

Annapurna Circuit

Tilicho Lake & Thorong La



Trip Highlights

- One of the famous treks in the world that covers a large number of Himalayan Ranges.
- Experience varieties of communities, vegetation, landscapes, rivers, food, culture, etc.
- Summit the highest pass of the world, which is an achievement in itself.
- Opportunity to socialize and share experiences with travelers from all over the world as it is a very famous trekking package.
- Opportunity to experience remote life of people living in the Himalayas from a close distance.
- Hike in Annapurna Conservation Area and world's deepest Kali Gandaki Gorge
- Observe the world's highest mountains, i.e., Annapurna Range, Machhapuchhre (Fishtail) and Dhaulagiri



Trip Duration: 14 Days

Grade: Moderate

Summary: 7 Days trek, 7-nights lodge, 6 nights hotel

Welcome to Peregrine

Thank you for your interest in our Annapurna Circuit & Thorong La Pass Trek. At Peregrine, we are passionate about our off the beaten track experiences as they provide our travelers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. We are committed to ensuring that our unique itineraries are well researched, affordable and tailored for the enjoyment of small groups. Our itineraries will give you the very best travel experience, designed by people with incredible local knowledge who share our vision of authentic exchange and real exploration with a responsible tourism approach. Whether you like your adventures to include trekking, touring, cycling, mountaineering, kayaking or rafting with Peregrine Treks can make it happen for you. We hope you will join us for a life changing experience!!

Why travel with Peregrine?

When planning travel to a remote and challenging destination, many factors need to be considered. Peregrine Treks and Tours have been pioneering treks in Nepal since 2002. Our extra attention to detail and seamless operations on the ground ensure that you will have a memorable trekking experience in the Himalaya and leisure tour experience in the city area. Every tour and trek is accompanied by an experienced local leader who is highly trained in remote first aid, as well as knowledgeable crew that share a passion for the region in which they work, and a desire to share it with you. We take every precaution to ensure smooth logistics. We use an excellent 3-star hotel in Kathmandu and well maintained, good quality trekking equipment on trek. For your convenience and health we supply all meals on trek, whilst maintaining the highest standards of hygiene, we will use good teahouses for your meals with a varied menu. Most importantly, our adventures have always sought to benefit the local peoples we interact with, safeguard the ecosystems we explore and contribute to the sustainability of travel in the regions we experience.

Peregrine Treks and Tours

Thamel, Kathmandu, Nepal

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Trip Cost

For 1 Pax: USD 1850
For 2-3 Pax: USD 1550
4 or More pax USD 1450

Options and Supplements

Hotel single supplement: US\$ 200
Lodge single supplement: US\$ 100
Single Supplement: US\$ 300

Note: We can't give the guarantee for the single supplement in the lodge. This is totally based on the availability

We will arrange for you to share accommodation with another traveler of the same gender and if we cannot match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

Accommodations:

We will be accommodated with The Everest Hotel in Kathmandu. For Pokhara, we will be provided Kutli resort and local tea houses during the trek. The accommodations are made on a twin sharing basis. Single supplements can be served upon request but will cost an extra of USD 300. However, the only room cannot be possible sometimes during higher elevations. In the trekking area, most of your accommodations contain attached bathrooms, while some of the teahouses may not have and you may have to share the washing and toilet facilities in that case.

The Trip

Annapurna Circuit Trek is one of the most adventurous and famous treks in the world that offers lifetime experiences. It encompasses a complete scenic journey beneath the world's 7th and 10th highest peaks namely Annapurna (8,091 m) and Dhaulagiri (8,167m) that plunges below the Kali Gandaki River. This forms the deepest gorge as the walk leads on both sides of Annapurna Mountain Range starting from the north and ending in the southern region. Moreover, this adventurous trek offers you panoramic views of peaks namely Gangapurna, Lamjung Himal, Mount Manaslu, Pisang Peak, Chulu East, Chulu West, Nilgiri, Tukucho Peaks and Machhapuchhre (Fishtail). The view of the world's highest mountains glowing in the pastel light of dawn and dusk will take your breath away for a moment.

Firstly, the Annapurna Circuit Trek takes you up to the Marsyangdi River, and then you will cross the fantastic "Thorong-La" pass (5416m) and complete the route while descending through the Kali Gandaki River. During the Trek, you go around the Annapurna ridge, which includes the highest peaks; among them, some are over 8000m. You will be following different valleys and canyons and also walk besides rushing streams, which pound over white granite rocks and through deep pools. The exploration of lush fields and forests to the mountains into the desert-dry Trans will be one of kind experiences you will ever receive.

At a glance

19 Nov: Kathmandu Arrival and Drive to Beshisahar
20 Nov: Drive to Chame
21 Nov: Chame to Pisang
22 Nov: Pisang to Manang
23 Nov: Trek from Manang to Khangsar Village
24 Nov: Khangsar to Tilicho Base Camp
25 Nov: Explore Tilicho and back to Base Camp
26 Nov: Trek to Yak Kharka
27 Nov: Trek to High Camp
28 Nov: Trek to Muktinath via Thorong La Pass
29 Nov: Drive to Pokhara
30 Nov: Pokhara Sightseeing and fly to Kathmandu
01 Dec: Kathmandu Valley Sightseeing
02 Dec: Departure

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Meals

During the trek, we have a variety of options in cuisines like Nepali, Chinese, Italian, Continental, Indian, etc. Breakfast will be served from the tea houses or the lodge's menu, and we will have our lunches on the way to our destination. There will be welcome and farewell dinners with our trekkers.

Fast facts

Destination:	Nepal
Duration:	14 Days
Arrival on:	Kathmandu
Departure:	Kathmandu
Max Altitude:	5416 meters
Difficulty:	Moderate
Visas:	No (you can get visa upon arrival in Kathmandu)
Vaccinations:	Please consult a travel vaccination specialist for up to date information
Private Groups:	Private group options are available for this trip
Singles:	A single supplement is available for this trip
Leader:	Expert local leader

Thoughtful Travel

The natural environments that you'll travel through are fragile; the cultures and traditions precious and often the communities we pass through are reliant on tourism. It is our responsibility as visitors to minimize the impact of our presence, protect what is precious and where we can leave a positive impact.

Trip grading

Introductory to Moderate

These adventures involve trekking for up to 6 or 7 hours a day at a steady pace. These trips may spend successive days at altitudes not generally exceeding 5416m and are usually between 09 and 15 days in duration. You will need a good level of fitness and be in good health.

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What is included?

- ✓ Airport pickups and drops in a private vehicle
- ✓ Two-night hotel in Kathmandu and three night in Pokhara with breakfast
- ✓ Room in the best available lodge and all meal (Breakfast, Lunch, and Dinner) during trekking
- ✓ All land transportation in a private vehicle and Pokhara - Kathmandu flight ticket
- ✓ An experienced English speaking guide and one assistance guide for more than five trekkers
- ✓ One porter for two trekkers
- ✓ Trekking crew member salary, insurance, accommodation and food, and airfares if necessary
- ✓ An achievement certificate and trekking map are free services from the company.
- ✓ All necessary Permit and TIMS in trekking
- ✓ First Aid Medical kit or essential medicine
- ✓ Seasonal fruits during trek and farewell dinner
- ✓ All applicable government and local taxes

What is not included?

- ✓ Nepal visa fee and an International flight ticket
- ✓ Hotel accommodation, Lunch and Dinner in Kathmandu and Pokhara because of early arrival in Nepal or late departure from Nepal, prior return from the mountain because of any reason than the scheduled itinerary.
- ✓ Travel and rescue insurance for trekkers only
- ✓ Personal expenses (phone calls, laundry, soft or hard beverages, recharge the battery, bottled/boiled water, extra porters, hot shower, a pot of tea, etc.) during trekking
- ✓ Lunch and dinner in Kathmandu and Pokhara
- ✓ Sightseeing Entrance Fees in Kathmandu and Pokhara
- ✓ Tips and gratuities for guide(s), porter(s) and driver(s)

Detailed Itinerary

19 Nov: Arrival in Kathmandu

After you land at Tribhuvan International Airport, you will go through the VISA and immigration process. Then after claiming your baggage, you may come out of the airport, where our company representative will be waiting in front of the arrival gate for your warm welcome. The representative will take guide you to Beshisahar (Approx. 5 hours drive).

Accommodation: Local Lodge

Meals: Not Included

20 Nov: Drive to Chame

After having early morning breakfast, the journey begins from Kathmandu to Chame. After a drive of 6 hours, you will reach Besisahar where a new vehicle is allotted. From Besisahar onwards off-road conditions start, this may last up to 4 hours. In this course, the road passes through many villages, terrace rice fields, beautiful huts, river gorge, and cliffs. Finally, upon your will arrival at Chame, you will be provided the best available room. Overnight at Chame.



Suggested preparation

45 minutes of aerobic type exercise, three to five times a week for the three months leading up to your trip. Hill walking with a pack in variable weather conditions or road cycling is also recommended depending upon the activity you plan to undertake.

Adventure travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your guide or tour leader.

Customize this trip

Just tell us about your preferences, interests and the amount of time available to you and we will take care of the rest. We will help design a tour and work out a comfortable itinerary that best suits your needs.

Equipment and Packing List

This list is a guideline to help you pack for your adventure. Also understand that the items listed below will vary a little according to the season and the trek duration. Those items marked by an asterisk (*) are provided by Peregrine Treks inclusive in the service. The weight limit for your luggage is 33 pounds or 15 kg. Remember that your porter will carry your luggage but you are required to carry a day pack (with your valuables or anything important) on your own. We also suggest that you pack only what is necessary.

Driving Distance: 240 KM

Duration: 10 Hours

Meals: Breakfast, Lunch and Dinner

Accommodation: Local Teahouse

21 Nov: Trek to Pisang

After breakfast, you will walk through the suspension bridge and can see the Tibetan Mani wall and beautifully painted, gate which is perfect for some memorable photographs. The trails go up through the alpine forest and you will cross through the suspension bridge again. Then after the steep paths start but will enjoy your walk as you will see amazing black big Rocky Mountains on the way. You will have your lunch once you reach Dhukur Pokhari or Pisang depending upon your pace and interest. However, it's better to reach Pisang the very day as it will help your body acclimatizes better. You will have your lunch in Dhukur Pokhari or cross it and arrive at Pisang your today's destination is a splendid and closer view of Annapurna and Pisang Peak. You will feel thin air when you rest and start to walk with hard breathing because of high elevation if you have time, better to climb upper Pisang to acclimatize your body.

Trekking Distance: 14 KM

Duration: 6 Hours

Meals: Breakfast, Lunch and Dinner

Accommodation: Local Teahouse

22 Nov: Trek to Mangng

From today, you start trekking towards the upper part of the Manang District. You will gradually notice the beautiful landscape and vegetation in the upper part of the Manang District. There are alternate trails after passing through Pisang village. The left side of the Marshyangdi River is called lower Pisang, and the right side is called upper Pisang. Both routes come become tougher at Mungi, and through there, you will reach a hidden village called Baraka nearby Manang, where you will spend a couple of nights or in Manang.

Trekking Distance: 17 KM

Duration: 8 Hours

Meals: Breakfast, Lunch and Dinner

Accommodation: Local Teahouse

23 Nov: Trek from Manang to Khangsar Village

After breakfast in Manang, you and your rested muscles will begin a half-day's trek to Khangsar Village along the trail headed for Tilicho Lake. The path heads out of Manang through the western gates and then follows the path down to the river. You'll walk along the bank and through the valley of weathered rocks with views of Annapurna II.

Once you get to the Khangsar Khola on the bridge, you'll ascend to the nice Tibetan-style village of Khangsar, also known as the 'last village of Nepal'.

Trekking time: 4 hours (6.5 miles / 10.5 km)

Accommodation: Teahouse

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Important documents and items

- Valid passport (at least 3 month validity), 2 extra passport size photos, airline tickets
- Separate photocopies of passport, visa form (easily obtained at Kathmandu airport), proof of insurance
- Dollars, pounds or Euros in cash for purchasing Nepalese visa at Kathmandu airport, for paying for restaurants and hotels, for gratuities, snacks, and to purchase your own drinks and gifts
- Credit cards, Bank/ATM/Cash machine cards for withdrawing funds from cash machines (bring a photocopy of your cards), traveler's checks, etc.

Head

- Bandana or head scarf, also useful for dusty conditions
- Warm hat that covers your ears (wool or synthetic)
- Headlamp with extra batteries and bulbs
- Sunglasses with UV protection

- Polypropylene shirts (1 half sleeve and 2 long sleeves)
- Light and expedition weight thermal tops
- Fleece wind-stopper jacket or pullover
- Waterproof (preferably breathable fabric) shell jacket
- Down vest and/or jacket *
- Gore-Tex jacket with hood, waterproof and breathable

Hands

- 1 pair of lightweight poly-liner gloves
- 1 pair of lightweight wool or fleece gloves
- 1 pair of mittens, consists of 1 Gore-Tex over mitt matched with a very warm polar-fleece mitt liner (seasonal)

24 Nov: Khangsar to Tilicho Base Camp

After breakfast in Khangsar Village, you'll continue trekking along a wide new path until you get to a Buddhist monastery. From here, climb towards a high ridge where you'll reach an intersection where the new trail and the old trail collide; take the new trail and ascend to another steep ridge before descending back down along switchbacks. You'll eventually reach a scenic valley and then cross a little stream putting you at Tilicho Base Camp, your spot for the next two nights.

Trekking time: 5 hours

Trekking distance: 4.5 miles (7.2 km)

Accommodation: Teahouse

25 Nov: Explore Tilicho and back to Base Camp

Today, you'll start with an early breakfast before a nice roundtrip loop to Tilicho Lake in the Manang district. It takes about 3 hours to get to this clear body of bright turquoise water, one of the highest lakes in the world. You'll hike through high alpine landscapes with plenty of snow-covered rocks—a striking contrast against the vibrant hue of the lake.

Have lunch and take your time to enjoy the lakeside surroundings before returning to base camp for the night.

Trekking time: 6 hours

Trekking distance: 6 miles (10 km)

Accommodation: Teahouse

26 Nov: Trek to Yak Kharka

After breakfast at base camp, you'll follow a gently winding trail high above Khangsar village with more views of the Himalayan giants as you pass through juniper bushes and the ruins of old Khangsar. From here, follow an unmarked trail which leads you down to an old log bridge between Gumsang and Yak Kharka, an area where yak herders bring their animals to graze. This is where you'll stop for the night.

Trekking time: 5-6 hours

Trekking distance: 8 miles (13 km)

Accommodation: Teahouse

27 Nov: Trek to Thorong Phedi (4650m) or High Camp (4800)

This day's trek is also not very long as we walk from Yak Karka to Thorang Phedi. In total, this route will complete in 3 - 4 hours depending upon your body and weather conditions. For e.g., in the winter season the trail will be covered with snow, hence one needs to walk slowly and carefully to avoid any mishaps. Today you will see blue sheep and yaks on the sides of the river. After walking for around 3 hours you will reach Thorong Phedi (4600 m). You may call it a day if you are tired; otherwise to make the trek of the next day easier you can climb further to reach High Camp (4800 m).

Trekking Distance: 6 KM

Duration: 4 Hours

Meals: Breakfast, Lunch and Dinner

Accommodation: Local Teahouse

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Lower Body

- Non-cotton underwear briefs
- 1 pair of Hiking shorts
- 1 pair of hiking trousers
- 1 pair of lightweight thermal bottoms (seasonal)
- 1 pair of fleece or woolen trousers
- 1 pair of waterproof shell pants, breathable fabric

Feet

- 2 pairs of thin, lightweight inner socks
- 2 pairs of heavy poly or wool socks
- 1 pair of Hiking boots with spare laces (sturdy soles, water resistant, ankle support, "broken in")
- 1 pair of trainers or running shoes and/or sandals
- Cotton socks (optional)
- Gaiters (winter only), optional, "low" ankle high version

Sleeping

- 1 sleeping bag (good to -20 degrees C or 28 degrees F)*
- Fleece sleeping bag liner (optional)

Rucksack and Travel Bags

- 1 medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carryon)
- 1 large duffel bag *
- A small daypack/backpack for carrying your valuables, should have good shoulder padding
- Small padlocks for duffel-kit bags
- 2 large waterproof rucksack covers (optional)

Medical

- Small, personal first-aid kit. Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc

28 Nov: High camp to Muktinath via Thorang La Pass (5416m)

This day is one of the toughest treks as you have to ascend to Thorang La Pass (5416 m). It is one of the highest passes in the whole world. Therefore, the day starts early at around 3:30 AM if you overnight at Thorong Phedi on Day 9. If you overnight at High Camp on Day 9, then you can start your trek at 5 AM. The main reason to start early is to avoid the strong wind that starts to blow from 11 AM onwards.

Since there are no tea shops at the top so you will have to fill bottles with hot water and carry a head light. It is a 3 - 4 hours of steep yet breathtaking walk to the top. The spectacular views of the mountain on both sides will offer you with majestic photo opportunities. The past trekkers have decorated the top with Buddhist prayer flags. There you may also see a great sign board indicating Thorong La (5416 m), and plenty of trekkers love to take a photo with that in the background. However, you cannot spend a long time there, so to avoid altitude sickness, you will start descending to Muktinath (1616 m). Muktinath is a popular shrine for both Hindu and Buddhist.

Trekking Distance: 17 KM

Duration: 10 Hours

Meals: Breakfast, Lunch and Dinner

Accommodation: Local Teahouse

29 Nov: Jeep driving to Pokhara

Our expedition commences with a scenic jeep journey from Muktinath to Pokhara. Descending 3000 meters, this drive offers breathtaking views of the Himalayan landscapes, and as we arrive in Pokhara, we are welcomed by its serene ambiance.

Driving Distance: 175 KM

Duration: 7 Hours

Meals: Breakfast and Lunch

Accommodation: Kuti Resort or similar

30 Nov: Pokhara Sightseeing and fly to Kathmandu

Our exploration continues as we embark on a day of sightseeing in Pokhara. We visit the captivating Devi's Fall, where cascading waters create a mesmerizing spectacle, and explore the iconic Peace Pagoda, providing panoramic vistas of Pokhara and the Annapurna Range. This day is an opportunity to delve into Pokhara's rich cultural and natural heritage.

We bid farewell to Pokhara as we take a short flight back to Kathmandu, offering a swift return to the capital city. The journey provides an alternate perspective of Nepal's diverse landscapes, and once we land in Kathmandu, we have the option to further explore or unwind as we please.

Meals: Breakfast

Accommodation: The Everest Hotel

01 Dec: Kathmandu Sightseeing

Kathmandu's cultural treasures await, and on this day, we embark on a guided tour of ancient temples, royal palaces, and vibrant markets. It's a chance to immerse ourselves in the rich history and traditions of this

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- Water purification tablets or water filter
- 1 set of earplugs
- Extra pair of prescription glasses, contact lens supplies

Practical Items

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 cigarette lighter and 1 matches
- digital camera with extra cards and batteries
- 2 water bottles (1 liter each)
- 1 small folding knife (Swiss Knife is better)
- 4 large, waterproof, disposable rubbish sacks

Toiletries

- 1 medium-sized quick drying towel
- Toothbrush/paste (preferably biodegradable)
- Multi-purpose soap (preferably biodegradable)
- Deodorants
- Nail clippers
- Face and body moisturizer
- Female hygiene products
- Small mirror

Personal Hygiene

- Wet wipes (baby wipes)
- Tissue /toilet roll
- Anti-bacterial hand wash
- Sanitary Pad (for menstruation period)

Extras/Luxuries

- Reading book
- Trail map/guide book
- Journal and pen
- Travel game i.e. chess, backgammon, scrabble, playing cards (to help you pass the time at teahouses and/or camps)
- 1 modest swim suit
- Binoculars (optional)
- Voltage converter (from 220 to 110)
- Plug adapter (2 round pegs to 2 flat pegs)

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captivating city, collect souvenirs, indulge in local cuisine, and reflect on the incredible journey we've undertaken.

Meals: Breakfast

Accommodation: The Everest Hotel

02 Dec: Farewell

As our expedition concludes, we prepare for departure. With cherished memories of the Annapurna, Pokhara's tranquility, and Kathmandu's cultural riches, we bid Nepal adieu, carrying with us the experiences and adventures that will remain etched in our hearts for years to come.

Meals: Breakfast

How to book

To book a Peregrine Treks' trip, you will need to book now button and pay a 20% non-refundable deposit which you can do by using our online payment system or deposit at our official bank account number.

Pay to: Peregrine Treks & Expedition Pvt. Ltd.

Current A/c: 019 08274760015

Paying Bank: Himalayan Bank Limited

Branch: Thamel

Bank Street Address: Tridevi Marga, Thamel, Kathmandu, Nepal

SWIFT CODE: HIMANPKA

Bank service charges, credit card fees, and SWIFT charges and related to submitting a deposit are the responsibility of the client.

More Information

Physical Condition & Experience Requirements

While our Annapurna Circuit Trek, we will be walking 5-7 hours daily on an average. So this is a moderate trek for the habituated and passionate walkers. The ones going on this journey must be habituated to some exercise. The trek up in the higher altitudes is a bit more demanding. However, if we're physically fit and have a strong determination and sturdy will power, this trek can be accomplished quickly. Past hiking can be an extra asset for the trekkers on this trek.

The Best Month

You can do this trek all around the year. However, autumn and spring are considered the best seasons to be making this trek. March, April, May, September, October, and November are the best month to trek to Annapurna Base Camp. The weather is warm and sunny and provides you with the best views possible of nature.

Furthermore, winters have a lesser crowd, so we get the serenity of nature — however, its harsh cold in winters. Trekking in summers and monsoon can be disturbed by rain waters.

Group Size

In case, if you join a fixed departure trip, you will probably be trekking with a group of people of different nationalities and age. It could be an opportunity for you to meet new people and be friends with them. The group size varies from 2 people to 16 in maximum.



What you carry

In your daypack you will need to carry extra warm clothing (depending on the altitude, location and weather), a rain jacket, water bottle, camera gear, valuables and personal items such as sunscreen, lip-eze etc. Porters and mules carry all group gear and your trek pack.

Equipment provided

You will be provided with the use of a Peregrine trek pack which includes a duffle bag, quality sleeping bag, trekking map and T-shirt. Further, our porters are provided with clothing and boots suitable for the conditions.

Vehicles & safety

During the course of your trip, we will use a variety of vehicles, all of which are fit for purpose and the conditions encountered. It should be noted that laws governing transportation safety may differ from those in your home country and whilst wherever possible, vehicles with seatbelts are provided,

Private groups

The adventures featured in our brochures, and on our website, are just a starting point for many of our private group travelers. Working closely with our Groups Department we can organize custom designed itineraries for groups of friends, clubs, charity's, schools or even work colleagues. Our team will assist you with all aspects of your private group adventure from itinerary design to group flights. Contact our team today.

Guide, Trek Leader & Support Staff

A professional, certified, and reliable trekking guide will lead your group. The guide has experience of many years guiding group of trekkers in the mountains. He has in-depth knowledge of the region you will be trekking since he is a local dweller. Besides, his English is fluent in the context of speaking and writing. Apart from your guide, there will be an assistant guide and Sherpa crew to assist the trek leader.

Arrival & Departure (Kathmandu)

You can rely on us for airport pick up and drop off service. The representative of Peregrine will receive and see you off at the airport upon arrival as well as on departure.

Travel Insurance for Nepal

Nepal is famous for its outdoor adventures. Most of the tourists choose Nepal for trekking in the Himalayas and experience other kinds of exotic sports. To be on the safe side from probable outdoor risks, it is always healthy to have a travel insurance policy. Travel insurance could be of various types covering emergency medical treatment or emergency medical evacuation. Helicopter rescues from foothills of mountains are common in Nepal. Be careful to choose your insurance wisely, which pays directly to the hospital rather than spending it on the spot.

[Nepal Trekking Travel Insurance](https://peregrinetreks.com/blog/essential-guide-to-nepal-trekking-insurance)

(<https://peregrinetreks.com/blog/essential-guide-to-nepal-trekking-insurance>)

Equipment & Packing List for Annapurna Circuit Trek

It is usual for a human being to get excited about the trip and carry almost everything. We believe it's in human nature. Still, you should be considerate on what you take for your trekking trip. There is weight limitation on domestic flights and porter. Hence, we suggest you read the guideline by this link (<https://peregrinetreks.com/trekking-gear-list>) and carry things which are very important for the entire trip.

Passport & Visa for Nepal

Apart from Indians, every foreigner must have a visa to enter Nepal. Issuing a Nepalese visa is a hassle work compared to other countries. An individual can obtain a Nepalese permit before entering Nepal. Moreover, one can release on the spot visa at the Tribhuvan International Airport or the border checkpoints Nepal and India /China. On the contrary, Nepal has listed the name of few countries whose nationals are not eligible to obtain on the spot visa upon arrival. They are Afghanistan, Iraq, Cameroon, Ghana, Somalia, Swaziland, Palestine, Zimbabwe, Nigeria, Ethiopia, and Liberia.

The first procedure for obtaining a visa is to fill an application form, provide passport size photograph, and pay the visa fee. A single entry visa costs USD 25, 50 or 1125 valid for 15, 30 or 90 days respectively. An individual can pay above mentioned fees at any currency at the airport, but some border checkpoints accept only USD. Likewise, children aged below ten are required visas with different fee structures.

If you plan to visit India, Tibet, and Bhutan simultaneously, you can apply for a multiple entry visa. Otherwise, you can change your single entry

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visa to multiple visas at Central Immigration Office, Kathmandu. The passport has to be valid for at least six months while submitting your visa application. You can read more at [Nepal Travel Info page](#).

Annapurna Circuit Trek weather

The atmosphere of Nepal is moderate. Nepal and Europe share similar weather but utterly opposite of the Australian seasons. Again, like other countries, Nepal also has four seasons. Winter generally starts from December till February, which is the pretty coldest month. Temperatures could drop down significantly at higher altitude resulting in heavy snowfall. Spring (March-May) and autumn (September-November) is the appropriate season for almost of the outdoor adventures. Nepal has the highest number of visitors this season.

Last but not least, Monsoon (end of June- August) is also the hottest and wettest season of the year. The temperature at certain plain areas could increase above 30 degrees. Or else it could rain all day and night resulting in major catastrophic like mass flood and landslides

Banking and Forex in Nepal

Individuals can pay in foreign exchange in hotels, travel agencies, and airlines. You can find numerous ATMs in cities accepting international bank cards (Plus, Cirrus, etc.). In the majority of ATM's, the maximum withdrawal amount is 20,000 NPR allowing to make repeated withdrawals.

Moreover, most tourist standard hotels, restaurants, airports, and travel agencies accept credit cards like Visa, JCB, MasterCard, and American Express. However, the bank enforces a certain amount of transaction fee during the transaction. The minimum surcharge is 4%. But, we won't charge any charges for credit card payment.

Custom Formalities-Nepal

When you arrive in Nepal, it is necessary to pass the custom checking of your baggage. Electronics apart from your personal belongings like a laptop, camera, movie/ video recorder, 15 film rolls, etc. are allowed to bring while you enter. If in any case, you purchase an antique in Nepal to take back home, you will have to certify that object by the Department of Archeology. It is illegal to export out of Nepal, artifacts that are 100 years and older.

Emergency Contact Information

While you fill the form to book this trip, please provide your emergency contact information. The contact person could be anyone from your family or close acquaintance. You can get the contact details of Embassy and Consulate by this link.

Safety and Security – Nepal

Nepal is long known for its safe part and warm hospitality for travelers. You will realize the friendliness and helping nature of Nepalese people when you step here. Still, you should be responsible for your personal belongings. You should place your valuables securely like money, jewelry, and expensive gadgets and electronics. Be on the safe side and avoid walking alone during nighttime, especially at the places with fewer people around. Try to maintain close distance with your group or

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representatives of Peregrine Treks when you need to venture out when the sun is down.

Electricity – Nepal

Most of the major cities are now free from load shedding. Whereas, there is still electricity cut off at some remote regions of Nepal. The standard frequency and voltage in Nepal are 50HZ and 230V. However, most of the hotels and guesthouses are have a generator or inverter or solar power. You can find multi-adapter style sockets in cities hotels. Besides teahouses of mountain lodges have two or three-pronged outlets. Still, we recommend you to carry universal adaptor so that you can charge your electronics without any fuss.

Vaccinations – Nepal

We suggest you to check with a physician regarding travel-related illness six months before you start your trip. Take the required complete course of treatments and boosters before you embark on an adventure to a foreign country. If you are trekking in the higher altitude, you may not worry about tropical illness.

Baggage – Nepal (Domestic Flight and Porter)

In domestic flights of Nepal, individuals are allowed to carry luggage weighing 15 kg. If the weight exceeds 15 kg, you will have to pay for extra luggage.

During the trekking, we will have one porter who will carry the baggage of two clients. He can take a total of 30 kg, which means one trekker should have luggage no more than 15 kilograms. While porter carries your baggage, you will be bringing a day bag pack.

Physical Condition & Experience

Walking is generally considered as a healthy exercise. Undoubtedly, walking in higher elevations is usually more physically demanding. For this reason, you need to be in good health, moderately fit, full of positive vibes, determined, and confident. Thus, you can easily complete the trek. You can maintain your fitness by carrying medium level exercise and jogging before your ABC Trek.

As a result, it will boost your strength and stability. If this is not your first trek, you can apply your experience. It's perfectly fine even if you are a first-timer because technical skills are not required for this trip. Besides, consult and check with your doctor if you have any pre-existing medical conditions like heart, lung, or blood diseases before you join the trek. If you have any medical conditions, we advise you to inform Peregrine Treks before booking the trek. We will try to arrange your trip accordingly.

Altitude Sickness & Acclimatization during Annapurna Circuit Trek

Acclimatization is a phenomenon used during Annapurna Circuit Trek in high altitude. The process makes one's body adapt to thin air and Himalayan environment. Oxygen particles start getting sparse, and air density gets thin at a higher altitude above 2000 meters. We have a

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pattern to follow while we walk on higher elevation to prevent us from Acute Mountain Sickness (AMS). Pacing the steps could result in AMS. The common symptoms like difficulty in breathing, headache, nausea, headache, dizziness, insomnia, vomiting, etc. could show up. One should never ignore the signs mentioned above. If untreated, it will result in High Altitude Cerebral Edema (HACE) and High Altitude Pulmonary Edema (HAPE). HACE AND HAPE affect brain and lungs filling fluid inside and could be fatal to the patient.

We design our itinerary in such a way that you will have sufficient time for acclimatization. You will have one or two rest days in lower elevations before you climb higher than 3500 meters. Rest day usually means you will utilize this day by stretching your legs to hike certain height and return to your teahouse. Besides, our guides will always carry a first aid kit, including Diamox, which is a pill to prevent AMS symptoms. However, you should follow the instructions of the guide and keep yourself hydrated. Avoid alcoholic and caffeinated drinks, which will cause dehydration.

How to book

To book a Peregrine Treks' trip, you will need to book now button and pay a 20% non-refundable deposit which you can do by using our online payment system or deposit at our official bank account number.

Pay to: Peregrine Treks & Expedition Pvt. Ltd.

Current A/c: 019 08274760015

Paying Bank: Himalayan Bank Limited

Branch: Thamel

Bank Street Address: Tridevi Marga, Thamel, Kathmandu, Nepal

SWIFT CODE: HIMANPKA

Bank service charges, credit card fees, and SWIFT charges and related to submitting a deposit are the responsibility of the client.

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