

Himalaya
Indian
Sub-continent

annapurna dhaulagiri over 55's - private comfort camps



trip highlights

Take in the sweeping views of the Dhaulagiri and Annapurna ranges on a carefully paced itinerary tailored for comfort

Walk through quiet rhododendron forests to Kopra Ridge and the sacred Khayer Lake, set beneath Annapurna South

Explore Kathmandu's ancient temples, colourful shrines and vibrant lanes

Relax by Pokhara's lakeside cafes and stroll its lively streets, the perfect balance after days on the trail



Trip Duration	18 days	Trip Code: AN5
Grade	Moderate	
Activities	Trekking	
Summary	18 day Trip, 13 day Trek, 5 nights Hotels, 7 nights Eco-Comfort Camps, 5 nights Lodges	

welcome to World Expeditions

For over 50 years, we've been creating high-quality, expedition-style adventures for active travellers with a curious spirit. From our very first trek in the mountains of Nepal to pioneering remote routes across all seven continents, our journeys are built for those who want to truly explore – not just visit.

At the heart of what we do is a simple philosophy: take the paths less travelled.

This means travelling with care, supporting local communities, minimising our impact, and unlocking experiences that most travellers will never have.

If you're ready to go further and dig deeper, we invite you to join us on the Annapurna Dhaulagiri over 55's - Private Comfort Camps, a journey that captures the essence of a unique adventure.

why travel with World Expeditions?

When planning travel to a remote and challenging destination, many factors need to be considered. World Expeditions have been pioneering treks in Nepal since 1975. Our extra attention to detail and seamless operations on the ground ensure that you will have a memorable trekking experience in the Himalaya. Every 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 4 star hotel in Kathmandu and well maintained, good quality camping equipment on trek. For your convenience and health we supply all meals on trek, whilst maintaining the highest standards of hygiene and our cooks will surprise you 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.



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World Expeditions does not require single travellers to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not 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. Please refer to our website for the additional cost. Single supplement charges relate to nights spent at the Radisson Hotel in Kathmandu and our exclusive eco-comfort camps. In other locations single rooms are allocated when available, if there are shortages due to peak periods, a private tent will be provided and will include a sleeping mat for your use.

inclusions valued at USD\$:

Meals: USD\$600

Internal Flights: USD\$290

meals on trek :

Unlike most companies, World Expeditions includes a full meal service as part of the trip price. We believe in the value of providing you with a full service trek which is to lower the risks to you and to ensure you stay healthy, travel safely and with maximum enjoyment. The cost of meals in tea houses and lodges in the main trekking areas is not cheap, the choices are often limited and a lot of the food is fried. By joining one of our camping treks you'll have a full time personal cook and assistant on hand to prepare a creative menu using almost all fresh ingredients and carefully managing the food preparation and hygiene standards that would otherwise cost you \$45 a day or more. Many of our trekkers write to us to compliment the food they received on trek which is testimony to the quality of our fully serviced treks.

Every day is different but here is a sample of one days menu on the trail:

Breakfast

Tea, coffee served in your tent, hot chocolate, porridge or a grain cereal, toast with spreads, eggs (fried, omelet or boiled) and fried tomatoes, boiled water

Lunch

Lemon drink, tomato, cucumber and carrot salad, cheese and gherkins, chapatis, pizza, canned tuna & meats, fresh oranges and bananas, boiled water

Dinner

Creamed corn soup, steamed vegetables, steamed rice, fried chicken, daal, spaghetti, chocolate cake, fresh apples, tea, coffee or hot chocolate, boiled water

the trip

Experience the very best of Nepal's mountain landscapes on this trek for those who want to explore the Himalaya at a comfortable, unhurried pace. Suitable for first-time trekkers or those seeking a gentler introduction to multi-day walking, this journey allows ample time to acclimatise and truly take in the breathtaking scenery.

Our unique route ventures off the busy main trails, through quiet rhododendron forests, traditional Gurung and Magar villages, and peaceful alpine pastures. From the sweeping ridgelines of Kopra Ridge to the sacred waters of Khayer Lake, nestled below Annapurna I, the views across the Annapurna and Dhaulagiri ranges are simply unrivalled. As we descend into the foothills, a stay near Poon Hill lets you witness sunrise over the Himalaya without the usual crowds.

Along the way, you will stay in our exclusive Eco-Comfort Camps, set in stunning, secluded locations. These permanent camps feature raised beds with mattresses and clean linen. These camps enhance the experience with comfort and character, while minimising environmental impact and spreading economic benefits to remote communities.

Your journey is made even more rewarding with our unbeatable list of inclusions. All meals on trek are freshly prepared by our dedicated cooks, with unlimited boiled water, daily hot drinks and a five kilogram extra baggage allowance on domestic flights. Our included Trek Pack saves you hundreds in gear hire, providing a high-quality down jacket, sleeping bag, insulated mat and more.

Safety is always paramount, with a well-paced itinerary, wilderness first aid-trained guides and medical equipment such as a Portable Altitude Chamber. Through our Pioneering Porter Policy, we also ensure our crew is properly outfitted, insured and treated with the same care and respect as our trekkers.

If you are seeking a quality, immersive and comfortably paced Himalaya trek, this journey offers stunning mountain scenery, rich cultural encounters and World Expeditions' trusted expertise every step of the way.

at a glance

DAY 1	JOIN KATHMANDU (1,330M / 4,364FT)
DAY 2	FREE DAY IN KATHMANDU (1,330M / 4,364FT)
DAY 3	FLY TO POKHARA, DRIVE TO PHEDI, TREK TO DHAMPUS (1,990M / 6,529FT, 6KM / 3.7MI, 3 HRS)
DAY 4	TREK TO LANDRUK (1,640M / 5,381FT, 13KM / 8.1MI, 5 HRS)
DAY 5	TREK TO GHANDRUK (2,050M / 6,726FT, 4 HRS)
DAY 6	TREK TO TADAPANI (2,650M / 8,694FT, 6KM / 3.7MI, 4 HRS)
DAY 7	TREK TO BHAISI KHARKA (3,420M / 11,220FT, 9KM / 5.6MI, 6-7 HRS)
DAY 8	TREK TO CHISTIBUNG (2,975M / 9,760FT, 4 HRS)
DAY 9	TREK TO KOPRA RIDGE (3,660M / 12,008FT, 10KM / 6.2MI, 7-8 HRS)
DAY 10	KOPRA RIDGE (3660M / 12,008FT), OPTIONAL HIKE TO KHAYER LAKE (4600M / 15,092FT, 9-10 HRS)
DAY 11	TREK TO SWANTA (2,400M / 7,874FT, 9KM / 5.6MI, 6-7 HRS)
DAY 12	TREK TO UPPER PHULBARI VIA GHOREPANI & POON HILL (3,210M / 10,531FT, 10KM / 6.2MI, 5-6 HRS)
DAY 13	TREK TO LES PAR VIA JALJALA DIL (2,600M / 8,530FT, 11.7KM / 7.3MI, 6-7 HRS)
DAY 14	TREK TO GHIBRANG (2,000M / 6,562FT, 10KM / 6.2MI, 4-5 HRS)
DAY 15	TREK TO NAYAPUL, TRANSFER TO POKHARA (1,340M / 4,396FT, 5KM / 3.1MI, 3-4 HRS)
DAY 16	FREE DAY IN POKHARA (820M / 2,690FT)
DAY 17	FLY POKHARA TO KATHMANDU (1,330M / 4,364FT)

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trip dates

2026 05 Oct - 22 Oct
26 Oct - 12 Nov
28 Dec - 14 Jan

2027 08 Feb - 25 Feb
08 Mar - 25 Mar
05 Apr - 22 Apr
04 Oct - 21 Oct
25 Oct - 11 Nov
27 Dec - 13 Jan

fast facts

Countries Visited:
Nepal

Visas:
Yes*

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

Advice for people with limited mobility
This trip is not suitable for people with limited mobility.

DAY 18 TRIP CONCLUDES IN KATHMANDU (1,330M / 4,364FT)

what's included

- 17 breakfasts, 14 lunches and 14 dinners, including all meals on trek
- Airport transfers if arriving on Day 1 and Day 18, or if pre/post tour accommodation at the Radisson is booked through World Expeditions
- Use of a World Expeditions trek pack including a quality sleeping bag, sleeping bag liner, and down or fibre-fill jacket (valued at US\$500)
- Internal flights between Kathmandu and Pokhara
- Expert bilingual trekking guide
- Comprehensive group medical kit
- Good quality accommodation in Kathmandu and Pokhara
- Accommodation on trek in a combination of comfortable lodges and private eco campsites featuring off-the-ground camp beds, mattresses and pillows
- All national park entrance fees and trekking permits
- Porters to carry all personal and group equipment, including porter insurance
- Souvenir World Expeditions kit bag

Local cash payments are becoming increasingly popular with many operators in the adventure travel industry. The policy seems to benefit the tour operators, more than the local economies or travellers, as it avoids local taxes and transfers the cost and risk of cash handling to travellers. In accordance with our Responsible Travel practices we have chosen a policy not to ask for such payments.

what's not included

- International flights
- Visa
- Travel insurance
- Meals not listed as included
- Personal expenses such as laundry, etc.
- Bottled water, aerated and alcoholic drinks
- Tips and gratuities
- Any items not listed as included

detailed itinerary

DAY 1 Join Kathmandu (1,330m / 4,364ft)

On arrival at Kathmandu International Airport (Tribhuvan International Airport) you will be met by a World Expeditions representative and transferred to your hotel. The remainder of the day is at leisure to relax or explore the surrounding area. In the late afternoon, your guide will provide a pre-trek briefing outlining the journey ahead and distribute your trek equipment. This evening you will join your group for a welcome dinner, providing an opportunity to meet your fellow travellers.

Accommodation: Radisson Hotel, Kathmandu
meals: NIL

DAY 2 Free day in Kathmandu (1,330m / 4,364ft)

Today is a free day to explore Kathmandu at your own pace. You may choose to visit some of the valley's most significant cultural and spiritual landmarks, including Pashupatinath, Nepal's most sacred Hindu temple, and Boudhanath, one of the largest Buddhist stupas in the world. Alternatively, you can wander

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thoughtful travel

Our World Expeditions adventures are grounded in a deep commitment to regenerative travel, going beyond minimising harm to actively restoring and enriching the places we visit. We partner closely with local communities, ensuring that our trips support cultural preservation, fair livelihoods, and community-led initiatives. Each expedition is designed to protect and regenerate natural ecosystems through low-impact practices, climate action, and education that fosters respect for biodiversity. We prioritise meaningful connections between travellers and place, encouraging a sense of stewardship that lasts well beyond the journey. By embedding sustainability into every layer of our operations, we aim not only to explore the world responsibly but also to leave it healthier, more resilient, and more vibrant for future generations.

trip grading Moderate

On a moderate trek physical activity will generally not exceed eight hours in a day, and altitudes generally not exceeding 5,500 metres. On a moderate adventure the physical activity is sustained and travelers should be comfortable with occasional rough terrain. At any stage of a moderate trek you can expect long steep climbs and descents and a wide range of weather conditions. An example of an average day on moderate trek could include several ascents and descents of 500 metres or more, level ground is rare in the mountains.

through the vibrant streets and markets of Thamel or explore historic sites such as Swayambhunath (Monkey Temple), Patan or Bhaktapur Durbar Squares. This flexible day allows you to experience the rich culture, architecture and daily life of the Kathmandu Valley.

Accommodation: Radisson Hotel, Kathmandu

meals: B

DAY 3 Fly to Pokhara, drive to Phedi, trek to Dhampus (1,990m / 6,529ft, 6km / 3.7mi, 3 hrs)

This morning you take a short 20 to 30 minute flight to Pokhara (820m / 2,690ft), Nepal's second largest city, with views of the Himalaya on a clear day. From Pokhara, you transfer by private vehicle to Phedi, a scenic drive of approximately 45 minutes to 1 hour. From Phedi, you begin your trek with a steady climb through terraced fields and small villages before entering areas of bamboo and rhododendron forest. The trail follows a ridgeline with increasingly expansive views as you gain elevation. You arrive in Dhampus, a traditional Gurung village with views across the Annapurna range.

Elevation gain/loss +900m / -50m (2,953ft / -164ft)

Accommodation: Lodge, Dhampus

meals: B,L,D

DAY 4 Trek to Landruk (1,640m / 5,381ft, 13km / 8.1mi, 5 hrs)

After a mountain sunrise, you follow a trail through rhododendron forest before continuing through a series of traditional Gurung villages where lifestyles have remained largely unchanged for generations. The route undulates through terraced farmland and forested sections, offering regular views across the valley. After lunch, you continue on a well-marked trail descending towards the village of Landruk, set above the Modi Khola. You arrive in this prosperous village where you settle in for the night.

Elevation gain/loss +300m / -650m (984ft / -2,133ft)

Accommodation: Eco Comfort Camp, Landruk

meals: B,L,D

DAY 5 Trek to Ghandruk (2,050m / 6,726ft, 4 hrs)

Your destination today is the attractive Gurung village of Ghandruk, visible across the valley. You begin by descending through terraced fields to the Modi Khola, crossing a steel suspension bridge over the glacial river. From here, you commence a steady ascent via a series of stone staircases, gaining elevation as the views open up to the surrounding Himalayan peaks and glaciers feeding the river below. The gradual pace allows time to appreciate the landscape and supports your acclimatisation as you approach Ghandruk, a beautifully situated mountain village.

Elevation gain/loss +410m / -300m (1,345ft / -984ft)

Accommodation: Eco Comfort Camp, Ghandruk

meals: B,L,D

DAY 6 Trek to Tadapani (2,650m / 8,694ft, 6km / 3.7mi, 4 hrs)

Today you continue your ascent through terraced fields before entering a dense forest of rhododendron, magnolia and lichen-covered trees. The trail climbs steadily along stone steps, passing waterfalls that cascade through narrow gullies, creating a rich environment for ferns and orchids. You ascend to Bhaishikharka where you pause

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To prepare for a moderate trek you should begin training at least three months before your departure. As a benchmark, an hour of aerobic exercise three times per week would be considered a minimum requirement.

The best preparation is bushwalking/ hiking involving relatively steep ascents and descents. If you can manage a couple of valley floor to ridgeline ascents per bushwalk/ hike, albeit with stops along the way, you know you can cope with a moderately graded trek. Speed is not important, stamina, confidence and rhythm are.

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 consultant or travel agent.

important note

These trip notes represent the most current information for this itinerary, and may supersede any information on our website, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

for lunch, before continuing on a more gradual trail towards Tadapani. This small village marks the last stop before entering more remote and less inhabited regions of the trek, and offers impressive views of the surrounding mountains.

Elevation gain/loss +800m / -200m (2,625ft / -656ft)

Accommodation: Lodge, Tadapani

meals: B,L,D

DAY 7 Trek to Bhaisi Kharka (3,420m / 11,220ft, 9km / 5.6mi, 6-7 hrs)

Leaving Tadapani, you follow a steadily ascending trail on a less defined path through old growth forest. As you gain elevation, there is the chance to see wildlife such as Himalayan thar, hyrax and langur monkeys. Gradually you rise above the tree line, revealing expansive views of the Annapurna Himal, with a likely lunch stop at a yak pasture near Timuje overlooking Annapurna South and Himul Chuli. After lunch, a steeper ascent leads you to a ridge with outstanding views of Dhaulagiri and surrounding peaks before descending into smaller rhododendron forest. You arrive at a remote campsite set high on the hillside with views across the valley.

Elevation gain/loss +900m / -150m (2,953ft / -492ft)

Accommodation: Eco Comfort Camp, Bhaisi Kharka

meals: B,L,D

DAY 8 Trek to Chistibung (2,975m / 9,760ft, 4 hrs)

You descend towards the valley floor, walking through old growth forest filled with vibrant rhododendron. With some luck, you may spot wildlife such as the colourful Danphe Pheasant, Nepal's national bird, or Himalayan tahr. After lunch, you begin a gradual ascent through grassy pastures and small villages, continuing at a steady pace to the settlement of Chistibung, where you stay overnight.

Elevation gain/loss +150m / -600m (492ft / -1,969ft)

Accommodation: Eco Comfort Camp, Chistibung

meals: B,L,D

DAY 9 Trek to Kopra Ridge (3,660m / 12,008ft, 10km / 6.2mi, 7-8 hrs)

Setting off early, you descend towards the valley floor before entering old growth forest filled with vibrant rhododendron. You pass through the small settlement of Chistibung where you stop for lunch. After lunch, you begin a steady ascent towards Kopra Ridge, gradually gaining elevation as the landscape opens up and the views become increasingly expansive. As you approach the ridge, Dhaulagiri dominates the skyline, rising above the Kali Gandaki Gorge, the deepest gorge in the world. On arrival at Kopra Ridge, you are rewarded with some of the most outstanding panoramic views in the Annapurna region. Elevation gain/loss +700m / -100m (2,297ft / -328ft) Accommodation: Lodge Kopra Ridge

Accommodation note - At Kopra Ridge, accommodation is limited to a single lodge provider in this remote location. Room standards can vary from comfortable to basic, and camping is not permitted. While every effort is made to secure the best available rooms, allocation is controlled by the lodge operators and may vary depending on availability. Despite the simple conditions, the location and access to the surrounding high alpine environment make this a highly rewarding and memorable part of the journey.

meals: B,L,D

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DAY 10 Kopra Ridge (3660m / 12,008ft), optional hike to Khayer Lake (4600m / 15,092ft, 9–10 hrs)

Today you have the option to undertake a full-day hike to Khayer Lake, following a high-altitude trail above Kopra Ridge. The route traverses steep hillsides along an ancient pilgrimage path towards this sacred alpine lake beneath Annapurna South. Along the way, you gain closer views of surrounding peaks, including the prominent Fang Face, while the lake itself holds cultural significance for local communities. After reaching the lake, you return to your lodge at Kopra Ridge, or you may choose to rest at the lodge and spend the day at leisure.

Elevation gain/loss +700m / -100m (2,297ft / -328ft)

Accommodation: Lodge, Kopra Ridge

Kopra Ridge accommodation note

At Kopra Ridge, accommodation is limited to a single lodge provider in this remote location. Room standards can vary from comfortable to basic, and camping is not permitted. While every effort is made to secure the best available rooms, allocation is controlled by the lodge operators and may vary depending on availability. Despite the simple conditions, the location and access to the surrounding high alpine environment make this a highly rewarding and memorable part of the journey.

meals: B,L,D

DAY 11 Trek to Swanta (2,400m / 7,874ft, 9km / 5.6mi, 6–7 hrs)

Today you descend steeply from Kopra Ridge towards the valley floor, following a trail that passes through the small settlement of Chistibung. The route continues through dense forest, with sections of sustained downhill walking as you lose significant elevation. Along the way, you cross streams and follow well-defined paths through this quieter, less-travelled part of the region. You arrive in Swanta, a traditional village setting where you settle into camp for the night.

Elevation gain/loss +150m / -1400m (492ft / -4,593ft)

Accommodation: Eco Comfort Camp, Swanta

meals: B,L,D

DAY 12 Trek to Upper Phulbari via Ghorepani & Poon Hill (3,210m / 10,531ft, 10km / 6.2mi, 5–6 hrs)

A short walk brings you to Chitre where you join the historic Tibet–Nepal trade route. The trail climbs steadily with excellent views of the Dhaulagiri range as it zigzags towards Ghorepani, where you stop for lunch in this lively village on the main trekking route. In the afternoon, you ascend to Poon Hill (3,200m / 10,499ft), a renowned viewpoint offering expansive mountain panoramas, avoiding the usual pre-dawn crowds. From here, you leave the main trail and traverse quieter yak herder paths to Upper Phulbari, where the setting provides impressive views of the Dhaulagiri massif.

Elevation gain/loss +1100m / -300m (3,609ft / -984ft)

Accommodation: Lodge, Upper Phulbari

meals: B,L,D

DAY 13 Trek to Les Par via Jaljala Dil (2,600m / 8,530ft, 11.7km / 7.3mi, 6–7 hrs)

Early morning views reveal forested foothills set against the backdrop of Dhaulagiri, Nilgiri and Annapurna, with first light illuminating the peaks. You follow a trail through diverse forest of rhododendron, fir, pine, cedar and bamboo, in a quieter section of the trek where you are unlikely to encounter other groups. The route

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gradually opens onto grassy ridgelines offering a pleasant walking experience before descending to a scenic lunch spot in a narrow valley surrounded by colourful rhododendron. From here, you take the southern trail leading to your remote campsite at Les Par (Swarga).

Elevation gain/loss +400m / -1000m (1,312ft / -3,281ft)

Accommodation: Eco Comfort Camp, Les Par

meals: B,L,D

DAY 14 Trek to Ghibrang (2,000m / 6,562ft, 10km / 6.2mi, 4–5 hrs)

Today you follow the ridge of Bharmakot Dhanda, enjoying expansive views of Annapurna South, Machapuchare, Hiunchuli and the distant Manaslu range. The trail undulates along the ridgeline before descending towards the village of Ghibrang. This traditional settlement remains largely untouched by modern development, offering a peaceful and authentic setting. You arrive at your campsite set on terraced ground with impressive mountain views.

Elevation gain/loss +300m / -900m (984ft / -2,953ft)

Accommodation: Eco Comfort Camp, Ghibrang

meals: B,L,D

DAY 15 Trek to Nayapul, transfer to Pokhara (1,340m / 4,396ft, 5km / 3.1mi, 3–4 hrs)

Today involves a sustained descent of approximately 1,000 metres, so trekking poles are recommended. The trail passes through a series of hillside villages set among terraced farmland, offering insight into local Gurung, Brahmin and Chettri communities. A final section of stone steps leads down to Nayapul, where you stop for lunch. Afterward, you transfer by vehicle to Pokhara and your hotel. Once settled, you may wish to visit the lakeside area, known for its relaxed atmosphere and local shops.

Elevation gain/loss +100m / -1100m (328ft / -3,609ft)

Accommodation: Hotel

meals: B,L,D

DAY 16 Free day in Pokhara (820m / 2,690ft)

Today is a free day to explore Pokhara at your own pace. Set beside Phewa Lake, this relaxed city is a popular gateway to the Annapurna region and offers a mix of natural scenery and cultural sites. You may choose to visit landmarks such as Devi's Falls, Gupteshwor Mahadev Cave or Binyabasini Temple, or simply wander through the lakeside area with its shops and cafés. Optional activities include paragliding, cycling or boating on the lake, or you may prefer a quiet stroll to take in the atmosphere.

Accommodation: Hotel

meals: B,L,D

DAY 17 Fly Pokhara to Kathmandu (1,330m / 4,364ft)

This morning you transfer to the airport for your return flight to Kathmandu, a journey of approximately 40 minutes with views of the Himalayan range on a clear day. On arrival, you are transferred to your hotel, and the remainder of the day is at leisure to relax or explore the city.

Accommodation: Radisson Hotel

meals: B

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DAY 18 Trip concludes in Kathmandu (1,330m / 4,364ft)

After breakfast, your trip concludes in Kathmandu. If you are departing today, you will be transferred to Kathmandu International Airport (Tribhuvan International Airport) for your onward journey. If you have made additional arrangements, you may continue your stay in Kathmandu.

meals: B

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

suggested extensions

- Chitwan Safari
- Ancient Varanasi & the Ganges
- Kathmandu to Delhi

country information

People from all walks of life are drawn to Nepal to experience the incredible Himalaya. Whether it is witnessing the windswept summits of the world's highest mountains, an early morning visit to a monastery high in the Himalaya, or sipping on a cup of warm Nepali tea with your trekking crew as you watch the sunrise over the mountains, we are sure you will find your adventure in Nepal with World Expeditions inspiring and rewarding. Far from the rush of the modern world, and in the delightful company of our trek crew, you will settle into a daily rhythm in the mountains that is immensely enjoyable. Our dedicated and experienced crew will take excellent care of you, helping you to relax, stay healthy and enjoy the beauty of Nepal. Their warmth and openness will give you an insight into their culture that will add a deeper dimension to your adventure. The camaraderie within your group that gradually develops on the trail, and the unexpected friendships you form with the locals you meet, will be highlights of travelling in this wonderful country.

Nepal's population of around 30 million people practice a blend of Hindu, Buddhist and traditional animist religion. While Nepal is a predominantly rural society, with 90% of the population living outside metropolitan areas, Kathmandu is rapidly urbanizing with a population of around 1 million. With over 100 different ethnic groups and languages, and an unparalleled concentration of World Heritage Sites in the Kathmandu Valley, Nepal offers a fascinating cultural tapestry like few places on earth.

climate

Our trekking season extends from mid-September to May. From early September the monsoonal rains decrease. By mid-October through to December the weather is usually stable with mild to warm days, cold nights and clear views. Daytime temperatures can reach 25 deg C at low altitude and nights can drop to below -5 deg C at higher altitudes. Weather in the Himalayas can be unpredictable at any time of year. It is essential to be prepared for all conditions as freak storms and unseasonal temperatures can occur.

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meals on trek

Unlike most companies, World Expeditions includes a full meal service as part of the trip price. We believe in the value of providing you with a full service trek which is to lower the risks to you and to ensure you stay healthy, travel safely and with maximum enjoyment. The cost of meals in tea houses and lodges in the main trekking areas is not cheap, the choices are often limited and a lot of the food is fried. By joining one of our camping treks you'll have a full time personal cook and assistant on hand to prepare a creative menu using almost all fresh ingredients and carefully managing the food preparation and hygiene standards that would otherwise cost you \$45 a day or more. Many of our trekkers write to us to compliment the food they received on trek which is testimony to the quality of our fully serviced treks.

Every day is different but here is a sample of one days menu on the trail:

Breakfast

Tea, coffee served in your tent, hot chocolate, porridge or a grain cereal, toast with spreads, eggs (fried, omelet or boiled) and fried tomatoes, boiled water

Lunch

Lemon drink, tomato, cucumber and carrot salad, cheese and gherkins, chapatis, pizza, canned tuna & meats, fresh oranges and bananas, boiled water

Dinner

Creamed corn soup, steamed vegetables, steamed rice, fried chicken, daal, spaghetti, chocolate cake, fresh apples, tea, coffee or hot chocolate, boiled water

mountain flights

The flights to and from Pokhara are a spectacular journey and a highlight of any trip to Nepal. Unlike the small mountain airstrips that use small aircraft and are often unreliable due to weather delays, this flight is from the major airport of Pokhara to the capital of Kathmandu. The many flights between these two cities use larger aircraft and have frequent schedules. The views of the Annapurna, Manaslu, Ganesh and Langtang ranges are breathtaking. The maximum allowance for checked luggage on the internal flights is 15kg per person and 5kg for hand luggage. These limits are strictly adhered to so please pack carefully. Please note that your provided World Expeditions trek pack will account for approx. 5.5kgs of this weight, taken up by the sleeping bag (2.5kg), down jacket (1.5kg), kit bag (1kg) and sleeping bag liner (0.5kg).

a typical day

Each morning begins with a wake-up cup of tea brought to you around 6:30 am, followed by a small bowl of warm water for washing. Before breakfast you pack your gear into your kit bag, which is carried by our porters or pack animals and won't be back with you until you reach that night's camp or lodge.

After a wholesome breakfast we are usually on the trail between 7:30 and 8:00 am, depending on the day's distance and terrain. The morning walk runs around three to four hours before we break for about an hour for lunch, at a spot our crew has chosen ahead of us. The afternoon walk is generally shorter, and we aim to arrive between 3:30 and 4:30 pm.

Afternoon tea is ready soon after you arrive, leaving time to rest or explore before dinner, usually served between 6:00 and 7:00 pm. Bring your headlamp and water bottles with you to the dining area so the bottles can be filled with boiling water for the night.

On the nights you are at one of our private eco comfort camps, dinner is served in a heated dining room with cushioned seating. After a long day at altitude, a warm place to sit and eat with the group makes a real difference.

Evenings on the trek are a special part of the journey. Whether it is playing cards, sharing stories, or music and dancing with the local crew, these are the moments most travellers remember long after the walking is done.

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exclusive private comfort camps

The Annapurna region is a very popular area for trekking with its stunning mountain vistas and traditional villages. Road constructions in some parts of the region have not hindered our opportunity to seek out the best walking trails away from these thoroughfares.

World Expeditions pioneered the concept of exclusive eco-comfort camps in the Everest region in 2013 and due to their great success, has replicated this in specific sites across the Annapurna region. While most companies offer lodge trekking where sustainable practice is not well patrolled and which takes away employment from the alternative camping option, our exclusive eco-comfort camps deliver a small environmental footprint but are big on comforts.

Each site comprises of a permanent dining room which is heated, two person stand high tents with stretcher beds, mattresses and pillows, composting sit toilets and many of our exclusive eco campsites also have hot showers. Meals will be taken in the dining room and at the end of the trekking day, you will relax with cushioned seating and the pot belly stove in the company of your staff and fellow World Expeditions travellers. There are no emissions in the room as the chimney carries smoke outside. There is also a staff kitchen where the preparation of all your meals takes place and there are incinerators that are used to burn all waste with any non-combustibles being carried out for proper disposal in Pokhara.

Our exclusive eco-comfort camps deliver an atmosphere of privacy and exclusivity from where you will enjoy fantastic mountain views; a place where travellers and staff come together and where camaraderie and friendships are forged. We know this to be a highlight of our camping approach and consistently received feedback that overwhelmingly supports this.

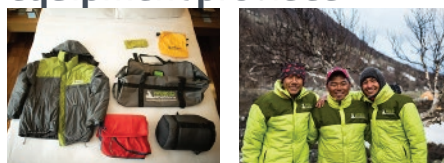
When you join one of our camping-based treks you should also take comfort in knowing that you are supporting the livelihoods of many local people as our style of trekking provides up to 25% more employment than a lodge or teahouse trek. We also engage people from each village in maintenance and surveillance when the camps are not in use.

We list next to each trek day in the day-to-day itinerary above where our exclusive eco-comfort camps are located. Hot showers are available at the following camps: Dhampus, Landruk, Ghandruk, Tadapani, Swarga, Chomrung, Upper Phulbari. There will be a small charge of between 200-300 rupees for their use and they are subject to availability.

dietary requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

equipment provided



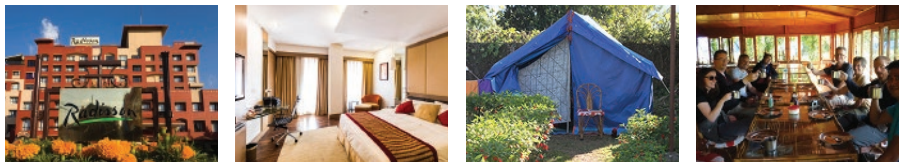
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You will be provided with the use of a World Expeditions trek pack which includes a duffle bag, quality sleeping bag, down or fibre fill jacket and insulated mat (valued at over US\$500). Further, our porters are provided with clothing and boots suitable for the conditions. See more information about our porter initiatives below.

accommodation in Kathmandu



In Kathmandu we stay at the comfortable, well located Radisson Hotel. The Radisson Hotel is situated in Lazimpat, a quiet and central area of Kathmandu. Only a short 12 minute walk to the main tourist district of Thamel, the Radisson acts as a base for World Expeditions travellers. The hotel has a World Expeditions tour desk in the foyer, free WIFI, a pool and bar, gymnasium, restaurants, room service, currency exchange and free luggage storage whilst you are on trip. A hearty buffet breakfast is included with every night stay in the Radisson. The Tranquility Spa, within the Radisson offers massage, reflexology, steam room and sauna, plus many beauty treatments for your enjoyment as a World Expeditions client you will receive a 30% discount off the retail prices on any treatment at the Spa. You can book these services through the Radisson while you are in Nepal.

what you carry

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

equipment required

Specialist gear required include walking boots and day pack (a comprehensive gear list is provided in the pre-departure information provided on booking).

acute mountain sickness

When we ascend above 2500 metres our bodies have to acclimatise to the decreasing amount of the oxygen available. To allow our bodies to adjust we have structured our treks so that you ascend slowly, allowing acclimatisation to occur. However, during the acclimatisation process, you may experience some of the following symptoms.

- Headache
- Tiredness
- Disturbed sleep
- Loss of appetite/nausea
- Shortness of breath
- Cough
- Palpitation
- Swelling of the hands and face

Individuals acclimatise at different rates. Your best strategy is to take your time and drink plenty of water. These symptoms may not indicate the onset of A.M.S. and if you experience them it does not necessarily mean that you should not continue. All our group leaders have extensive first aid training and we urge you to communicate with the group leader at all times should you

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believe you have any symptoms in order that we can effectively monitor your symptoms. The only cure for Acute Mountain Sickness is to descend.

Please note that your group leader has ultimate responsibility and may ask you to descend if symptoms persist.

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, on occasion some vehicles may not have seat belts fitted.

visas

Nepal Visa Information

All nationalities require a visa to enter Nepal. For most travellers, a multiple-entry tourist visa can be obtained on arrival at Tribhuvan International Airport (Kathmandu).

To make your arrival as smooth as possible and avoid long queues at the airport, World Expeditions strongly recommends completing the online visa application before you travel.

Option 1: Complete Your Visa Application Before Departure (Recommended)

The easiest and fastest option is to complete your visa application online before arriving in Nepal.

Online Visa Application Portal:

<https://nepaliport.immigration.gov.np/>(<https://nepaliport.immigration.gov.np/>)
<https://immigration.gov.np/user-manual-for-visa-fee-payment>

Important

Applications can only be submitted within 14 days of your arrival date

The barcode confirmation generated by the system is valid for 15 days. If your travel dates change and you arrive more than 15 days after completing the form, you will need to submit a new application.

How to Apply

1. Visit the Nepal Immigration Portal above.
2. Select "Visa on Arrival".
3. Choose Tribhuvan International Airport (TIA) as your point of entry if you are flying into Kathmandu.
4. Complete and submit the application.
5. Print or save the barcode confirmation receipt.

What to Bring

- * Passport valid for at least 6 months from your arrival date
- * Printed barcode confirmation receipt
- * 4 x passport-sized photographs
- * Visa fee payment (USD cash recommended)

On Arrival in Kathmandu

1. Proceed to the visa payment counter.
2. Pay the applicable visa fee.
3. Present your passport, payment receipt and barcode confirmation at Immigration.
4. Your visa will then be issued.

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Option 2: Apply for Your Visa on Arrival

If you have not completed the online application before departure, you can still obtain your visa upon arrival at Tribhuvan International Airport.

On Arrival

1. Proceed to one of the visa application kiosks in the arrivals hall.
2. Complete the electronic visa application form.
3. Print the confirmation receipt if available, or take a clear photo or screenshot of the confirmation page.
4. Proceed to the visa payment counter.
5. Present your application confirmation, payment receipt, passport and passport photographs at Immigration.

Please note that queues can be lengthy during busy periods, which is why completing the online application before departure is recommended.

Visa Fees

Current tourist visa fees are:

15 Days - US\$30

30 Days - US\$50

90 Days - US\$125

Payment Information

USD cash is strongly recommended. AUD, CAD and GBP are generally accepted at the exchange rate of the day. Bringing the exact amount in US dollars will help speed up processing and avoid delays

Important Requirements

Before travelling, please ensure you have:

- A passport valid for at least 6 months from your date of arrival
- 4 x passport-sized photographs
- A printed or saved copy of your visa application confirmation (if applying online)
- Sufficient funds to pay the visa fee on arrival

Visa Validity

Once issued, your Nepal tourist visa must be activated by entering Nepal within 6 months of the date of issue.

As visa regulations can change without notice, travellers should always check the latest requirements with Nepal Immigration prior to departure.

World Expeditions Recommendation: Complete the online visa application before departure and bring a printed copy of the barcode confirmation. This is the simplest way to minimise waiting times and ensure a smooth arrival into Nepal.

Please bear in mind that visas may be required for countries you are visiting en route or transiting through on the way to your destination. It is important that you check the requirements of all countries you will visit. Visa costs and requirements do change regularly so we suggest you check with your travel agent or World Expeditions reservations consultant. It is your responsibility to obtain all necessary visas.

webinars & events

Catch a Webinar – Live or On Demand - to learn more about a particular trip. Make sure the trip you choose is right for you. Watch them live, so you can ask our presenters a question, or catch

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the recording later at your leisure and watch it On Demand. Visit our website or keep an eye on our enewsletter for upcoming presentations.

private groups

The adventures that you see on our website are just a starting point. We operate many of our trips, which means we can be flexible and create an itinerary to suit your interests and dates. Talk to our team, you'll be surprised how much more affordable it can be when you get a group of friends, colleagues, a club – you name it, to travel with you!

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Never miss another deal or spot on an exciting new trip! Be part of our adventure community, head to our website to subscribe to our free enewsletter.

social networking

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INSTAGRAM: @worldexpeditions

Follow us at [instagram.com/worldexpeditions](https://www.instagram.com/worldexpeditions)

YOUTUBE: World Expeditions

Subscribe to our channel at [youtube.com/worldexpeditions](https://www.youtube.com/worldexpeditions)

Share the love

Use the hashtag #WorldExpeditions on your best travel photos and videos to be featured.

trip availability

We operate small group adventures, which means availability is always worth checking early. Check trip availability online or call our team who might be able to dig a little deeper for you to find what you want, when you want.

Many adventures require services that, if not available at the time you book (like an internal flight or permit) could mean the trip is unavailable. So, book early to avoid missing out on your dream adventure.

how to book

Check trip availability and book your tour online, or call or visit one of our offices. To book a trip, you will need to complete a Booking Form (online or request a PDF) and pay a non-refundable deposit. Please note that when booking our tours to not confirm any additional arrangements until all services related to your tour are confirmed by your dedicated Reservations Consultant.