



TRAVEL THERE CO

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Annapurna Sanctuary

Days: Kathmandu to Kathmandu

What's Included

Your G for Good Moment: Sisterhood of Survivors Project, Kathmandu

Your Welcome Moment: Meet Your CEO and Group. Kathmandu guided tour. English-speaking guide and full support team of porters and assistants for the Annapurna Sanctuary trek. All transport between destinations and to/from included activities.

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

Itinerary

Highlights

Take in panoramic views and prayer flags in the Himalayas, explore rhododendron forests and tiny hamlets, meet local yak herders, experience tea house lodges and high passes.

Dossier Disclaimer

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Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

Important Notes

1. Weather conditions in the Himalayas can change rapidly and our CEO may be forced to change the trip itinerary accordingly. Travellers need to be prepared for all weather conditions. For more information please read the "what to take" section of this trip notes.

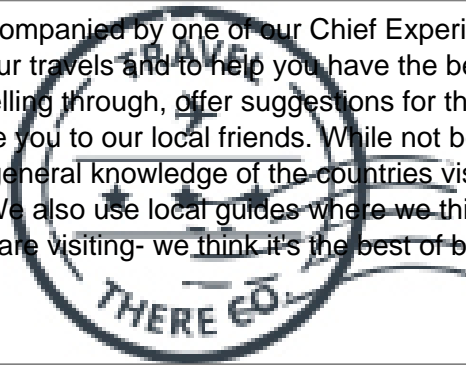
2. While our itineraries are designed to allow for adequate acclimatisation you are likely to feel the effects of altitude sickness and oxygen deprivation whilst on this trek. Please be aware that your CEO may deem it unsafe for you to continue trekking at any time, and arrange for you to descend to a lower attitude.

3. DRONES IN NEPAL

Please note that drones and the flying of drones are prohibited in Nepal. If you violate these regulations the police may take you into custody.

Group Leader Description

All Travel There Co group trips are accompanied by one of our Chief Experience Officers (CEO). The aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting- we think it's the best of both worlds.



Group Size Notes

Max 15, Avg 10

Meals Included

1 lunch

Meals

Eating is a big part of traveling. Travelling with Travel There Co you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your group CEO will be able to suggest favourite restaurants during your trip. On truck trips in Africa, aboard the expedition ship Explorer or our Galapagos yachts, while trekking in remote regions etc. food is included, plentiful and made of fresh local ingredients. The above information applies to Travel There Co group trips. For Independent trips please check the itinerary for details of meals included. For all trips please refer to the meals included and budget information for included meals and meal budgets.

Transport

Bus, minibus, walking.

About our Transportation

Local Flights

All local flights are included in the cost of your tour unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

Solo Travellers

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

Accommodation

Simple hotels/guesthouses (4 nts), tea houses (10 nts).

About Accommodation

A tea house is the combination of guest house, restaurant, and social hang out. Private rooms are available in most tea houses, except for high altitudes ones where it will be just dormitories. The lodges are fairly basic. The rooms are sparse with twin beds and very little additional furniture. Blankets are generally provided. Most bathrooms are shared and toilets can be either squat type or western style. Most tea houses have running water. The majority of tea houses only have cold showers, a few may have hot water available at an additional cost. However, we discourage our groups from using water heated by wood, as lack of firewood in villages is a big environmental concern in Nepal.

There is a large dining room-cum-lounge, warmed by the bukhara stove (an iron cylinder, fitted with a chimney duct, in which a log fire is lighted). There is normally no electric lighting in the rooms unless the village has hydroelectric power. The dining room usually has solar lighting. Some tea houses now also have electricity for charging small appliances - mobile phones and cameras - and there may be a small charge for this.

During a tea house trek you will usually have breakfast and dinner at the tea house, lunch will be eaten at one of the trail side restaurants. Every tea house serves the traditional Nepali meal Dal Bhat (rice and lentils), as well as a variety of different food items, such as rice, vegetables, noodles, potatoes and soup. Some have Nepali versions of western food such as pizza, pasta and french fries. Soft drinks, snacks and beer are available in most of the tea houses and trail side restaurants. And, of course, Nepali milk tea is served everywhere.

All tea houses have boiled water for trekkers. We discourage the purchase of bottled water while on the trail. The plastic bottles are difficult to dispose of and have become an environmental problem.

Joining Hotel

For details of your joining hotel please refer to your tour voucher, G Account, the Travel There Co App or contact your travel agent.

Joining Instructions

There is no airport bus service available at Tribhuvan, Kathmandu's International Airport so it's a matter of taking a taxi. This is very easy. There are two pre-paid taxi booths inside the terminal, one on each side as you exit the baggage claim area. They have fixed rates of 700-800 NPR to anywhere in the Thamel area. If you wish to entertain the masses you can step outside into the frantic ranks of drivers, touts and hangers on. Bargaining is the order of the day here and if you are good you may be able to get a taxi for 700NPR, a

massive saving of around 80 cents. It's a 20 to 50 minute journey depending on the time of day and the traffic levels.

If you have paid in advance for an arrival transfer, a Travel There Co representative will be at the airport to meet you. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Please note that Day 1 is an arrival day and no activities have been planned for that day other than your welcome meeting in the evening, so you can arrive at any time. Similarly the last day is a departure day during which no activities have been planned.

A Travel There Co Representative will organize a short meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip. A welcome note will be left for you in the hotel so you have all the necessary information regarding the meeting time. If you arrive late, s/he will leave you a message detailing what time and where you should meet the next morning.

Arrival Complications

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your trip CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your CEO, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Emergency Contact

Should you need to contact us during a situation of dire need, it is best to first call either the Travel There Co Local Representative (if one is listed below) or our Travel There Co Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.



AIRPORT TRANSFER

If you have purchased an arrival through Travel There Co or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

If your call is specifically concerning Airport Transfer complications at Tribhuvan International Airport please call our local Travel There Co Transfer providers directly at:

Mr. Rajju Maskey

From outside of Nepal: +977 98 0201 4444

From within Kathmandu: 98 0201 4444

From within Nepal, but outside Kathmandu: 098 0201 4444

EMERGENCY CONTACT NUMBERS

Travel There Co South Asia Manager, Rishab (Delhi, India)

>From outside of India: +91 88 5180 6614

>From within Delhi: 88 5180 6614

>From within India, but outside Delhi: 088 5180 6614

Travel There Co Office Bangkok, Thailand

During Office hours (Weekdays, 9am-5pm Local Time): +66-02-3815574

If you are unable for any reason to contact our local office, please call the numbers listed below, which will connect you directly with our 24 hour Sales team, who will happily assist you.

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What to Take

This is a very active trip, meaning you will be on the move most of the time, so pack as lightly as possible. We provide one porter for every two travellers; your trekking gear will be carried by the porter in a water-proof duffel that we will provide. The maximum the porters are allowed to carry is 7.5kg/16.5lb per passenger. Some of your luggage can be left in Kathmandu (the hotel may charge a storage fee), but you will need to take all your trekking gear with you.

Important to note:

- Please read the 'Checklist' section of this trip notes for additional details of what you need to bring for the trek on this trip.
- You will need to bring a comfortable medium sized day pack to carry the things that you will need during the day. This should have a waist strap or (better) a padded waist belt.
- The weather is subject to change in high altitude so layered clothing is recommended throughout the year.

Checklist

Available for Rent:

- Sleeping bag (100 - 200 NPR per day)

Cold Weather:

- Long-sleeved shirts or sweater
- Scarf
- Warm gloves
- Warm hat
- Warm layers

Conservative Dress:

- Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)
- Shawl or scarf (for temple visits)

Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Required visas or vaccination certificates (required) (With photocopies)
- Vouchers and pre-departure information (required)

Essentials:

- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of



diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)

- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Toiletries (Preferably biodegradable)
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Health & Safety:

- Face masks (required)
- Hand sanitizer (required)
- Pen (Please bring your own pen for filling out documents.)
- Rubber gloves

High Altitude Trekking:

- Down jacket (Recommended for winter season)
- Hiking boots (Worn frequently prior to departure)
- Pack liners to waterproof bags
- Reusable water bottle - minimum 1 litre (Aluminium or Nalgene polypropylene are best)
- Sandals (For wearing around camp in the evenings)
- Sleeping bag and liner, 4 season
- Spare boot laces
- Thermal base layer
- Waterproof gloves
- Whistle
- Windproof rain gear
- Wool socks



Note: The best clothing for trekking is either wool or synthetic materials in layers, as this is quick-drying and can keep heat in better. We suggest a base-layer, then a mid-layer such as a light fleece jacket or similar, then a windproof and waterproof layer.

Laundry

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

Visas and Entry Requirements

Please note it is your responsibility to arrange visas before you travel. Your travel agent can assist. Below are the visa requirements at the time of printing.

NEPAL

All foreign nationals (except Indians) require a visa to enter Nepal. Visas are obtainable from embassies abroad

or on arrival at Kathmandu's Tribhuvan airport. If getting the visa at the airport be prepared for long queues. You will also need to provide one passport photo and the following fees in US dollars cash only: single entry visa valid for 15 days - US \$30: Single Entry Visa for 30 days - US \$50 and multiple entry visa valid for 90 days - US \$125

Spending Money

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

Money Exchange

As currency exchange rates in Asia fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com. As of Feb 2012 the exchange rate for NEPAL was 1 USD = 78.76 NPR (Nepalese Rupees). There are many ATM machines that accept both Visa and Mastercard but these are limited to major cities. We also recommend the use of cash and travellers cheques in USD currency. Major credit cards are accepted in most shops but they may charge a 2-4% transaction fee.

Emergency Fund

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Departure Tax

All departure taxes should be included in your international flight ticket.

Tipping

It is customary in Asia to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is expected - though not compulsory - and shows an expression of satisfaction with the people who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping drivers and local guides would range from \$1-\$2 USD per person per day depending on the quality and length of the service, for porters during the trekking portion of your trip, the recommended amount is 300-500Rs (4-7USD) per day; ask your CEO for specific recommendations based on the circumstances and culture. Also at the end of each trip if you felt your Travel There Co CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$20-25 USD per person, per week can be used.

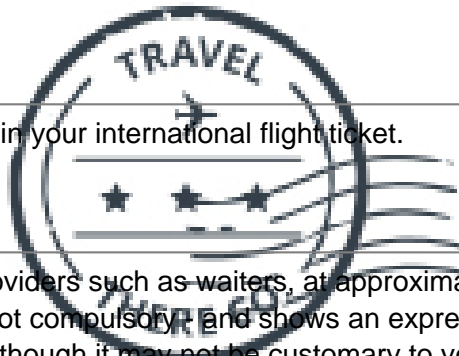
Optional Activities

Kathmandu
- Bodhnath Stupa Visit
- Swayambunath Guided Tour

Pokhara
- Flight: Pokhara to Kathmandu

Health

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.



There are no specific health requirements for this trip. However, you should consult your doctor for up-to-date medical travel information about before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements . Please be aware that we are in remote areas and away from medical facilities for some time during this trip, and for legal reasons our CEOs are prohibited from administering any type of drug including headache tablets, antibiotics, etc.

Safety and Security

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

<http://www.gadventures.com/travel-resources/safety/>
www.gadventures.com/travel-resources/safety/

Trip Specific Safety

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

Medical Form

A Couple of Rules

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the

land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

A Word of Warning

Travel Insurance

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

Local Dress

When packing be aware that dress standards are conservative throughout Asia. To respect this and for your own comfort, we strongly recommend modest clothing. This means covering shoulders and no short shorts. Loose, lightweight, long clothing is both respectful and cool in the predominantly hot Asian climate. Shorts should be knee-length. Singlets and tank tops are not acceptable. One piece bathing suits are recommended and topless sun bathing is unacceptable.

Feedback

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next Travel There Co trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at customerservice@gadventures.com and we will send it on to you.

Minimum Age

You must be 18 to travel unaccompanied on a Travel There Co tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

International Flights

Check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.