

If you are interested to do your Gold expedition in Nepal, please contact Hayley Montague (Award Leader in Luxembourg): hm81@ntrs.com



THE DUKE OF EDINBURGH'S AWARD October 19 – 31 2017

EXPEDITION TO ANNAPURNA, NEPAL – SAMPLE DETAILS

This itinerary gives an idea of the terrain and what to expect trekking in Nepal. The Annapurna area is one of the most beautiful areas of the Himalayas and lends itself exceptionally well to the Duke of Edinburgh's Award. You will plan your route as part of your training and preparation. There are mountain trails established by the local people and maps provided that show these trails and the whole area. Accommodation is a mix of camping and lodges. This trek takes you over 3000 metres, a great achievement and over 1500 metres higher than Ben Nevis, the highest mountain in the UK. Nepal lends itself to a variety of aims for individuals to study as part of their journey and guidance on these is available as required to ensure all aspects of the DofE award expedition section are covered.

Day 1 Depart UK

Day 2 Arrive Kathmandu, Nepal

You will be met at the airport then drive for about 30 minutes to the hotel. The rest of the day can then be spent relaxing and seeing the sights of Kathmandu.



Kathmandu Buddhist Stupa

Day 3 Kathmandu

As part of today we will check everyone has the necessary kit for the trek ahead. There is time to make any last minute purchases from the numerous equipment shops within 5 minutes walk of the hotel and shop for provisions for the trek.

Day 4 Pokhara

Half day drive to Pokhara the second capital of Nepal. The drive will show you some wonderful scenery as you travel through Nepal. Pokhara itself is very pretty, situated beside a huge lake with cafes, restaurants and a number of new lodges.



Pokhara Lake

Day 5 Pokhara – Nayapul (1070m) – Tikhedhungga (1480m) Start of assessed expedition

After a short drive out of Pokhara the trek begins from Nayapul. From Nayapul you start trekking to Birethanti which is the main entrance to the Ghorepani trek. Then the trail climbs gently up to Tikhedhungga along the banks of a stream with the beautiful scenery of natural waterfalls and local countryside. The pace will be slow to allow for acclimatisation with a stop for lunch on the way.

Day 6 Ghorepani village (1940m)

After spending the night in Tikhedhungga the trail descends and crosses a river and then climbs up to Ulleri village. Then the route ascends to Banthanti. On the way from Tikhedhungga to Banthanti you can enjoy views of the enormous mountain - Annapurna South as well as the natural green land of this area. From Banthanti the route continues through a dense forest of rhododendron, magnolia and oak trees to Ghorepani which takes about 3 hours. It takes about 6 hours to reach Ghorepani from Tikhedhungga altogether.

Day 7 Ghorepani – Poonhill (3193m) – Tadapani (2630m)

You will start early in the morning to see the sun rise at Poon Hill. This is well worth the early start and is a sight many trek to see because of the wonderful view from here of the full Annapurna mountain range. The trek then continues to Tadapani for the night.



Poonhill View

Day 8 Tadapani (2630m) and Chhomrong (2170m)

Continuing along the route the scenery starts to become more and more impressive as you get further into the mountains and from Chhomrong there are wonderful views of Annapurna South.

Day 9 Jhinudanda (1780m) / Hot Spring – Syauli Bazar (1220m)

The trek is now heading down and passes various villages with the opportunity to visit a natural hot spring along the way. The night will be spent at Syauli Bazar.

Day 10 Nayapul (1070m) - Pokhara

The trek returns to the village of Nayapul then there is a short drive into Pokhara. There is then time to relax, shower and go out for a celebratory meal. The cafes and restaurants in Pokhara are a lovely way to spend time relaxing after your expedition.



Team success

Day 11 Pokhara visit museum

The town of Pokhara beside its' huge lake has a lovely relaxed atmosphere. There are various shops, places to visit including The Nepal National Mountaineering Museum. This is an interesting visit to learn about the history of mountaineering in the Himalayas as well as a lot of information about the culture of the country and of the numerous casts of Nepali people.

Day 12 Kathmandu

Half day drive from Pokhara back to the city of Kathmandu. Arriving back into the midst of a bustling city may feel a little strange after the peace and slower pace of the rural mountains of Nepal. The afternoon can be spent sight seeing and buying any souvenirs from the trip before travelling home the next day.

Day 13 Depart Kathmandu – arrive UK

Visits in Kathmandu that may be of interest:

Boudha – the main Buddhist area of Kathmandu
The Monkey Temple
Pashupatinath Hindu Temple

Visits in Pokhara that may be of interest:

Barahi Temple
Bindhyabasini Temple
Nepal Mountaineering Museum

DATES: Oct 19 – 31 2017

(Dates may alter by a couple of days depending on flight availability at time of booking)

PRICE: This trip is priced on a scale dependent on the number of people travelling. The Walking and Climbing Company policy is not to cancel a trip because of numbers and so you will see the price will drop with higher numbers.

7 - 13 students	Cost per person excluding flight = £1840
14 - 17 students	Cost per person excluding flight = £1650
18 – 21+ students	Cost per person excluding flight = £1450

This price includes The Walking and Climbing Company DofE assessor for the expedition in Nepal.

The prices quoted above include:	The prices quoted above do not include:
• All accommodation	• International flights
• Internal transfers	• Visa fee (£30)
• Kathmandu breakfast	• Airport tax (incl. in air ticket price)
• Food on the trek	• Personal insurance
• Camping equipment (not sleeping bags)	• Kathmandu lunch and dinner
• National Park Fees/trekking permits	• Pokhara meals
• Sherpa guides, porters and local helpers	• Personal clothing and equipment
• Sherpa insurance	• Alcoholic & bottled drinks
• 1 training event	• Personal expenses
• Expedition assessor	• Optional Sherpa and porter bonus

To book a place please complete a booking form and send this together with a deposit of £300 (payable by cheque or bacs (Sort code: 20-43-49, Acc No: 70124001 IBAN Code: GB50BARC20434970124001. Swift: BARCGB22 Customer name as reference) to:

The Walking and Climbing Company.

16, Finkle Street, Bishop Burton, Beverley, East Yorkshire. HU17 8QP

(See Company Booking Conditions enclosed)



The Association of Bonded Travel Organisers Trust Limited (ABTOT) provides financial protection under the Package Travel, Package Holidays and Package Tours Regulations 1992 for The Walking and Climbing Company Ltd, and in the event of their insolvency, protection is provided for the following:

- non-flight packages commencing in and returning to the UK;
- non-flight packages commencing and returning to a country other than the UK; and
- flight inclusive packages that commence outside of the UK, which are sold to customers outside of the UK.

1, 2 and 3 provides for a refund in the event you have not yet travelled. 1 and 3 provides for repatriation. Please note that bookings made outside the UK are only protected by ABTOT when purchased directly with The Walking and Climbing Company.