

LAMJUNG HIMAL



COUNTRIES VISITED: **NEPAL**

TRIP TYPE: Trekking
TRIP GRADE: Demanding
TRIP STYLE: Camping
5 Based On 7 Reviews
KG Carbon Footprint

TRIP LEADER: Local Leader
GROUP SIZE: 2 - 10 people
NEXT DEPARTURE: 06 Oct 2024
6 Trees Planted for each Booking

Lamjung Himal is a rarely trekked region in the Annapurna region. With this nine day trek you will see a wonderful cross section of Nepal and incredible views of Himalaya.

After a drive from Kathmandu the Lamjung trek starts from the small town of Besisahar. This is the traditional starting point of the famous [Annapurna Circuit](#). Our trail does not follow the Marsyangdi Valley on the more popular trails of Annapurna. Instead our trail heads to the West through traditional Gurung villages and fields. Next you enter the forest zone with rhododendron and bamboo. Further up above the tree line into the alpine zone. We included this trek in our choice of [7 Best Annapurna Treks in Nepal](#).

Above the village of Ghanpokhara you start walking up a ridge. In Nepal this known as a "danda". We follow this for three days staying at grazing grounds known as "kharkas" on the way up to Valley Camp at 3,717m. From here we walk up Rambrong West Summit (4,384m) and enjoy the viewpoint of Himalayan mountains. From the summit you can see Lamjung Himal (6,983m), Ganesh Himal (7,422m) and Mt Machapuchare known as Fish Tail (6,997m). In the West you can see Manaslu (8,163m) and Himal Chuli in the East.

From Valley camp the trail descends down another ridge. We follow this for three days to Tangting village. Along this ridge we camp at kharkas where there are also superb mountain views. From Tangting we drive to Pokhara. We stay here for two nights to enjoy the town by the lake before flying back to Kathmandu.

There are no lodges in Lamjung Himal region so we organise this trek as a camping style trek. The trails in Nepal with lodges are getting busier. Choosing a camping trek means you access a remote region less frequented by trekkers.

We sent an international leader, [Natalie Wilson](#), to Lamjung Himal in October 2018. We have designed the itinerary based on her experience from this reconnaissance. Natalie came back full of enthusiasm for this trek as she did not see any other trekkers.

REASONS TO CHOOSE US

- In October 2018 [Natalie Wilson](#) went on a reconnaissance trek for us. We have set up our Lamjung trek based on her experience and feedback.
- We are Himalayan trekking specialists having operated trips in Nepal for many years. [Roland Hunter](#) has designed the itinerary from his first-hand experience of this trek.
- Our [AITO Traveller Reviews for Lamjung Himal](#) have a holiday rating of 95%. Based on client feedback we won the 2018 Gold Award as AITO Tour Operator of the Year. Read more about our [Testimonials and Awards](#).
- We use Western-branded tents for our camping treks in Nepal. These are high-quality tents with space for two people plus gear.
- We review weather forecasts for the Annapurna throughout the duration of this trek.
- We send a Thuraya satellite phone on our group treks in Nepal. Your leader will have reliable communications for logistics, planning, and group safety.
- We provide the porters with windproof jackets & trousers, crampons, and shelter. We follow International Porter Protection Group ("IPPG") guidelines.
- We provide a range of tasty meals for breakfast, lunch, and supper. We give everyone in the group a chocolate or muesli bar per day. For breakfast, we provide fresh coffee from our Bialetti Moka coffee machine.
- We bring a comprehensive medical aid kit.
- Our team with first-hand knowledge of this trek provides pre-trip support. During high season we have someone from our UK Operations team based in Kathmandu.

WHAT'S INCLUDED

- All internal transport and transfers including airport collections.
- Internal flight. The flight is from Pokhara to Kathmandu. The weight allowance is 15kg for your main bag checked into the hold and 5kg for your day pack.
- One day sightseeing in Kathmandu with a Nepalese cultural guide and private vehicle including all entry tickets.
- Twin-share rooms at Hotel Ambassador and Hotel Tibet in Kathmandu and at Mount Kailash Resort in Pokhara.
- Breakfast only in Kathmandu and Pokhara, all meals are included while on the trek.
- Twin share tents while on trek using our Western branded tents.
- Trekking arrangements. Including permits and fees, tents, Nepalese guides, porters, and cooks.
- Porters to carry your main bag. The porterage allowance is 15kg.
- Weather forecasts for the Annapurna region during your trek.
- Thuraya satellite phone for organising logistics and medical evacuations. It can also be also used for personal calls at extra cost.
- A trekking map is given to you on arrival to Kathmandu.
- UK-registered charity, Pipal Tree, will plant 6 trees for you in the Gurkha Memorial Forest in southern Nepal.
- Full financial protection for bookings from the UK (ATOL) and internationally (ABTOT). Our Air Travel Organiser's Licence (ATOL) number is 10921. Our Association of Bonded Travel Operators Trust (ABTOT) membership number is 5365).
- Pre-departure support and advice from The Mountain Company. We are available by email, phone, Zoom, or face-to-face meetings.

WHAT'S NOT INCLUDED

- International flight to/from Kathmandu.
- Travel & trekking insurance.

- Nepal visa for 30 days at US\$50 (approx £40).
- Lunch and evening meals in Kathmandu.
- For personal clothing & equipment, please see the Appendix for the suggested kit list.
- Tips to the trek crew. Each trekker should budget for giving tips into the group fund. This should be in the region of 15,000 Nepalese rupees (approx. £95 or US\$115)
- Other items not listed in "What is included".

ITINERARY

DAY 1: ARRIVE IN KATHMANDU (1,400M)

Arrive in Kathmandu

No meals

Hotel Ambassador in Kathmandu

We will meet on arrival at Kathmandu airport and driven back to the hotel. Please provide travel plans on booking and we will arrange the pick-up and transfer.

DAY 2: DRIVE TO BESISAHAR (760M)

Drive to Besisahar (6 to 7 hours)

Breakfast, Lunch and Dinner

Gateway Himalaya Resort

We leave Kathmandu early in the morning by private vehicle. It is a scenic drive with occasional glimpses of mountain peaks. At Dumre we turn off the Pokhara highway and drive north. We follow the Marsyangdi River to Besisahar.

During the months of April, May and October it will be very hot and humid. Temperatures are often more than 30 Degrees Celsius when at a lower elevation. It is important to bring plenty of water, wear a sun hat and apply sun cream.

DAY 3: WALK TO BAGLUNGPA NI (1,650M)

Walking 6km (3 to 4 hours)

Walking ascent 820m

Walking descent 40m

Breakfast, Lunch and Dinner

Camping

You follow a trail upwards from Besisahar through farmlands and rice terraces. We pass a Gurung monastery and the lovely village of Chami Danda (1,000m) with its small school. We take the jeep track for a short distance passing by several traditional houses. You can see the jeep track traverse its way around the ridge. At the right-hand bend, we take the trail straight up into the forest. It is quite steep and

slippery in places. We cross a jeep track again as we continue walking uphill to the col. In Baglungpani we usually camp on the football pitch.

DAY 4: WALK TO GHANPOKHARA (2,158M)

Walking 9.5km (4 to 5 hours)

Walking ascent 770m

Walking descent 220m

Breakfast, Lunch and Dinner

Camping

We make our way through the village. We walk on a rarely used jeep track for fabulous views of Lamjung Himal (6,983m) and Manaslu (8,163m). Turning off the track we take a stepped stone path up the ridge. We pass through the quiet village of Kapurgaon with a small Gurung monastery. The next village of Ghalegaon is larger and it is likely you will have lunch here. You can explore the village while lunch is being prepared and there is a viewpoint and temple to see. We also have to check in at the ACAP office to show the permits. A lot of work has gone into improving the paths and there are many litter bins. The trail keeps going uphill passing the Samba Cheeling monastery. Finally, we reach the village of Ghanpokhara at 2,158m where we camp for the night.

DAY 5: WALK TO KHARKA (2,850M)

Walking 8.5km (4 to 5 hours)

Walking ascent 850m

Walking descent 185m

Breakfast, Lunch and Dinner

Camping

As we leave the village a sign guides us to the start of our hike uphill. We follow a forested ridge with the occasional meadow (known as a kharka). After about 5km we reach a shepherd's hut where we will stop for lunch. Leaving our lunch spot we head uphill on a stone-stepped path. Further up we reach a couple of kharkas where we will spend the night.

DAY 6: WALK TO DHARAMASALA (3,476M)

Walking 6km (5 hours)

Walking ascent 705m

Walking descent 165m

Breakfast, Lunch and Dinner

Camping

This morning we leave our clearing and again head uphill on a stoney stepped path. We reach a place called Palma Kharka (3,100m) where there are excellent views. We continue on a lovely trail through rhododendron. After a short steeper section we reach Thokyo at 3,400m. After 6km we start heading to the right of the ridge to find a good water supply for camp.

DAY 7: WALK TO VALLEY CAMP (3,717M)

Walking 4km (5 to 6 hours)

Walking ascent 400m

Walking descent 90m

Breakfast, Lunch and Dinner

Camping

Leaving camp we follow a pleasant undulating trail. This brings us into a lovely valley where we will spend a couple of nights. This is our Base Camp for walking up Rambrong West Summit (4,384m) tomorrow.

DAY 8: DAY WALK UP RAMBRONG WEST SUMMIT (4,384M) AND BACK TO VALLEY CAMP

Walking 7 hours+

Breakfast, Lunch and Dinner

Camping

We leave Valley camp and follow a faint trail heading towards the shepherd's hut. We cross over several small streams. By following the path signposted to Dudh Pokhari we zig zag up a hill to a lovely kharka with water at 4,100m. There is a prominent rocky summit straight ahead. There is a path heading up to the left of it before curving around to the right. Follow this until you reach the first Col then follow the path ahead to the next Col. This is the chance to bag a 4,000m summit. It is possible to walk further along the ridge but this would only be suitable for fit and strong walkers. The way is undulating as you need to lose some height and then regain it up steep slopes.

DAY 9: WALK TO TAPRO KHARKA (3,410M)

Walking 14km (8 to 9 hours)

Walking ascent 880m

Walking descent 980m

Breakfast, Lunch and Dinner

Camping

We retrace our steps a little way from our Valley camp, then turn right and start heading uphill to a clearing. From here we traverse around the hillside. We gain height until we reach a saddle. Then we drop down into a lovely valley with water and flat ground for a lunch stop at 3,800m. After lunch, we pick up our route heading South. It is a mix of good paths by streams and through clearings. We descend into the deep forest as we undulate along the ridge. We descend on a steep path to a kharka. Then we ascend up

and up to reach a pleasant campsite. There are spectacular views of Mt Machapuchare (6,997m) and the Annapurnas.

DAY 10: WALK TO KARPU KHARKA (2,980M)

Walking 11km (7 to 8 hours)

Walking ascent 140m

Walking descent 840m

Breakfast, Lunch and Dinner

Camping

The first 7.5km of this day follows the ridge up and down all the while enjoying the mountain views. After a hut and pond we turn right and descend on a steep trail through the forest. This is slippery and indistinct in places. The trail levels out and we arrive at a large kharka where we camp for the night.

DAY 11: WALK TO TANGTING (1,680M)

Walking 9.5km (6 to 7 hours)

Walking ascent 60m

Walking descent (1,240m)

Breakfast, Lunch and Dinner

Teahouse lodge

From camp we continue downhill along a ridge where we arrive at a holy place that called Nain Fhiji. Leaving here we descend a long steep stone staircase. Finally we see the welcoming village of Tangting. The campsite is at the school. There is beer available, occasional wifi and chance for a well earned rest.

DAY 12: DRIVE TO POKHARA

Drive to Pokhara (2 hours)

Breakfast

Mount Kailash Resort in Pokhara

Drive to Pokhara in a private vehicle. For the rest of the day you can relax and enjoy the lakeside town of Pokhara.

DAY 13: FLY TO KATHMANDU

Fly to Kathmandu

Breakfast

Hotel Ambassador in Kathmandu

We take the flight from Pokhara to Kathmandu. The view of the Himalayas from the left side of the plane is spectacular.

Important note: there is a safety risk to consider when flying on airlines in Nepal. If you would like to avoid the flight from Pokhara to Kathmandu there is an option to drive and this takes about 6 to 7 hours (depending on the traffic). There are also safety considerations with driving in Nepal as the roads are busy and road traffic accidents happened from time to time. For information about the aviation risk in Nepal read the relevant sections "Threat and Risk Assessment" and "Internal flights in Nepal". Please get in touch with us if you would like to discuss this further.

DAY 14: SIGHTSEEING IN KATHMANDU

Sightseeing in Kathmandu

Breakfast

Hotel Ambassador in Kathmandu

This is a one day guided sightseeing tour of the Kathmandu Valley. We visit three out of the seven World Heritage Sites. You will start off by visiting Patan Durbar Square. Then drive to the Buddhist stupa at Boudhanath. Our last stop of the day is at the Hindu shrine of Pashupatinath. The tour is likely to finish around 4pm and the rest of the day is free to further explore Kathmandu.

Three major towns in the valley, Kathmandu, Patan and Bhaktapur. Each place has a great artistic and architectural traditions. Kathmandu is the capital and the largest city in the country. Patan, the second largest separated from Kathmandu by Bagmati river. Bhaktapur, the third largest, is towards the eastern end of the valley. Its relative isolation reflected in its slower pace and more medieval atmosphere. In Kathmandu there is a bustle of activity especially in the bazaars and markets. While the city has expanded over the last 10 years it is still possible to see traditional buildings.

DAY 15: FLY BACK HOME

Fly home

Breakfast

Transfer to Kathmandu airport for the flight back home. End of trip.

DATES & PRICES

2024

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
06 Oct 2024 to 20 Oct 2024	Local Leader	US\$2,550pp	US\$240pp / US\$310pp	2 Left to Guarantee
20 Oct 2024 to 03 Nov 2024	Local Leader	US\$2,550pp	US\$240pp / US\$310pp	2 Left to Guarantee

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
10 Nov 2024 to 24 Nov 2024	Local Leader	US\$2,550pp	US\$240pp / US\$310pp	2 Left to Guarantee

2025

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
06 Apr 2025 to 20 Apr 2025	Local Leader	US\$2,595pp	US\$240pp / US\$310pp	2 Left to Guarantee
27 Apr 2025 to 11 May 2025	Local Leader	US\$2,595pp	US\$240pp / US\$310pp	2 Left to Guarantee
05 Oct 2025 to 19 Oct 2025	Local Leader	US\$2,595pp	US\$240pp / US\$310pp	2 Left to Guarantee
19 Oct 2025 to 02 Nov 2025	Local Leader	US\$2,595pp	US\$240pp / US\$310pp	2 Left to Guarantee
09 Nov 2025 to 23 Nov 2025	Local Leader	US\$2,595pp	US\$240pp / US\$310pp	2 Left to Guarantee

PRACTICAL INFORMATION

A Typical Day On Trek

TYPICAL DAY ON CAMPING TREK IN NEPAL

We provide a comfortable experience on our camping style treks. Our team works hard to support you so that you can relax and enjoy [trekking in Nepal](#). We provide personal tents, mess tent, kitchen tent and toilet tent(s). The camp will be set up and dismantled by the trek crew. We bring along a cook and kitchen helpers to provide the meals.

The day starts with an early morning mug of tea brought to your tent by one of the trek crew. Before heading for breakfast you pack your overnight gear into your duffel bag. During breakfast the trek crew pack away the tents. The porters arrange their loads and set off on the trail in the cool of the morning. After breakfast, between 7am and 8am, we start walking.

The pace of the trek is moderate as there is plenty of time in the itinerary to reach the camp for tonight. There will be plenty of time to enjoy the scenery, take photos and explore the local villages. Lunch will be around midday at a spot by the side of the trail. Our cooks prepare lunch for us and the food is usually ready by the time the group arrives.

After lunch we continue the walk and on most days we arrive to camp by mid afternoon. Some of the trek crew would have gone ahead of the group to set up camp and to put up the tents. On arrival to camp you will get a hot drink and biscuits. In the evening our cook will provide a three course meal in the mess tent around 6pm.

After supper the leaders will discuss the plan for the next day. Afterwards people might stay in the mess tent chatting about the day's events or playing cards. After a tiring day most people head to their tent quite early for the night. Tomorrow is likely to be very similar as today! The only difference is that if we are crossing a high pass or climbing to a summit we leave camp earlier in the morning.

You can read more about our [Camping Treks in Nepal](#) on our Blog. This article explains the advantages of

camping versus teahouse lodge treks. It also describes what the campsite set up is like and more about the food provided by our cooks.

Food provided on Camping Trek

FOOD PROVIDED ON CAMPING TREK IN NEPAL

While on a camping style trek in Nepal we provide tasty and nutritional food. We make sure there is more than enough quantity to go around as trekkers will be hungry after a long day on the trail. Over the years we have worked on increasing the variety of the menus. We have expanded the list of ingredients provided to the cooks so they have more to work with. Also in 2015 we purchased two food dehydrators with a vacuum sealing machine. We dehydrate a large number of different vegetables in Kathmandu before departure. This has transformed the quality of food especially on longer treks to remote areas.

For breakfast we provide porridge or cereal, toast or chapatis and eggs. There will be hot drinks including tea, herbal teas, hot chocolate and coffee. We provide fresh coffee from our Bialetti Moka coffee machine.

For lunch we stop at a convenient spot with water at the side of the trail. The cook and kitchen walk ahead of the group in the morning and lunch should be ready shortly after our arrival. After lunch we have time to relax before starting to walk again in the afternoon.

On arrival at camp in the afternoon you have biscuits and a hot drink such as tea or coffee. Around 6pm we serve a three course meal in the mess tent. The starter is often soup with popcorn or poppadoms. We have a range of main dishes and carbohydrates including rice, potatoes or pasta.

We cater for a variety of dietary requirements. Our meals are suitable for vegetarians. If there is a meat dish then we also provide vegetarian options as standard. During booking we find out if you have any dietary needs and agree upon meal plans before departure. If you have any questions about the food provided please get in touch with us to discuss further.

Communications

COMMUNICATIONS

We bring a Thuraya satellite phone for logistical, safety and personal use. Personal calls charged at £4 (US\$5 or €4.50) per minute and £2 (US\$3 €4.50) to send and receive SMS text.

Kit List

KIT LIST FOR LAMJUNG HIMAL

This is the mandatory kit list for the safety of everyone in the group and to ensure a successful trek. You must have the following items tailored for Lamjung trek. The group leader will check your gear in Kathmandu before departure for the trek.

As a reminder, the weather on this trek will vary season to season and day to day as you ascend to higher elevations. At the start of the trek you will experience hot conditions with temperatures up to 25 Celsius. You experience the coldest temperatures in Valley camp at an altitude of 3,717m. Overnight lows here will be down to around -8 Celsius.

You should bring a rucksack or backpack for gear required during the day. Your pack should contain items such as warm clothes, jacket, camera, water bottles, personal first aid kit and snacks. **The weight limit is 5kg.** A porter will carry the rest of your personal equipment packed in a duffel or kit bag. **The weight limit for your duffel bag is 15kg.** Please mark your bag on the outside for easy identification.

Print the kit list and tick items off as you pack them then weigh your kit bag before you come on trek.

Footwear

- Walking Boots. A pair of water repellent boots with ankle support. Boots must be in good condition, the best approach is to get new boots and break in before the trek.

- Trail shoes. Used around camp and as a replacement if your walking boots fall apart!
- Sandals. Enclosed sandals are best to protect your feet during river crossings. Required for river crossings as well as two trekking poles.
- Walking socks.

Clothing

- Waterproof and Windproof jacket (with hood) and trousers (goretex or similar). For use if it rains or snows during the trek and in windy conditions.
- Trekking trousers. (eg. Mountain Hardwear Mesa V2 or The North Face Paramount Peak).
- Soft Shell Trousers.
- Long sleeve tops or shirts (not cotton).
- Micro fleece.
- Mid to heavyweight fleece or synthetic/ primaloft top.
- Sleeveless/ gilet or body warmer type fleece / synthetic top. This will help keep your core warm while not bulking when layering up. Gilet used in combination with base layers, other fleeces and down jacket. This provides the most warmth and insulation.
- Thermals or base layer for top & bottom (merino wool or synthetic).
- Fleece or synthetic leggings. Worn around the camp or added as a layer when the temperatures start to drop higher up.
- Medium weight down jacket.

Head and Gloves

- Fleece gloves.
- Warm mittens and/or gloves.
- Wool or fleece hat.
- Sun hat.
- Bandana or scarf (eg. Buff Headwear).
- Head torch. Bring extra batteries.
- Sunglasses. The lenses need to be Category 4 rated. They should have side protection or wraparound design.

Personal equipment

- Sleeping bag. Overnight lows down to -8 Celsius. It is possible to rent a bag from Shonas Rental in Kathmandu.
- Fleece or silk liner for your sleeping bag. A liner protects your sleeping bag from getting dirty. Also helps by adding extra insulation to keep you warm at night.
- Sleeping mat (eg. Thermarest). On trek we provide everyone with a foam mat. We recommend two layers for insulation and comfort. We also provide everyone with a pillow.
- Day pack. Recommended size is around 40 litres. You need to have enough space to carry water bottles, camera, snacks and extra clothing and climbing gear. The pack should have a good waist belt. It is also a good idea to bring a rain cover to keep the contents dry.
- Stuff sacks for keeping your gear dry and organised. Or even better are fold dry bags such as from Exped.
- Two water bottles. Nalgene wide mouth bottles are the best. You may use a hydration pack lower down but the tube will freeze in the cold so ensure you still have two water bottles.
- Trekking poles (Black Diamond with "Flick Lock" are best). Two poles are mandatory for your safety. These will be helpful on steep sections of the trail and river crossings. Also for walking on snow or ice higher up.
- Pee bottle. Recommended as means you do not have to get up to find the toilet tent at night! For men you can use an old water bottle. For women take a look at SheWee.
- Sunscreen and lip salve with a high SPF.
- Water purification tablets (Pristine, Biox Aqua or Aqua Mira).
- Favourite snack food.
- Books and cards etc.
- Camera with spare batteries and memory cards.
- Insurance certificate.
- Earplugs (optional).
- Baby wipes (optional).
- Hand sanitizer. Keep this in your day pack for use after a toilet break during the trek or before eating

any snacks. We provide sanitizer for use before meals.

Travelling

- Duffel bag for your personal gear on the trek. Will be carried by a porter. Rugged and waterproof made of a plastic material. Size 100-120 litres. Eg. Mountain Equipment 100l or Rab 120l. Bring a small combination padlock to secure the bag.
- Travel clothes. You will need casual clothing for air travel days and time spent in Kathmandu.
- Toiletry bag with soap, travel towel, toothbrush etc. We provide toilet paper while on trek.

Personal first aid kit

We provide a [comprehensive group first aid kit](#). Please bring personal medications and other items you might use such as:

- Any personal medications.
- Blister treatment (Compeed patches are the best)
- Rehydration powder (eg Dioralyte).
- Analgesics (paracetamol, ibuprofen and aspirin).
- Plasters and zinc oxide tape.
- Throat lozenges.
- Diamox (helps with acclimatisation).

Threat and risk assessment

THREAT AND RISK ASSESSMENT FOR LAMJUNG HIMAL

You should be aware trekking in a developing country involves a risk of personal injury or death. You must accept these risks and be responsible for your own actions and involvement. Adventure travel requires an open and flexible attitude. You may experience extreme conditions and unpredictable weather. There could be last-minute changes to the itinerary beyond our control. The ability to work in a team is an important aspect of our trips.

We have performed a threat and risk assessment for our Lamjung trek. Our trips have a degree of risk. This is part of the attraction of adventure travel and why so many people choose to join this type of holiday. By identifying the hazards we assess the level of risk. We have control measures in place to reduce this happening or to reduce the impact.

Our risk assessment is available to clients on request. We have listed below a summary of the significant risks and hazards identified by us:

- Falls and trips resulting in physical injury eg. slipping on ice or falling off the path.
- Altitude illness including but not limited to AMS, HACE, and HAPE.
- Getting lost or becoming separated from the group.
- Severe bad weather and conditions when camping.
- Climatic injuries (dehydration, sunburn, heat exhaustion, hypothermia, or heat stroke). Please note during the months of April and October it will be very hot and humid at the start of the trek.
- Crossing a river with no bridge resulting in drowning and/ or a fall.
- Rockfall and landslides.
- Snow and ice avalanches.
- Lightning strike.
- Wildlife, pack animals (e.g. donkeys or horses), or stray dogs. Pack animals can knock people off the path. Dogs can attack and bite. Discuss rabies vaccination with your doctor.
- Earthquake.
- Risk of fire in the hotel or lodge.
- Endemic local diseases. Discuss vaccinations with your doctor before departure.
- Physiological injury. Such as heart attack, appendicitis, hernia, toothache etc. in a remote area.
- Road traffic accidents.
- Flight accidents. Read paragraph "Internal flight".
- Contaminated food and/ or water.

This trip visits a remote area. You are away from the usual emergency services and medical facilities.

Evacuation for a serious injury requiring hospitalisation could take up to several days. This delay could impede your ensuing recovery. Helicopters are the usual means of evacuation. They are not always available or hindered by poor weather and flying conditions.

Internal Flights

INTERNAL FLIGHTS IN NEPAL

Flights from Nepal's Short Take-Off & Landing ("STOL") airstrips are dependent on weather. Delays often happen if there is poor visibility or high winds. For our itineraries with flights to or from STOL, we include one extra day in Kathmandu at the end of the trip. This is in case of delays flying back. If the delays are longer we will help reschedule your international flights. There is likely to be a fee charged by the airline for this. You also have to pay for costs incurred in Kathmandu as a result of the delay such as accommodation and meals.

You should read the Foreign, Commonwealth, and Development Office ("FCDO") travel advice for Nepal. For their latest advice take a look at their [Safety & Security section under Air Travel](#). There have been some recent air accidents in Nepal. The European Union has banned Nepalese airlines from flying to Europe. For more information on Nepal's air safety profile take a look at [Aviation Safety Network](#).

Suggested reading

SUGGESTED READING AND MAPS FOR ANNAPURNA REGION

Maps

Annapurna Trekking Map by Himalayan Maphouse. Scale: 1:900,000. We include in your welcome pack when you arrive in Nepal. National Geographic Annapurna Trekking 1:135,000.

Books

Annapurna south face. By Chris Bonnington.

Himalayan Pilgrimage. By David Snellgrove.

Annapurna. By Maurice Herzog.

True Summit: What Really Happened on the Legendary Ascent on Annapurna. By David Roberts.

The Ascent of Rum Doodle. By WE Bowman.

A Nepalese Journey: The Essence of the Annapurna Circuit (Mountain Photography). By Andrew Stevenson.

Nepali Phrasebook by Lonely Planet.

ACCOMMODATION

CAMPING IN NEPAL



We use both Mountain Hardwear Trango 3.1s and Quechua tents for our camping treks in Nepal.

MOUNT KAILASH RESORT IN POKHARA



We have used [Mount Kailash Resort](#) in Pokhara for our groups for many years. It is our first choice hotel for trekking groups as we have received positive feedback on their service and location. This property is located on Lakeside and a short walk to the restaurants, shops, and near the lake. The rooms are spacious with attached bathrooms and have television, air-conditioning, and Wi-Fi. They serve an excellent breakfast buffet from 7 am to 10 am. There is an attractive garden with a swimming pool so it is a wonderful place to relax before or after a trip.

HOTEL AMBASSADOR IN KATHMANDU



We have used [Hotel Ambassador](#) in Kathmandu for our groups since it was rebuilt in 2017. Since then we have received positive feedback on their service and location. This is our first choice hotel for trekking groups in Kathmandu. Rooms are well appointed with a reliable supply of hot water for use in the shower. The windows have double glazing so it keeps the rooms very quiet. They serve an excellent breakfast buffet from 7am to 10am. A sundowner on their rooftop bar and restaurant called Foreign Affairs is a must do!

GATEWAY HIMALAYA RESORT IN BESISAHAR



The [Gateway Himalaya Resort](#) is the best place to stay in Besisahar and is located a short distance from the town. The buildings are made from local stone and look attractive from the outside. On a clear day, there are mountain views of the Lamjung Himal from the property. There is a garden and a swimming pool so it is a good place to relax before or after your trek. The rooms are basic but the facilities are a step up from a teahouse lodge. We use their AC rooms for our groups.

TRIP REVIEWS

REVIEW BY RJOFFORD ON 14/02/2024

Amazing trek in the Lamjung Himal. We did a 8 day camping trek in the Lamjung Himal region with The Mountain Company (TMC). This was our third trek with TMC, and we would not hesitate to book with them again. The pre trip information is fantastic, and the owner of the company, Roland Hunter, is always available to answer any questions and provide helpful guidance. He is in Kathmandu throughout the trekking season and always gives an in-person pre-trek briefing, which is a really nice touch. He also welcomed us to his UK head office prior to departure to answer some questions that we had. The trek itself was great, with a fantastic crew and a truly incredible guide in Dorji Tamang. Really kind, really friendly, really knowledgeable, and in someone whom we had complete trust. He simply could not do enough for us. The views of the Annapurnas towards the end of the trek were simply incredible, and made up for some of the bad weather we had on route up to the higher elevations. TMC are simply fantastic in all respects. There is so much helpful information on their website, and the MD Roland Hunter as an experienced trekker and climber is able to answer any questions in advance, and during the trek. I don't think he ever sleeps, as it doesn't seem to matter what time you send a message, a detailed response is generally received within an hour or two. The organisation of the treks is second to none, and I am confident that trekkers with TMC get looked after much better than those travelling with other companies. It's the little touches like providing hand sanitiser on the dining table as soon as you sit down to eat that sets them apart from other companies. ...

REVIEW BY ANDY M ON 04/01/2024

If you want to do something well off the normal Himalayan routes with stunning views, this could be the

trek for you. We encountered days of sunshine, days of trekking in rolling mist/cloud, a prolonged hail storm, and an afternoon of snow accompanied by thunder and lightning....but that's the mountains. We were supported by an excellent team of 2 guides, 4 kitchen staff, and 8 porters, all were very supportive. We did not see any other trekking groups throughout and after day 3 we did not see anyone outside of our group until the end of the trek. For a few days, the views of the Annapurna mountains were restricted to early morning and gaps in the rolling cloud, but the last couple of days we were rewarded with uninterrupted stunning views. The trek is a challenge but also an opportunity to leave the Western world behind for a few days and enjoy a more basic lifestyle in stunning surroundings. The Mountain Company has a very informative website and provides plenty of pre-tour information. Roland (the CEO) will always answer any questions, normally with first-hand knowledge of the issue. As a very experienced mountaineer, he will answer with honesty, not glossing over any hardships. Basing himself in Kathmandu during the normal trekking seasons he will try & meet most groups prior to & after their trek to answer last-minute questions/ concerns and also to gather first-hand feedback. ...

REVIEW BY TESS ON 24/11/2019

An amazing experience exceeding expectations We trekked and camped on the Lamjung Himal trek for 10 days. Totally away from all the trappings of civilisation, simply surrounded by majestic mountains. Very well looked after by the Nepalese crew and guides. Meticulous pre-trip information, was able to ask any questions. All possibilities covered. Personal attention at all times. Met by the director at the start and end of the trek. Care taken to test our oxygen levels and heart rate daily. ...

Notes downloaded on: 04-05-2024

