

Himalaya
Indian
Sub-continent

annapurna dhaulagiri - private comfort camps



trip highlights

Stand on Kopra Ridge with sweeping views of the Annapurna and Dhaulagiri ranges

Visit sacred Khayer Lake via remote pilgrimage trails beneath Annapurna South

Follow quieter, less-travelled paths through traditional Gurung and Magar villages

Trek from lush foothills to alpine landscapes through rhododendron forests and high pastures

Stay in exclusive Eco-Comfort Camps in secluded mountain locations



Trip Duration	16 days	Trip Code: AND
Grade	Moderate	
Activities	Trekking	
Summary	16 day Trip, 12 day Trek, 4 nights Hotel, 6 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 - 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\$650

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

This journey through Nepal's Annapurna region takes you beyond the main trekking routes to the elevated vantage point of Kopra Ridge, where wide-ranging views extend across the Annapurna and Dhaulagiri ranges. Beginning in the foothills, you follow a gradual ascent through terraced farmland, rhododendron forests and traditional Gurung and Magar villages, building naturally towards the alpine landscapes above. A defining highlight is the walk to Khayer Lake, a sacred glacial site reached via ancient pilgrimage trails beneath Annapurna South, offering a quieter and more remote Himalayan experience. Supported by our experienced crew and enhanced by our exclusive Eco-Comfort Camps, this trek combines immersive trekking, cultural connection and considered comfort in one of Nepal's most rewarding region

at a glance

DAY 1	JOIN KATHMANDU (1330M / 4364FT)
DAY 2	EXPLORE KATHMANDU (1330M / 4364FT)
DAY 3	FLY TO POKHARA (820M / 2690FT), DRIVE TO PHEDI, TREK TO DHAMPUS (1990M / 6529FT, 3 HRS)
DAY 4	TREK TO LANDRUK (1640M / 5381FT, 5 HRS)
DAY 5	TREK TO GHANDRUK (2050M / 6726FT, 4 HRS)
DAY 6	TREK TO TADAPANI (2650M / 8694FT, 4 HRS)
DAY 7	TREK TO BHAISI KHARKA (3420M / 11,220FT, 6-7 HRS)
DAY 8	TREK TO KOPRA RIDGE (3660M / 12,008FT, 7-8 HRS)
DAY 9	KOPRA RIDGE (3660M / 12,008FT), OPTIONAL HIKE TO KHAYER LAKE (4600M / 15,092FT, 9-10 HRS)
DAY 10	TREK TO SWANTA (2400M / 7874FT, 6-7 HRS)
DAY 11	TREK TO UPPER PHULBARI (3210M / 10,531FT) VIA GHOREPANI & POON HILL (3200M / 10,499FT, 5-6 HRS)
DAY 12	TREK TO LES PAR (SWARGA) (2600M / 8530FT, 6-7 HRS)
DAY 13	TREK TO GHIBRANG (2000M / 6562FT, 4-5 HRS)
DAY 14	TREK TO NAYAPUL (1340M / 4396FT, 3-4 HRS), TRANSFER TO POKHARA
DAY 15	FLY POKHARA (820M / 2690FT) TO KATHMANDU (1330M / 4364FT)
DAY 16	TRIP CONCLUDES KATHMANDU (1330M / 4364FT)

what's included

- 15 breakfasts, 12 lunches and 12 dinners, including all meals on trek
- Airport transfers if arriving on Day 1 and Day 16, 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)
- Return flight 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 our private eco-comfort camps featuring off-the-ground camp beds, mattresses and pillows
- Private transportation throughout
- All national park entrance fees and trekking permits
- Porters to carry all personal and group equipment, including porter insurance
- Souvenir World Expeditions kit bag



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trip dates

2026 21 Sep - 06 Oct
30 Sep - 15 Oct
11 Oct - 26 Oct
19 Oct - 03 Nov
27 Oct - 11 Nov
02 Nov - 17 Nov
16 Nov - 01 Dec
30 Nov - 15 Dec

2027 04 Jan - 19 Jan 1
08 Feb - 23 Feb
01 Mar - 16 Mar
15 Mar - 30 Mar 1
29 Mar - 13 Apr
12 Apr - 27 Apr
26 Apr - 11 May
20 Sep - 05 Oct
29 Sep - 14 Oct
10 Oct - 25 Oct
18 Oct - 02 Nov
26 Oct - 10 Nov
01 Nov - 16 Nov
15 Nov - 30 Nov
29 Nov - 14 Dec

important notes

1 - This trip has been confirmed below our normal minimum group size. There may be a small surcharge to pay if you join this departure, which will be removed once minimum

numbers are met. Please ask us for details.

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

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 (1330m / 4364ft)

On arrival at Kathmandu's Tribhuvan International Airport, you will be met by a World Expeditions representative and transferred to your hotel in a private vehicle. The remainder of the day is free for you to relax after your journey or explore the surrounding area at your own pace. In the late afternoon, you will meet your guide for a pre-trek briefing, where the journey ahead will be outlined and your trekking kit, including your kit bag, sleeping bag and down or fibrefill jacket, will be distributed. This evening, you join your group for a welcome dinner, providing an opportunity to meet your fellow travellers before the trek begins.

Accommodation: Radisson Hotel, Kathmandu
meals: NIL

DAY 2 Explore Kathmandu (1330m / 4364ft)

Today is free for you to explore Kathmandu and its surrounding cultural sites at your own pace. You may choose to visit Pashupatinath, an important Hindu temple complex, or Boudhanath, one of the largest Buddhist stupas in Nepal, both recognised for their cultural and spiritual significance. Alternatively, you can explore the streets and markets of Thamel or visit sites such as Swayambhunath, Patan or Bhaktapur. Depending on scheduling, this free day may take place at the end of the trek, and your guide will confirm arrangements locally.

Accommodation: Radisson Hotel, Kathmandu
meals: B

DAY 3 Fly to Pokhara (820m / 2690ft), drive to Phedi, trek to Dhampus (1990m / 6529ft, 3 hrs)

This morning you take a scenic flight to Pokhara (approx. 25 minutes), where, in clear conditions, views extend across the Annapurna range. From Pokhara, you drive for around one hour to Phedi, the starting point of your trek, before beginning your walk towards the village of Dhampus. The trail ascends steadily through farmland, bamboo groves and rhododendron forest, passing local villages where you

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Advice for people with limited mobility

This trip is not suitable for people with limited mobility.

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.

encounter daily life in the foothills. As you gain the ridge near Dhampus, views open to peaks including Machapuchare (6993m / 22,943ft), Hiunchuli (6441m / 21,132ft) and Annapurna South (7219m / 23,684ft) before arriving at your lodge.

Accommodation: Lodge, Dhampus

meals: B,L,D

DAY 4 Trek to Landruk (1640m / 5381ft, 5 hrs)

This morning you begin your trek with views across the surrounding mountains before following the trail through rhododendron forest. The route continues through a series of traditional Gurung villages, offering insight into daily life in the Annapurna foothills. After lunch, you follow a well-defined trail descending and contouring towards Landruk. On arrival, you settle into your Eco-Comfort Camp with views towards Annapurna South.

Accommodation: Eco-Comfort Camp, Landruk

meals: B,L,D

DAY 5 Trek to Ghandruk (2050m / 6726ft, 4 hrs)

Today you trek towards the Gurung village of Ghandruk, visible across the valley from your starting point. The trail descends through terraced farmland to the Modi Khola, where you cross a steel suspension bridge before beginning a steady ascent. As you climb, views open across the surrounding peaks and glacial valleys that shape this region. On arrival in Ghandruk, you settle into your Eco-Comfort Camp with time to take in the mountain setting.

Accommodation: Eco-Comfort Camp, Ghandruk

meals: B,L,D

DAY 6 Trek to Tadapani (2650m / 8694ft, 4 hrs)

Today you continue your ascent, following a trail that winds through farmland before entering dense forest. The route passes through rhododendron and magnolia forest, with sections of lichen-covered trees and occasional waterfalls along the way. As you gain elevation, the landscape becomes more remote, marking the transition towards less inhabited areas of the trek. On arrival in Tadapani, a small mountain village, you settle into your lodge for the night.

Accommodation: Lodge, Tadapani

meals: B,L,D

DAY 7 Trek to Bhaisi Kharka (3420m / 11,220ft, 6-7 hrs)

Today you leave the main trekking trail and ascend along a less-defined path through old-growth forest. As you gain elevation, there is the possibility of spotting wildlife such as Himalayan thar or langur monkeys before emerging above the tree line. From here, views open across the Annapurna range, with a lunch stop often taken in alpine pasture near Timuje, overlooking Annapurna South and Himul Chuli. After a steeper ascent to the ridge with views towards Dhaulagiri, you descend into rhododendron forest to reach your remote Eco-Comfort Camp at Bhaisi Kharka.

Accommodation: Eco-Comfort Camp, Bhaisi Kharka

meals: B,L,D

DAY 8 Trek to Kopra Ridge (3660m / 12,008ft, 7-8 hrs)

Today you descend through forest towards the valley before climbing again through rhododendron and alpine terrain. After passing the small settlement of Chistibung, where you typically stop for lunch, you begin a sustained ascent to Kopra Ridge. As

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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, 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.

you gain height, expansive views open across the Annapurna range, with Dhaulagiri rising above the Kali Gandaki valley. On arrival at Kopra Ridge, you stay in a remote lodge with access to elevated viewpoints across the surrounding peaks.

During the stay at Kopra Ridge, we want to set clear expectations about the accommodation. There is only one lodge provider at this remote location, operating a small precinct of rooms that range from fairly comfortable to very basic. Unfortunately, camping is strictly prohibited in this area, and no alternative lodging options exist. While we receive ongoing assurances from the lodge management that clean and comfortable rooms will be allocated to our groups, the reality is that we have limited control over room assignments. Availability can fluctuate based on seasonality and decisions by the lodge operators, and room quality may vary as a result. With that said, we believe the possible basic conditions some travellers may experience is outweighed by the extraordinary experience of staying at Kopra Ridge and the access it provides to the stunning Khayer Lakes. We sincerely appreciate your understanding. Accommodation: Lodge, Kopra Ridge

meals: B,L,D

DAY 9 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.

Accommodation: Lodge, Kopra Ridge

meals: B,L,D

DAY 10 Trek to Swanta (2400m / 7874ft, 6–7 hrs)

Today you descend steeply from Kopra Ridge towards the valley, following a trail that leads to a stream below. The route passes through the small settlement of Chistibung before continuing through dense forest. As you descend, the landscape transitions from alpine terrain to more vegetated foothills. On arrival in Swanta, you settle into your Eco-Comfort Camp for the night.

Accommodation: Eco-Comfort Camp, Swanta

meals: B,L,D

DAY 11 Trek to Upper Phulbari (3210m / 10,531ft) via Ghorepani & Poon Hill (3200m / 10,499ft, 5–6 hrs)

Today you ascend to Chitre, joining a historic trade route that continues towards Ghorepani. The trail climbs steadily with views towards the Dhaulagiri range before reaching Ghorepani, a village on the main trekking route, where you stop for lunch. In the afternoon, you make the climb to Poon Hill, a well-known viewpoint, before leaving the main trail to follow quieter paths towards Upper Phulbari. On arrival, you settle into your lodge with views across the Dhaulagiri massif.

Accommodation: Lodge, Upper Phulbari

meals: B,L,D

DAY 12 Trek to Les Par (Swarga) (2600m / 8530ft, 6–7 hrs)

This morning you continue along forested trails with views across the surrounding foothills and Himalayan ranges. The route passes through mixed forest of

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rhododendron, pine, fir, cedar and bamboo, following less-frequented paths. As you progress, the trail emerges onto open ridgelines before descending to a valley where you stop for lunch. From here, you follow the southern trail to Les Par (Swarga), arriving at your Eco-Comfort Camp set in a secluded location.

Accommodation: Eco-Comfort Camp, Les Par (Swarga)

meals: B,L,D

DAY 13 Trek to Ghibrang (2000m / 6562ft, 4–5 hrs)

Today you follow the ridge of Bharmakot Dhanda, with views extending across surrounding Himalayan peaks. Along the way, you take in outlooks towards Annapurna South, Machapuchare, Hiunchuli and the Manaslu range. The trail continues through rural landscapes before descending towards the village of Ghibrang. On arrival, you settle into your Eco-Comfort Camp in a terraced village setting.

Accommodation: Eco-Comfort Camp, Ghibrang

meals: B,L,D

DAY 14 Trek to Nayapul (1340m / 4396ft, 3–4 hrs), transfer to Pokhara

Today you descend from the hills towards Nayapul, with a steady drop in elevation along the trail. The route passes through a series of hillside villages and terraced farmland, reflecting the rural life of the region. A final section of stone steps leads to Nayapul, where your trek concludes. From here, you transfer by road to Pokhara, where you check into your hotel for the evening.

Accommodation: Hotel, Pokhara

meals: B,L,D

DAY 15 Fly Pokhara (820m / 2690ft) to Kathmandu (1330m / 4364ft)

This morning you transfer to the airport for your return flight to Kathmandu (approx. 25 minutes). In clear conditions, the flight offers views across the Himalayan ranges as you travel east. On arrival, you are transferred to your hotel in the city. The remainder of the day is free for you to relax or explore at your own pace.

Accommodation: Radisson Hotel, Kathmandu

meals: B

DAY 16 Trip concludes Kathmandu (1330m / 4364ft)

After breakfast, your arrangements conclude in Kathmandu. If you are departing today, you will be transferred to Tribhuvan International Airport for your onward journey. Alternatively, you may choose to extend your stay in Kathmandu. No further activities are included on this day.

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

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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.

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

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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.

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

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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

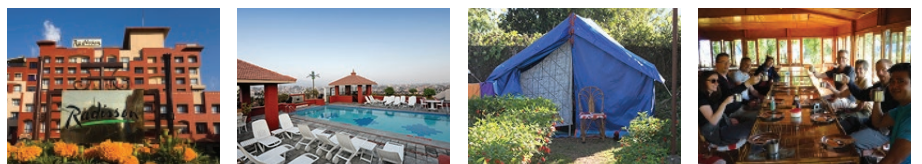
Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we 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



You will be provided with the use of a World Expeditions trek pack which includes a duffel 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.

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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 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:

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<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.

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

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