

Himalaya
Indian
Sub-continent

annapurna family adventure - private comfort camps



trip highlights

Savour stunning views and experience a magical sunrise over the Annapurna Range on this low altitude trek

Observe glaciers flowing from the mighty Annapurnas from Ghandruk

Travel to Chitwan National park in search of rhino and the Bengal tiger

Create wonderful memories as you trek with your family

Soak up the Nepali way of life



Trip Duration	12 days	Trip Code: NFA
Grade	Introductory	
Activities	Trekking, Wildlife Safari	
Summary	4 day trek, 6 nights hotel, 2 nights private eco campsite, 1 night eco lodge, 2 nights adventure 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 Family Adventure - 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\$350

Internal Flights: USD\$145

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 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 low-altitude family trek in Nepal's Annapurna foothills offers the ideal balance of soft adventure, cultural discovery and togetherness - all designed with safety, fun and flexibility in mind. With a maximum elevation of just 1,900m (6,233ft), it provides a relaxed pace for families to enjoy the Himalaya without concerns around altitude, following our carefully considered safety protocols every step of the way.

The trail meanders through vibrant rhododendron forests and terraced hillsides, framed by showstopping views of Annapurna South, Hiunchuli and the sacred peak of Machapuchare. Along the way, families visit traditional Gurung villages, wander local markets, and meet communities where daily life unfolds against the dramatic mountain backdrop. From crossing a suspension bridge over the Modi Khola to spotting birds in the forest canopy, every day reveals something new for curious young minds and those who walk beside them.

Our private Eco-Comfort Camps elevate this trek to something truly special. Designed exclusively for our travellers, these purpose-built, low-impact camps offer real beds, a heated dining area and proper bathroom facilities - all in peaceful natural settings. It's camping made easy and enjoyable for families, with added touches that bring comfort and connection after a day on the trail. Evening activities such as games with our crew, dancing and sharing stories under the stars create moments families will never forget.

The experience concludes in Chitwan National Park, where the adventure continues with jeep safaris, jungle walks and river canoeing in search of rhinos, exotic birdlife and - with luck - the elusive Bengal tiger. With expert support, engaging activities and responsible travel at its heart, this is one of the most rewarding and well-rounded family treks in Nepal.

at a glance

DAY 1	JOIN KATHMANDU (1330M).
DAY 2	FREE DAY IN KATHMANDU
DAY 3	FLY TO POKHARA
DAY 4	DRIVE TO KHARE AND TREK TO DHAMPUS 1900M. WALK APPROXIMATELY 5 HOURS.
DAY 5	TO LANDRUK 1640M. WALK APPROX 4 HOURS.
DAY 6	TO GHANDRUK 1740M. WALK APPROX 4 HOURS.
DAY 7	TO KIMCHI AND RETURN TO POKHARA. WALK APPROX 2 HOURS. DRIVE 2-3 HOURS
DAY 8	DRIVE POKHARA TO CHITWAN
DAY 9	AT CHITWAN
DAY 10	RETURN TO KATHMANDU. DRIVE 5 HOURS.
DAY 11	AT LEISURE IN KATHMANDU (1350M).
DAY 12	TRIP CONCLUDES KATHMANDU

what's included

- 11 breakfasts, 7 lunches and 7 dinners including all meals on trek
- flight Kathmandu to Pokhara
- 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 12 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 and Pokhara



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trip dates

2026 27 Sep - 08 Oct
06 Dec - 17 Dec
20 Dec - 31 Dec

2027 10 Jan - 21 Jan
04 Apr - 15 Apr
12 Sep - 23 Sep
26 Sep - 07 Oct
05 Dec - 16 Dec
19 Dec - 30 Dec

important notes

Note: - Daily departures on request,
available from September to May.

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.

*Ask our staff for more information.

- accommodation on trek in a combination of comfortable eco lodges, and our private eco-comfort camps with off the ground camp beds, mattresses and pillows
- souvenir World Expeditions kit bag
- private transportation
- all park entrance fees and trekking permits
- Porters to carry all personal and group equipment and porters insurance
- jeep safari Chitwan

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 (1330m).

You will be met by a representative of World Expeditions and transferred to the Radisson hotel. Remainder of the afternoon at leisure. A pre-trek briefing will be given around 4.30-5pm where arrangements will be made for the distribution of your kit bag, sleeping bag and down/fibrefill jacket. This evening we will head out for dinner, this is a great opportunity to get acquainted with your fellow group members.

Overnight: Radisson Hotel
meals: NIL

DAY 2 Free day in Kathmandu

Today you have a full day to explore Kathmandu's bustling streets and significant landmarks. You may wish to start by exploring the city's two most important World Heritage Listed spiritual sites: Pashupatinath, Nepal's most sacred Hindu temple and an important cremation site; and Boudhanath, the largest Buddhist stupa in Nepal and the most sacred Tibetan Buddhist shrine outside of Tibet. Alternatively you could wander through the markets and shops of the busy Thamel precinct or explore some more of the city's significant sites such as Swayambhunath (Monkey Temple) or the World Heritage Listed plazas of Patan, Bhaktapur or Durbar Square.

meals: B

DAY 3 Fly to Pokhara

After breakfast we transfer to Kathmandu's domestic terminal to take our flight to Pokhara, the main gateway for trekkers into the Annapurna region. This is one of the most scenic flights in the Himalaya, as we trace the backbone of the monstrous

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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 Nepal Family Adventure 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.

Ganesh, Manaslu and Annapurna ranges. The flight path heads west up and over the rim of the Kathmandu Valley along the Trisuli River to Pokhara, Nepal's second largest town.

Overnight: hotel

meals: B,L,D

DAY 4 Drive to Khare and trek to Dhampus 1900m. Walk approximately 5 hours.

We drive for an hour to pass between two river valleys at the village of Khare, and commence our trek to Dhampus. The trail ascends for the first hour, following a ridge through fields of bamboo clusters to magnificent rhododendron forest. Villagers greet us with "Namaste", the traditional Nepalese greeting, as we pass their homes and continue to the ridge top where at the crest the scale of the mountains astounds us, with Machapuchare (6993m), Hiunchuli (6441m) and Annapurna South (7219m) in our immediate viewpoint Overnight eco lodge.

meals: B,L,D

DAY 5 To Landruk 1640m. Walk approx 4 hours.

This is an interesting day as the trail gently glides through forest, and in and out of small gullies, all the time bringing us closer to the mountains. In the rhododendron forests the lush canopy affords protection for the smaller delicate flora, such as primula and daphne. It also provides a haven for birdlife and we can hear their varied calls as we move through. The trail soon opens onto fields as we approach the village of Landruk with its excellent views of Annapurna South at the head of the valley. Overnight private eco campsite.

meals: B,L,D

DAY 6 To Ghandruk 1740m. Walk approx 4 hours.

Our destination today is easily seen across the valley; the attractive Gurung village of Ghandruk. Unfortunately we must descend to the valley floor to reach it! Slowly descending through rice terraces, we cross the steel cable suspension bridge that spans the glacial river of the Modi Khola and commence our ascent. As we trek up the many staircases, we enjoy the beauty of the Himalaya at a relatively close range and observe the glaciers flowing from them and feeding the rivers below. It is a magnificent location and a photographer's delight. Our leisurely approach along these ridges with their fine mountain views ensures proper acclimatisation and the un-hurried opportunity to fully savour this magnificent scenery. Ghandruk is the centre for the Annapurna Conservation Area and after lunch we will visit the headquarters. Overnight private eco campsite.

meals: B,L,D

DAY 7 To Kimchi and return to Pokhara. Walk approx 2 hours. Drive 2-3 hours

After breakfast we are ready to head to our exit point at Kimchi. The trail is mostly downhill and if the weather is clear we enjoy our last views of Annapurna South, Himchuli and Machhapuchare. Once we reach Kimchi, we will commence the drive back to Pokhara where we will enjoy lunch on our arrival. The afternoon is free in Pokhara.

Overnight: hotel

meals: B,L,D

DAY 8 Drive Pokhara to Chitwan

This morning we transfer to Chitwan by road. On arrival we are briefed on the planned activities during our stay. Late afternoon and early morning are the best

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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.

times to sight wildlife, so other times tend to be for less energetic activities. We will have lunch at our lodge and commence our activity program. Our accommodation is at the Chitwan Adventure Lodge outside the park, generally in 2-bed huts with a private bathroom. Solar heated hot water is available in the afternoons.

meals: B,L,D

DAY 9 At Chitwan

A full day's activities are available including jungle walks, canoe rides, bird-watching and jeep safari, as well as lectures on other fauna. Our concession area is the territory of many species of wildlife including 3 tigers, 5 leopards, 7 rhino, and many deer, boar, bear, peacocks, an extraordinary number of bird species and is occasionally visited by wild elephants.

meals: B,L,D

DAY 10 Return to Kathmandu. Drive 5 hours.

We complete our last activity, and we make the journey out of the jungle and back to the Kathmandu by vehicle, arriving late afternoon.

meals: B

DAY 11 At leisure in Kathmandu (1350m).

There are a million things to see in Kathmandu and we recommend you spend this day wandering the town and exploring the valley on bicycle or by taxi. Our staff can arrange a guide and/or transport should you wish, or you can head off armed with a map and let the day unfold.

meals: B

DAY 12 Trip concludes Kathmandu

After breakfast the trip will conclude unless further arrangements have been made. Transfer to the airport for your homeward journey.

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

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

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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 in Nepal extends from mid-September to May. However within this period there are clear seasons in the weather. Trekking in Nepal during winter, from December to February, offers cool to mild and clear days with often very cold nights. Occasionally winter storms can bring snow as low as 2500m. In March the cold, dry winter season begins to give way to warmer, spring conditions. Mornings are usually clear with cloud build-up occasionally bringing afternoon rain. Late spring conditions, in May, are generally hot at low elevations and as the clouds build up to the next monsoon which generally begins in June, daily afternoon rainstorms are common. This is a period that generally has clear weather at the higher altitudes and is traditionally a time when mountaineering expeditions commence their ascents. The monsoon creates a rainy season in Nepal, which lasts from mid-June to mid-September. During this time the Nepal Himalaya is unsuitable for trekking, with the exception of a few remote valleys. World Expeditions offers treks during this period in Tibet, the Indian Himalayan regions of Kulu, Garhwal & Ladakh, Central Asia and Pakistan, places that are at their best during this time.

The post-monsoon period - From early September the monsoon rain starts to decrease. By mid-October through to mid-December the weather is usually stable with mild to warm days, cold nights and clear views. Daytime temperatures can reach 25 - 30 degrees Celsius at lower altitudes and decrease as you gain height. Over 3000 meters the daytime temperatures can vary as much as 10 to 20 degrees Celsius, and may be hotter or colder, depending on whether it is sunny or windy etc. At night at lower altitudes, temperatures do not normally drop much, although as you approach November it does get colder and the days shorter. Up high it can drop sharply at night, from 0 to minus 10 or 15 and more when camped on the ice or snow.

The pre-monsoon period - In March the cold, dry winter season begins to give way to warmer, wetter spring conditions. Mornings are usually clear with cloud build-up bringing occasional afternoon rainstorms. Views of the mountains in the middle of the day and afternoon may often be obscured. Daytime temperatures increase quickly in March with temperatures of up to 30 degrees Celsius and mild nights. At higher altitudes it is similar to the conditions of the post-monsoon period, however there is usually more snow, which has accumulated over the winter period. There are spectacular displays of rhododendrons and wildflowers at this time of year. Late spring conditions ie April and May, are generally hot at low elevations and as the clouds build up to the next monsoon, daily afternoon rainstorms are common.

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



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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.

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

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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.

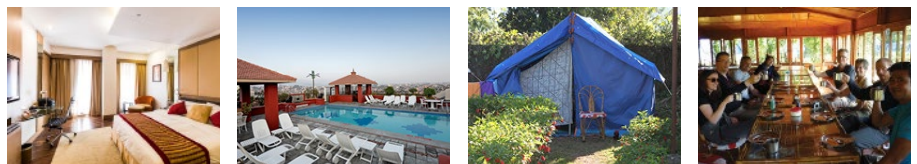
eco lodges

In areas where there are no suitable campsites we chose to stay in carefully selected eco lodges. We have selected these lodges with our responsible tourism practices in mind and they use a mix of cow/yak dung/solar and generators for power. Our cooks will prepare all your meals, which means that we are able to maintain a high level of hygiene and a varied menu.

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.

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 and mules 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.

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.

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*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.kiliguides.org

protecting the environment

Elephant Welfare

For centuries throughout Asia the elephant has been revered, as well as utilised for the purpose of logging. However in the late 80s the use of elephants in the logging industry was banned because of over-logging, and so mahouts turned to the tourism industry for income. As a result elephant tourism experiences have popped up throughout Asia and it can be difficult for travellers to resist the temptation to ride these beautiful and incredibly intelligent creatures. In recent years there has been much research into the impact of tourism activities on elephants' well-being. From the brutal taming of baby elephants called 'the crush' to ongoing confinement and the mere fact that the elephants spine is not meant to carry heavy weights there are many instances where incorrect management results in a negative impact for the elephants. Because of this World Expeditions discourages travellers from riding on the back of elephants and we do not include elephant rides in our itineraries throughout our global program and across all World Expeditions brands.

During your time in Chitwan National Park you may see or hear of the Elephant Breeding Centre - you may pass it on the way to the jungle walk or on the way back from the canoeing trip. This establishment breeds elephants in captivity for a captive life. World Expeditions don't condone this practice; we believe the best way to experience elephants is in their natural wild habitat. We strongly encourage you to avoid visiting this establishment. If you care for the welfare of elephants you may find this establishment distressing.

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/>)



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<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.