

annapurna trek - private comfort camp



trip highlights

- A perfect introduction to Himalayan trekking and a chance to enjoy stunning views of the Annapurna Range
- Enjoy magical sunrise views from Poon Hill and trek through oak and rhododendron forests
- Immerse yourself in Nepali culture as you trek through Gurung Villages
- Spend a night at the picturesque lakeside town of Pokhara
- Experience a Himalayan mountain flight from Kathmandu to Pokhara



Trip Duration	8 days	Trip Code: ANT
Grade	Introductory	
Activities	Trekking	
Summary	8 day Trip, 5 day Trek, 3 nights Hotel, 1 night Eco-Comfort Camp, 3 nights Lodge	

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 Trek - Private Comfort Camp, 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\$:

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 short Annapurna trek is the perfect Himalayan escape for first time trekkers seeking big mountain views without the demands of high-altitude trekking. In just a few days, you'll journey through peaceful villages, terraced fields and rhododendron forests alive with birdsong, all set beneath the awe-inspiring backdrop of the Annapurna and Dhaulagiri ranges.

At just 3,200 metres (10,499 feet) at its highest point, this itinerary offers an accessible adventure for first-time trekkers or those easing into multi-day hiking. You'll enjoy the comfort of our exclusive Eco-Comfort Camps and eco-lodges, carefully positioned in scenic locations to showcase stunning mountain sunrises and peaceful Himalayan evenings without the crowds.

Unlike longer, more strenuous treks, this journey allows you to experience the heart of the Annapurnas in less than a week on the trail, making it ideal for travellers short on time but big on experience. We've designed the Annapurna trekking route to avoid the busier commercial paths and instead follow quieter trails that offer a more authentic glimpse into life in the mid-hills of Nepal.

World Expeditions has been crafting Himalayan adventures for nearly five decades, and our expertise ensures every detail is handled with care. Our safety-first approach includes trained guides, a well-paced itinerary, and all meals prepared by our dedicated crew. We provide a complimentary Trek Pack—complete with a quality down jacket and sleeping bag—and our Eco-Comfort Camps add an extra level of comfort with raised beds, clean linen and a relaxed camp atmosphere.

With return flights between Kathmandu and Pokhara included, this short Annapurna trek delivers maximum reward in minimal time. It's a smart and deeply rewarding way to experience the beauty of trekking in Nepal.

at a glance

DAY 1	JOIN KATHMANDU (1,330 M / 4,364 FT)
DAY 2	FLY TO POKHARA, TRAVEL TO BIRETHANTI AND TREK TO GHANDRUK (FLIGHT APPROX. 20-25 MINS, 1.5 HR DRIVE, WALK APPROX. 4-5 HRS)
DAY 3	TREK TO TADAPANI (2,650 M / 8,694 FT, 6 HRS)
DAY 4	TREK TO GHOREPANI (2,880 M / 9,449 FT, 6-7 HRS)
DAY 5	SUNRISE TREK TO POON HILL (3,200 M / 10,499 FT), TREK TO ULLERI (2,070 M / 6,791 FT, 5-6 HRS)
DAY 6	TREK TO BIRETHANTI (1,100 M / 3,609 FT), DRIVE TO POKHARA (820 M / 2,690 FT, 4 HRS WALK, 2-3 HRS DRIVE)
DAY 7	FLY FROM POKHARA (820 M / 2,690 FT) TO KATHMANDU (1,330 M / 4,364 FT, 25 MINS)
DAY 8	TRIP CONCLUDES IN KATHMANDU (1,330 M / 4,364 FT)

what's included

- 7 breakfasts, 5 lunches and 5 dinners including all meals on trek valued at US\$280
- Flight Kathmandu/Pokhara return valued at US\$266
- 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)
- Airport transfers if arriving on day 1 and 8 or if you booked pre/post tour accommodation at the Radisson through World Expeditions
- Expert bilingual guide
- Group medical kit
- Good quality accommodation in Kathmandu on a twinshare basis
- Souvenir World Expeditions kit bag
- Private vehicle transportation



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trip dates

2026 04 Oct - 11 Oct
11 Oct - 18 Oct
18 Oct - 25 Oct
25 Oct - 01 Nov
08 Nov - 15 Nov
15 Nov - 22 Nov
22 Nov - 29 Nov
29 Nov - 06 Dec
06 Dec - 13 Dec
20 Dec - 27 Dec

2027 03 Jan - 10 Jan
10 Jan - 17 Jan
24 Jan - 31 Jan
31 Jan - 07 Feb
07 Feb - 14 Feb
14 Feb - 21 Feb
21 Feb - 28 Feb
28 Feb - 07 Mar
07 Mar - 14 Mar
14 Mar - 21 Mar
28 Mar - 04 Apr
04 Apr - 11 Apr
11 Apr - 18 Apr
06 Sep - 13 Sep
12 Sep - 19 Sep
19 Sep - 26 Sep
03 Oct - 10 Oct
10 Oct - 17 Oct
17 Oct - 24 Oct
24 Oct - 31 Oct
07 Nov - 14 Nov
14 Nov - 21 Nov
21 Nov - 28 Nov
28 Nov - 05 Dec
05 Dec - 12 Dec
19 Dec - 26 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 if minimum numbers are met. Please ask us

for details regarding the additional cost.

fast facts

Countries Visited:
Nepal

Visas:

- All park entrance fees and trekking permits and site entry fees
- Porters to carry all personal and group equipment and porter's insurance

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

- Lunch & dinner in Kathmandu
- Bottled water, aerated & alcoholic drinks
- Items of a personal nature such as phone calls, laundry, etc
- Tips
- International flights
- Airport and departure taxes
- Visa
- Travel Insurance

detailed itinerary

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

You will be met on arrival at Tribhuvan International Airport by a World Expeditions representative and transferred to your hotel. The remainder of the day is at leisure to rest or explore the surrounding area. In the late afternoon, a pre-trek briefing will be held where you receive your kit bag, sleeping bag and down or fibrefill jacket. This evening, you join your group for a welcome dinner, providing an opportunity to meet your fellow travellers.

Accommodation: Radisson Hotel

meals: NIL

DAY 2 Fly to Pokhara, travel to Birethanti and trek to Ghandruk (flight approx. 20–25 mins, 1.5 hr drive, walk approx. 4–5 hrs)

We take an early morning flight from Kathmandu (KTM) to Pokhara (PKR), a journey of approximately 20–25 minutes. In clear weather, the flight rewards us with impressive views of the Annapurna range, providing an exciting first glimpse of the mountains ahead.

On arrival in Pokhara (820 m / 2,690 ft), we meet our vehicle and travel for approximately 1.5 hours to Birethanti, following roads through the foothills and rural valleys of the Annapurna region.

From Birethanti, we begin our trek to Ghandruk, walking for approximately 4–5 hours through terraced hillsides, traditional villages and beautiful mountain landscapes. As we gain height, we settle into the rhythm of the trail and enjoy our first rewarding day on foot in the Annapurna region.

On arrival in Ghandruk, we settle into our comfortable camp and enjoy the surrounding Himalayan scenery.

Accommodation: Eco-Comfort Camp, Ghandruk

meals: B,L,D

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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.

*Ask our staff for more information.

DAY 3 Trek to Tadapani (2,650 m / 8,694 ft, 6 hrs)

You begin your trek with a steady ascent through terraced fields before entering forests of rhododendron, magnolia and lichen-covered fig trees. Along the way, you pass waterfalls cascading through narrow gullies, supporting ferns and a variety of plant life including colourful orchids. The trail continues through forested terrain as you make your way towards Tadapani. On arrival, you reach this small village and settle into your lodge for the evening.

Accommodation: Lodge

meals: B,L,D

DAY 4 Trek to Ghorepani (2,880 m / 9,449 ft, 6-7 hrs)

You continue your trek with a steady ascent, with excellent views of the Dhaulagiri range unfolding along the way. The trail zigzags through forested terrain and traditional villages as you make your way towards Ghorepani. On arrival, you reach this sizeable settlement located on a well-established trekking route. In the afternoon, you may choose to explore the village, browse local handicrafts and enjoy treats from the bakeries.

Accommodation: Lodge

meals: B,L,D

DAY 5 Sunrise trek to Poon Hill (3,200 m / 10,499 ft), trek to Ulleri (2,070 m / 6,791 ft, 5-6 hrs)

You rise early for a pre-dawn walk to Poon Hill, where a 45-minute ascent rewards you with expansive Himalayan views. As the sun rises, the peaks of Dhaulagiri, Nilgiri and Annapurna are illuminated, making the early start worthwhile. After descending for breakfast, you continue downhill through small settlements and into a deep ravine, passing a series of waterfalls along the trail. You arrive in Ulleri, where you stay in an eco-lodge with views back over the valley and surrounding mountains.

Accommodation: Lodge

meals: B,L,D

DAY 6 Trek to Birethanti (1,100 m / 3,609 ft), drive to Pokhara (820 m / 2,690 ft, 4 hrs walk, 2-3 hrs drive)

You descend steeply to the valley floor, passing through the villages of Tikhedhunga and Hile. After reaching the valley, you cross the river via a suspension bridge before continuing on a gentler trail along the riverside. The walk leads you to Birethanti, marking the end of your trek. From here, you transfer by vehicle for the scenic drive back to Pokhara.

Accommodation: Hotel

meals: B,L,D

DAY 7 Fly from Pokhara (820 m / 2,690 ft) to Kathmandu (1,330 m / 4,364 ft, 25 mins)

This morning you transfer to the airport for your 25-minute flight to Kathmandu, following the Himalayan range along the way. On arrival, you are transferred to your hotel in the city. The remainder of the day is free for last-minute shopping or sightseeing. This provides an opportunity to explore Kathmandu at your own pace.

Accommodation: Radisson Hotel or similar

meals: B

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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 Introductory

To determine the grade of a particular adventure we consider a number of factors. These include the condition of the walking terrain, the altitude, the number of pass crossings and the length of the trek. The Annapurna Trek is graded introductory. This is primarily due to the low altitude gains and the condition of the trail which is well defined and not unduly demanding. During the trek you will be walking for up to five to six hours a day at a slow but steady pace. You will need a reasonable level of fitness (remember there is no such thing as an easy trek) and we suggest 30 minutes of aerobic type exercise, (either cycling or jogging) three times a week for the three months leading up to your trek. Hill walking with a daypack in variable weather conditions is also recommended.

DAY 8 Trip concludes in Kathmandu (1,330 m / 4,364 ft)

After breakfast, your trip concludes in Kathmandu. If you are departing today, you will be transferred to the airport for your onward journey. Airport transfers include assistance with check-in procedures where required. Additional arrangements can be made if you are continuing your stay.

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
- Kathmandu to Delhi
- Bhutan Retreat
- Ancient City of Lhasa
- Sherpa Everest

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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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.

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.

wilderness camps

Our wilderness campsites function without any permanent infrastructure. These are traditional expedition style camps which are set up when we arrive. These camps consist of a mess tent, kitchen tent, toilet tent and two person tents for sleeping. These sites have been handpicked for their scenic locations and permanent structures are not permitted under the national park rules.

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.

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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.

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

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- 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.

porter initiatives

Porter Welfare in Nepal: the Himalaya

Porters are an integral part of the World Expeditions philosophy and style of travel. We take our travellers off-the-beaten track, avoiding the congested trails, to experience our often remote tent-based adventures ... this style of trekking is enabled by porters. When we trek, the entire group - travellers, guides and porters alike - are a team who share the same needs for safety in the mountain environment. Our Himalaya porters receive the following:

*A good working wage that is regulated by the Trekking Agents Association of Nepal and the Labour Union of Nepal. We pay per their guidelines, which are unionised.

*We are one of the only trekking companies in Nepal to provide our porters with three meals a day, prepared by our cooks.

*We are one of the only trekking companies in Nepal to provide our porters with lodging or tents, sleeping mats and blankets.

*Porters also receive life insurance and income protection insurance.

*Access to same first aid care that our travellers receive including emergency helicopter evacuation if required.

*Porters are provided with wind and waterproof jacket and over-trousers, 2 pairs of woollen socks, 2 pair of leather shoes on long treks and 2 pairs of canvas shoes while on short treks, woollen gloves, warm cap, sunglasses, mattress and blanket and tent / lodge.

*Porters are not to carry more than 30kgs.

*The minimum age for a Porter is 16 and the maximum age is 50 years old.

World Expeditions supports the good work of a number of international organisations that operate to ensure the health and education of porters, they are:

International Porter Protection Group >> www.ippg.net

International Mountain Explorers Connection >> www.mountainexplorers.org

Kilimanjaro Guide Scholarship Foundation Inc. >> www.kiliguide.org

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



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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.

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.

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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.

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