



Himalaya

annapurna to mustang traverse via teri la



trip highlights

Cross the remote Teri La Pass (5,540m), a challenging and rarely trekked high Himalayan crossing

Journey from the verdant Nar Phu valleys into the stark, windswept landscapes of Upper Mustang

Experience the deeply rooted Tibetan Buddhist culture of Mustang

Explore the walled capital of Lo Manthang, the historic heart of the former Kingdom of Mustang

Take in magnificent views of the Annapurna and Dhaulagiri massifs and the snow-capped peaks of the Saribung Range

An innovative route revealing a lesser-known side of Mustang, even for returning visitors



Trip Duration	21 days	Trip Code: TER
Grade	Moderate to Challenging	
Activities	Trekking	
Summary	21 day trip, 13 day trek, 10 nights hotels and lodges, 10 nights wilderness camping	

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 to Mustang Traverse via Teri La, 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 cannot 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.

trip dates

2026 27 Sep - 17 Oct

2027 15 Sep - 05 Oct

fast facts

Countries Visited:

Nepal

Visas:

Yes*

Vaccinations:

Please consult a travel vaccination specialist for up to date information

Singles:

A single supplement is available for this trip*

Leader:

Expert Local Leader & Escort

Advice for people with limited mobility

This trip is not suitable for people with limited mobility.

thoughtful travel

The natural environments that you'll travel through are fragile; the cultures and traditions precious and often the communities we pass through are reliant on tourism. It is our responsibility as visitors to minimise the impact of our presence, protect what is precious and where we can leave a positive impact. Learn how you can do this by downloading the Thoughtful Traveller booklet from our website.

the trip

Few treks can rival the exhilaration of this journey through the ancient kingdom of Mustang. Crossing the remote Teri La (5,540m), we link the lush, hidden valleys of the Nar Phu region with the stark, wind-sculpted landscapes of Mustang, stretching to the borderlands of Tibet. Along the way, we immerse ourselves in a deeply rooted Buddhist culture, passing through isolated settlements and intimate monasteries as we make our final approach to the walled city of Lo Manthang. For trekkers who have explored the Trans-Himalayan regions of Ladakh or Dolpo, this route is a natural and rewarding progression. And even for those who have visited Mustang before, this innovative trek reveals a lesser-known side of the region, proving there is still so much more to discover.

at a glance

DAY 1	JOIN KATHMANDU (1,330 M / 4,364 FT)
DAY 2	DRIVE TO KOTO VIA BESI SAHAR AND TAAL (DRIVE APPROX. 10-12 HRS, 2,600 M / 8,530 FT)
DAY 3	TREK TO FOREST CAMP (2,950 M / 9,678 FT) (WALK APPROX. 5-6 HRS)
DAY 4	TREK TO META (3,560M / 11,680FT, WALK 4-5 HRS)
DAY 5	TREK TO NAR VILLAGE (4,110M / 13,484FT, WALK 4-5 HRS)
DAY 6	NAR VILLAGE CONTINGENCY DAY (4,110M / 13,484FT)
DAY 7	TREK TO CHAUNGSENG KHARKA (4,300 M / 14,108 FT WALK 5 HRS)
DAY 8	TREK TO YARSHAGUMBA CAMP (4,550 M / 14,928 FT WALK 6-7 HRS)
DAY 9	TREK TO LOWER BASE CAMP (4,600 M / 15,092 FT WALK 6-7 HRS)
DAY 10	TREK TO TERI LA BASE CAMP (4,850 M / 15,912 FT WALK 2-3 HRS)
DAY 11	CROSS TERI LA (5,540 M / 18,176 FT) TO HIGH CAMP (4,800 M / 15,748 FT WALK 8-9 HRS)
DAY 12	TREK TO KURANO KAO (4,400 M / 14,436 FT WALK 6-7 HRS)
DAY 13	TREK TO UPPER TANGGE CAMP (4,510 M / 14,797 FT WALK 4 HRS)
DAY 14	TREK TO TANGGE (3,240 M / 10,630 FT WALK 3-4 HRS)
DAY 15	TREK TO TSARANG (3,560 M / 11,680 FT WALK 4-5 HRS PLUS 30 MIN DRIVE)
DAY 16	TRANSFER TO LO MANTHANG (3,810 M / 12,500 FT DRIVE 1 HR)
DAY 17	IN LO MANTHANG (3,810 M / 12,500 FT)
DAY 18	DRIVE TO JOMSOM (2,720 M / 8,924 FT DRIVE 4-5 HRS)
DAY 19	FLY TO POKHARA AND ONWARD TO KATHMANDU
DAY 20	FREE DAY IN KATHMANDU
DAY 21	TRIP CONCLUDES IN KATHMANDU

what's included

- 20 breakfasts, 17 lunches and 17 dinners, including all meals on trek (valued at US\$900)
- Internal domestic flights between Jomsom, Pokhara and Kathmandu (valued at US\$250)
- Airport transfers if arriving on Day 1 and Day 21
- Expert bilingual local trekking guide
- Comprehensive group medical kit
- Good quality accommodation in Kathmandu
- Accommodation on trek in fully serviced wilderness campsites
- Use of a World Expeditions trek pack, including a quality sleeping bag, down or fibre-fill jacket and insulated mat (valued at over US\$500)
- All national park entrance fees, trekking permits and special permits for Nar Phu and Mustang (valued at US\$600)
- Mules and porters to carry all personal and group equipment, including porter insurance
- Souvenir World Expeditions kit bag

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trip grading

Moderate to Challenging

These adventures involve trekking, cycling or rafting in remote areas in variable weather conditions for up to 8 to 10 hours+ a day (possibly more subject to weather conditions and altitude). This may include spending successive days at altitudes not generally exceeding 6000m. These trips may often be over three weeks in duration. You will need an excellent level of fitness, be prepared to carry a daypack weighing up to 8kgs (and in some cases a full pack) and be completely comfortable in adverse weather conditions.

* Suggested preparation: One hour of aerobic type exercise, four to five times a week for three to six months prior to departure. Hill walking with a pack in variable weather conditions or on/off road cycling is also recommended.

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.

what's not included

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

detailed itinerary

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

Upon arrival in Kathmandu, you will be met by a representative of World Expeditions and transferred to the Radisson Hotel. The remainder of the afternoon is at leisure to relax or explore at your own pace.

A pre trek briefing will take place at approximately 4:30 pm, during which arrangements will be made for the distribution of your kit bag, sleeping bag and down or fibrefill jacket.

In the evening, we head out for a welcome dinner, a wonderful opportunity to get to know your fellow group members before the adventure begins.

Accommodation: Radisson Hotel

meals: NIL

DAY 2 Drive to Koto via Besi Sahar and Taal (Drive approx. 10–12 hrs, 2,600 m / 8,530 ft)

We set off early this morning, travelling by private vehicle for approximately 6 to 7 hours along the Kathmandu–Pokhara highway before turning north at Dumre to follow the dramatic Marsyangdi Valley.

We stop for lunch in the riverside town of Besi Sahar (820 m / 2,690 ft), where we transfer into 4WD jeeps for the final stretch of the journey. From here, the drive becomes more adventurous, taking approximately 4 to 5 hours along rugged off-road trails that follow sections of the old Annapurna Circuit route.

The road winds through narrow gorges, past cascading waterfalls and traditional hillside villages, including Taal, the first village of the Manang District. While the terrain can be rough in places, the mountain scenery is spectacular throughout.

Upon arrival in Koto (2,600 m / 8,530 ft), we meet our local trekking crew and complete final preparations before beginning our trek.

Accommodation: Lodge, Koto

meals: B,L,D

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DAY 3 Trek to Forest Camp (2,950 m / 9,678 ft) (Walk approx. 5–6 hrs)

This morning our local leader ensures that all restricted area permits are formally endorsed before we depart. Leaving the main Annapurna Circuit trail behind, we enter the remote and culturally distinct Nar Phu Valley, following a quieter path along the Nar Khola.

The trail winds through forests of pine and fir, crossing suspension bridges and passing small clearings as we gradually gain elevation. We stop for lunch at Odar, a small riverside settlement, before continuing deeper into the valley.

By mid to late afternoon, we reach Forest Camp Upper Koto Camp (2,950 m / 9,678 ft), a peaceful campsite set among tall trees with views toward Annapurna II (7,932 m / 26,024 ft) rising high above the valley. This marks our first night in the secluded Nar Phu region.

Accommodation: Wilderness camping

meals: B,L,D

DAY 4 Trek to Meta (3,560m / 11,680ft, Walk 4–5 hrs)

The ascent to Meta leads through a dramatic gorge, where mixed forest, narrow rock walls and tumbling waterfalls create a striking sense of scale. After several hours, the trail steepens as we climb through conifer forest, gaining height steadily above the valley floor. Emerging from the trees, we arrive at Meta, a small settlement where Tibetan-influenced culture is evident in local architecture, dress and daily life. From the village, there are outstanding views of a vast wall of snow-capped peaks rising toward Annapurna II (7,932m / 26,024ft). Accommodation: Lodge

meals: B,L,D

DAY 5 Trek to Nar Village (4,110m / 13,484ft, Walk 4–5 hrs)

After about an hour on the trail, we cross the Nar Phu Khola before traversing high above Tashi Chöling Monastery, which serves the remote communities of Nar and Phu. The path then climbs steeply toward Nar Village, opening up expansive views back to Meta and north across the rugged terrain leading toward Phu. As we approach the village, a series of impressive mani walls signals the strong Buddhist traditions that shape daily life here. The increasingly arid landscape reflects our position above the monsoon's reach, lending the valley a stark, high-altitude character.

Accommodation: Wilderness camping

meals: B,L,D

DAY 6 Nar Village Contingency Day (4,110m / 13,484ft)

Today is a scheduled contingency day in Nar Village, built into the itinerary to provide flexibility in the event of weather, trail or permit-related delays earlier in the trek. If the journey is progressing on schedule, this day may be used later in the itinerary where conditions or acclimatisation are better suited. Remaining in Nar allows time to rest, explore the village and observe daily life shaped by high-altitude Tibetan-influenced culture. This buffer enhances safety and comfort while preserving the overall flow of the expedition.

Accommodation: Wilderness camping

meals: B,L,D

DAY 7 Trek to Chaungseng Kharka (4,300 m / 14,108 ft walk 5 hrs)

From a prayer-flag-lined ridge just above Nar we gain a clear sense of what lies ahead on today's trek. Although the open meadows and spring lines of Chaungseng

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Kharka appear close it takes most of the day to reach them. The trail first descends 450 metres to the Labse Khola a river flowing from the Saribung Range which we will follow for the next two stages. After trekking along the river we begin a steady ascent to the meadow and the first spring lines before a final climb to our campsite. Expansive views open out towards Chulu East to the southwest and north across the rugged Damodar Range creating a striking high mountain panorama. Camera traps installed by the Annapurna Conservation Area Project are visible along the trail monitoring snow leopard activity and tracking whether leopards from lower gorges range to these elevations. Accommodation: Wilderness camping

meals: B,L,D

DAY 8 Trek to Yarshagumba Camp (4,550 m / 14,928 ft walk 6–7 hrs)

We continue following the Labse Khola contouring high above the river at times before descending to the riverbed. The trail then tracks the river for several kilometres before climbing across sparse high pastures where herds of yaks from Nar graze during the summer months. After a final river crossing a sustained ascent leads to an established campsite. In late spring villagers from Nar base themselves here to harvest the highly prized caterpillar fungus yarsagumba which is sold in China for its reputed medicinal properties. Accommodation: Wilderness camping

meals: B,L,D

DAY 9 Trek to Lower Base Camp (4,600 m / 15,092 ft walk 6–7 hrs)

We follow a well-defined trail crossing a series of side streams high above the Labse Khola. After several hours we reach the confluence of the Labse Khola and a river flowing from the north. When conditions allow we cross by bridge before tackling a very steep ascent to an open plateau. From here the route continues across high ground to our camp. The day's effort is rewarded with dramatic views of multiple 6,000 metre peaks forming the Damodar Range. Golden eagles and lammergeiers are often seen circling overhead while herds of bharal graze on the highest meadows. Accommodation: Wilderness camping

meals: B,L,D

DAY 10 Trek to Teri La Base Camp (4,850 m / 15,912 ft walk 2–3 hrs)

A short stage follows the upper course of the river flowing from Teri La. Our camp is set on an expansive meadow where the route ahead into Mustang is clearly visible. Sweeping mountain views confirm our position deep in the heart of the Trans-Himalaya. An early night prepares us for the crossing of Teri La the following day. Accommodation: Wilderness camping

meals: B,L,D

DAY 11 Cross Teri La (5,540 m / 18,176 ft) to High Camp (4,800 m / 15,748 ft walk 8–9 hrs)

A long and demanding day. From camp we follow the river as it climbs gradually across the terminal moraine before the trail winds past a series of glacial lakes with expansive views back to an impressive cluster of largely unclimbed 6,000 metre peaks. The final ascent leads to prayer flags and rock cairns marking the summit of Teri La reached after around three hours of climbing. From the pass an awe-inspiring panorama opens to the southwest including Purbung Himal Purkang and Belgian Peak forming the dramatic divide between the Thorong La and the headwaters of the Yak Khola.

From Teri La we descend for one and a half hours to reach an upper tributary of the Yak Khola but the day is far from over. A steady climb across scree slopes leads to a minor ridge offering brief views back towards the Damodar Range before a long

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traverse across loose scree and rocky outcrops to a final viewpoint overlooking our campsite. A sustained descent brings us to the valley floor and our first camp in Mustang. Accommodation: Wilderness camping
meals: B,L,D

DAY 12 Trek to Kurano Kao (4,400 m / 14,436 ft walk 6–7 hrs)

A well-defined trail traverses a series of steep side gullies before climbing onto open grazing meadows. We reach a small encampment by late morning for a well-earned lunch break before continuing on a gradual ascent. The route winds past stands of silver birch to a ridge from where our onward line to the shepherd encampment at Kurano Kao is clearly visible. During the summer months this camp is occupied by villagers from Tangge who graze livestock here until early autumn. Accommodation: Wilderness camping
meals: B,L,D

DAY 13 Trek to Upper Tangge Camp (4,510 m / 14,797 ft walk 4 hrs)

The day begins with a steep ascent crossing several side gullies to reach a small pass with outstanding views of Dhaulagiri and the Annapurna Range including a rare perspective on Annapurna I. From the pass the route continues for a final climb to our campsite which commands a remarkable bird's-eye view across the Kingdom of Mustang. Far below Tsarang and Lo Manthang are clearly visible while to the north the dividing range between Mustang and Tibet comes into view including a Chinese watchtower on the Nepal–Tibet border. Accommodation: Wilderness camping
meals: B,L,D

DAY 14 Trek to Tangge (3,240 m / 10,630 ft walk 3–4 hrs)

After the rigours of the previous stages the trek to Tangge is relatively straightforward. We descend steadily on a well-defined trail with wide-ranging views across Upper Mustang before reaching Tangge village the first permanent settlement encountered since leaving Nar over a week earlier. After lunch there is time to explore this sprawling whitewashed village with its distinctive chortens and small monasteries reflecting Tangge's deeply rooted cultural heritage. Accommodation: Lodge
meals: B,L,D

DAY 15 Trek to Tsarang (3,560 m / 11,680 ft walk 4–5 hrs plus 30 min drive)

We begin the day with a steep and sustained ascent out of Tangge rewarded by expansive views back towards Dhaulagiri and the Nilgiri Range. The climb continues to a small pass at 4,000 metres before crossing a short section of dirt road that will eventually link Tangge with Tsarang a development gradually reshaping the cultural landscape of the Kingdom of Mustang. From the pass the trail traverses above a small camp and irrigated fields to the roadhead where our vehicle awaits for the short drive to Tsarang the former capital of Lo Manthang. Accommodation: Lodge
meals: B,L,D

DAY 16 Transfer to Lo Manthang (3,810 m / 12,500 ft drive 1 hr)

A short drive takes us from Tsarang to Lo Manthang. On arrival there is time to wander the markets and intricate back alleyways absorbing the atmosphere of this ancient walled capital as it navigates the transition into the 21st century following the opening of the nearby border with Tibet. Accommodation: Lodge
meals: B,L,D

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DAY 17 In Lo Manthang (3,810 m / 12,500 ft)

Today we explore the historic and cultural heart of the Mustang region. Lo Manthang is home to three principal Buddhist monasteries each reflecting a distinctive Tibetan–Nepalese architectural style. These include Thupchen Gompa extensively restored over the past fifteen years the 13th century Chode Gompa and Jampa Monastery founded in the 14th century. Time is also available to wander the lanes within the walled city and observe daily life in this remarkable high altitude settlement. Accommodation: Lodge

meals: B,L,D

DAY 18 Drive to Jomsom (2,720 m / 8,924 ft drive 4–5 hrs)

One of the most spectacular drives in Nepal. Shortly after leaving Lo Manthang we pass Tsarang the former capital of Upper Mustang and the historic settlement of Ghemi before continuing through villages that until recently were accessible only by foot trails. As we travel south the stark landscapes beneath the Saribung Range underline our position north of the Great Himalaya. The route descends to cross the Kali Gandaki at Chhusang before continuing to the Mustang checkpoint at Kagbeni and onward to Jomsom where we stay in a well-appointed lodge. Accommodation: Lodge

meals: B,L,D

DAY 19 Fly to Pokhara and onward to Kathmandu

This morning we take an early flight from Jomsom to Pokhara a dramatic 35-minute journey through the Kali Gandaki Gorge between the Annapurna and Dhaulagiri massifs. After a short layover we continue by air to Kathmandu on a 30-minute flight tracing the Himalayan arc past the Annapurna Manaslu Ganesh and Langtang ranges. On arrival we transfer to our hotel. Accommodation: Radisson Hotel Kathmandu

meals: B

DAY 20 Free day in Kathmandu

A full day to explore Kathmandu's markets and cultural landmarks. Options include visiting the UNESCO World Heritage-listed sites of Pashupatinath Nepal's most sacred Hindu temple and principal cremation site and Boudhanath the largest Buddhist stupa in Nepal and the most important Tibetan Buddhist shrine outside Tibet. Alternatively explore the markets and bookshops of Thamel or visit other iconic sites such as Swayambhunath or the historic plazas of Patan Bhaktapur or Kathmandu Durbar Square. Accommodation: Radisson Hotel Kathmandu

meals: B

DAY 21 Trip concludes in Kathmandu

After breakfast the trip concludes with a transfer to the airport for onward travel.

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.

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

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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 in Nepal extends from mid - September to May

Mid-September to early October is an ideal time to complete the Annapurna to Mustang trek. The monsoon rains have retreated giving way to mild and warm days, cold night and clear views. Daytime temperatures will average 20 degrees Celsius while at night temperatures can drop to as low as minus 5. To ensure you are well prepared World Expeditions provide good sleeping bags and a quality down/fibrefill jacket.

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 flight services to the west of Nepal (including Nepalgunj and Simikot) are fairly dependable, with flights generally scheduled in the morning to take advantage of clearer weather windows. For Mountaineering trips, the maximum luggage allowance on these flights is 25kg per person including the weight of your hand luggage. These limits are strictly adhered to so please pack carefully.

Some flights to the west of Nepal travel via Pokhara. 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

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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. Maximum luggage allowance on flights between Kathmandu and Pokhara is 20kg per person including the weight of your hand luggage (bear in mind though that the maximum weight of your kit bag can only be 15kg during the trek). These limits are strictly adhered to so please pack carefully.

a typical day

You will be woken with a cup of tea brought to your tent around 6:30am, followed by a small bowl of warm water for washing. Before breakfast you pack your gear into your kit bag which is then taken by the pack-animals or porters and will not be available to you until you reach camp that afternoon. After a wholesome breakfast we are usually on the trail between 7.30 – 8am, depending upon the duration and nature of the day's walk. We will walk for around 3-4 hours and then generally break for lunch for about 1 hour. Some of our staff will walk ahead and select a suitable place to stop. The afternoon walk is generally a little shorter and camp is usually reached by around 3.30 - 4.30 pm. Once we have reached camp and the kitchen is set up, afternoon tea will be prepared. From then until dinner there is time to rest or explore the surrounding area. Dinner is usually served between 6-7 pm. Remember to bring your headlamp and your water bottles to the dining tent so they can be filled with boiling water. Trekking evenings afford some of the best memories of your trek, whether it is talking, playing cards, chatting with the crew or joining in some singing and dancing with the local people. Much of the enjoyment of an expedition is in the journey itself.

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.

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 balm 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).

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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.
- *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



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

protecting the environment

Deforestation is Nepal's greatest environmental problem and World Expeditions pioneered the use of kerosene as an alternative fuel to wood on all expeditions. We do not have camp fires and we strongly discourage trekkers from buying wood-fuelled hot showers that they may encounter along the way. We do not use wood for cooking or heating water whilst in lodges but use kerosene stoves that we carry with us. We also carry our own food supplies in order to maintain the highest standards of hygiene and meal quality, and do not deplete local resources. By joining a trek with World Expeditions you are supporting a sustainable trekking service, rather than depleting natural resources. Camping, rather than staying in tea houses, ensures we can fulfill this.

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

All nationalities require a visa for Nepal. For nationals of most countries, multiple entry Nepal tourist visas can be obtained on arrival at Tribhuvan International Airport (Kathmandu), however, to speed up arrival processes, it is easier to obtain your visa prior to departure. Queues are common during peak tourist arrival times, especially at the visa application counters and we strongly recommend you arrange your visa before you arrive. In order to skip the bulk of the queues, you are able, in most cases, to apply for your visa either via your nearest Nepalese embassy/diplomatic mission/consulate or by applying for an ETA – Electronic Travel Authorisation. Please note that THE VISA IS ONLY VALID FOR 6 MONTHS FROM THE DATE OF ISSUE, ie. you must enter and depart Nepal within six months of the date of issue of the visa.

The details for the various options available to you are outlined below:

Option 1: Via your nearest Nepalese diplomatic mission/consulate. The online form can be sourced at <https://nepaliport.immigration.gov.np/onlinevisa-mission/application> and there is a handy user manual which can be downloaded from the site to guide you through the process. The procedures differ depending on your location, for example for those from NSW, Australia, you may apply online, transfer funds and have the visa issued electronically via <https://consulatenepal.org/services/tourist-visa-to-nepal/>. Please contact your local mission/consulate for their requirements.

Option 2: Visa Application submitted Pre-arrival, with visa issued on arrival -

There is an official online application portal (<https://nepaliport.immigration.gov.np/>) that allows you to submit and print your application prior to arrival (note this can only be completed a maximum of 15 days prior). From this page, select the 'On arrival' Visa option and choose Tribhuvan International Airport (TIA) as the entry point if you are flying into Kathmandu, this step changes the 'applied office' section which is vital. Note the payment portal on this option is often unavailable. Once you've applied, the form can be printed for use on arrival and payment made as outlined below.

Option 3: Visa Application submitted on arrival -

If you opt to obtain your visa on arrival and have not pre-filled the online form as noted above, join the queues to a row of computers on the right as you enter the terminal and fill out the online form. Unfortunately, at time of writing, there are no printers attached to the computers so make sure to take a screenshot of your final application, then join the queue at the left of the arrivals hall to pay for your visa (officials will need to sight the screenshot of your application).

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You will need to pay the application fee for which cash is recommended and will be issued with a receipt. The preferred payment is USD however AUD, CAD and GBP will also be accepted at the exchange rate of the day.

Visa costs are:

US\$30 – 15 days

US\$50 – 30 days

US\$125 – 90 days

Proceed to the immigration desk with your screenshot of the online application, receipt, two passport sized photographs if you are applying on arrival (note when using the pre-arrival service, e-versions are used however carrying a few passport photos is always advisable) and passport for processing and visa issuance.

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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how to book

Please submit your booking & deposit online www.worldexpeditions.com.

We highly recommend you have your travel insurance in place as soon as you start paying for any aspect of your travel plans, including your trip deposit.