HIMAL TREK
NEPAL

Discover Lower Annapurna (by Ker & Downey)

Trip Facts

Difficulty Medium	**Max Altitude** 2,012m/6,601ft	**Accommodation** Standard Hotels (Pokhara/Kathmandu) & Tea houses (Trek)	**Meals**
Activity Luxury trips	**Best Season** Autumn (Sept–Nov) & Spring (Mar–May)	**Start / End Point**	**Duration** 8 Days

Trip Overview

The Annapurna region is one of Nepal's most diverse, legendary, and celebrated trekking destinations. Located just a short drive or flight from the lakeside city of Pokhara, this expansive mountain arena sits entirely within the protected borders of the Annapurna Conservation Area Project (ACAP).

The Ker & Downey Nepal program sets the gold standard for "rugged luxury" lodge-to-lodge trekking. Instead of staying in basic teahouses with shared facilities, guests hike famous Himalayan trails while enjoying premium, en-suite comfort lodges every single night.

Our signature flagship itinerary is the **5-6-Day Annapurna Luxury Foothills Trek**. This curated journey is the ultimate way to experience Nepal's grand vistas without sacrificing modern comforts.

Trip Itinerary

Day 1 - Arrival in Kathmandu & Later Trek Briefing

Difficulty	**Max altitude** 1,400m/4,593ft	**Accommodation**	**Meals**

Day 2 - Journey from Kathmandu to Scenic Pokhara by flight

Difficulty	**Max altitude** 822m/2,697ft	**Accommodation**	**Meals**

Day 3 - Pokhara to Birethanti (Drive) and later trek to Sanctuary Lodge

Difficulty	**Max altitude** 1,150m/3,773ft	**Accommodation**	**Meals**

Day 4 - Trek from Birethanti to Himalaya Lodge, Ghandruk

Difficulty	Max altitude 2,012m/6,601ft	Accommodation	Meals

Day 5 - Ghandruk trek to Gurung Lodge, Majgaun

Difficulty	Max altitude 1,400m/4,593ft	Accommodation	Meals

Day 6 - Majgaun to Basanta Lodge, Dhampus

Day 7 - Dhampus to Phedi (Trek) to Pokhara (Drive) and fly back to Kathmandu

Difficulty	Max altitude 1,400m/4,593ft	Accommodation	Meals

Day 8 - Final Departure from Nepal

Cost Includes & Excludes

Includes:

- 2 nights accommodations during Kathmandu stay in twin sharing basis in 4/5* hotel.
- 1 nights accommodations during Pokhara stay in twin sharing basis in 4* Hotel.
- Internal domestic flight from/to Kathmandu & Pokhara.
- Required Permits & Fees: 1. Annapurna conservation Park Entry Permit. 2. TIMS (Trekkers' Information Management Systems) card if applicable.
- Accommodation Along the Trail: 1. Standard twin-sharing rooms in local tea houses or mountain lodges for 3 nights.
- Trekking Support Staff: 1. Salary, insurance, food, accommodation, and equipment for a licensed English-speaking guide. 2. Salary, insurance, food, and accommodation for porters (typically 1 porter shared between 2 trekkers, carrying up to 20–25kg total).
- Meals on the Trek: 1. Full board meals: 3 meals a day (Breakfast, Lunch, Dinner) chosen from the tea house menu. 2. Post-dinner hot beverages (tea or coffee) or a cup of hot water.
- Safety Gear: 1. First-aid kit carried by the guide, including an oximeter to monitor oxygen levels daily.

Excludes:

- International Travel Costs: 1. International airfare to and from Kathmandu. 2. Nepal Tourist Visa fee (payable in cash USD upon arrival at Tribhuvan International Airport).
- 2. Single supplementary fee.
- 3. Internal flight transfer. 1. Round-trip domestic flights between Kathmandu and Pokhara. 2. Airport transfers via private vehicle in Kathmandu and Pokhara.
- Travel and Emergency Insurance: 1. Mandatory: Travel insurance that explicitly covers emergency helicopter evacuation up to 6,000 meters (most basic plans cap out at 3,000m).
- Meals before & after trek in Kathmandu & Pokhara and extra stay in Kathmandu/Pokhara hotels other than mentioned above: 1. Hotel up-gradation might cost extra depending on your request.
- Trail Luxuries & Services (Tea house Add-on): 1. Hot Showers: Gas or solar-heated showers cost between $3 to $7 USD per shower (prices increase with altitude). 2. Device Charging: Power banks, phones, and camera battery charging cost $2 to $5 USD per full charge. 3. Wi-Fi / Connectivity: AirLED or Everest Link Wi-Fi prepaid cards cost roughly $5 to $10 USD for a set amount of data. 4. Drinking Water: Bottled water costs $1 to $4 USD per bottle (it is highly recommended to bring water purification tablets/filters instead).

- Personal Trekking Gear: 1. Down jackets, sleeping bags, hiking boots, trekking poles, and backpacks (though sleeping bags and jackets can be rented cheaply in Kathmandu for around $1 to $2 a day).
- Beverages & Snacks: 1. Alcoholic drinks (beer, spirits), specialty coffees, soft drinks, and bakery items at trail cafes.
- Tips & Gratitude: 1. Tipping guides and porters is custom and highly expected. The industry standard is roughly 10% to 15% of your total trek cost, pooled together by the group and handed out on the final evening.

FAQs

Trip Planning & Logistics with Himal Trek Nepal
• Best Time to Visit: October to November offers the clearest skies and best mountain views, while March to April brings beautiful blooming rhododendrons. • Trek Duration: Routes range from short 3-day hikes (like Poon Hill) to epic 12-to-22-day journeys (like the full Annapurna Circuit). • Required Permits: Trekkers need the ACAP Permit and a TIMS Card, both of which Himal Trek Nepal handles completely for our clients. • Solo Trekking Rules: Nepal restricts solo trekking in most mountain regions; our agency provides licensed, experienced guides to ensure full legal compliance and safety.

Accommodation & Facilities
• Teahouse Lodging: Expect en-suite tea houses with twin sharing beds, communal dining spaces, and personal bathrooms carefully vetted. • Internet and Wi-Fi: Available in most lower-elevation villages for a small fee, but connection becomes unreliable and slow at higher altitudes. • Charging Devices: Electricity is accessible at most tea houses • Water Availability: Safe drinking water is available via boiled water from tea houses, water purification tablets, or UV filters; buying plastic bottles is discouraged.

Safety & Preparation
• Physical Fitness: You need a moderate to high level of cardiovascular fitness; training with stairs and cardio 2–3 months prior is highly recommended. • Altitude Sickness: Acute Mountain Sickness (AMS) is a risk above 3,000 meters; our guides are trained in altitude safety to monitor your pacing and hydration. • Travel Insurance: Your policy must cover high-altitude emergency helicopter evacuation up to 6,000 meters before starting your trip with us. • Packing Essentials: Prioritize sturdy hiking boots, thermal layers, a down jacket, a 4-season sleeping bag, and reliable rain gear.