

# Baglung & Ghorepani Ghandruk Trek: Nature, Culture & Adventure | 14 Days



Without a doubt Nepal is one of the most spectacular countries on earth – land of ancient history, colorful cultures and inhabited by extremely friendly and endearing people. It contains the world's highest mountains than any other country and is dominated by the soaring snow-covered peaks of the Himalayas, thundering rivers, magical forests and dense lowland jungles.

This 14-day holiday is tailored specially to explore the medieval cities and diverse culture of Nepal, the stunning Hindu & Buddhist temples and pagodas in Katmandu Valley, including Swayambhunath; the town of Patan, known for its fine bronze and silver crafts; Bhaktapur, with its medieval cobblestone streets. The integrated Eco-friendly trekking that begins at Kusma west of Pokhara, a gateway to the breath-taking Annapurna and Dhaulagiri ranges where winding paths & deep gorges links remote rural villages where hardly any other tourists have been so far. Images of mountains, the friendly people and a service experience in remote villages resonate deeply in the hearts giving symbols of patience, strength, effort, and inspiration necessary for envisioning a more fulfilling experience.

### Trip Highlights

- Katmandu Valley: Unveil the spiritual mysteries of age-old cities of Katmandu Valley

- Phewa Lake & Peace Stupa in Pokhara: Enjoy a boat ride in phewa lake and hike up to Peace Stupa
- SWAN Community Trek: Get an insider's perspective on the local culture by drinking tea with a family in their home and enhance inter-cultural relationships, while offering economic development to the disadvantaged in remote villages
- Trekking through the scenic areas enjoying grand view of Annapurna & Dhaulagiri Mountain ranges

### Detailed Itinerary

#### Day 1: Arrive in Kathmandu

Welcome to Nepal! Upon arrival in Kathmandu a *travel-to-nature Asia* guide/representative will be at the airport to greet and take us to our hotel. Please look out for your name-card once you exit out of arrival area.

If you're not feeling jet-lagged, take some time to explore Kathmandu's medieval backstreets, discover temples dating back to the 16th century, make your way down to Thamel, the main tourist hub in Kathmandu and a great place to dine. There are myriads of options to choose from like New Orleans Café, Rum Doodle, Bear Garden etc just to name a few. Enjoy your evening and get some rest as the adventure begins tomorrow!

Accommodation: Hotel Yak & Yeti

# Baglung & Ghorepani Ghandruk Trek: Nature, Culture & Adventure | 14 Days



## Day 2: Fly Kathmandu - Pokhara | The gateway to the Annapurna & Dhaulagiri Himal

[Pokhara](#) | [Phewa Lake](#) | [Peace Stupa](#)

We'll head to the airport after breakfast and take short flight from Kathmandu to Pokhara, centre of the Western Development Region and traditional trading centre in the shadow of the Annapurna Massif. Weather permitting, during our half an hour flight we might get the view of the mighty Himalayan range, including the Annapurna, Ganesh, Mt. Nilgiri, and Manaslu.

Upon arrival our local representative will transfer us to our hotel. Afternoon we walk along the shores of the Phewa lake allowing us to enjoy the magnificent scenery of the Pokhara valley or we take a traditional rowing boat across the lake, stopping off en-route to see the Bharai temple on a small island, walk across the hills through woods and traditional Gurung village, a pleasant hike to Peace Stupa at an elevation of 1222 m, and most scenic short excursion from Pokhara. This day hike will offer us a captivating glimpse of rural life and the magnificent view of Annapurna range and the Pokhara Valley itself. Or we sit back and relax in a cafe with a book. We'll head for Moondance Cafe or Boomarang restaurant or hotel restaurant by the pool or the lake terrace for dinner and drinks in the evening - great spots!

Accommodation: Fish Tail Lodge  
Meal: Breakfast

## Day 3: Drive Pokhara - Kusma | Trek to Narayansthan (1,000 m | 3 hrs)

[Alternative Village Trek - Kusma](#) | [Kaligandaki Valley](#) | [Narayansthan](#)

We'll jump right into our vehicle for the scenic drive to Kusma where we'll set off for a trek. In Kusma, after organizing the gear and loads with the local porters, we trek down to the Kaligandaki river, one of the holy rivers of Nepal, and affords beautiful views of the Annapurna and Dhaulagiri Mountain Ranges. After crossing the river over the first suspension bridge the trail follows the valley floor to the open meadow close to the river side where hot picnic lunch will be served. We ascend 400 m to the traditional and beautiful village of Narayansthan on the plateau where we'll camp for the first night above the Cliff in a beautiful pine forest. We can see the crew setting up camp for us. We will introduce you to our dining tent and your personal tents.



The camping spot is very strategically placed with a dramatic view of the cliff and deep gorge overlooking Kusma Bazaar and surrounded by the rolling hills. The rim of the plateau have steep rocky slopes and, often escarpments. During the

# Baglung & Ghorepani Ghandruk Trek: Nature, Culture & Adventure | 14 Days

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autumn and winter one can enjoy observing different species of vultures and eagles, including Himalayan Griffon, Lammergeier, Red headed Vulture, Steppe Eagle, Golden Eagle, Booted Eagle and many more. Enjoy the surrounding nature, have a cup of tea and watch Nepali life go by.

Accommodation: Camping Tent  
Meals: Breakfast, Lunch, Dinner

## Day 4: Explore Narayansthan Village Development Committee

### Visit Local Farm House | Blind School

Today we will take time to explore the village, meet the local people and get an insider's perspective on the local culture by drinking tea with a local family in their home and exchange and enhance inter-cultural relationships. Visit various SWAN's projects sites such as Blind school, local School, local women farmer groups, health care Centre etc. During the harvesting time one can join the local farmers harvesting crops in their fields. Evening, we go out for traditional dinner at local farm house "Aama's Farmhouse" and join the local gathering for a program.

SWAN ([www.swannepal.org](http://www.swannepal.org)) traditional cultural local charity organization has been running village development projects for many years in Narayansthan and Baglung district. Projects include national level health projects such as Mother & Child care program, support to the local health posts, an integrated blind school, pre-schools for "untouchable" children, and various schools support, micro credit for mother's groups, goat breeding programs, supporting local farmers for alternative farming for income generation.

Accommodation: Camping Tent  
Meals: Breakfast, Lunch, Dinner

## Day 5: Trek to Amalchaur (1,550 m | 4-5 hours)

Today we trek the most amazing areas of the scenic country.

The next few days are classic trekking through Nepal's lush, green and diverse 'middle hills' following shimmering rivers and contouring around precipitous ridge lines. The villages we pass through are both Hindu and Buddhist, and the architecture traditional mud-brick dwellings, rice paddies, terraced fields and fruit trees. If we're lucky we'll pass through villages celebrating some of the numerous Nepali festivals, very colorful and lively. We are following the routes that involve local communities in all aspects of conservation and development aiming to develop a model eco-trekking route to conserve the natural and cultural heritage. This route is a spectacular and interesting route through some of Nepal's most remote villages.

We gently ascend up to Amalchaur village from where one can get the most spectacular mountain views, sweeping from east to west in a vast snowy expanse; the entire Annapurna massif with such prominent peaks as Annapurna II (7,937 m), Annapurna III & IV, Mt. Machchhapuchare (6,993 m) and as well as Manaslu (8,156 m).

Accommodation: Camping Tent  
Meals: Breakfast, Lunch, Dinner

## Day 6: Hike to Mulabari (1,800 m | 3-4 hrs)

### Bhairavsthan - Mulabari

A similar day of trekking to yesterday, today's destination is the even more interesting as we walk along the Bhairavsthan ridge to Mulabari for camp.

The trail out of Amalchaur runs gently uphill, through open fields and scattered villages along the

# Baglung & Ghorepani Ghandruk Trek: Nature, Culture & Adventure | 14 Days

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ridge to our camping ground. En-route, we will visit a local kindergarten supported by SWAN, a locally famous Bhairavsthan temple perches on the very edge of the gorge. The temple is dedicated to God Bhairab in his bloodthirsty incarnation of Lord Shiva, and twice a week faithful Pilgrims journey here to satisfy her bloodlust.

Upon arrival in Mulabari set up camp together with the camping crew and enjoy the magical movements while sun is setting over Annapurna mountain. Enjoying the breath-taking panoramic views of several peak from our camping ground.

If our fitness & time permits we hike down to Bhakunde village visiting the local Magar Tribe and interacting with the locals or we can hike up to the view point to get the 360° Bird-Eye View, explore the ruined fortress and the surrounding Rhododendron forest.

Rest of the day participate with the kitchen team in preparing dinner. It is likely that the local women visit us to perform their tribal dance at the camp to raise fund for their social projects.

Accommodation: Camping Tent  
Meals: Breakfast, Lunch, Dinner

## Day 7: Return to Narayansthan

### Payuinpata – Aama's Farmhouse

We descend downhill with wonderful views throughout and eventually reach Aama's Farmhouse in Narayansthan where we will end our trek. En-route, we visit Kindergarten built by SWAN for underprivileged community children in Musurabari village.

Accommodation: Camping Tent  
Meals: Breakfast, Lunch, Dinner

## Day 8: Trek to Kusma | Drive to Birethanti | Start Ghorepani Ghandruk Trek (4-5 hrs)

As always, your camping team is happy to serve you early breakfast before you head back to Kusma. After about an hour's drive from Kusma to Birethanti (1015 m) - a large and prosperous town beside the Modi River that has many shops and teahouses - where you will commence your Ghorepani Poon Hill trek.

After taking a short break here, we gear up as the main trail beyond the pasture used by the pony caravan in Sudami climbs gradually up the side of the valley, reaching Hille (1510 m) before pushing on to Tikhedhunga (1,540 m) for overnight. Today's walk offers a short and relatively easy day, during the journey which allows to become used to the experience of trekking in Nepal. Overnight stay in Tikehdhunga.

Accommodation: Lodge/Guesthouse  
Meals: Breakfast, Lunch, Dinner



## Day 9: Trek Tikhedhunga - Ghorepani (2,874 m | 5-6 hrs)

Prepare for the long uphill trek, and start with steeply ascends on the long stone staircase that is said to have more than 3300 steps. As we continue uphill we will arrive a large Magar village of Ulleri



# Baglung & Ghorepani Ghandruk Trek: Nature, Culture & Adventure | 14 Days

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(2,080 m) village with the amazing landscape and the tops of Annapurna South (7,219 m; an Annapurna Dhaksin in Nepali) and Hiunchuli begins to emerge from the behind the hills. The trail further ascends through the magnificent rhododendron and oak forests. The wild scenery gives you inner power to climb up these steps and immerse you to walk more. After few hours of steeply ascent with several breaks in between reaching at Ghorepani (2,750 m) for overnight stay. Ghorepani literally means 'horse water' and was until recently a welcome watering stop for the mule caravans that carried goods between Pokhara and Jomsom.

Accommodation: Lodge/Guesthouse  
Meals: Breakfast, Lunch, Dinner

### Day 10: Early morning Hike to Poon Hill (3,200 m) | Trek to Tadapani (5-6 hrs)

We rise before dawn to make the early-morning excursion to Poon Hill (3,210 m), about an hour climb from Ghorepani Pass (2,870 m) or Deurali up to Poon Hill Vantage Point. The route offers the glimpse of the pleasant rhododendron forest. This brilliant viewpoint provides you an unobstructed sunrise over the high Himalayas and the wide range of spectacular panoramic scenery stretches from the far western Himalaya of Dolpo, Mt. Dhaulagiri I (8,167 m), Tukucho (6,920 m) to Nilgiri (6,940 m) Annapurna South, Annapurna I (8,091 m), Hiunchuli (6,441 m), and Tarke Khang (formerly known as Glacier Dome; 7,193 m). Watching the sun rise over the unobstructed Himalaya is a definitely moment! After a great time return back to Ghorepani for breakfast and continue trek to Tadapani (2,710 m) for overnight. Tadapani means 'far water' and the water supply is a long distance below the village.

Before the water pipe was constructed it took porters more than 30 minutes to fetch each load of water. The Tadapani trail descends through rhododendron forest and it becomes more gentle

as the route reaches Banthanti and eventually to Tadapani.

Accommodation: Lodge/Guesthouse  
Meals: Breakfast, Lunch, Dinner

### Day 11: Trek Tadapani - Ghandruk (2-3 hrs)

A short day today - in good physical condition the downhill journey from Tadapani to Ghandruk can be made in about 3 hours. The trail descends steeply through the forests to Bhaise Kharka (Buffalo Pasture), a clearing and further reaches the top of Gandruk vialge at 1,970 m. Gandruk, with about 270 families, is the second - largest Gurung settlement in Nepal, and is a confusing cluster of closely spaced, slate-roofed houses. There are neatly terraced fields both above & below the town.

The view of Annapurna South, Hiunchuli and Machhapuchhare are spectacular rom here, especially at sunset and from just above the village. Arr

iving Gandruk in time, allows us to explore the village and visit its museum (ACAP visiting centre & Traditional Gurung Museum), and if we are on a spending spree, try one of the carpet shops or visit the handicraft shops in the Local Youth Eco Trekking Centre.

Accommodation: Lodge/Guesthouse  
Meals: Breakfast, Lunch, Dinner

### Day 12: Trek Ghandruk - Sauli Bazaar | Drive to Pokhara | Fly Kathmandu

The trail today from Tolka head downhill to Sualibazar where we end our trek. After saying thank you and good bye to our trekking crew we drive to Pokhara and connect late afternoon flight to Kathmandu.

# Baglung & Ghorepani Ghandruk Trek: Nature, Culture & Adventure | 14 Days

Celebrate your Annapurna trek with a few cold beers at the hotel in the evening.

Accommodation: Manaslu Hotel  
Meal: Breakfast

### Day 13: In Kathmandu | Half-day Sightseeing | Afternoon Free

#### Swayambhunath – Patan Durbar Square

This morning we start our half-day sightseeing tour first by visiting Swayambhunath, UNESCO site commonly known as the “Monkey Temple” which lies atop forested hill some 3 km from Thamel, tourist hub of Kathmandu, which was built over 2500 years ago. From here we enjoy panoramic views of Kathmandu, stretching out the foothills of the Himalaya.

Our next stop is the nearby city of Patan, a renowned center of Nepalese arts and crafts. Patan was founded in 250AD and became known for producing fine works in copper, bronze and silver. You see many of these treasures on display at the new Patan Museum. If time permits, you head to the nearby Tibetan refugee camp for a demonstration in carpet weaving.

Accommodation: Hotel Manaslu  
Meals: Breakfast, Dinner

### Day 14: Depart Kathmandu

Transfer to airport for your homeward-bound flight.

Meal: Breakfast

#### Includes

- Airport (pick up/drop off) transfers by private tourist vehicle
- Twin Room sharing accommodation in hotel

- Lodges/Guesthouses accommodation during the trek mostly in twin-share but occasionally in dormitory-style rooms
- Daily breakfast throughout the trip and other meals as mentioned in the itinerary
- Domestic flight  
Kathmandu/Pokhara/Katmandu
- Services of a local English-Speaking Guide for all the sightseeing tours in Kathmandu as mentioned in the programme
- Service of local escort/trekking guide and representative throughout the tour
- All long-distance transport services on a private air condition vehicle
- Entry tickets to the monuments/monasteries included in the usual sightseeing or as mentioned in the programme.
- Porterage of Baggage's at Hotels & Airports and while on trek
- Complete trekking arrangements which will include all meals in SWAN Project Villages. (Breakfast, Lunch, afternoon Tea, Dinner), 2 men Alpine tents with compressed foam mattress. Kitchen Tent, Dinning tent, Toilet & shower tents and highly experienced accompanying trekking guide & Kitchen team, Porters to carry the baggage/Kitchen utensils/ Camping equipment etc and all the flexibilities
- Trekking accommodation based on local guesthouse with guide & porters with all meals (breakfast/lunch/dinner) with trekking permit, TIMS card.

#### Excludes

- International flights
- Visa fee
- Travel insurance
- Meals not mentioned in the itinerary
- Personal clothing & equipment
- Tips for tour leader/guide, driver, hotel staff and porters

# Baglung & Ghorepani Ghandruk Trek: Nature, Culture & Adventure | 14 Days

- Items of personal nature such as alcoholic beverages, soft drinks, laundry, showers and other unforeseen expenses
- Any item/service not mentioned under "included"

## Accommodation

### Hotel Manaslu, Kathmandu

Hotel Manaslu located in the immaculate area of Lazimpat, Kathmandu is a heritage hotel established in 1972. We have kept the proud heritage of Nepal alive throughout its operation by offering unparalleled service and warm hospitality, that defines the values and culture of Nepal. The architecture of our hotel includes many ancient pieces that have been carefully restored and incorporated.

### Fish Tail Lodge, Pokhara

Fish Tail Lodge enjoys a unique location situated on a peninsula across Fewa Lake. Shuttle-floats or boats transport you across to the resort. With the lake on one side and a forest hill on the other, the views are spectacular. The panorama of Annapurna range and Mount "Machhapuchre" (Fish Tail), and their reflection on the lake soothe your soul and refresh your spirit.



### Camping Tent

Our classic A-frame or ridge tents are sturdy and have plenty of room for two people. We use water

and windproof flysheet which help make the tent nice and cozy inside. To complete the setup we provide a high-quality form mattress together with an insulation pad so that you get a good sleep after a long tiring day.



### Lodge/Guesthouse

Lodges/guesthouses in the trekking routes of Nepal range from simple buildings made out of stone, mud, and wood, to modern-looking concrete ones depending upon their geographic locations. Bedrooms generally have two single beds (and a table) or several beds in case of a dormitory. Usually, the kitchen and dining are combined into one common room (area).

## Internal/Domestic Flight/s

Please note that sometimes due to bad weather conditions (usually in winter and in rainy season) at Kathmandu and Pokhara airports there might be some delay and very occasionally flights may even cannot operate at all. In such cases, we might have to make an alternative arrangement to go by road.

## Group/Individual

On this trip you will be traveling privately with your family & friends. Our representative/Tour Manager in Kathmandu who will look after your transfers to and

# Baglung & Ghorepani Ghandruk Trek: Nature, Culture & Adventure | 14 Days

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from the airport and will be around to answer other questions you may have about your trip.

### Accommodation - Hotel & Lodge

In the beginning of your journey, you will be staying in Kathmandu in a 4\* heritage hotel Manaslu. Your next stop would be Pokhara valley where you have one night in a unique Fish Tail Lodge. After a relaxing night in Fish Tail Lodge next nine nights will be in camping tent and local lodge/guesthouse.

### Extra Accommodation

If you require any additional accommodation in Kathmandu either before or after the trip, we can book this for you (subject to availability), please enquire with our Sales Consultant/Tour Manager.

### Single Accommodation

Single room accommodation can be requested and booked with single supplement charge in Manaslu, Fish Tail Lodge and while camping. In lodge/guesthouse it cannot be guaranteed.

### Food & Transport | Eating & Drinking

Only breakfast is included in Kathmandu and Pokhara, all meals (Breakfast/Lunch/Dinner) are included while staying in lodge/guesthouses. During camping trek our experienced and fine cook and kitchen assistant prepare all meals. They prepare range of dish from Nepalese to continental.

### Drinking Water

Staying hydrated is important when undertaking any physical activity but particularly so at higher altitude where it is generally recommended to drink at least 3-4 liters per day. We strongly encourage you not to buy bottled water on trek as this contributes to the growing problem of plastic pollution in Nepal's trekking areas. We recommend

that you bring a reusable bottle with a wide opening and use a SteriPEN to treat it with. A SteriPEN is a handheld UV water purifier – small, lightweight and battery powered so easy to pack for a trek. In Nepal's trekking regions most of the bottled water isn't strictly 'mineral water' anyway but is UV treated, so it's exactly the same technology. It's quick to use, far more effective than purification tablets, and the water is ready immediately.

SteriPENS are widely stocked on Amazon, outdoor shops and other online retailers; look for the latest models but avoid USB charging ones. Better still, a SteriPEN will pay for itself over the course of the trek and you won't leave behind a single plastic bottle – you will end up spending the same or even less than you would on bottled water, plus you can keep it for future trips. If you prefer not to invest in a SteriPEN, your kitchen crew provide you boiled water which should not require treating. This is also perfect for a bedtime refill as it can double up as a hot water bottle.

### Transportation

For airport and sightseeing transfers, we use a private car/vehicle. Flights to/from Pokhara will usually be in ATR plane.

### Weather

The main trekking season in Nepal is from mid-September to end-May. We do not operate treks in Nepal outside of these months as it is the rainy season. During the trekking season conditions at most altitudes are generally comfortable for walking and rain or snow are occasional occurrences. Daytime temperatures will vary from 15°C to 35°C in the Kathmandu Valley to around 10°C at 3,600m and progressively lower the higher you go. Within the trekking season there are three further distinct seasons in the weather, each offering different advantages for trekking.



# Baglung & Ghorepani Ghandruk Trek: Nature, Culture & Adventure | 14 Days

Post Monsoon/autumn: Mid-September to November. This is the most popular trekking season in Nepal. Day temperatures in Kathmandu are generally above 20°C. On trek

temperatures will be lower although skies are usually clear and days should be sunny and mild with clear mountain views. However, at higher altitudes, the days can be cold and windy. Nights will be colder with temperatures dropping as low as to minus 10°C or lower in late November at the higher altitudes.

Winter: December to end February. Despite the colder conditions, this is an ideal time to trek in Nepal. Skies are usually very clear, especially in December and the mountain views are at their best. Nights will be very cold with temperatures down to minus 20°C but days are often pleasant and sunny. In Kathmandu, maximum daytime temperatures are 19°C.

Pre-monsoon/spring: March to May. Both day and night temperatures will be warmer in general but haze will often build up in the afternoons. It is very hot in the lowlands and temperatures rise to 30°C in Kathmandu. Flowers bloom in this season and this is one of the reasons people chose to trek in spring.

## WHAT TO TAKE

### Essential Equipment

1. Porter carries about 15 kg kitbags/duffel, therefore please respectfully limit your kitbag/duffel to 15 kg maximum. Any baggage/items not needed on trek can be left in storage at the hotel in Kathmandu free of charge. Please also see the 'internal/domestic flights weight limit' of 10 kg.
2. 4 season sleeping bag (5 season for December, January and February departures)

3. 3/4 season jacket (4 season for winter departures)
4. 1-2 x 1 liter water bottles (ideally with a wide opening).
5. Waterproof synthetic or leather walking boots (worn in)
6. Waterproof jacket and trousers Gaiters Trainers for the evening
7. Warm hat Scarf/Buff (which can be pulled over your nose and mouth to protect against fine mountain dust)
8. Warm gloves
9. Several pairs of walking socks
10. Tracksuit or thermals for the evening
11. Warm mid-layer (fleece)
12. Light - mid weight trousers (warmer for winter)
13. Shorts or skirt for women
14. Sunhat, sunglasses, sunscreen and lip salve with sun protection
15. Daypack
16. Towel
17. Head-torch (headlamp)
18. Plastic bags (bin liners) to line daypack and for packing clothing in the kitbag
19. Toilet paper
20. Small personal first aid kit
21. Plug adaptor

We believe in reducing our negative environmental impacts wherever possible, this goes for when you need to spend a penny in the great outdoors! If no facilities are available there may come a time when you need to go to the loo behind a tree/bush/rock. To avoid leaving toilet paper behind we recommend taking biodegradable dog poo/sandwich bags with you. Once you have done your business you can pop the used toilet roll in here and take it off the mountain or trail at the end of the day and dispose of it when there are appropriate facilities available.

### Optional Equipment

# Baglung & Ghorepani Ghandruk Trek: Nature, Culture & Adventure | 14 Days

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1. Water treatment: SteriPEN / water purification tablets
2. Trekking pole(s)
3. Hand washing gel
4. Biodegradable soap/shampoo
5. Sleeping bag liner
6. Solar charger/spare batteries/power bank

There are many equipment shops in Kathmandu where you can buy much of the above clothing/equipment. The quality does vary and cannot be guaranteed so you should choose carefully.

### Internal Flights Weight Limit

There is a weight restriction on the flight to Pokhara and from Bharatpur of 25 kg checked baggage plus 5 kg hand luggage. It is not a problem for you to check in 1-2 kg more than this as long as you are happy to pay an excess luggage charge (approx. €2 per kg).

## PRACTICAL INFORMATION

### Passport

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information below is primarily for European passport holders, and other nationalities should check with their travel agent or the relevant embassies. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

### Visa

Most nationalities require a visa for Nepal, which can be obtained in advance or on arrival. If you wish to apply visa before departure, please visit this link: <https://nepaliport.immigration.gov.np/> The current cost of a visa on arrival is US\$30 for 15 days, US\$50 for 30 days and \$125 for 90 days. All are multiple entry. The visa on arrival fee can be paid in cash in US Dollars or Euros. Application forms are available in the immigration hall (or for electronic passports, there are visa registration machines which, after inserting your passport, automatically fill out a form for you. If you use the machine you will not need a passport photo). You must first join the queue to pay the visa fee and then go to the relevant immigration desk to obtain your 15, 30 or 90-day visa stamp. If you use the paper form to obtain a visa on arrival then you will also need one passport photo (a photo is not required if you use the electronic registration machines but we recommend you bring one with you anyway just in case, for any reason, the machines cannot read your passport). There might be long queues for visas on arrival.

**Please note:** Visa regulations can change without notice, therefore please check the current regulations or contact us.

### Vaccination

There are no mandatory vaccination requirements. Recommended vaccinations are: Polio, Tetanus, Diphtheria, Typhoid, Hepatitis A. There is low to no risk of malaria throughout Nepal and antimalarial tablets are not usually advised although may be considered for certain higher risk groups; you may wish to consult your GP/doctor or travel health clinic for further advice. The risk is highest in the low lying southern 'terai' districts bordering India.

A yellow fever certificate is only required if traveling from a country with a risk of yellow fever transmission or for travelers having transited for more than 12 hours through a country with risk of

# Baglung & Ghorepani Ghandruk Trek: Nature, Culture & Adventure | 14 Days

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transmission.

Dengue fever is a known risk in Nepal. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available for Dengue, and therefore the best form of prevention is to avoid being bitten. We recommend you take the usual precautions to avoid mosquito bites.

Most of our trips to Nepal go to high altitudes where there is a risk of being affected by Acute Mountain Sickness. Our itineraries are designed to enable everyone to acclimatize to these altitudes, but you should be aware that it is still possible for you to be affected. Please refer to the information below on Altitude Warning for further advice on AMS.

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad.

The above information can change at short notice; as we are not qualified to answer all your questions about travel health we strongly recommend you contact your Medical Professional or a Travel Health Clinic at least 8 weeks prior to departure for up-to-date information.

### Local Time

Nepal's Time zone:  
Asia/Kathmandu +04:45 (CET +04:45)

### Electricity

Nepal's Electricity:  
230V, 50Hz. Electric 'load shedding' (temporary power-cuts) might occur occasionally. On teahouse treks the majority of lodges now have electricity and charging facilities in the communal areas for batteries, for a fee (around Rs150- 350 per hour). Battery life can be affected by cold - lithium batteries are best.

### Money

Nepal's Currency:

The national currency of Nepal is the Nepalese Rupee (NPR), with an exchange rate at the time of publication of approximately 140 to the Euro and 130 to the US\$. It is illegal to import or export rupees, but foreign currency is not limited, provided it is declared on arrival. Keep your change receipts, as you will need them if you want to change rupees back into hard currency at Kathmandu airport.

### ATM Availability

There are ATM machines in Kathmandu and Pokhara only. Please do not rely wholly on ATM machines as many are broken or have run out of money and all have a per day withdrawal limit of approximately €150-175 or US\$ 175-190.

We recommend you bring most of your money for the trek in cash and change it at the airport on arrival. Credit cards are accepted in many of the larger shops and restaurants in Kathmandu.

### Extra Expenses & Spending Money

It is illegal to import or export rupees, but foreign currency is not limited, provided it is declared on arrival. We recommend taking your personal spending money in cash (dollars or euros can all be changed easily). Cash can be changed easily at the airport on arrival in Kathmandu or at money changers in the Thamel area of Kathmandu. Please note that travelers cheques can NOT be exchanged in Nepal.

Please allow Rs1000-2000 (€7-14) per day for extra drinks, showers and charging on trek, and for meals not included in Kathmandu. This amount is given as a rough guideline only. If you plan to take a SteriPEN to treat non-boiled water on trek you will spend less than this, whilst if you buy imported

# Baglung & Ghorepani Ghandruk Trek: Nature, Culture & Adventure | 14 Days

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snacks and drinks you may spend a few extra dollars each day. There are teahouses selling drinks and snacks along the entire length of the trekking route.

### Tipping

Tipping is of course entirely at your discretion, but it is part of the culture in Nepal. Tipping can be an awkward affair especially when you are not familiar with the country. Your leader will help with tipping and will provide a list of suggested tips. This will include tips for drivers, hotel porters and other hotel staff, local sightseeing guides, and if trekking will include staff such as guide, assistants and porters.

### Important Information

On all guided trips although our leaders/guides are well trained to deal with different capabilities, if they have any concerns about someone's ability to safely partake in an activity, or their impact on other people's enjoyment, we authorize them to take necessary action which, in some circumstances, may involve asking someone to miss that activity.