

# annapurnas trek to khayer lake



## trip highlights

Stunning views of the Annapurna range

Sightseeing in Kathmandu - Pashupatinath (a major Hindu shrine) and the giant Buddhist stupa at Boudhanath

Trek to Kopra Ridge and optional Khayer Lake trek, away from the main trails and with outstanding views of Dhaulagiri

Fully supported camping based trek including 3 hearty meals per day prepared by our cooks

Himalayan mountain flight Kathmandu/Pokhara/Kathmandu

½ day Spa package at end of trek including Body Scrub, Massage and Facial

Trip escorted by Sonia Wray, founder of Sterling Results Fitness Club



Trip Duration	16 days	Trip Code: SOG4522
Grade	Moderate	
Activities	Trekking	
Summary	16 day trip, 11 day trek, 5 nights hotel, 5 nights private eco campsite, 5 nights eco lodges	

## welcome to World Expeditions

Thank you for your interest in our Annapurnas Trek to Khayer Lake trip. At World Expeditions we are passionate about our off the beaten track experiences as they provide our travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. We are committed to ensuring that our unique itineraries are well researched, affordable and tailored for the enjoyment of small groups or individuals - philosophies that have been at our core since 1975 when we began operating adventure holidays. Our itineraries will give you the very best travel experience, designed by people with incredible local knowledge who share our vision of authentic exchange and real exploration with a responsible tourism approach. Whether you like your adventures to include trekking, touring, cycling, mountaineering, kayaking or cruising World Expeditions can make it happen for you. We hope you will join us for a life changing experience.

## 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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## trip cost

Joining Kathmandu/AUD from: \$4290  
All prices are per person

## options & supplements

Single Supplement: \$435

World Expeditions does not require single travellers to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. Please refer to our website for the additional cost.

For competitive airfares and stopover ideas to join this adventure, contact our expert staff today to receive a detailed quote.

## 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 or hot chocolate served in your tent, porridge or a grain cereal, toast with spreads, eggs –fried, omelet or boiled, baked beans 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, tea, coffee or hot chocolate, boiled water

## the trip

Join Sonia Wray from Sterling Results Fitness Club on this comprehensive trek of the Annapurnas which takes us from the delightful villages of the Annapurna foothills to the wild and rugged terrain of Kopra Ridge. Highlights of this trek include the magnificent views from our Kopra Camp, plus our very private camp situated adjacent to Poon Hill, where we view the stunning sunrise panorama from the comfort of our tents. Traversing above the main trail, we pass through villages seldom seen by foreign trekkers, and walk along lovely forested trails as we descend towards the foothills again. We hope you can join us!

## about your leader/escort

Sonia Wray, is the founder of Sterling Results Fitness Club. Prior to starting these ventures, she spent over 20 years in the corporate world holding senior executive roles for large international ICT companies, so understands the stress that work brings and the release a trek can bring. She has ventured to many of the famous world landmarks including trekking the Inca Trail to Machu Picchu, climbing Aconcagua in South America, Mt Kilimanjaro in Tanzania, Mera Peak in Nepal, Mt Elbrus in Russia, the Matterhorn in Switzerland, trekking to the iconic Everest Base Camp & Kala Pattar in Nepal. Sonia escorted clients on this trek in 2019.

In 2013 Sonia left the corporate world and completed her Certificate III and IV in Fitness along with CPR and Wilderness First Aid training with a purpose of helping people become TREKFit. Sonia founded Sterling Results Fitness Club and prepares people for the physical challenge of trekking and specialises in trek training, personal training for women and training for those over 50. No matter what your adventure, being physically prepared for the challenge will make the experience highly enjoyable and achievable. Sonia wants to ensure you complete your trek of lifetime being fit, healthy, and with a lasting sense of accomplishment. Each trek will include a TREKFit PREPARATION PACK. TREKFit Preparation Packs will include upto a six month fitness training program ; Fitness assessment ; Regular monthly check in video calls; personalise Facebook group page with tips and ideas for the trip, plus pack preparation. If you are in Sydney , you can join Sterling Results Fitness Club HIKEFit Program, which is priced separately .

## at a glance

DAY 1	JOIN KATHMANDU
DAY 2	IN KATHMANDU (1330M), HALF DAY SIGHTSEEING
DAY 3	FLY TO POKHARA 980M, TREK TO DHAMPUS 1900M. WALK APPROX 3 HOURS
DAY 4	TREK TO LHANDRUK (1640M). WALK APPROX 5 HOURS
DAY 5	TREK TO GHANDRUK (2050M), WALK APPROX 4 HOURS
DAY 6	TO TADAPANI (2650M). WALK APPROX 4 HOURS
DAY 7	TO BHAIKI KHARKA (3420M)
DAY 8	TO KOPRA (3660M). WALK APPROX. 7/8 HOURS
DAY 9	KOPRA CAMP AND OPTIONAL DAY HIKE TO KHAYER LAKE (4600M) 9-10 HOURS
DAY 10	TO SWANTHA (2400M). WALK APPROX. 6-7 HOURS
DAY 11	TO UPPER PHULBARI VIA POON HILL (3210M). WALK APPROX. 5-6 HOURS
DAY 12	TO LES PAR VIA JALJALA (2600M). WALK APPROX. 5-6 HOURS
DAY 13	TO PATHICHOUR (1340M), WALK APPROX 3-4 HOURS + TRANSFER TO POKHARA
DAY 14	IN POKHARA
DAY 15	FLY POKHARA TO KATHMANDU
DAY 16	TRIP CONCLUDES KATHMANDU

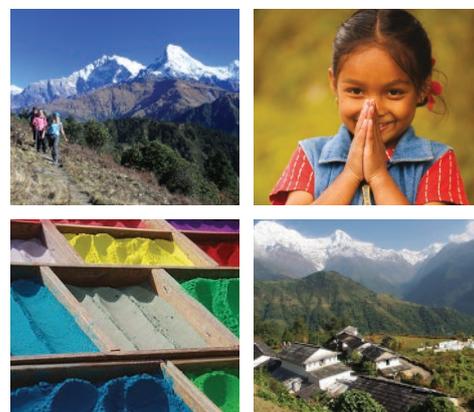
## what's included

- ➔ 15 breakfasts, 11 lunches and 10 dinners including all meals on trek
- ➔ airport transfers on day 1 and day 16



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## Dinner

Creamed corn soup, steamed vegetables, steamed rice, fried chicken, goat curry, daal, spaghetti, chocolate cake, fresh apples, tea, coffee or hot chocolate, boiled water

## trip dates

**2020** 11 Apr - 26 Apr

## 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

### Advice for people with limited mobility

This trip is not suitable for people with limited mobility.

\*Ask our staff for more information.

- flight Kathmandu/Pokhara return
- expert bilingual guide and group medical kit
- good quality accommodation in Kathmandu
- the use of a World Expeditions trek pack including sleeping bag, down jacket and insulated mat
- souvenir World Expeditions kit bag
- all park entrance fees and trekking permits
- TREKFit Preparation Pack including fitness assessment and program ; regular monthly check in calls; facebook group page, and pack preparation planning
- ½ day Spa package at end of trek in Pokhara, including Body Scrub, 1 hour Traditional Nepali or Deep Tissue Massage and Facial
- Porters to carry all personal and group equipment and porters insurance
- sightseeing and sight entrance fees in Kathmandu
- accommodation in our fully serviced wilderness campsites
- private transportation
- insurance, protective clothing, food and shelter for Porters
- trip escorted by Sonia Wray, founder of Sterling Results Fitness Club

No local payments policy: Local cash payments are becoming increasingly popular with many operators. The policy seems to benefit the tour operators, more than the local economies or travellers, as it avoids local taxes and transfers the cost and risk of cash handling to travellers. In accordance with our Responsible Travel practices we have chosen a policy not to ask for such payments.

## what's not included

- Lunch & dinner in Kathmandu
- Bottled water, aerated & alcoholic drinks
- Items of a personal nature such as phone calls, laundry, etc
- Tips
- International flights
- Airport and departure taxes
- Visa
- Travel Insurance

## detailed itinerary

### DAY 1 Join Kathmandu

You will be met by a representative of World Expeditions and transferred to the Hotel Le Himalaya (formerly Gangjong Hotel). Remainder of the afternoon is at leisure. A pre-trek briefing will be given around 5pm where arrangements will be made for the distribution of your kit bag, sleeping bag and down/fiberfill jacket. Evening drinks are held in the hotel for all World Expeditions clients arriving today. Drinks and snacks will generally be served from 6:30 pm until 7:15pm, and this is a great opportunity to get acquainted with your fellow group members before heading out to dinner. Overnight Hotel Le Himalaya (formerly Gangjong Hotel).

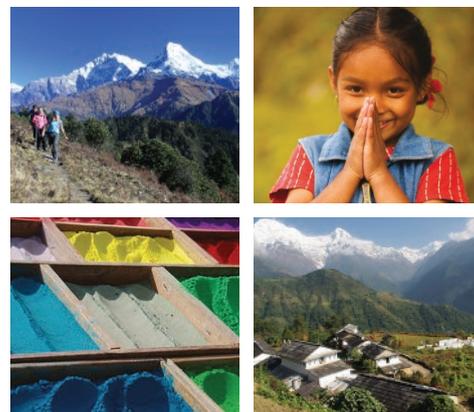
meals: NIL

### DAY 2 In Kathmandu (1330m), half day sightseeing

This morning a sightseeing tour takes in the key attractions in and around Kathmandu. We will visit Pashupatinath and Boudhanath, returning to the hotel by 2pm. In the afternoon you may have time to explore Swayambhunath, Durbar Square, Patan or Bhaktapur, and the lesser-known towns that dot the valley on

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## 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.

## trip grading Moderate

This trip is graded moderate and is suitable for fit and healthy people. Prior trekking is not necessary, although you would be expected to be comfortable in the outdoors and camping for successive periods. These adventures involve trekking for up to 6 - 8 hours a day at a steady pace. These trips may spend successive days at altitudes not generally exceeding 5,500m and are usually between 10 and 15 days in duration. You will need a good level of fitness and be in good health.

Sterling Results Fitness Club wants to see our clients achieve great goals and unleash fear through completing remarkable treks around the world. Our TREKfit program ensures you complete your journey of lifetime healthy, proud and with a lasting sense of accomplishment.

To join a trek with Sterling Results Fitness Club it is imperative that you agree to the terms of physical training. For each trek a 'TREKFit Preparation Pack' will be created for each client based on a fitness assessment conducted through Sterling Results Fitness Club. TREKFit Preparation Packs will include a six month fitness training program ; Fitness assessment ; Regular monthly check-in video calls; personalise Facebook group page with tips and ideas for the trip, plus pack preparation.

When you join a trek with Sterling Results Fitness Club, you are embracing the core values, which are;

foot, by bicycle or trishaw. The area has an amazing range of fascinating highlights, whatever your interest. Excellent bookshops, extensive markets, and novelty and handicraft shops contrast with fantastic centres of cultural and spiritual significance - Kathmandu has more World Heritage sites than any other city in the world. Overnight Gangjong Hotel.

meals: B

### DAY 3 Fly to Pokhara 980m, trek to Dhampus 1900m. Walk approx 3 hours

This morning we take a flight west to Pokhara, Nepal's second largest town (820m). In good weather we are greeted with sights of the entire Annapurna Range. From here we drive for an hour to a pass between two river valleys to the village of Phedi, where we commence our trek. There is no need to rush as this is a short day with plenty of time to reach our overnight stop. The trail ascends for the

first hour, following a ridge through fields of bamboo clusters to magnificent rhododendron forest. Villagers greet us with "Namaste", the traditional Nepalese greeting, as we pass their homes and continue to the ridge top where at the crest the scale of the mountains astounds us. Machapuchare (6993m), Hiunchuli (6441m) and Annapurna South (7219m) can be seen from our immediate viewpoint. Overnight eco lodge.

meals: B,L,D

### DAY 4 Trek to Lhandruk (1640m). Walk approx 5 hours

After a glorious mountain sunrise we follow the trail through rhododendron forest before continuing through a series of Gurung villages where lifestyles have not changed substantially over the centuries. After lunch we follow a well-marked trail to the prosperous village of Landruk where we camp for the night. Our private eco campsite affords dramatic views of Annapurna South.

meals: B,L,D

### DAY 5 Trek to Ghandruk (2050m), Walk approx 4 hours

Our destination today is easily seen across the valley, the attractive Gurung village of Ghandruk. We exit the village and slowly descend through rice terraces, crossing a steel bridge that spans the glacial river of the Modi Khola and commence our ascent. As we trek up the many staircases, we enjoy the beauty of the Himalaya at a relatively close range and observe the glaciers flowing from them to form the rivers below us. It really is a magnificent location and a photographer's delight. Our leisurely approach along these ridges with their fine mountain views ensures proper acclimatization and the un-hurried opportunity to fully savour this magnificent scenery. Overnight at private eco campsite.

meals: B,L,D

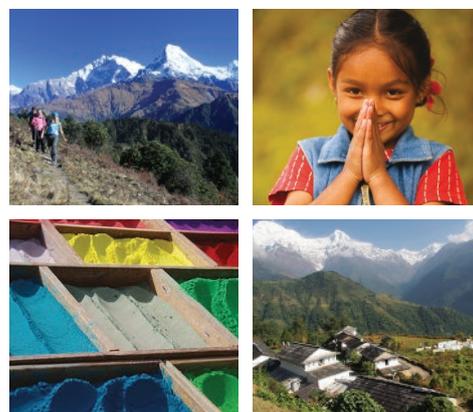
### DAY 6 To Tadapani (2650m). Walk approx 4 hours

Our trail meanders uphill through fields and into forest of rhododendron, magnolia and lichencovered fig. We pass by waterfalls that cascade down narrow gullies that provide the perfect home for many small ferns and delicate plants such as exotic orchids bursting with colour. Tadapani is a small village with limited campsites, our overnight accommodation will be in an eco lodge. This is the last stop before we head into the more uninhabited regions of our trek.

meals: B,L,D

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Achieve Greatness

Fear Less

Embrace Nature

Live Life

Love Humanity

Be Healthy

Please remember the fitter you are the more you will enjoy your trek.

## 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. The itinerary can change at any time, due to inclement weather, forces of nature and other circumstances beyond our control.

### DAY 7 To Bhaisi Kharka (3420m)

Leaving the main trekking trail we continue to ascend on a less defined path through old growth forest where we may be fortunate enough to see Himalayan Thar, Hyrax or Ressus and Langur monkeys. Eventually we rise above the tree line and gain stunning views of the Annapurna Himal, our lunch spot will most likely be a yak pasture at Timuje perched high on the hillside with fantastic views of Annapurna South and Himul Chuli. Following our lunch break we ascend steeply to the ridge where spectacular views of Dhaulagiri and its surrounding peaks unfold before us. This section of the trek is magnificent and we are now well off the main trail. Continuing down the opposite side of the ridge we drop into smaller rhododendron forest and arrive at our remote campsite high on the hillside overlooking the valley. Overnight private eco campsite.

meals: B,L,D

### DAY 8 To Kopra (3660m). Walk approx. 7/8 hours

Setting off early today we make our way downward towards the valley floor, eventually entering the old growth forest, surrounded by colourful rhododendron. We glimpse a small settlement lower down at Chistbung, which will be our lunch spot. After a relaxing lunch we will begin our ascent to Kopra. The views here are truly amazing and some of the best in the entire Annapurnas. Dhaulagiri dominates the scene and towers above the deepest gorge in the world, the Kali Gandakhi. Today is a challenging day of trekking and well worth the effort as we relax and take in the views in this very special location.

meals: B,L,D

### DAY 9 Kopra Camp and optional day hike to Khayer Lake (4600m) 9-10 hours

For those who are feeling fit and motivated for a big day hike, and dependent on weather and route conditions, the trip to the sacred Khayer Lake high above us is well worth the effort. The views are outstanding and you will be trekking along an ancient pilgrimage trail to the site of the annual Badau Purnima Festival. The trail contours the steep hillsides and takes us even closer to the impressively sheer cliff face of Annapurna's Fang Face. In the late afternoon, we will descend back to our eco lodge at Kopra. Our staff will accompany you on this hike and you may turn around after a few hours if you choose to, or simply enjoy a rest day in the comfort of our eco lodge.

meals: B,L,D

### DAY 10 To Swantha (2400m). Walk approx. 6-7 hours

We descend steeply from our camp, following the ridge line towards the Kali Gandaki and pass shrines used by pilgrims on their annual visit to the sacred lakes. There may be shepherds on the trail, as well as villagers going about their daily activities as we descend. There is more activity and signs of settlement, a marked contrast to the trekking we have enjoyed on the high ridges. Overnight at our private eco campsite.

meals: B,L,D

### DAY 11 To Upper Phulbari via Poon Hill (3210m). Walk approx. 5-6 hours

A short walk brings us to Chitre where we join the old Tibet-Nepal trade route. The walk this morning offers excellent views of the Dhaulagiri range as the trail zigzags until we reach our lunch stop at Ghorepani. This is a sizeable town which is on the main tourist trail. You may wish to wander through the bazaar for a short period following lunch, as there are many Tibetan wares on display, and also a bakery or two. Most trekkers to Ghorepani take a pre dawn 45 minute climb to the summit

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of Poon Hill (3200m), which is a highlight of trekking in the Annapurnas. We will make the climb in the afternoon, when there are no crowds. From Poon Hill we leave the main trail and traverse on old yak herder trails to a private eco lodge at Upper Phulbari, which is set above the level of Poon Hill. The location affords even more spectacular views which we enjoy from the comfort of our eco lodge and with the luxury of no pre-dawn start, unless of course you chose to photograph the stunning views at sunrise.

meals: B,L,D

**DAY 12** To Les Par via Jaljala (2600m). Walk approx. 5-6 hours

The views in the early morning are tremendous, with forested foot hills as a foreground and some of the world's greatest mountain ranges surrounding us. If you are up early enough, the glow of the rising sun catches Dhaulagiri, Nilgiri and Annapurna. Our trail takes us through beautiful forests of rhododendrons, fir, pine, cedar and bamboo, there are many small trails through the forest, and we are unlikely to see any other westerners in this section of the trek. Eventually we emerge to open grassland ridges that offer a particularly pleasant trekking experience, before descending to a pretty lunchspot in a narrow valley skirted by multicoloured rhododendron bushes. From here there are three trails; we take the south trail which leads us to our private eco campsite at Les Par (Swarga).

meals: B,L,D

**DAY 13** To Pathichour (1340m), walk approx 3-4 hours + transfer to Pokhara

Have your trekking poles at the ready today as our descent is approx. 1000m. We pass through interesting villages situated on steep rocky hills and terraces. The villages we pass are mixed communities of predominantly Gurung, Brahmin & Chettri. The final descent into Nayapul is 20 minutes on stone stairs. Here we will have a quick lunch break and then board the bus for Pokhara and our private eco camp. Once settled in we highly recommend you take a stroll down to the lake at Pokhara, there are many stores selling Tibetan wares which are less expensive than Kathmandu. The main street running along the lake is vibrant and an interesting place to sit and watch the world go by. Overnight at Kotee Home Hotel, Pokhara

meals: B,L

**DAY 14** In Pokhara

At leisure in Pokhara and half day spa package.

Overnight Kotee Home Hotel, Pokhara

meals: B

**DAY 15** Fly Pokhara to Kathmandu

After breakfast we transfer to the airport for our flight to Kathmandu, a spectacular 30 minute mountain flight along the face of the Himalaya. On arrival we transfer to the hotel. Rest of the day is at leisure. Overnight Hotel Le Himalaya.

meals: B

**DAY 16** Trip concludes Kathmandu

Your trip concludes after breakfast. You will be transferred to the airport for your onward flights

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.

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## suggested extensions

- Kathmandu to Delhi
- Bhutan Retreat
- Ancient City of Lhasa

## country information

People from all walks of life are drawn to Nepal to experience the incredible Himalaya. Whether it is witnessing the windswept summits of the world's highest mountains, an early morning visit to a monastery high in the Himalaya, or sipping on a cup of warm Nepali tea with your trekking crew as you watch the sunrise over the mountains, we are sure you will find your adventure in Nepal with World Expeditions inspiring and rewarding. Far from the rush of the modern world, and in the delightful company of our trek crew, you will settle into a daily rhythm in the mountains that is immensely enjoyable. Our dedicated and experienced crew will take excellent care of you, helping you to relax, stay healthy and enjoy the beauty of Nepal. Their warmth and openness will give you an insight into their culture that will add a deeper dimension to your adventure. The camaraderie within your group that gradually develops on the trail, and the unexpected friendships you form with the locals you meet, will be highlights of travelling in this wonderful country.

Nepal's population of around 30 million people practice a blend of Hindu, Buddhist and traditional animist religion. While Nepal is a predominantly rural society, with 90% of the population living outside metropolitan areas, Kathmandu is rapidly urbanizing with a population of around 1 million. With over 100 different ethnic groups and languages, and an unparalleled concentration of World Heritage Sites in the Kathmandu Valley, Nepal offers a fascinating cultural tapestry like few places on earth.

## climate

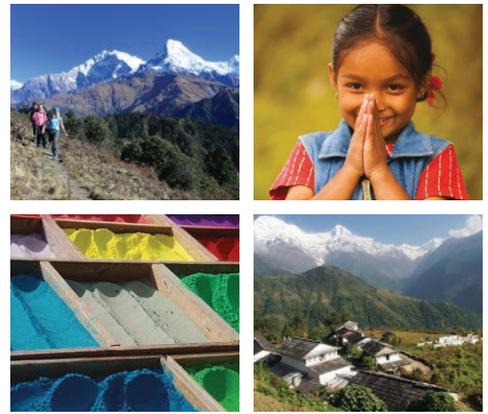
Our trekking season in Nepal extends from mid-September to May. However within this period there are clear seasons in the weather. Trekking in Nepal during winter, from December to February, offers cool to mild and clear days with often very cold nights. Occasionally winter storms can bring snow as low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

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

The pre-monsoon period - In March the cold, dry winter season begins to give way to warmer, wetter spring conditions. Mornings are usually clear with cloud build-up bringing occasional afternoon rainstorms. Views of the mountains in the middle of the day and afternoon may often be obscured. Daytime temperatures increase quickly in March with temperatures of up

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to 30 degrees Celsius and mild nights. At higher altitudes it is similar to the conditions of the post-monsoon period, however there is usually more snow, which has accumulated over the winter period. There are spectacular displays of rhododendrons and wildflowers at this time of year. Late spring conditions ie April and May, are generally hot at low elevations and as the clouds build up to the next monsoon, daily afternoon rainstorms are common.

## mountain flights

The flights to and from Pokhara are a spectacular journey and a highlight of any trip to Nepal. Unlike the small mountain airstrips that use small aircraft and are often unreliable due to weather delays, this flight is from the major airport of Pokhara to the capital of Kathmandu. The many flights between these two cities use larger aircraft and have frequent schedules. The views of the Annapurna, Manaslu, Ganesh and Langtang ranges are breathtaking. 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

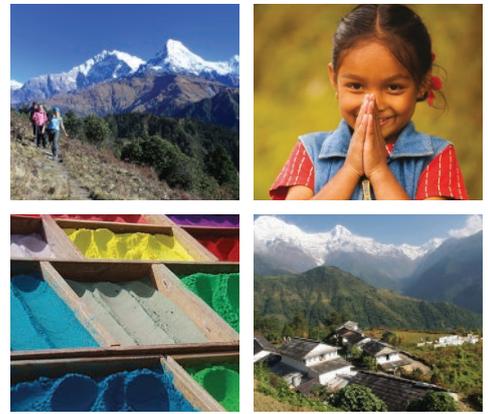
You will be woken with a cup of tea brought to your tent around 6:30am, followed by a small bowl of warm water for washing. Before breakfast you pack your gear into your kit bag which is then taken by the pack-animals or porters and will not be available to you until you reach camp that afternoon. After 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.

## private eco campsites

The Annapurna region is a very popular area for trekking with its stunning mountain vistas and traditional villages. Road constructions in some parts of the region have not hindered our opportunity to seek out the best walking trails away from these thoroughfares. World Expeditions pioneered the concept of private eco campsites in the Everest region in 2013 and due to their great success, has replicated this in specific sites across the Annapurna region. While most companies offer lodge trekking where sustainable practice is not well patrolled and which takes away employment from the alternative camping option, our private eco campsites deliver a small environmental footprint but are big on comforts. Each site comprises of a permanent dining room which is heated, two person stand high tents with stretcher beds, mattresses and pillows, composting sit toilets and many of our private eco campsites also have hot showers. Meals will be taken in the dining room and at the end of the trekking day, you will relax with cushioned seating and the pot belly stove in the company of your staff and fellow World Expeditions travellers. There are no emissions in the room as the chimney carries smoke outside. There is also a staff kitchen where the preparation of all your meals takes place and there are incinerators that are used to burn all waste with any non combustibles being carried out for proper disposal in Pokhara. Our camps deliver an atmosphere of privacy and exclusivity from where you will enjoy fantastic mountain views; a place where travellers and staff come together and where camaraderie and friendships are forged. We know this to be a highlight of our camping approach and consistently received feedback that overwhelmingly supports this. When you join one of our camping treks, you should also take comfort in knowing that you

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are supporting the livelihoods of many local people as our style of trekking provides up to 25% more employment than a lodge or teahouse trek and we also engage people from each village in maintenance and surveillance when the camps are not in use.

We list next to each trek day in the day to day itinerary above where our private eco campsites are located. Hot showers are available at the following camps: Dhampus, Landruk, Ghandruk, Tadapani, Swarga, Chomrung, Upper Phulbari. There will be a small charge of between 200-300 rupees for their use and they are subject to availability.

## eco lodges

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

## meals during the trek

We provide a full service while on trek. An important aspect of this service are the meals that are prepared for you and we are frequently complimented by returning travellers about the food provided. Ensuring that you stay healthy is one of our highest priorities. Therefore, each of our treks is accompanied by a trained cook as well as kitchen staff who provide you with three hearty meals each day. High levels of hygiene are engaged to ensure that our travellers stay healthy and fit. Our cooking staff has mastered the preparation of a varied and balanced menu and there is always plenty of food for those who may like seconds. Our cooks are trained to provide excellent food for vegetarians and anyone who has a limited diet including those who are lactose or gluten intolerant. Our meal inclusion on your trek is for your benefit and takes all the hassle, expense and worry out of your holiday. Typically, you can expect breakfast to consist of muesli or cereal, eggs, local breads and pancakes and hot drinks. Lunch will generally be vegetables, salads, bread, cheese pasta style dishes, tinned fish and meats and are normally eaten picnic style. Dinner is always three courses and includes soup, seasonal vegetables, meat, rice or pasta and bread with some local specialties also in the mix. Dessert is always served after the main meal each evening followed by hot beverages.

## dietary requirements

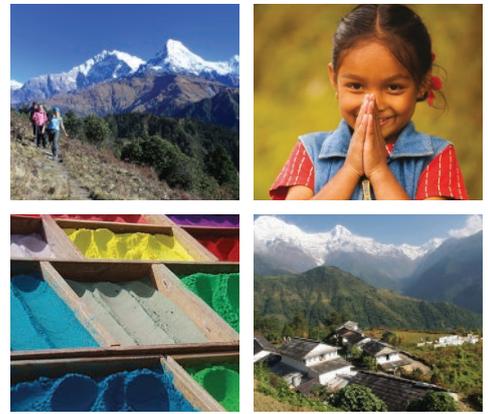
Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we 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



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You will be provided with the use of a World Expeditions trek pack which includes a duffle 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-eze 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).

## 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.

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\*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](http://www.ippg.net)

International Mountain Explorers Connection >> [www.mountainexplorers.org](http://www.mountainexplorers.org)

Kilimanjaro Guide Scholarship Foundation Inc. >> [www.kiliguides.org](http://www.kiliguides.org)

## 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.

## info nights

World Expeditions invites you to attend our inspiring adventure travel information nights. These special evenings are designed to inform and entertain and are hosted by our most experienced and passionate adventure travellers and mountaineers. Ask our staff for a info night schedule or register on our website - [www.worldexpeditions.com](http://www.worldexpeditions.com). Shows can fill early so it is important to register your attendance so we know to save a seat, or two.

## subscribe to our e-newsletter

Never miss an amazing deal, inspirational speaker tour or exciting new trips and cutting edge adventure news. Head to our website to subscribe to our regular e-newsletter.

## social networking

Visit the event page at -

<https://www.facebook.com/events/666157137208290/>

or <https://www.facebook.com/SRFitnessClub/>

## trip availability

To ensure we can assist you onto your adventure of a lifetime we ask that you check your trip availability with Sterling Results Fitness Club at your earliest convenience. [www.sterlingfitness.com.au/trekking-adventures](http://www.sterlingfitness.com.au/trekking-adventures) email: [sonia@sterlingresults.com.au](mailto:sonia@sterlingresults.com.au) or call 1800 101 737.

## how to book

To book this trip, you will need to complete a booking form and pay a non refundable deposit. Bookings can be made via the following web link - [goo.gl/KvRi2P](http://goo.gl/KvRi2P)



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We can also help you with any additional arrangements that you require, such as competitive airfares to get you to your destination, stopovers, pre or post trip accommodation or any additional tours that you wish to take in conjunction with this trip.

Important: You must agree to the fitness regime program outlined by Sterling Results Fitness Club and discuss your Fitness Assessment prior joining this trip. Please go to <https://sterlingfitness.com.au/trekking-adventures/>, call 1800 101 737 or email [sonia@sterlingresults.com.au](mailto:sonia@sterlingresults.com.au) for more details on training.