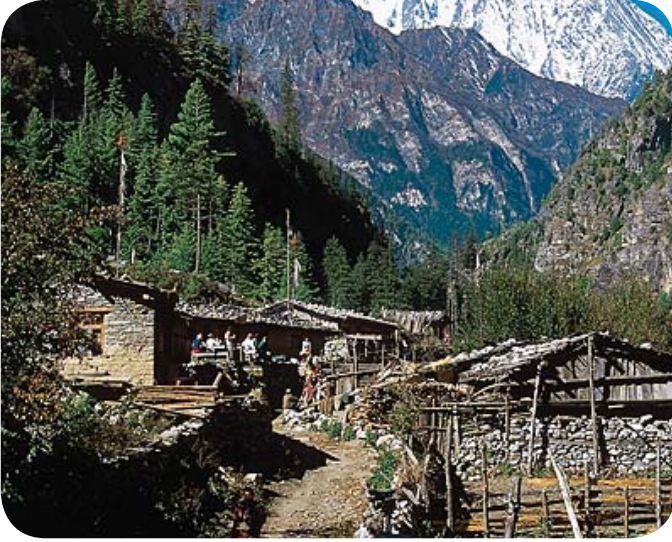


Airport transfers

Airport transfers are included for those on the group flights. Please note that transfers are not included for clients arriving on any other flight, even if Exodus have booked it. Those arriving from London on non-group flights should read the airport transfer section below for information on reaching the start point. Please check with the Exodus office if you are unsure whether or not a transfer is included.



JOINING THE TRIP IN KATHMANDU

22 days, start Kathmandu Sat, end Kathmandu Sat.

Itinerary Start

Your trip normally starts at our hotel in Kathmandu in the afternoon of Day 1 of the itinerary described below. Details of how to reach the start point are provided in the Final Joining Instructions - sent approximately two weeks before departure. Hotel check-in times are normally from around 12.00.

Airport Transfers

If you require airport transfers, you may (by prior arrangement only) be able to join the group transfer. Transfers are arranged to coincide with the arrival time of the group flight - please check the group flight details 2 weeks before departure. If you do not take this transfer, or miss it, you must make your own way to the joining point at your own expense. If you would like us to organise a private transfer, the cost is £15 per person and is payable before departure. Please ensure that you provide us with all relevant information at least 2 weeks before departure. The cost of a taxi is likely to be about £6 should you decide to make your way independently. Full joining instructions including local emergency numbers will be sent to you as part of our Final Joining Instructions. If you do not receive these at least a week before departure, or require them earlier please contact our office or your travel agent.

LAND ONLY ITINERARY

The entries in bold at the end of each day indicate the type of accommodation normally used (if different standards of accommodation are used - see accommodation section below for key to codes), and meals included (B=Breakfast, L=Lunch, D=Dinner)

Please note the construction of a road is currently underway on the route this trek. As a result we have chosen to amend the itinerary to avoid the road as far as possible.

In addition there are a series of small wooden bridges over the Kali Gandaki which are constructed every November after the monsoon. Treks in October and November will use the suspension bridges and trips departing late November to April will use the wooden bridges to cross the river. The itinerary is written accordingly.

Day 1 (Day 2 Ex London) Arrive Kathmandu

Those on the group flight from London will arrive in Kathmandu and will be transferred to The Royal Singi Hotel in the early evening. Those

not travelling with the group from London will meet us in the hotel this evening. No meals included for this evening. **CH**

Day 2 (Day 3 Ex London) Free in Kathmandu

Today there will be a full trek briefing after breakfast. The rest of the day is free for individual sightseeing. You may wish to visit Durbar Square in the heart of the old city, where the former Royal Palace lies, with its intricate woodcarving and four fine towers. Outside is Kumari Chowk, home of the Kumari, the young girl who is revered as a living goddess. Leading away from the square in all directions are narrow alleys, full of the most amazing variety of shops and stalls. You may also like to visit the monkey temple at Swayambunath, one of the largest Buddhist Stupas in the world at Bodnath, or the most important Hindu temple in the valley at Pashupatinath. There is also the opportunity to do an early morning scenic mountain flight to view Everest (weather permitting). This optional extra can be booked in Kathmandu on arrival. The cost is approximately US\$182 (including transport) payable in cash, credit card or travellers cheques. You will also need to pay 170 NR at the airport as a departure tax. **CH (B)**

Day 3 (Day 4 Ex London) Drive to Besisahar

We depart from Kathmandu early in the morning by bus towards Pokhara. After leaving the Kathmandu valley over a low pass, the Chinese built road snakes its way westwards along the Trisuli Valley. We get superb views of the mountains, particularly the Ganesh Himal and Manaslu as we follow the river to Mugling, where we stop for lunch in one of the roadside cafes. A short while after Mugling we turn off the main road at Dumre, and we continue along this to the start of our trek at Besisahar. **BH (B)**

Day 4 (Day 5 Ex London) Bauhundanda

From Besisahar we descend to the river and cross to the east side to avoid the new road which is currently under construction. Our trail undulates above the river, continuing northwards up the Marsyangdi Valley with Himalchuli and Peak 29 dominating the horizon. The trail takes us on quiet trails through rice paddies and villages for two hours until we meet the main trail at Bhulebule. The trail now continues up the east bank of the river, and passes a beautiful waterfall. At Ngatti we cross a suspension bridge and then begin the steady climb through scrub forest finally arriving at Lampatta, a Manangi village with Tibetan style prayer flags. A final short sharp ascent brings us to the village of Bahundanda, perched on a ridge at 1311m **BH**

Day 5 (Day 6 Ex London) Jagat

From the ridge we descend to the river at Syange (1136m) where we once more cross the river. The trail then continues high above the river as the gorge closes in. We pass under rock overhangs to the village of Jagat. **BH**

Day 6 (Day 7 Ex London) Dharapani

An undulating trail leads to Chyamje, after which we cross a suspension bridge and climb through oak forest. The river disappears from view as we climb over a ridge. The trail then emerges into a wide level valley, once a lake, or 'Tal', which is the name of the next village, set at the foot of another grand waterfall at 1700m. Crossing the river again the path now ascends the narrowing valley, at first well above



the roaring river, descending finally to cross the river to the village of Dharapani at 1943m. **BH**

Day 7 (Day 8 Ex London) Chame

Beyond this village we continue our climb over a spur to Bagarchap, at 2164m. The name of this village means 'butcher's place' and, although Buddhist, the people of this region do hunt and slaughter animals. Continuing on we follow the trail through the forest to Dhanagyu and climb up through the forest to Temang, where we have lunch with magnificent views of Manaslu and Peak 29. The trail then descends through fir and pine forests to Koto and on to Chame (2713m), administrative centre of the Manang district. **BH**

Days 8/9 (Day 9/10 Ex London) Manang

We now experience a dramatic change of scenery, quickly leaving behind the forests and vegetation of the alpine regions, and entering the upper district of Manang, known as Nyeshang. At first our trail follows the river closely through a deep canyon, passing a number of waterfalls on the opposite side of the river before coming to Brathang at 2919 m. The trail then follows the steep narrow valley through deep forest, and to the south there are fine views of Annapurna II. We cross the river again where the impressive curved rock face of Paungda Danda rises nearly 1500 m. from the riverbank, and climb away from the noise of the water to the village of Pisang at 3,185 m. To reach Manang we walk over a low pass into the valley below Pisang Peak. As we continue up the valley, it becomes much more barren, and eventually we reach Braga, a picturesque village of clustered, flat-topped houses, dominated by a large and ancient gompa. This village is the site of our Tree Nursery and there will be time to visit it to see how it is progressing. We pass carved mani walls and come to the village of Manang at 3351 m. **BH**

Day 10 (Day 11 Ex London) Acclimatisation

We spend this day around Manang to acclimatise to the altitude. Most people climb the hill behind Manang to enjoy the magnificent views of the whole Annapurna range and the enormous icefall that crashes and rumbles down from Gangapurna. This is the part of the trek where we are closest to the mountains. Across the valley the huge bulk of Gangapurna and the Annapurnas towers way above us and the sunset and sunrise over this great amphitheatre is one of the most beautiful mountain views in the country. **BH**

Days 11/12 (Days 12/13 Ex London) Thorong Phedi

Leaving Manang we head to the base of the Thorong La. We climb out of the Marsyangdi valley and turn northwest up the valley of the Jarsang Khola. We are above the forests now and pass through dry, alpine country, with scrub juniper and occasional clumps of birches. After Yak Kharka we cross the Jarsang Khola, and traverse a scree slope to the lone teahouses at Phedi at the foot of the Thorong La, surrounded by high cliffs at 4,400 m. The night here can be very cold. **BH**

Day 13 (Day 14 Ex London) Thorong La

A long day as we leave Phedi very early the next morning for the climb to the pass. The first part of the ascent is very steep, but it eases somewhat as we get nearer the top, although the altitude still makes the going tough. Eventually, after numerous false summits, we reach the pass itself at 5416 m. Ahead there is a magnificent panorama of snow-capped peaks extending northwards into Tibet, and looking back we can see several of the main peaks of Annapurna. Directly in front of us is the great chasm of the Kali Gandaki, 2,500 m. below. The long descent starts gently but gets steeper, switch-backing down moraines to reach grassy slopes and easing off to a gentle descent into Muktinath, set in a grove of poplar trees at 3802m. **BH**

Day 14 (Day 15 Ex London) Kagbeni

From Muktinath we pass through quite different landscape of bare, eroded hills with a backdrop of snow-capped high peaks. After visiting the temples above Muktinath, we cross the Jhong Khola and climb up to Jhong - a beautiful village. There is a very old monastery here dating back to the 7th or 8th century and the ruins of an old fort. The village has a small lodge where we can get a very simple lunch. Passing wind-eroded cliffs in an array of beautiful colours we continue down the valley finally arriving at the interesting village of Kagbeni. (This route avoids the newly built road).

Please note that in case we are delayed due to bad weather this day will be missed out and we will trek direct from Muktinath to Marpha. **BH**

Day 15 (Day 16 Ex London) Marpha

The trail now follows the Kali Gandaki River down to Jomosom, a large administrative centre, at 2713m. As you walk down the rocky riverbed look out for ammonite fossils amongst the pebbles. These are sacred to Hindus who call them 'shaligrams'. After lunch in Jomosom we cross the river to the village of Thini, where there is a small monastery. We cross a wooden bridge to Samley, from where it is about half an hour to Dumba Lake. This very small lake is considered holy by the local Thakali people. A short climb brings us to Dumba Gompa, set on a ridge with magnificent views of the Kali Gandaki Valley, Dhaulagiri and Tukucho Peak. On treks departing in October and November we will drop down through Dumba village to the suspension bridge across the Kali Gandaki to Marpha. From December to May we continue on the same side of the river towards the Tibetan refugee camp. A wooden bridge cross the Kali Gandaki takes us to the pretty village of Marpha (2667m) with its clean paved streets and white-washed houses. Marpha is famous for its locally made apple and peach brandy, which you might like to sample to celebrate your crossing of the Thorong La. **BH**



Day 16 (Day 17 Ex London) Larjung

Today we follow the Kali Gandaki Valley, a major trade route. We are now in the deepest gorge in the world - to the east Annapurna I rises to 809 m, to the west the peak of Dhaulagiri at 8167m soars above us. Leaving the dry, barren landscapes we walk through pine, cypress and juniper forest, sometimes on the valley floor and other times on a trail high above. From Marpha we cross back over the Kali Gandaki to avoid the road. Walking through fir and pine forests we pass through Chairigoan which has a fairly large monastery and continue onto Chokhepani. In October and November we must cross the large suspension bridge just before Chokhepani to Tukucho for lunch. After November we can continue on to a small wooden bridge which takes us directly into Tukucho. Notice the doors and windows in this village which are attractively carved from wood. The village is surrounded by apple and apricot orchards and the fruit brandy is famous throughout the area. After lunch we have a short walk to Larjung. In October and November we will stay on the same side of the river. After November we cross the river and follow a trail through Sauru village onto Larjung. We stay tonight in a simple lodge. It is worth walking up towards Thasang this evening to see the sunset on Niligiri. **BH**

Day 17 (Day 18 Ex London) Ghasa

Today we leave the main trail and trek via Titi Tal and Titi Gaon to Kurje Gaon. In October and November we will start with a short walk along the road to the large suspension bridge below Larjung. After crossing the river the trail climbs up through the forest to Titi Tal, a very small lake. After November we can cross the Kali Gandaki using a small wooden bridge to Sirkung from where we have a fairly steep walk through the forest to Nupsang Kharka. From here we get fantastic views of Dhaulagiri, Tukucho and Dhampus peaks. Dropping

down through the forest we come to Titi Goan and Titi Tal. Following an easy trail we pass through Taglung to reach Kurje Gaon. Today we will either carry a packed lunch or have a very simple lunch in a local teahouse at Kurje. We then join the main trail at the Lete Khola and head to Ghasa.

In 2010 we may be able to follow a new trail after lunch which brings us to Ghasa without walking on the road. **BH**

Day 18 (Day 19 Ex London) Tatopani

From Ghasa we drop down and cross the river. The trail climbs high above the river through a narrow gorge to Kopchepani. From here we stay on the same side of the river and follow an ancient trail up to Bhalebas. The trail then undulates finally passing a hydro electric project just before Tatopani. A suspension bridge brings us right into Tatopani. We usually have a longer morning today and late lunch in Tatopani, allowing time in the afternoon to enjoy a welcome soak in the hot spring baths here - guaranteed to ease any aching limbs! **BH**

Days 19/20 (Days 20/21 Ex London) Pokhara

The last stage of the trek is two long days which take us over two ridges and on to the end of the trek at Pokhara. We first have a long climb to Ghorepani (2855m), from where we have a chance to climb Poon Hill for superb sunrise views over the Annapurnas and Machhapuchhare. The trail then descends steeply to the attractive village of Birethanti by the Modi Khola and from here it is a short walk to the new road from where we will pick up transport to take us to Pokhara. **SH**



Day 21 (Day 22 Ex London) Fly to Kathmandu

We have some time this morning to explore Pokhara and in the afternoon we fly to Kathmandu. Weather depending there should be good views of the western end of the Nepal on this flight. Very occasionally it may not be possible to fly, in which case we return to Kathmandu by road, arriving in the evening. **CH (B)**

Day 22 (Day 23 Ex London) End Kathmandu

The trip ends after breakfast. Those on the group flight will be transferred to the airport for the flight back to London. Those not on the group flight will leave us after breakfast. **(B)**

For those on group flights, these depart in the morning and will arrive in the UK the same day.

CHITWAN EXTENSION

Price per person £299

Compulsory single supplement £50

The Chitwan National Park, an area of 540 square kilometres of the terai, affords excellent wildlife viewing opportunities. Among the larger animals, you have an excellent chance of seeing the Indian one horned rhino, sambar and chital deer, guar, langur and rhesus monkeys, mongoose, jackal, otter and crocodile. The more elusive animals in the park include tiger, leopard, leopard cat, sloth bear and Indian bison. Over 300 species of birds have been recorded in the park. Wildlife activities are managed and escorted by experienced naturalists

and shikharis; they include elephant-back safaris, nature walks, dug out canoe excursions, village tours, bird watching and jungle drives: some or all of which can be organised depending on individual interests.

Day 1 Drive from Kathmandu to our safari lodge, a small complex of huts with attached bathrooms, and a larger dining room/bar area, sited just on the edge of the Chitwan National Park. After lunch there will be an elephant-back safari into the beautiful lush jungle. If we are lucky we may spot deer and one-horned rhino.

Day 2 A full day of jungle activities. There will be a dug out canoe ride, bird watching and jungle walk as well as a visit to a local Tharu village to learn about their traditional culture. If elephants are available we may get a second elephant safari and at certain times of the year we may be able to help bath the elephants. Throughout the day we hope to spot rhino, deer and numerous birds and if we are very lucky, the elusive tiger.

Day 3 This morning we have one last chance to explore the area before leaving the lodge for the drive back to Kathmandu. Overnight at the Royal Singhi Hotel.

Day 4 Depart Kathmandu.

ACCOMMODATION

The accommodations used on this trek are local mountain lodges (also known as teahouses) and we have built up a strong relationship with the owners by using them for many years. As a result we know these lodges will provide good service for our clients, including decent quality food and accommodation available with the minimum impact on the environment.

Most lodges now have twin bedded rooms but you should still be prepared to sleep in multi-bedded rooms on the occasional night, (this is now quite rare).

Some lodges now have showers (charged at about £1.50 per shower) and all have some form of washing facilities along with toilets.

Single Accommodation: Accommodation in Kathmandu is on a twin share basis, but single rooms are usually available at an additional cost of £10 per night. Please let us know as early as possible if you would like a single room while at the hotel in Kathmandu. Single rooms whilst on the trek are not possible, as many of the lodges are busy, especially in peak season

Extra Accommodation: If you require any additional accommodation either before or after the trip, we can book this for you (subject to availability) at the Royal Singi Hotel in Kathmandu, provided you notify us at the time of booking. Currently a single room costs £32 per night and a double room costs £49 per night including breakfast. Please note that a £5 booking fee is added to the invoice.

Please contact our Sales team if you would like to extend your stay in Nepal or would like some advice about how to best enjoy your time there.

KEY TO ACCOMMODATION: We indicate in the itinerary what type of accommodation is provided on each day. The descriptions are guidelines only and are used to give an idea of the accommodation offered, rather than an exact description.

CH Comfortable Hotel, Lodge or Gite - twin rooms with en suite facilities, reliable electricity and water supply, good service and some added amenities.

SH Standard Hotel, Lodge or Gite - no-frills hotel, usually with twin rooms and en suite facilities. Service and amenities are generally adequate.

BH Basic Hotel, Lodge or Gite, Mountain Hut, Village House - Can be communal, often consisting of just a bed and shared facilities. Bed linen not normally provided. Running water, toilets and electricity may be inconsistent or non-existent. Cleanliness is not always assured.

FOOD & TRANSPORT

Food

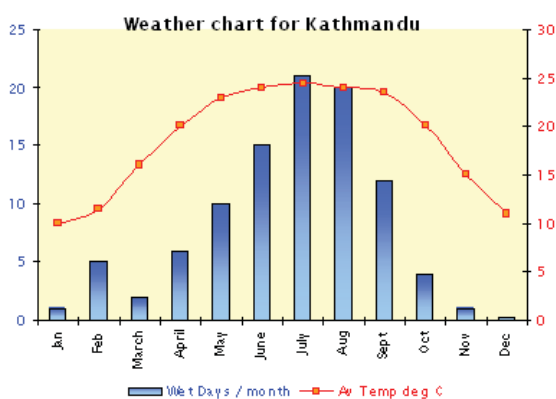
Breakfast is included in Kathmandu and Pokhara. Please allow £10 - £15 per day for other meals and drinks in Kathmandu and Pokhara, and all meals on trek.

We do not include food on these treks as the lodges have varied menus, allowing you flexibility to eat what you want and when.

Transport

For airport transfers we use a private minibus. For the journey to Besisahar we will use either a privately hired local style bus, or, for smaller groups, the scheduled services of the tourist bus. For the flight from Pokhara we will use the scheduled services of one of the airlines operating within Nepal.

WEATHER



The main trekking season in Nepal is from October to mid-May when daytime temperatures at most altitudes are generally comfortable for walking, the sky is clear much of the time and rain and 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 we go. Different seasons offer different advantages for trekking.

The crossing of the Thorong La can be cold at any time of year. There is sometimes a high wind over the pass which makes the crossing extremely cold and you must have adequate protection for very cold temperatures whilst crossing the pass.

Post Monsoon/autumn: Mid September to November. This is the main trekking season in Nepal. Day temperatures in Kathmandu are approximately above 20 C. Skies are usually clear and days on trek are sunny and mild with clear mountain views. Nights will be colder with temperatures dropping as low as to minus 5 C 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 10 C at the highest altitudes but days are pleasant and sunny. The trails are also much less busy at the time of year. In Kathmandu maximum daytime temperatures are 19 C.

Pre-monsoon: 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 35 C in Kathmandu. Flowers bloom in this season and this is one of the reasons people chose to trek in spring.

Snow can be expected on any departure, usually at the higher altitudes above Manang. Very occasionally the Thorong La may be blocked by snow. If this happens we can spend one day waiting, and then if it is still not possible to cross the pass we must retrace our steps to Besisahar.

Please remember that in any mountain area the weather is never wholly predictable and you should be prepared and equipped to deal

with any differences in weather beyond the conditions described above.

RESPONSIBLE TOURISM

Tourism can be a real help to local communities, providing income, positive cultural exchanges and a financial incentive to protect their natural environment.

Ours is a 'total approach' to responsible tourism, covering everything from the way we plan and operate our trips to the practices of Exodus as a company. Exodus trips are designed to allow a high degree of economic benefit to the local communities; we buy local produce, eat local food and use local services, thus ensuring that as much money as possible is retained within the local economies and the host communities. With our responsible tourism policy we are continually reassessing our holidays, trying at all times to ensure that they are socially, economically and environmentally sound.



Awards for our work on Responsible Tourism

2009. British Travel Awards: Highly Commended Small Tour Operator

2006. British Travel Awards: Environmentally Responsible Tourism Company.

2004. Responsible Travel Awards: Best Tour Operator.

For full details of our Responsible Tourism Policy please visit: www.exodus.co.uk/responsible-travel.

While on trek:

We advise against buying any mineral water whilst on trek as currently there are no provisions for disposing of the empty plastic bottles. Alternatively you can bring water treatment tablets for your drinking water or use the safe drinking water stations where they are available, or use boiled water where it is boiled by solar power.

We also ask you to consider only taking a shower at lodges where they have electricity or solar power to heat the water.

The use of biodegradable soaps and shampoos is recommended. If washing near a stream use a washing bowl and do not tip soapy water into a drinking water stream.

We recommend bringing a spare plastic bag for rubbish that cannot be burnt. Burnable rubbish can be left in the lodges. Non-burnable rubbish should be taken back to Kathmandu.

Some of the lodges now have electricity and charging facilities for batteries. The cost is approx £2 per hour to charge.

EXODUS HIMALAYAN COMMUNITY SUPPORT PROJECTS

Over the last few years we have set up many projects in Nepal and the Indian Himalaya. Details of all the projects can be found on the Exodus website

www.exodus.co.uk/responsible-travel/our-projects

Your leader will have up to date information in Kathmandu so please do ask him if you would like more information. We have printed copies of our newsletter available in Kathmandu.

Some of our most important projects are:

Nava Kiran Orphanage Kathmandu

After two years in the making March 2006 saw the opening of a new building, and a much larger home for the children living at the Nava Kiran Orphanage. Today is a different story. The children are now fully settled in their new home and all attend local schools. We sponsor the education of all the children. Almost all trips to Kathmandu can visit the orphanage, and all our Nepali leaders will be happy to pass on up-to-date information.

Braga Tree Nursery

On this trek we have a chance to visit the small Resource Replacement Project funded by Exodus with the kind support of many Exodus trekkers. The purpose of this project is to help villages in Upper

Manang to manage their own wood resources. Exodus funds a villager from Braga to manage a small tree nursery in his village. The saplings are then transplanted into common land owned by the whole village. This common land is protected from the cattle and will, hopefully supply a renewable resource of wood for the benefit of the whole village.

Solar Cookers

Our solar cooker project is now up and running in the Everest region. By spring 2009 we had installed 30 solar cookers in the Everest region in the lodges we use. If you are trekking in the Everest region you will see these in most of the lodges you stay in. Your leader will explain how the cookers are used to boil water and cook food in the lodges. Your leader will have details of how to sponsor a cooker.

PRACTICAL INFORMATION

Passports and Visas

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 offered below is to help you with that process. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

Most nationalities require a visa for Nepal, which can be obtained in advance or on entry. The current cost of a visa on arrival in Kathmandu is \$25 for a 15 day visa, \$40 for 30 days, \$100 for 90 days, and all are multiple entry (you will need one passport size photograph). If you wish to apply before departure the current visa cost is £15 for a 15 day visa or £25 for a 30 day visa for UK passport holders. All other nationalities should check with their nearest embassy.

You will also need 2 passport photos for your Annapurna trek permit.

Visa regulations can and do change without notice and if you are not a British passport holder please check the current regulations in good time to obtain a visa if one is required.

For information on how to obtain visas please call Travcour on 020 7223 5295 or visit their website: <http://www.travcour.com/exodus>

Vaccinations and Health

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.

There are no mandatory vaccination requirements for this trip.

Recommended vaccinations for this trip are: Polio, Tetanus, Typhoid, Hepatitis A.

The risk of malaria on this trip is slight, but you may wish to consult your GP or travel health clinic for further advice.

There was an outbreak of meningitis in Kathmandu a few years ago, and although the risk is now officially stated to be very low, you may also like to be protected against this.

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 GP or a Travel Health Clinic at least 8 weeks prior to departure for up-to-date information.

Nomad Travel Clinics are experts in preparing people for travel, providing expert advice on vaccinations, anti-malarial and staying healthy whilst overseas. We have arranged a special 10% discount for Exodus passengers on any vaccinations that you may require. For information visit the community section of our website or click on this link www.nomadtravel.co.uk/exodus.

For additional information please visit: www.fitfortravel.scot.nhs.uk

Altitude Warning

This trip goes to high altitudes where there is a risk of being affected by Acute Mountain Sickness. Our itineraries are designed to enable everyone to acclimatise to these altitudes, but you should be aware

that it is still possible for you to be affected. Although rare, a number of medical conditions can also reduce your body's ability to acclimatise, and thus will affect your performance at altitude and make you more susceptible to AMS. If you are worried about any pre-existing condition (e.g. heart problems), or unsure of your physical ability, we recommend that you seek medical advice prior to booking.

Advice varies, but the consensus on how to combat altitude sickness seems to be to drink plenty of non-alcoholic fluid (at least 2 litres per day) and rest for the first few hours when you reach altitude. When hiking, do not hurry - take your time, enjoy the scenery and give your body a chance to catch up. If you are breathing hard, you are probably ascending too quickly.

All of our leaders are trained in the use of a PAC bag (Portable Altitude Chamber) and this is carried on all treks that go above 3,900m. The PAC bag is used in an emergency only to treat altitude sickness in the mountains. A First Aid kit is carried with the group and all our leaders are First Aid trained.



If you are not taking out Exodus Travel Insurance, please ensure that your policy does cover you up to the maximum altitude on this trip, and includes helicopter evacuation. Please take proof of this with you on the trip, as you will need to show it to the leader.

Insurance - are you adequately covered?

Please ask for details of the Exodus insurance policy that has been tailored to provide specific cover for our trips. It is a condition of joining any of our holidays that you must be insured against medical and personal accident risks (to include repatriation costs and air ambulance or helicopter rescue services where appropriate). If taking an alternative policy you must be sure that you are covered for any activities that are part of this trip or optional activities that you intend to take part in. For further information please see the insurance section of the Exodus Travel Advice guide or visit www.exodus.co.uk/about-exodus/travel-insurance.

Local Time

GMT + 5 hours 45 minutes

Group, Staff and Support

The group will generally be between 6 and 16 people. There will be a UK leader, a local leader and drivers and local guides where needed.

The trip is lead by an Exodus leader. A highly competent English speaking Nepali sirdar will lead smaller groups. The leaders are assisted by additional guides and as many porters as necessary.

We also have a representative in Kathmandu who will look after your transfers to and from the airport, advise you on shopping, eating out and equipment etc; and who will be on hand to answer any other questions you may have about your trek.

The minimum age of clients on this trip is 18 years.

MONEY MATTERS

Exodus and Local Payments

There is no local payment on this holiday. Exodus no longer uses local payments to cover part of the cost of the holiday.

If you are comparing prices with other operators, please check the total price paid, as we believe that Exodus continues to offer the best balance between value for money and operational quality.

Currency Information

The national currency of Nepal is the Nepalese Rupee (NPR), with an exchange rate of 115 to the UK£ and 68 to the US\$.

Exchange rates are correct at the time of publication.

Take your personal spending money in any any well-known currency (e.g. Sterling, US dollars, Euros, etc.), Please do not take £50 notes or any Scottish Currency, as this will not be accepted. Travellers cheques and cash can be changed easily at the airport on arrival in Kathmandu or at the Royal Singi Hotel in Kathmandu. Our staff will advise you about how much money to take with you on the trek.

Please note that it can be difficult to change Nepalese rupees back into Sterling or US dollars.

It is illegal to import or export rupees, but foreign currency is not limited, provided it is declared on arrival.

Commission Free Holiday Currency

For your commission free holiday currency, pre loaded cash cards and travellers cheques delivered directly to your door at very competitive rates, visit us on www.currency-express.com/exodus and receive free delivery on orders over £300.

ATM availability/Credit Card Acceptance/Travellers cheques

There are a few ATMs in Kathmandu but we do not recommend relying on them for your Nepalese money.

Travellers cheques can be changed in Kathmandu, but \$20 travellers cheques are no longer accepted in Nepal.

Credit cards are accepted in many of the larger shops and restaurants in Kathmandu.

Extra Expenses and Spending Money

Allow £10 - £15 per day for main meals and drinks in Kathmandu and Pokhara, and all meals on trek.

In all lodges along this route it is possible to buy beer, soft drinks and chocolate bars. If you enjoy these you should expect to spend a few pounds a day extra.

Tipping (leader and local staff)

Tipping is a way of life in Nepal and you should allow between £2 and £2.50 a day for this (approx £35 in total). This does not include tipping the leader, which is discretionary.

WHAT TO TAKE

Essential Equipment and Clothing

Below is a suggestion of what you might find useful on this trip. It is NOT an exhaustive list and should be read in conjunction with our 'What to Pack' section in the General Information booklet (sent on booking).

You will need the following:

- 4 seasons sleeping bag (with liner for December departure)
- 3/4 season jacket (4 season for late November and December departures)
- Walking boots (worn in)
- Waterproof jacket and trousers
- Gaiters for winter and spring departures
- Trainers/sandals for the evening
- Warm hat and scarf
- Warm gloves
- Several pairs of walking socks
- Tracksuit or thermals
- Warm mid layer (fleece)

- Light - mid weight trousers (warmer for winter)
- Shorts or skirt for women
- Shirts or t-shirts
- Sunhat, sunglasses, sunscreen and lip salve with sun protection
- Daypack
- Towel
- Head torch
- Water Bottle (minimum 1 litre)
- Iodine (for purifying water)
- Trekking pole(s)
- Hand washing gel
- Plastic bags (bin liners) to line daypack and for packing clothing in the kitbag
- Biodegradable soap/shampoo
- Toilet paper
- Small personal first aid kit
- Swimsuit (for the hot springs)

Please note that many Nepalis are still traditional in the way they dress. Out of respect for the country we ask you to dress conservatively. T shirts are preferable to sleeveless tops and although shorts are acceptable they should reach to just above the knee, and for women a skirt or trousers are preferable.

Optional items:

Although the Thorong La is mostly clear of snow and ice, unseasonable snow can make the steep descent slippery in November, December or in spring. If you are unsure of your footing you may like to carry a pair of Yaktrax or Spikeys with you just in case.

We also recommend: trekking poles.

All luggage for the trek should be packed in a soft kitbag or duffel bag. You will be restricted to 12 kgs of luggage whilst on trek. This is in order to keep weights at an appropriate level for porters.

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

Duvet jackets and sleeping bags are available for hire from Trek Hire UK (<http://www.trekhireuk.com/>). Trek Hire UK can also provide a range of trekking essentials and accessories, from rucksacks to trekking poles. Please note that supplies are limited, and it is advisable to reserve any equipment as early as possible.

Much of the equipment mentioned above is available at very competitive prices from Nomad: Exodus clients receive a 15% discount. Please visit www.nomadtravel.co.uk/exodus.

Baggage and Baggage Allowance

If you live in the UK or Ireland we provide an Exodus kitbag to pack your luggage in whilst on trek. Please note that if you book close to the departure date we cannot guarantee that your kitbag will arrive before your trip starts. If this is the case please use a suitable alternative. Unfortunately it is not possible for us to supply kitbags for those who book from outside of the UK or Ireland.

At time of writing the standard weight limit for hold baggage on the recommended international carrier for this trip is 20kg. We recommend packing only one piece of checked baggage. Internal flights in the destination country are subject to a weight limit of 20kg. As advice about luggage allowances for both hand and hold luggage is subject to change, we suggest you check www.baa.com and/or the airline's website for the latest information prior to your departure.

In the unlikely event of any of your luggage being misplaced or damaged, a Property Irregularity Report (PIR) must be filed with the appropriate airline if you subsequently wish to make a claim against the airline or on your travel insurance. This must be done at the airport where your baggage arrived, or should have arrived.

Reading List:

Nepal (Lonely Planet Country Guide) by Joe Bindlass (2009)
Trekking in the Nepal Himalaya (Lonely Planet Walking Guide (2009)
Annapurna: the first ascent of an 8,000m peak by Maurice Herzog (Pimlico)
Nepali (Lonely Planet Phrasebook) by Mary-Jo O'Rourke
Culture Shock! Nepal: A guide to Customs and Etiquette by Jon Burbank
Annapurna Circuit by Andrew Stephenson (Constable)
The Beckoning Silence by Joe Simpson (Vintage)
Trekking in the Annapurna Region (Trailblazer Guides) by Bryn Thomas
Birds of Nepal by Robert Flemming
Annapurna: A Trekkers Guide (Cicerone Mountain Walking)
The Ascent of Rum Doodle by W E Bowman and Bill Bryson (Pimlico)

Maps:

Nepa Maps: Around Annapurna

If you are interested in any of these books then you can order them from our own Exodus shop, 'Exodus Travel Essentials' in partnership with Amazon.

JOIN THE EXODUS ONLINE COMMUNITY

Don't forget to visit the Community area on our website. You can view the range of Exodus videos and podcasts, read trip write-ups which have featured in the national media and take advantage of some special deals on travel gear and equipment.

In the Compass Café forum you'll find the Departure Lounge where you can discuss your trip with fellow travellers before you depart. When you get back from your holiday remember to upload your images to the relevant trip page on our website. This helps other people see what our holidays are really like and you'll be entered automatically into our monthly photo competition.

To make full use of the Compass Cafe you'll need to join My Exodus. It's free, registration is simple and easy... so what are you waiting for?

<http://www.exodus.co.uk/community>

IMPORTANT INFORMATION FOR ALL CLIENTS

Exodus operates a 24 hour duty office for emergencies, which can be contacted on 0044 (0) 1582 644 100.

Every time that you travel abroad you should take the time to read the warnings in the essential information in the brochure or at www.exodus.co.uk/about-exodus/essential-information?

Full joining instructions including local emergency numbers, and details of how to reach the start point, will be sent to you approximately 2 to 3 weeks prior to departure. If you do not receive these at least a week before departure, or require them earlier please contact our office or your travel agent.

Occasionally, as stated in our brochure, it may not be possible to follow the itinerary as planned. This may be for a variety of reasons - climatic, political, physical or other. In these circumstances we will make the best alternative arrangements possible that maintain the integrity of the original itinerary.

The information in these Trip Notes is given in good faith, and covers the average range of conditions likely to be found on this trip. Where differences exist in the information between these Trip Notes and our current brochure, the Trip Notes are the correct version and supersede the brochure. Abnormal conditions or other events beyond our control can prevail at any time, particularly in remote or off the beaten track destinations, therefore all holidays can be subject to unexpected changes; in order to enjoy them you should be prepared to be flexible where necessary.

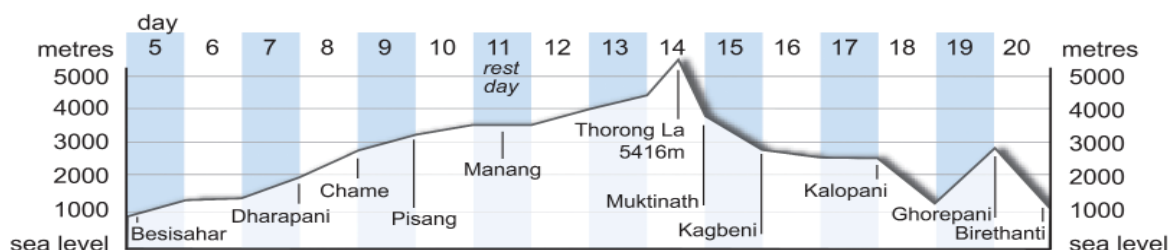
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In December 2009 Exodus was accredited with the maximum 3 stars Investor in Customers award.

Give one of our experts a call to find out why.

ALTITUDE PROFILE



This chart gives an approximate description of our normal route. Variations are possible due to weather and other conditions. One spare day not shown

HOW TO BOOK YOUR TRIP

1. **Check availability** Go online to check availability, or contact us by phone or email.

2. **Secure your place** You can provisionally hold a place on this trip, usually for between three and seven days.

3. **Complete your booking and payment** When you're ready to book, go to www.exodus.co.uk for online booking, book over the phone or you can complete a booking form (available online or on request by calling us). We accept all major credit and debit cards, or you can pay by cheque.

Book with confidence Exodus is fully licensed and bonded as a tour operator. We hold Air Traffic Organisers Licence (ATOL) number 2582 issued and bonded with the Civil Aviation Authority (CAA). We are also bonded to the International Air Transport Association (IATA) and we are members of the Federation of Tour Operators (FTO) and ABTA - The Travel Association. This means you can book your Exodus holiday with confidence, as all monies paid to us for your trip are fully protected.

