



Natraj Trekking since 1967

One of the leading trekking agency in Nepal for Bhutan, Tibet and India tour packages

ANNAPURNA CIRCUIT TREK-21 DAYS

ANNAPURNA CIRCUIT TREK HIGHLIGHTS

- ❖ Sightseeing tours of Historical UNESCO World Heritage Sites in Kathmandu.
- ❖ Stunning views of the Annapurna & Dhaulagiri ranges
- ❖ A superb Annapurna Trek crossing the Thorung-La Pass (5416m).
- ❖ A breath taking view, alpine dessert and the Tibetan Plateau landscape
- ❖ Magnificent panorama of mountains and visit to Hindu Holy Place of Muktinath Temple
- ❖ Taste of Nepali cuisine with a local cultural show at Kathmandu



The Annapurna Circuit is known as Nepal's classic trek and it offers more variety than any other equivalent length trek, taking us through virtually every type of scenery that Nepal has to offer. There are superb views of the Annapurnas and Dhaulagiri, and an amazing variety of landscapes ranging from sub-tropical through alpine to an arid semi-desert akin to Tibet. The scenery changes every day from rice paddies and pine forests to Tibet-like countryside on the northern slopes of the Himalayas in the district of Manang.

Annapurna Circuit Treks offers not only some of the most breathtaking scenery in the Himalaya, but between the lush irrigated Marshyangdi valley, the high arid country to the north, then down into the Kaligandaki valley, the deepest gorge in the world, the traveller passes through a myriad cross-section of the culture of Nepal.

Annapurna Circuit Trek begins from Besisahar where we head north up the Marshyangdi Valley, through lush green foothills and terraced rice fields. Climbing higher we progress through alpine forests to a dry desert region and the Tibetan Buddhist village of Manang. The mountain views are superb; Lamjung, Himalchuli, Manaslu and the Annapurnas tower spectacularly over the valley. The highlight of this trek is crossing the famous **Thorung La pass (5416m)** to enter the Kali Gandaki Valley and the long descent to the Hindu temple at Muktinath.

TRIP FACTS

Trip Duration	:	21 Days (Kathmandu to Kathmandu)
Trekking destination	:	Thorung-la Pass (5416 m)
Trip Grade	:	Strenuous (Challenging)
Activities	:	Walking and trekking including cultural sightseeing tours in Kathmandu
Best Seasons	:	Spring (March to mid May) and autumn (mid Sept to Dec)
Accommodations	:	3 nights at Kathmandu, 1 night Pokhara & 16 nights in lodge/teahouse during trek
Meals included	:	20 Breakfast, 18 Lunches & 17 Dinners
Trip Starts/Ends	:	Kathmandu (Capital of Nepal)
Price	:	USD 1190 (min 2 pax) -Please refer to our cost section for more details

Explore the beauty of Nepal through Natraj Trekking

Designed by: Anil Blon

DETAILED DAY BY DAY ITINERARY

DAY 01

Arrive Kathmandu

Arrive Kathmandu Tribhuvan International Airport, you will be met and welcomed by our representative. Please look for signage of **Natraj Trekking** with your name once you come out of Arrival Terminal Hall after collecting your luggage. You will be escorted by our representative to the hotel

Welcome to Kathmandu, capital of the ancient Mountain Kingdom of Nepal, has the air of a medieval city with a maze of narrow streets, wooden temples and beautifully decorated palaces.

Upon arrival at the hotel, guest will be provided welcome drinks along with the room key

In the evening we will organize a Welcome Dinner at a traditional Nepalese Restaurant where you will enjoy a Nepalese cultural program along with the Nepali fine meal.

Overnight at the hotel

Meals included: Dinner

DAY 02

In Kathmandu

- ❖ Breakfast at the hotel
- ❖ Half day tour of Kathmandu Durbar Square
- ❖ Visit a local shop for hiring equipment if needed
- ❖ Overnight at the hotel

After breakfast and a trek briefing, you will be taken on a sightseeing tour **Kathmandu Durbar Square** in the heart of the city. Many of Kathmandu's most historic and important temples are located here. Interesting things for visitors to see are Taleju temple, gigantic figure of Kalbhairav (the god of destruction), Basantapur Durbar, and Temple of Kumari (living goddess)

This afternoon we will then have an opportunity to visit a local hire shop to pick up any last minute equipment still needed.

Overnight at the hotel

Meals included: Breakfast

DAY 03

Kathmandu/Besi Sahar/Bulbule

- Breakfast at the hotel
- Drive to Besi Sahar
- Trek from Besi Sahar to Bulbule

Drive to Besi Sahar (approx 8 hrs drive) by private vehicle & Trek from Besi Sahar to Bulbule (840 m) – About 3 hrs walking

Today you will be picked up from your hotel for the drive to Besi Sahar. Your journey takes you through deep gorges as you trace the Trisuli River westwards. You will pass through the small town of Mugling where the Trisuli and Marshyangdi rivers meet. Stopping for lunch along the way, on arrival in the foothills around Besi Sahar (760m) we begin our trek up to the Gurung village of Khudi (790m). Following the gorge we pass a sprinkling of small hamlets and tropical forest, before making our way across the Khudi Khola to follow the trail north along the Marsyangdi Valley to Bhulbule (840m) where we stop for overnight

Dinner and overnight at the lodge (teahouse)

Meals included: Breakfast, Lunch and dinner

DAY 04

Bulbule to Jagat (1300m)

Trek from Bhulbule to Jagat - About 7 hrs walking

Crossing the long suspension bridge over Marshyangdi, the trail continues up the east bank of the river with good views of Manaslu (8156m) to the north-east. Through the villages of Ngadi and Lampata the trail leads to Bahundanda (1310m). From Bahundanda we will be walking down the trail to cross a stream and then climbing to the settlement of Lili Bir and continue high above the river eventually dropping to cross to the western side of the Marsyangdi at Syange (1190m) after which the trail becomes steep in parts, reaching the ancient village of Jagat .

Dinner and overnight at the local lodge (Teahouse)

Meals included: Breakfast, lunch and dinner

DAY 05

Jagat to Dharapani (1860m)

Trek from Jagat to Dharapani – About 7 hrs walking

From Jagat the trail descends to the Marsyangdi following the riverbank before climbing up through forests to Chamje (1430m). The trail initially crosses the river to the east bank and climbs up to the large settlement of Tal (1675m), where there are many shops and lodges. Crossing and then re-crossing the river as it makes its way to Karte, the trail finally crosses again to the west bank before continuing through the village of Dharapani.

Dinner and overnight at the lodge (Teahouse)

Meals included: Breakfast, lunch and dinner

DAY 06

Dharapani to Chame (2670m)

Trek from Dharapani to Chame – About 7 hrs walking

Following the Marsyangdi river, the trail continues in a westwards direction up the Manang valley. Throughout the day one can enjoy spectacular views of Annapurna II (7937m) and Annapurna IV to the west. Initially the trail climbs through forests to Dhanakyu (2290m) and to the settlement of Lattemarang (2360m) eventually to the village of Kotho (2590m) over several forested ridges. After easy walk for half hour we will reach Chame, the administrative headquarters for the Manang district.

Dinner and overnight at the local lodge (Teahouse)

Meals included: Breakfast, lunch and dinner

DAY 07

Chame to Pisang (3190m)

Trek from Chame to Pisang– About 6 hrs walking

Departing Chame, we cross over to the northern side of the river and follow a relatively easy trail up through apple orchards to the village of Bhutang (2840m), an old Khampa settlement that is largely abandoned these days. From here we then start along a trail that provides us with some of the most dramatic scenery of the journey so far. Blasted through the surrounding rock, the trail leads through a steep, narrow valley, blanketed in dense forest. As we exit the forest and cross the river over a bridge suspended some 3040m above sea level, we are treated to our first view of the spectacular Paungda Danda, a 1500 metre wall of rock that rises up from the river below. After crossing a ridge that lies festooned with prayer flags and stone cairns, we then reach the large village of Pisang. The village is split into lower and upper Pisang and from the gumpa at the top of the town there are some lovely views out across the meandering streets and rambling houses of the lower town.

Dinner and overnight at the local lodge (Teahouse)

Meals included: Breakfast, lunch and dinner

DAY 08

Pisang to Manang (3540m)

Trek from Pisang to Manang– About 3 ½ hrs walking

Continuing on the south side of the river and the trail includes a long climb over a ridge to reach approx 3400m and then descends to the valley and then to Hongde (3325m) where there is an airstrip, several lodges and a police check post. After crossing to the north bank of the river near Mungli we will reach Bryaga at (3475m) - Tibetan-style village with an ancient Gumpa. After a short walk we will reach Manang.

Dinner and overnight at the local lodge (Teahouse)

Meals included: Breakfast, lunch and dinner

DAY 09

At Manang (3540m)

Acclimatization day at Manang

To adjust to the thinning air and lessening pressure, the day is kept aside for acclimatization to continue upwards towards the Thorung La the next day. On this day, we can walk around to a number of the interesting areas near to Manang, though it is also important to rest before the trek to higher altitude.

Dinner and overnight at the local lodge (Teahouse)

Meals included: Breakfast, lunch and dinner

DAY 10

Manang to Yak Kharka (4018m)

Trek from Manang to Yak Kharka - About 4 hrs walking

On this day, we will trek slowly to Tengi (3620m) and steadily walk upwards to Gunsang (3930m) and reach Yak Kharka (4018m). We can observe vegetation consisting of scrub juniper and alpine grasses and even the views of peaks of Gangapurna (7454m) and Annapurna III (7555m) on the trail are magnificent.

Dinner and overnight at the local lodge (Teahouse)

Meals included: Breakfast, lunch and dinner

DAY 11

Yak Kharka to Thorung Phedi (4450m)

Trek from Yak Kharka to Thorung Phedi–About 4 hrs walking

The first small settlement we reach after a steady walk upwards is Letdar (4250m). With a climb along the east bank of the Jarsang Khola, we will reach Thorung Phedi (4450m) which means “foot of the hill”, and indeed this is the starting point for the long trek up to the pass at 5416m.

Dinner and overnight at the local lodge (Teahouse)

Meals included: Breakfast, lunch and dinner

DAY 12

Trek to Muktinath, crossing Thorung –La (5416 m)

Trek to Muktinath (3800), crossing Thorung –La (About 8-10 hrs (weather permitting and depending on the snow))

Depending on the fitness and acclimatization, the walk to Thorung La could take less than 4 hours, but we will make a steady climb up to the Thorung La (“la” means “pass”) with the aim to reach the pass in four hours from Phedi.

The site one can see upon reaching the pass is of traditional chorten, prayer flags, and cairn, and panorama of Himalayan giants along with the first view of the immense Kali Gandaki valley to the west. As we descend we can have great views of Dhaulagiri (8167m) to the south-west, and Tukuhe Peak (6920m) as we reach down to Muktinath and Ranipauwa.

Dinner and overnight at the local lodge (Teahouse)

Meals included: Breakfast, lunch and dinner

DAY 13

Muktinath to Kagbeni (2800m)

Trek from Muktinath to Kagbeni (About 4 hrs walking)

This morning we visit two small temples, one an important pilgrimage site for Hindus, the other for Buddhists. After visiting the temples we start our trek to Kagbeni, via the village of Jong, which our aim to avoid the newly constructed road. We spend the night in Kagbeni, the gateway to the region of Mustang.

Dinner and overnight at the local lodge (Teahouse)

Meals included: Breakfast, lunch and dinner

DAY 14

Kagbeni to Marpha (2670m)

Trek from Kagbeni to Marpha (About 7 hrs walking)

After leaving Kagbeni, we follow the Ekle Bhatti- Jomsom trails on the opposite side of the river to reach Jomsom. Throughout the day we are met with views of Nilgiri and Dhaulagiri. We walk further through Thini Village to reach Dumba Lake and Monastery after which we walk down from the ridge and cross stream to reach Marpha. Marpha is a typical Thakali village and it is famous for its apples and brandy.

Dinner and overnight at the local lodge (Teahouse)

Meals included: Breakfast, lunch and dinner

DAY 15

Marpha to Kalopani (2530m)

Trek from Marpha to Kalopani (About 7 hrs walking)

We cross the river and walk to Chokhepani through Tibetan Refugee camp at Chairi, before continuing on to Tukuhe. From Tukuhe the trail is undulating and we pass through the small villages of Sauru, Kobang and Larjung along the way. After lunch we cross the river and continue our walk down to Kalopani.

Dinner and overnight at the local lodge (Teahouse)

Meals included: Breakfast, lunch and dinner

DAY 16

Kalopani to Tatopani (1190m)

Trek from Kalopani to Tatopani (About 7 hrs walking)

We come close to one of the main access roads today and so head off the standard trail and follow the river until we reach Ghasa. We descend for most of the day and make a final cross of the river just before we reach Tatopani. The name Tatopani means hot water and this village is lucky enough to have two hot springs. We can take time to give our legs a well earned dip in the springs before the final stages of our trek.

Dinner and overnight at the local lodge (Teahouse)

Meals included: Breakfast, lunch and dinner

DAY 17

Tatopani to Ghorepani (2860m)

Trek from Tatopani to Ghorepani (About 7 hrs walking)

Today we climb steadily through thick forest until we reach Shikha. From this vantage point we have stunning views down through the Kali Gandaki Valley and across to the Dhaulagiri range. Continuing through rhododendron forest we make our way to Ghorepani.

Dinner and overnight at the local lodge (Teahouse)

Meals included: Breakfast, lunch and dinner

DAY 18

Ghorepani to Tirkhedunga (1540m)

Early walk from Ghorepani to Poon Hill for sunrise over the Himalayas (it will be an approx 45 min walking) and return back to Ghorepani will take approx 30 minutes

Trek from Ghorepani to Tirkhedunga-About 4½ hrs walking

Especially during the autumn, we recommend that guest should take warm jackets, gloves, hats and torch. Best sky colors are before the sunrise so its better to get to the top 20/30mins before the sunrise. Sunrise is spectacular on a clear day. You can see the Dhaulagiri and the Annapurna Ranges and many more. Come back down to Ghorepani for breakfast and packing up. Its down hill all the way in through the woods to Ulleri via Nangethanti and Banthanti. Lunch at Nangethanti or Ulleri (depending on what time you left Ghorepani) and after lunch its a very steep descend of approx 3600 steps to Tirkhedunga for overnight.

Dinner and overnight at the local lodge (Teahouse)

Meals included: Breakfast, lunch and dinner

DAY 19

Tirkhedunga to Nayapul (1100m) & drive to Pokhara

Trek from Tirkhedunga to Nayapul (about 4½ hrs walking) and drive from Nayapul to Pokhara (about 1 hour driving)

It's an easy walk following the river to Birethanthi where you can stop for tea stop and then cross the river and it is 30 mins to Nayapul where you finish your trek. Today you'll be walking along the River Burundi so there is a very good chance of seeing lots of aquatic birds including 3 species of Kingfishers, wagtails, forktail, thrushes, Brown dippers and the river chats. From here we then continue to follow the Modi River towards Nayapul, where we rejoin our vehicle for the hour and a half drive on to Pokhara.

Pokhara is more relaxed than Kathmandu and its beautiful lakeside setting, beneath the imposing shadow of the stunning Annapurna makes it the perfect ending for our trek, with only the foothills separating the town from the high mountain landscapes of the snow-capped Annapurna.

Upon arrival at Pokhara, you will check in at your hotel

Free time to Explore Pokhara Valley or just relax

Meals included: Breakfast & lunch

DAY 20

Pokhara/Kathmandu by drive

Drive back to Kathmandu by deluxe tourist bus (approx 7 hrs drive including lunch)

Leaving Pokhara we take the Prithvi Highway originally constructed by the Chinese in 1975. We drive initially through mostly Brahmin and Chhetri villages, distinguished by their ochre coloured houses. We soon leave the flat Seti Valley behind though and then cross the Madi Khola near Damauli, where there may be good views of the Annapurnas to the north up the valley. We'll pass the Marsyangdi hydroelectric project and soon afterwards the town of Mugling, at the confluence of the Marsyangdi and Trisuli rivers. The road starts to climb once we reach Naubise, and reaches a pass on the Kathmandu Valley rim via a series of breathtaking zigzags, from where we complete the journey back to the Nepalese capital.

Alternatively you may choose to take the half hour flight from Pokhara to Kathmandu (The extra cost of flight will be USD 102 per person (this cost includes airfare and transportation in Pokhara and Kathmandu))

Upon arrival in Kathmandu, you will be transferred to your hotel. You can spend the evening leisurely, perhaps catch up on some last minute shopping or if you prefer you may celebrate dinner together with our trekking guide.

Overnight at the hotel

Meals included: Breakfast & Lunch

DAY 21

Depart Kathmandu

- ❖ Breakfast at the hotel
- ❖ Free time till departure
- ❖ Transfer to airport for final departure

You are saying good bye to the mountains as your journey in Nepal comes to an end today! We hope you enjoyed the tour with us and we expect that you plan your next adventure in the wonderful country of Nepal again.

Approximately 3 hours before your scheduled flight time, a representative from **Natraj Trekking** will transfer you to the airport.

Meals included: Breakfast

PRACTICAL INFORMATION

Suggested clothing and equipment checklist for Annapurna Circuit Trek

You are suggested to consider the following equipments as fundamentals while packing for the **Annapurna Circuit Trekking**. Please use this list as a guideline. Adjustments to the list can be done according to your needs, interests, duration of your trip, season of your trip, etc. You can find variety of these gears to hire or buy in Kathmandu.

Please remember that at the start of the trek, apart from your day pack, your luggage that will be carried by porters should have weight limitation of approximately 12-15 kg.

Head

- ❖ Sun hat or scarf
- ❖ Light balaclava or warm fleece hat
- ❖ Sunglasses with UV protection

Upper Body

- ❖ T-shirts
- ❖ Light and expedition weight thermal tops
- ❖ Fleece jacket or pullover
- ❖ Fleece Wind-Stopper jacket (optional)
- ❖ Waterproof (preferably breathable fabric) shell jacket
- ❖ Down vest and/or jacket

Hands

- ❖ Lightweight gloves
- ❖ Heavyweight gloves or mittens with a waterproof shell outer (seasonal)

Lower Body

- ❖ Under Garments
- ❖ Hiking shorts
- ❖ Lightweight cotton long pants
- ❖ Light and expedition weight thermal bottoms
- ❖ Fleece or wool pants (seasonal)
- ❖ Waterproof (preferably breathable fabric) shell pants

Feet

- ❖ Thin, lightweight inner socks
- ❖ Thick, warm wool hiking socks
- ❖ Hiking boots with spare laces
- ❖ Camp shoes (sneakers and/or sandals) Gaiters for hiking in winter to the base camp

Accessories

- ❖ Sleeping bag rated to -15 degree centigrade
- ❖ Headlamp (e.g. Petzl Zoom) with spare bulbs and batteries
- ❖ Trekking Bags/Duffel bag *
- ❖ Basic First Aid Kit
- ❖ Large plastic bags - for keeping items dry inside trek bag
- ❖ Daypack (approximately 2500 to 3000 cubic inches)
- ❖ Trekking Poles
- ❖ Water bottle (2) or camel bag
- ❖ Toiletries (Small wash towel, Toilet papers etc)
- ❖ Ear Plug

Toiletries

- ❖ 1 medium sized quick drying towel
- ❖ Tooth brush/paste (preferably biodegradable)
- ❖ Multipurpose soap (preferably biodegradable)
- ❖ Deodorants
- ❖ Nail clippers
- ❖ Face and body moisturizer
- ❖ Feminine hygiene products
- ❖ Small mirror

Personal Hygiene

- ❖ Wet wipes (baby wipes)
- ❖ Tissue /toilet roll
- ❖ Anti bacterial hands wash

Extras/Luxuries

- ❖ Binoculars
- ❖ Reading book/Trail Map/Guide book
- ❖ Journal /Pen/Pencils and small notebooks
- ❖ Travel game i.e. chess, backgammon, scrabble

Walking Grades and Fitness

Annapurna Circuit Trek is graded as **Strenuous Trek** and fitting for those walkers who have the capability to walk at least 6-8 hours a day with a light day pack. Some days, you may even need to walk 9 hours. Walking in higher altitude is physically demanding than walking in the lower altitudes; however, if you are in a good health with the physical fitness and have positive attitude, self confidence and strong determination, you can achieve the 21-day **Annapurna Circuit Trek** successfully. Exercising and jogging regularly for some weeks prior of the trip is a good idea to improve your strength and stability. Past hiking experience would be an advantage but no technical skill is required for this trip. It is vital that you consult with your doctor before you decide and set up for the Annapurna Sanctuary Trek. Participants with pre-existing medical conditions such as heart, lung, and blood disease should inform **Natraj Trekking** before booking the trek.

Lodges/teahouses in trekking

Our accommodation whilst on trek on twin room sharing basis in a simple locally run lodges, known as teahouses and it's a great pleasure to support these small local businesses. Rooms are simply furnished with just a bed and occasionally a small table. You will need to bring a sleeping bag. Please note, normally washing and toilet facilities are shared and may be in a separate part of the teahouse or outside. It's great to enjoy the company of your fellow travellers and share a tale with other trekkers in the evening in the dining area.

If you are a solo traveler, you will share a room with someone else of same sex of your group. If you prefer a single room, you may indicate your preference and get single rooms on request by paying extra as indicated on cost section. But, you need to understand that in teahouses/lodges of higher elevation area single room is not always possible. We guarantee single room in Kathmandu & Pokhara only. During your trek single room is not possible

Meals & drinking water

On this trek we provide standard breakfast, lunch and dinner, tea or coffee will also be included with each meal. Your guide will help with menu selection and ensure that you get the best value meals possible. Although the food is usually plentiful and delicious, you should be aware that the menu is not normally extensive. Most teahouses offer a variety of rice and noodle dishes, as well as soup and seasonal vegetables. You can buy packaged water (bottled mineral water) from local lodge and shop en route or you can also ask your guide to fill your water bottle with boiled water (extra cost to be paid) and treat with water purification pills.

Luggage while trekking

During the trek, your main luggage will be carried by porter or yaks. Please keep your luggage as light as possible around 12 kg. You simply carry a day pack with water bottle, camera, sun-screen, spare jacket etc. You can leave your valuable items at your hotel while trekking. Many hotels have a locker system and provide a deposit slip for the valuables kept under the hotel's safekeeping. You may also leave your extra things at your hotel which is not required for your trek in your main luggage. Please note that we will provide complimentary kit bag for you before your trek starts so that you can pack all your necessary things.

Trekking crew

On tea house trek you will be accompanied by a team of local crew whose aim is to make the trek as comfortable and enjoyable as much possible. The crew consists of a trek guide/leader and a team of porters to carry all your gear. On average, there will be a ratio of one porter to every two trekkers.

The most important thing that makes your Trek successful, enjoyable and memorable is the skilled, experienced, courteous and helpful trek guide and the crew members with ability of operating your days in the mountain

smoothly. Your trip will be led by experienced trek guide. All of our trekking guides/leaders are carefully selected on the basis of their appropriate experience, leadership skills and personal aptitude.

Typical day on trek

Each morning after packing our bags and having a good breakfast, we set off on the day's walk. After walking for 3-4 hours we stop for lunch at around midday. The afternoon's walk is generally shorter and we usually arrive at our destination in time for afternoon tea. The remainder of the afternoon can be spent exploring the village, doing a bit of washing or simply relaxing with a good book. On some days we will arrive at our destination by lunchtime and the entire afternoon will be free. After dinner, the evening will often be spent playing cards and reliving the day's adventures, before heading off to bed for a well-earned sleep.

Personal expenses

On this trek breakfast, lunch and dinner will be provided during your trek. You only need money for table drinks (alcoholic/non alcoholic beverages), snacks while walking (a few smaller shops are available along the trail in some areas) tips, souvenirs, hot shower (available in some places).

Meeting and greeting in Kathmandu

You need to pass on your International flight details to us for a 'meeting and greeting' service at the Kathmandu Airport. You just pass through the Customs and come out of the Arrival Terminal Hall after collecting your baggage where you will see our representative /guide standing with a placard that states **Natraj Trekking** with your own name.

Climate & best time to go

Spring (March to mid May) and Autumn (mid Sept to Dec) are the best seasons for the **Annapurna Circuit Trekking**. The weather is sunny and warm, with outstanding views but the nights are cold and can fall to freezing in higher elevations. Winter (Dec, Jan, Feb) is also good for Annapurna Circuit trek, only issue is cold (obviously) and might be problem due to obstructed pass due to ice/snow. The trekking routes are crowded during spring and autumn but during monsoon and winter the routes are not packed and you could enjoy rather best of nature.

Itinerary changes

Depending on the prevailing situation, itinerary can be modified to some extent after consulting with your trek guide. However, the date of trek completion should always coincide with the original itinerary. You should keep in mind that this is an adventure trip into the remotest region, where many unforeseen events may contribute to the need for a change in itinerary. In such cases, we or your guide will suggest the best alternative similar to your original.

Nepal Visa

All visitors except the Indian nationals must hold passport and valid visa. Visa can be obtained at the Nepalese diplomatic missions and consulates abroad. Visa is also issued at the entry points. It can be extended at the Department of Immigration, Bhrikutimandap, Kathmandu. Children under 10 years need not pay any visa fee. People willing to get entry Visa at the air port or any of the land entry points are required to fill a visa form with passport photograph.

If you are obtaining Nepal Visa upon arrival (**please note that some of nationalities cannot get visa upon arrival**), please be noted that Nepal Visa Application Form can be received through us by e-mail. Two passport size photo graphs are required and following visa fee to be paid at the airport as per your stay in Nepal

Visa Facility	Duration	Fee
Multiple Entry	15 days	US\$ 25 or equivalent convertible currency
Multiple Entry	30 Days	US\$ 40 or equivalent convertible currency
Multiple Entry	90 Days	US\$ 100 or equivalent convertible currency

Note: Please note that visa fees and rules are subject to change.

Rescue/evacuations

In case of a serious sickness or a casualty, which we hope will not happen; you shall be rescued by a helicopter. Since you are entirely liable for all the expenses incurred in evacuation please make sure that it is covered by your insurance before assigning for it or be prepared to pay on your own after getting back in Kathmandu.

Insurance

It is recommended of joining any of **Natraj Trekking** trips that be protected against comprehensive expenses potential to incur due to medical issues or accidents (to include air ambulance, helicopter rescue, and treatment costs). Please be noted that we do not arrange or sell insurance. Altitude of 5416 m to be covered by your insurance policy

Why with Natraj Trekking

Natraj Trekking is the one of the leading and oldest trekking agency in Nepal since 1967. We organize Tibet, Bhutan & India tour as well. We excel in this field because we genuinely love what we do and are committed to providing you with the best services as we commit you.

Responsible travel

The beautiful environment of the Himalayas is also an extremely fragile one. At **Natraj Trekking**, we are extremely conscious about the environment and aim to minimize the detrimental impact on the environment as much as possible.

Care for porters and staffs

We make sure that all porters and all other staff climbing in high altitude conditions are provided with adequate clothing and equipment. We also ensure that the porters we hire are insured. We run the trek according to the guidelines of the International Porter Protection group (IPPG- www.ippg.net).

Know before you go

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs, including advice re: the legality of and local attitudes towards same-sex relationships.

Departure Dates

We will easily organize this trip on the dates requested by you. Please contact us for your customized departure date

Tipping

Tipping is the accepted way of saying 'thank you' for good service. Tips do not form part of the wages of your guides, porters and trek crew but they are very much appreciated. It is important to remember that tipping is voluntary and should be dependent on good service. Normally the tips are given at the end of the trek and this is best done as a group. Most groups will give the tips with a bit of ceremony (or sometimes a party) on the last evening, to mark the end of the trip. The amount depends on your budget and appreciation of their work.

Detail Cost of the above package

Standard Hotels Option (3 star) Kathmandu(Manaslu) & Pokhara(Trek O Tel)	
Group Size	Cost in US\$ Per Person
01 – Person	US\$1820
02 – Person	US\$1190
03 - 05 Person	US\$1165
06 - 09 Person	US\$1015
10 - 14 Person	US\$945
15 & Above	US\$895
Single Supplement	US\$105
Superior Hotels Option (4 star) Kathmandu(Shanker) & Pokhara(Barahi)	
Group Size	Cost in US\$ Per Person
01 - Person	US\$1980
02 - Person	US\$1290
03 - 05 Person	US\$1265
06 - 09 Person	US\$1115
10 - 14 Person	US\$1040
15 & Above	US\$995
Single Supplement	US\$170

Deluxe Hotels Option (5 star) Kathmandu(Yak & Yeti) & Pokhara(Temple Tree)	
Group Size	Cost in US\$ Per Person
01 – Person	US\$2100
02 – Person	US\$1350
03 - 05 Person	US\$1325
06 - 09 Person	US\$1170
10 - 14 Person	US\$1100
15 & Above	US\$1055
Single Supplement	US\$230

The above cost includes the following items: Transport, Entrance Fee, Guide, etc

- ✓ Welcome with flower garland by our representative upon arrival
- ✓ Airports pick up and drop by private vehicle in Kathmandu transfers
- ✓ One half day tour with an English speaking guide by a private vehicle in Kathmandu
- ✓ Katmandu / Besi Sahar drive in a private vehicle
- ✓ Pokhara/Kathmandu by tourist deluxe bus including lunch
- ✓ Monument entrance fees as mentioned in the itinerary
- ✓ One hour boat ride at Phewa Lake in Pokhara
- ✓ Free Natraj Trekking Kit Bag

Accommodations

- ✓ 3 nights accommodation with breakfast in Kathmandu (as per the choice of package)
- ✓ 1 night accommodation with breakfast in Pokhara(as per the choice of package)
- ✓ 24.3% VAT and Service Charge

Trekking Portion

- ✓ 16 nights accommodation at local lodge (Teahouse) during the trek
- ✓ All tours and transfers to and from trekking point by a private vehicle
- ✓ All meals (breakfast, lunch and dinner) during the entire trek
- ✓ Services of an experienced trekking guide and one porter to every two trekkers during the trek
- ✓ TIMS CARD FEE
- ✓ Annapurna Area Conservation Fee (ACAP)
- ✓ Insurance for trek guide and porters

Cost excludes

- ✓ International Airfare
- ✓ Nepal Visa Fee
- ✓ Personal expenses (Tips, beverage, laundry, telephone call, etc)
- ✓ Travel Insurance/ Emergency Evacuation Cost
- ✓ Lunch and dinner in Kathmandu and Pokhara

The above rates are valid till December 31, 2013

Note: The price does not include: undue escalation in fuel prices, new taxes levies on hotels and transportation services or any hikes in entrance fees. Any large tax hikes and new levies shall be payable extra and shall be billed accordingly with prior notice.