please check out the country guide pages on our website.

DATES & PRICES:

We run several small-group departures during the main trekking seasons. These departure dates and prices are listed on our website and on a separate dates & prices sheet available on request. We can also run the set tour itinerary privately for you on other dates, or customise it to make a tailor-made tour to fit your personal requirements.

HEALTH:

Recommended vaccinations and other health protection measures vary according to the country you are visiting, and where you are travelling from. You must obtain professional advice from your medical practitioner or a travel clinic on current vaccinations needed for your destination (1st Contact travel clinic gives free advice tel. 0800 0393073).

In general, most recommendations for Nepal include: Tetanus, Typhoid, Hepatitis A, Polio, Meningitis, Rabies and Malaria prophylactics.

VISAS:

Many nationals can obtain their Nepalese visa in Kathmandu airport upon arrival (including UK, European & US citizens). The cost is US\$40 (UK Pounds also accepted) and the visa is obtained in the immigration area at the point where your passport is stamped (i.e. you don't need to join an extra queue).

For further information, please check out the visa pages on our website, or contact us directly.

RESPONSIBLE TOURISM:

We take responsible travel seriously, and as well as taking this into consideration when we design our itineraries, and select the people and agents we work with, we also donate £2 for every person travelling on one of our Nepalese tours. This is split between two projects:

- Shree Nalang primary school, which is situated 80km NW of Kathmandu and caters for 5-11 year old children. Our donations are helping with renovations and building of new classrooms.
- Bardia eco lodge. We are helping to build a carbon neutral wildlife lodge with the aim of providing an environmentally sympathetic and sustainable destination for tourists, which will also benefit the local community.

If you would like to visit or support either of these projects while you are in Nepal, please let your guide or our Kathmandu representative know. Full details of our responsible travel policy are given on our website.

PRE-DEPARTURE INFORMATION:

After booking, we will provide you with detailed information to help you prepare for the tour. This will include helpful advice on money, health, insurance, tipping, climate, clothing etc.

Further information is also available in the County & Travel guides on our website.

FACEBOOK / TWITTER / COMMUNITY

Uncover the World recently joined the Facebook community; it would be great if you joined us and shared some of your travel photos and stories. It's also a great way to stay in touch with your fellow travellers, share photos, and also keep updated with special offers and news about new tours and destinations from us - click on www.facebook.com/UncoverTheWorld and 'Like' us.

You can also follow us on Twitter - www.twitter.com/utworld

If you'd like to post a blog about your trip you can also visit our community page - <http://yourspace.uncovertheworld.travel>

We are fully bonded for your complete financial protection.



'Nepal Uncovered' is a trading name of Uncover the World Ltd.

To book visit: www.nepal-uncovered.com, email: tours@nepal-uncovered.com, or call us on: +44 (0) 845 130 48 49

Please quote Tour Code: TRNPAC when booking

* LAND ONLY PRICE (SEE WEBSITE FOR FULL PRICE LIST), FLIGHT QUOTES AVAILABLE ON REQUEST.