



## 7 DAY ROYAL ANNAPURNA

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**Trip Duration:** 7 days

**Trip Difficulty:**

**Destination:** Nepal

**Begins in:** Kathmandu

**Activities:** 

### INCLUDED

- Airport transfers
- 2 nights hotel in Kathmandu before/after trek
- Ground transportation
- Flights to/from Kathmandu - Pokhara
- National Park fees
- Expert guides & porters
- Accommodations during trek, double occupancy
- Four season, 3 person double occupancy tents
- Meals & beverages during trek

### EXCLUDED

- Airfare
- Lunch or dinner at hotel
- Beverages at hotel
- Personal gear & equipment
- Tips



## Ultimate Expeditions®

**The Best Adventures on Earth.**

Ultimate Expeditions® was born out of our need for movement, our connection with nature, and our passion for adventure.

**We Know Travel.** Our staff has traveled extensively to 40-50 countries each and have more than 10 years of experience organizing and leading adventures in all corners of the globe through the world's most unique, remote, beautiful and exhilarating places. We want to share these destinations with you.

**Why Ultimate Expeditions®?** We provide high quality service without the inflated cost. Our goal is to work with you to create the ideal itinerary based on your needs, abilities and desires. We can help you plan every aspect of your trip, providing everything you need for an enjoyable experience.

### Ultimate Expeditions®

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## 7 DAY ROYAL ANnapurna

### Itinerary

#### DAY 1 Arrive Kathmandu

Our friendly Ultimate Expeditions representative will meet you at the airport and drive you to your hotel in colorful Kathmandu. During this meet and greet your guide will discuss the daily activities of your trip.

#### DAY 2 Fly to Pokhara, Drive to Bijayapu (1,148 ft / 349 m)

From Kathmandu you take a half hour flight to Pokhara and then drive to Bijaypur; enjoying views of the Nepalese countryside along the way.

#### DAY 3 Trek to Patle (4,025 ft / 1,227 m)

The trek begins on a level trail and then undulates throughout the day through beautiful evergreen forest of Okhare. Along the way we pass thru the villages of Mastan Saurani, Sundergaon and until reaching our final destination, Patle.

#### DAY 4 Trek to Syaglung (5,675 ft / 1,730 m)

The trail roams through a forest and a rolling landscape that leads to the Ozangaun village, here the terrain becomes steep and descends to the village of Lipyani. The hard climb to Syaglung Danda then begins. From the classic Gurung settlement views of the entire Lumjung Himal can be enjoyed.

#### DAY 5 Trek to Begnas Lake, Drive to Pokhara (3,280 ft / 1,000 m)

The last day of the trek is spent by retracing our steps to Lipyani, descending the steep stone steps. After crossing a bridge the climb to Lapsi Danda begins. The trail evens out becoming easier as we descend to Begnas. The trek is concluded with a short walk to the bus stop in Begnas. Here you will catch the bus that will drive you back to Pokhara.

#### DAY 6 Fly to Kathmandu

Head to the airstrip for the return flight to Kathmandu and depending on your flight schedule in Pokhara, you may have a half-day of sightseeing or shopping. Overnight in a hotel in Kathmandu.

#### DAY 7 Depart Kathmandu

Our Ultimate Expeditions representative will drive you to the airport in Kathmandu for your return flight home.



## NEPAL

### Best Time to Visit

It is possible to visit Nepal year round, but spring and autumn are the two most favorable seasons for trekking.

#### March, April and May (Spring)

These months are considered to be the best in terms of weather and beauty; they are also the busiest months. Days are warm with an occasional rain shower that invites an array of blooming wildflowers, displaying vibrant colors on a lush backdrop. Hikers say it's the most pleasant time to trek.

#### June, July and August (Monsoon)

The monsoon season brings severe rains making the certain routes impassable. Lodges and trekking operations in some areas are closed during this time, but there are options for trekking around Annapurna and Manaslu which receive significantly less precipitation than the more southerly areas.

#### Mid-September – November (Autumn)

The weather is dry and skies are generally clear, with mild to warm days and cold nights. Nights can easily drop to below zero freezing temperatures.

#### November – February (Winter)

Generally dry with daytime temperatures cooler and very cold nights. The days are typically clear with occasional winter storms. Trekking during this mid-winter season can be more challenging in the high altitudes.

Temperature

Month	Jan	Feb	Mar	Apr	May	Jun
Average High (F)	60	63	70	77	79	80
Average Low (F)	40	44	50	57	63	69

Month	Jul	Aug	Sep	Oct	Nov	Dec
Average High (F)	79	79	78	74	68	61
Average Low (F)	70	70	67	59	49	42

### Entry Requirements

Most nationalities must hold a valid passport, with at least six months beyond your proposed date of your trip. Citizens of USA, UK, Canada, Australia and other European Union nations must have passports. We recommend obtaining a visa upon arrival at Tribhuvan International Airport.

### Vaccinations

The following vaccines are recommended for travel to Nepal. Hepatitis A& B and Typhoid are recommended for all travelers. Polio - One-time booster. Yellow Fever – is



required when arriving from a yellow-fever-infected area. Measles, mumps, rubella (MMR) - Two doses recommended for everyone born after 1956, if not previously given. Tetanus-Diphtheria - Revaccination recommended every 10 years. Japanese Encephalitis - You may need this vaccine if your trip lasts longer than a month, depending on when and where you are visiting. Rabies - Only necessary if visiting lowland areas, like Chitwan.

Malaria – avoid mosquito bites to prevent malaria. You may need to take prescription medicine before, during, and after your trip to prevent malaria. Talk to your doctor about how you can prevent malaria while traveling.

### Travel Advisories

Make two photocopies of valuables such as your passport, tickets, visas and travelers' cheques. Keep one copy with you in a separate place to the original and leave another copy with someone at home.

Be sure to inform your credit card company as well as your bank you will travel internationally into Nepal. This will eliminate any credit card holds for fraudulent activity.

### Currency

The best places to exchange money is in Kathmandu. Local currency is the Nepalese Rupee, however some establishment do accept USD. Better hotels, lodges, and camps will accept credit cards. It is advised to carry local currency when visiting remote areas and villages.

### Government

The politics of Nepal function within a framework of a republic, with a multi-party system.

### Religion

Citizens of Nepal identify themselves with Hinduism 81.3%, Buddhism 9%, Islam 4.4%, Kirat 3.1% and other 2.2%