

# ANNAPURNA & TILICHO LAKE TREK NEPAL



## Highlights

- **Stand in awe at Tilicho Lake**, one of the highest and most breathtaking alpine lakes on Earth – a turquoise jewel cradled by Himalayan giants.
- **Trek over the mighty Thorung La Pass (5,416m)** – the world's highest trekking pass, where prayer flags flutter and views stretch for miles.
- **Leave the crowds behind** as you hike remote trails through wild valleys, hidden villages, and dramatic mountain ridgelines.
- **Immerse yourself in Himalayan culture**, from timeless gompas to the sacred pilgrimage site of Muktinath.
- **Travel the AE Way** – small group adventures led by expert local crews, with carefully chosen, characterful stays along the way.
- **Tread lightly** with a free Water-to-Go bottle included to help cut down on single-use plastics throughout Nepal.



# WELCOME

Svāgatam



## Overview

This is not just a trek – it's a journey through some of the most breathtaking and lesser-trodden corners of Nepal's Annapurna region. From ancient villages to sky-high passes, sacred temples to remote alpine lakes, this 16-day adventure is packed with memorable moments.

You'll stand at the edge of **Tilicho Lake** – one of the highest and most stunning alpine lakes on the planet – its turquoise waters glistening beneath a wall of snow-dusted Himalayan peaks. You'll cross the legendary **Thorung La Pass (5,416m)**, the world's highest trekking pass. Along the way, you'll dive deep into Himalayan culture – exploring timeless gompas, remote monasteries, and sacred pilgrimage towns like Muktinath.

This is mountain trekking at its finest – where tracks give way to narrow cliff-side trails, valleys stretch endlessly, and each bend in the path reveals something extraordinary.

And of course, you'll do it the **Adventurous Ewe way** – in a small, supportive group with expert local guides, carefully chosen tea houses and hotels, and sustainability at the heart of your journey. You'll even receive a **free Water-to-Go bottle** to help cut down on single-use plastics in this incredible but fragile environment of Nepal.

Whether you're chasing high-altitude challenge, culture-rich connection or just the thrill of exploring somewhere new – this is your call to adventure.







# TRIP SUMMARY



**Activity:** Trekking

**Duration:** 17 days & 16 nights

**Active days:** 10 days trekking

**Altitude:** Thorung La Pass at 5416m

**Accommodation:** Local guesthouse & teahouses

**Cost:** Deposit: £225 per person  
Remaining balance: £2265 per person  
Total cost: £2490 per person  
*(minimum group size of 6 people)*

**Group size:** 6 – 12 people

**Trip grading:** ■ ■ ■ ■ ■  
**Tough**

**Dates:** 19<sup>th</sup> October – 4<sup>th</sup> November 2026  
*(Flight departs Sunday 18<sup>th</sup> Oct)*

# ITINERARY

## 2 boots. Himalayan mountain range. 1 epic trekking adventure

### DAY 1

#### Arrival in Kathmandu Nepal (1400m)

Welcome to the chaotic charm of Kathmandu! A city where ancient temples and prayer flags meet bustling markets and honking rickshaws. On arrival, you'll be met at the airport for your included group transfer to the centrally located Kathmandu Guest House, nestled in the heart of colourful Thamel.

**Please note:** One group transfer is provided at a designated time. If you're arriving outside of this window, you're very welcome to arrange your own transport, book a private transfer through us for an additional cost, or simply hop in a local taxi.

Once settled in, you'll meet your fellow trekkers and your Adventurous Ewe Mountain Leader for a pre-trek briefing and final preparations before heading out for a welcome dinner. Let the countdown to the Himalayas begin!

#### Included

Transfer:	Airport transfer
Accommodation:	Kathmandu Guesthouse or similar (twin share basis)
Meals:	Dinner only

### DAY 2

#### Free day in Kathmandu

Today is yours to explore the vibrant chaos and cultural treasures of Kathmandu at your own pace. Whether you're up for wandering the bustling alleyways of Thamel in search of souvenirs, sipping masala chai in a quiet rooftop café, or diving into the city's spiritual side with a visit to Boudhanath Stupa or Swayambhunath (Monkey Temple), there's something here for everyone.

#### Cultural Explorations

- Visit **Pashupatinath**, one of the most sacred Hindu temples, to witness ancient rituals along the Bagmati River.
- Walk the kora with pilgrims around **Boudhanath**, one of the largest stupas in the world.
- Soak up panoramic views from **Swayambhunath**, Kathmandu's iconic hilltop stupa.

#### Markets & Crafts

- Pick up local handicrafts, prayer flags, yak wool scarves or singing bowls in **Thamel** or **Patan's Durbar Square**.
- Visit the **Garden of Dreams** for a peaceful escape in the heart of the city.

#### Optional Activities

- If you'd like help booking a **local cooking class**, **Ayurvedic massage**, or **guided city tour**, just let your guide or the AE team know – we're happy to help!

This is a chance to unwind, reflect on your adventure so far, and absorb the rhythm of Nepalese daily life.

#### Included

Accommodation:	Kathmandu Guesthouse
Meals:	Breakfast only

### DAY 3

#### Drive to Bandipur (1,030m)

Leaving behind the bustle of Kathmandu, you'll travel west toward Pokhara before turning off the main highway and winding your way up to the charming hilltop town of **Bandipur** – a scenic drive of approximately 5.5 hours. Perched like an eagle's nest above the Marsyangdi Valley, Bandipur is a peaceful, car free gem filled with traditional Newari architecture, cobbled laneways, and stunning views of the Himalayan foothills. We've included a night here to break up the long journey to your trek start point at Chame.

This afternoon, soak up the slower pace of life with a gentle stroll around the village. Wander its alleyways, sip tea in the quiet bazaar square, and watch local life as the sun begins to dip behind the hills. With its warm welcome and laid-back atmosphere, Bandipur offers the perfect glimpse into Nepal's middle hills culture and countryside calm before the adventure ahead.

#### Included

Transfers:	Private vehicle transfers
Accommodation:	Teahouse
Meals:	Breakfast, lunch, dinner

# ITINERARY CONTINUED

2 boots. Himalayan mountain range. 1 epic trekking adventure

## DAY 4

### Drive to Chame (2,670m)

This morning, you'll descend from Bandipur to rejoin the highway before turning off toward **Besisahar** – the gateway to the Annapurna Conservation Area and once the official start of the classic Annapurna Circuit. The drive takes around 1.5 hours.

From here, buckle up for a rough-and-ready 4WD adventure as you climb deep into the Marsyangdi River Valley. It's a long, bumpy and dusty road – but the dramatic scenery and first glimpse of high mountain life make it more than worth the ride.

After a total drive time of around 6.5 to 7.5 hours, you'll arrive in the remote village of **Chame**, nestled beneath steep hillsides and prayer-flag-strewn forests. It's here your trekking journey truly begins.

#### Included

Transfers:	Private vehicle transfers
Accommodation:	Basic Teahouse
Meals:	Breakfast, lunch, dinner

## DAY 5

### Trek from Chame to Pisang (3,300m)

Lace up your boots – today you hit the trail. Leaving Chame behind, you'll climb deeper into the Marsyangdi Valley, kicking off your trek with a crossing over a rushing side stream, followed by a long suspension bridge spanning the Marsyangdi River.

The path weaves through barley fields and pine forest, passing through the small village of **Bhratang**, once a settlement of Tibetan Khampa warriors. From here, the trail leads through dense woodland and climbs steadily over a ridgeline before opening into the **upper Marsyangdi Valley**.

While the walk is mostly gentle, there are a few steeper sections to keep your heart rate up. At times, you'll share the route with the jeep road, but the changing scenery and dramatic mountain backdrop make it well worth it.

You'll finish the day in **Pisang**, a quiet village with epic views – and the perfect place to rest up and recharge for the journey ahead.

#### Trekking info

Trekking time:	Approx. 6 hours
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#### Included

Accommodation:	Basic Teahouse
Meals:	Breakfast, lunch, dinner

# ITINERARY CONTINUED

2 boots. Himalayan mountain range. 1 epic trekking adventure

## DAY 6

### Trek from Pisang to Manang (3,540m)

Today's trail is gentle and rewarding as you wind your way through a series of ancient Himalayan villages, each with its own character and charm. You'll pass through **Braga**, where traditional stone houses are stacked one atop another, their rooftops doubling as the neighbours' balconies.

Take a moment to visit **Braga Gompa**, the largest monastery in the Manang district, perched high on a cliff. Inside, you'll find a treasure trove of centuries-old statues, thankas and manuscripts – a quiet yet powerful glimpse into the region's spiritual heritage.

From here, a short walk leads you past prayer wheels and mani walls, across a stream and onto the wide, arid plains that signal your arrival in **Manang** – a lively village with a dramatic setting and some of the best views of the Annapurna range. On a clear day, the panorama is something you'll want to take your time with – it's simply spectacular.

#### Trekking info

Trekking time:                      Approx. 7 hours

#### Included

Accommodation:                      Basic Teahouse  
Meals:                                      Breakfast, lunch, dinner

## DAY 7

### Acclimatisation in Manang (3,540m)

Today is all about giving your body time to adjust to the altitude – a vital step before heading higher into the mountains. While it's called an **acclimatisation day**, it's not just for resting (though if you fancy a slower pace, Manang's cafés and teahouses are perfect for that too).

The best way to support your acclimatisation is by hiking to a higher elevation and returning to sleep low. You'll have a few great options for **short day hikes**, including a visit to the peaceful **Bodzo Gompa**, a walk to **Gangapurna Lake**, or a climb to the **Chongkar viewpoint** for sweeping views over the valley.

Whatever you choose, today helps you prepare for the next stage of your journey – and gives you a chance to explore more of this striking high-altitude landscape.

#### Included

Accommodation:                      Basic Teahouse  
Meals:                                      Breakfast, lunch, dinner



# ITINERARY CONTINUED

2 boots. Himalayan mountain range. 1 epic trekking adventure

## DAY 8

### Trek from Manang to Shree Kharka (4,000m)

Today you'll leave the main Annapurna Circuit behind as you cross the **Khangsar Khola** and head into quieter, wilder terrain. The trail starts with a gentle descent through cultivated fields before joining a broad track, with **Gangapurna Lake** slowly disappearing behind you.

Soon, you'll pass above the confluence of the **Khangsar** and **Jharsing Kholas**, then cross a bridge before tackling a steep climb to a scenic ridge. From here, enjoy sweeping views back across the **Manang Valley** and surrounding peaks.

The path levels out into a wide track as you walk through colourful alpine scrub – particularly vibrant in the autumn months. After another bridge and about an hour's walk, you'll reach the village of **Khangsar**, surrounded by golden wheat fields.

From here, it's a steady uphill hike of around 2 hours to reach **Shree Kharka**. Your efforts are rewarded with panoramic views across the Annapurna wall, stretching from **Gangapurna** to **Khangsar** – a perfect preview of the landscapes to come.

#### Trekking info

Trekking time: Approx. 5 - 6 hours

#### Included

Accommodation: Basic Teahouse  
Meals: Breakfast, lunch, dinner

## DAY 9

### Trek to Tilicho Base Camp (4,150m)

Today's route is short but challenging, with exposed trails and steep terrain requiring steady focus and surefootedness. Leaving **Shree Kharka**, you'll start with a gentle climb to reach a broad plateau, before crossing a suspension bridge that leads into a steep and slippery ascent.

The trail then levels out across the pastureland of **Tho Kharka**, weaving through patches of alpine scrub. Ahead, you'll spot the narrow track etched into the bare scree slope – a dramatic stretch of the trail that's both thrilling and demanding.

You'll now enter the first landslide zone, a fragile traverse across a sheer slope with a steep drop to the river below. This section is around 1km long and typically takes 45 minutes to cross carefully. After rounding the ridge and tackling a few more undulations, you'll face another exposed stretch before finally descending into the glacier-carved valley of **Tilicho Base Camp**.

Tucked below towering peaks, the base camp is stark, remote, and spectacular – your launchpad for tomorrow's high-altitude highlight.

#### Trekking info

Trekking time: Approx. 3 hours

#### Included

Accommodation: Basic Teahouse  
Meals: Breakfast, lunch, dinner



# ITINERARY CONTINUED

2 boots. Himalayan mountain range. 1 epic trekking adventure

## DAY 10

### Trek to Tilicho Lake (4,949m) and Return to Shree Kharka

Today is a big day – and a truly spectacular one. You'll start early to make the most of the morning light and calmer weather as you climb to one of the world's highest lakes: **Tilicho Lake**, sitting at a breathtaking **4,949m**.

The trail leaves Tilicho Base Camp with a short stream crossing before climbing the slope of a spur. From here, you'll traverse onto the main ridge and begin a long, steady ascent on narrow, exposed paths. As you climb, soak in the dramatic views of the **Annapurna Wall**, **The Grand Barrier**, and the deep valleys carved by glacial streams far below.

Eventually, the gradient steepens as you take on a challenging set of switchbacks followed by a narrow ridge traverse. You'll reach an uneven plateau, often snow-covered, passing two smaller lakes before finally arriving at **Tilicho Lake** – an awe-inspiring stretch of turquoise framed by snow-capped giants.

After time to absorb the beauty of this sacred, high-altitude lake, you'll retrace your steps back to **Tilicho Base Camp** (approx. 2 hours) for lunch, then continue further down the trail to reach **Shree Kharka** (approx. 3 hours), where you'll rest up after an epic Himalayan day.

#### Trekking info

Trekking time: Approx. 8 - 9 hours

#### Included

Accommodation: Basic Teahouse  
Meals: Breakfast, lunch, dinner

## DAY 11

### Trek from Shree Kharka to Yak Kharka (4,018m)

This morning, you'll rejoin the main **Annapurna Circuit trail**, following a gently rising path that leads you to **Changyo** in around an hour. From here, the route flattens out as you cross a wooden bridge over the **Thorung Khola**, eventually merging with the familiar trail at **Ghyanchyang** (approx. 3 hours).

With the river far below and vast ridgelines above, you'll enjoy a more relaxed final stretch, continuing for another two hours to reach **Yak Kharka** – a peaceful alpine outpost surrounded by rugged hillsides and grazing yaks.

It's a quieter day on the legs after yesterday's high-altitude push, giving you time to rest, refuel and prepare for the climb ahead.

#### Trekking info

Trekking time: Approx. 6 hours

#### Included

Accommodation: Basic Teahouse  
Meals: Breakfast, lunch, dinner



# ITINERARY CONTINUED

2 boots. Himalayan mountain range. 1 epic trekking adventure

## DAY 12

### Trek from Yak Kharka to Thorung Phedi (4,450m)

Today you'll take it slow and steady as you gain altitude en route to **Thorung Phedi**, the final stop before your big pass crossing. The trail climbs gradually, and given the thinner air and harsher conditions, taking your time is essential.

Reaching Phedi after around 4 hours, you'll have the rest of the day to rest, acclimatise and prepare for the highest point of the trek – the mighty **Thorung La Pass**. Keeping your pace gentle today gives your body the best chance to adjust for the challenge that awaits tomorrow.

#### Trekking info

Trekking time: Approx. 4 hours

#### Included

Accommodation: Basic Teahouse  
Meals: Breakfast, lunch, dinner

## DAY 13

### Cross Thorung La Pass (5,416m) and Trek to Muktinath (3,800m)

This is the **big day** – an early start sees you setting off in the dark for the long, steady ascent to **Thorung La Pass (5,416m)**, the highest trekking pass on the Annapurna Circuit and the highest road-less pass in the world.

The trail climbs steeply right out of **Thorung Phedi**, but it's well-defined and manageable if taken at a steady pace. After 4–6 hours of climbing, you'll reach the top – marked by fluttering prayer flags, a chorten, and traveller-built stone cairns. The views here are nothing short of spectacular, stretching across the Annapurna and Mustang regions.

From the pass, it's a steep descent towards **Chabarbu**, followed by a gentler trail through alpine meadows, deep ravines, and wide open paths. You'll finish the day in the sacred pilgrimage town of **Muktinath**, revered by both Hindus and Buddhists, and home to ancient temples, flickering flames, and a powerful sense of peace.

It's a very challenging day – but one that's sure to stay with you for a long time to come.

#### Trekking info

Trekking time: Approx. 8 - 9 hours

#### Included

Accommodation: Basic Teahouse  
Meals: Breakfast, lunch, dinner

# ITINERARY CONTINUED

2 boots. Himalayan mountain range. 1 epic trekking adventure

## DAY 14

### Explore Muktinath and Trek to Jomsom (2,720m)

Start your morning with a visit to the **sacred Muktinath Temple**, an important pilgrimage site for both Hindus and Buddhists. It's a peaceful 20-minute walk up a flight of stone steps from **Ranipauwa**, the cluster of lodges where you stayed overnight.

After soaking in the spiritual atmosphere, you'll leave the paved roads behind and follow a more scenic, off-road route towards **Jomsom**. First, a gentle uphill trail leads you over **Lupra Pass (3,770m)** in about 1.5 hours, followed by a mostly downhill track through open terrain to reach the ancient Bon village of Lupra (approx. 1.5 hours). Don't miss the **12th-century Bon monastery**, one of the few remaining centres of this ancient shamanic tradition that predates Tibetan Buddhism.

From Lupra, you'll follow the **Panda Khola river**, eventually crossing a bridge and briefly walking along a stretch of road toward **Eklaibhatti**. A suspension bridge takes you across the **Kali Gandaki River**, linking you with a quieter off-road path that leads through the village of **Phalyak** and down into **Jomsom** (approx. 1.5 hours).

Once settled in your lodge, you'll have the option to explore the village of **Thini** and the peaceful **Dumba Lake** on the opposite side of the river – a great way to round off your final trekking day.

#### Trekking info

Trekking time: Approx. 6 hours

#### Included

Accommodation: Lodge  
Meals: Breakfast, lunch, dinner

## DAY 15

### Fly to Pokhara and Enjoy a Free Afternoon

This morning, you'll take a short but spectacular flight from **Jomsom** to **Pokhara** – a classic bush-plane experience soaring over the rugged Himalayan foothills, with snowy peaks gleaming just outside your window.

Once back in Pokhara, the rest of the day is yours to enjoy. After all your hard-earned kilometres, this is your chance to slow down, unwind and soak up the chilled-out vibe of Lakeside. Wander along the lakefront, sip a coffee or cool drink, and simply enjoy the feeling of having completed something epic.

In the evening, you'll come together for a **celebratory dinner** at one of Pokhara's laid-back restaurants – the perfect way to mark your journey with good food and great company.

#### Included

Accommodation: Basic Teahouse  
Meals: Breakfast, dinner

# ITINERARY CONTINUED

2 boots. Himalayan mountain range. 1 epic trekking adventure

## DAY 16

### Fly to Kathmandu and Explore the City

Enjoy a relaxed start before taking a late morning flight back to Kathmandu (approx. 25 mins), offering one last glimpse of the Himalayas from the air.

Once you've checked in at your hotel, the rest of the day is yours to spend as you like. You might choose to explore the vibrant local markets, pick up some last-minute souvenirs, or visit one of the city's many historic temples and cultural landmarks. If you'd like to dive deeper into the city's rich culture, visits to Kathmandu's famed heritage sites can be arranged at an additional cost – just let us know.

#### Included

Accommodation: Kathmandu Guesthouse  
Meals: Breakfast, dinner



## DAY 17

### Return Home or Extend Your Adventure

It's time to bid farewell to Nepal – but you'll be heading home with a heart full of memories, epic achievements, and new friendships forged on the trail. A group transfer to Kathmandu airport is included, timed to suit the majority of departing flights.

If you're not quite ready to leave, why not extend your adventure? We'd be happy to help arrange extra accommodation or recommend experiences to make the most of your time in this incredible country.

#### Included

Transfer: Airport transfer (one group transfer)  
Meals: Breakfast

*Please note: the itinerary is subject to minor changes depending on flight arrival and departure times, weather, and group ability. However, the outline provided gives a good indication of the trek and what you can expect to experience.*

# TRAVEL APP

Once signed up, all your trip details and updates will be available through our free travel app, **Vamoos**. It's accessible 24/7 and the excitement will build with the countdown to your adventure starts. Plus no more paper, A'ppy days.



## TRIP SUMMARY

Snapshot of trip highlights



## TRIP DETAILS

Itinerary, activity details and inclusions



## TRAVEL DOCUMENTS

Training guide, kit list & exclusive discount codes, meet the team, emergency contact details, safety & wellbeing guidelines



## OTHER INFO

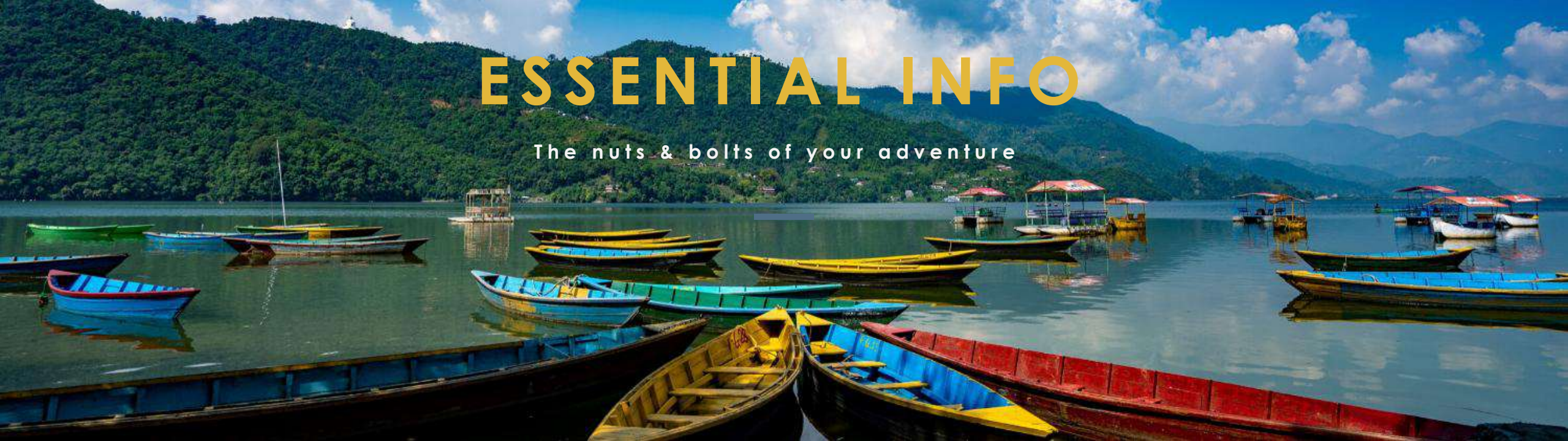
Weather, maps, etc.





# ESSENTIAL INFO

The nuts & bolts of your adventure



01



## Safety & well-being

Adventurous Ewe puts the safety and wellbeing of you, our leaders & crew and the communities we visit at the centre of all our operations, always. Your safety and wellbeing is our top priority and as such we have implemented a new Safety Management System.

You're in safe hands with Adventurous Ewe.

## Leaders & crew

Your trek will be led by an experienced **Adventurous Ewe Mountain Leader**, trained in Wilderness First Aid and there to support, guide and encourage you throughout the journey.

You'll also be joined by our incredible local **Nepali Guides and Crew** – passionate mountain professionals who know these trails like the back of their hand. With expert knowledge, cultural insight and a friendly, flexible approach, they'll help bring your Himalayan adventure to life.

All leaders prioritise your safety, wellbeing and enjoyment, and work closely with our local support teams and Adventurous Ewe HQ throughout the trip. Please respect their decisions at all times – especially when it comes to route or safety adjustments. They're made with your best interests at heart.

## Trip grading

This trek is graded as '**Tough**' due to multiple consecutive days of trekking at high altitude, including several steep ascents and descents, and long days on the trail – with a maximum altitude of **5,416m** at the Thorung La Pass.

The route includes exposed sections, high mountain passes, and scree slopes, as well as crossing suspension bridges and landslide-prone areas. Trails are a mix of well-established paths, rocky tracks and narrow ridgelines. While no technical climbing is required, a good level of fitness, endurance and prior trekking experience on varied terrain is strongly recommended.

Acclimatisation days are included to help you adjust, and your expert crew will be on hand to support you each step of the way.

If you're a confident mountain walker with determination and a sense of adventure, this trek offers a truly rewarding challenge across some of Nepal's wildest and most spectacular landscapes.



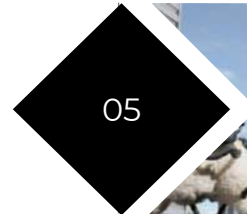
02



03



04



05

## Group size

At Adventurous Ewe, we believe smaller groups lead to bigger experiences. Keeping our group sizes small helps minimise environmental impact, ensures your safety and wellbeing, and creates a more personal and authentic adventure.

This trip runs with a **minimum of 6** and a **maximum of 12 people**.

You're welcome to join as a solo traveller, a group of friends, family, or colleagues – and if you're taking part to raise funds for a cause close to your heart, that's absolutely encouraged.

Got a group of 8 or more? We'd be delighted to arrange a private departure for your team, charity, or organisation. Drop us a line at [info@adventurousewe.co.uk](mailto:info@adventurousewe.co.uk) or call 01492 588 069 to chat through the details.

## Training

To help you get the most out of your trek, we'll provide a **bespoke training programme** when you join the trip. This guide is packed with expert tips, training schedules, nutrition advice and gear recommendations to build your fitness and preparation.

**Our motto is: Train hard, smile harder and enjoy the journey!**



## Kit and discount codes

A full kit list will be provided when you join this adventure together with an exclusive Adventurous Ewe discount code for independent outdoor retailers.

Packing and kit tips will also be provided when you sign up.



06



07



## Adventure with purpose

We're very proud to have teamed up with leading climate change charity **Cool Earth** and invest a % of our revenue into supporting their critical conservation projects around the world.

This partnerships means that just by joining the flock and taking part in this trip, you will not only have an incredible experience, but you can do so by knowing you are actively supporting rainforest communities across the globe, sustainably.

# Any queries?

Feel free to contact Jim or Sue at:

[jim@adventurousewe.co.uk](mailto:jim@adventurousewe.co.uk)

[susan@adventurousewe.co.uk](mailto:susan@adventurousewe.co.uk)

call 01492 588 069 or chat to us online via the website.

We're here to help, support and guide you as much as you need.



# WHY ADVENTUROUS EWE

## Big adventures, small footprints

Here at Adventurous Ewe we think, talk, love, live and breathe adventure. We create and deliver worldwide adventures, whether they be trailblazing itineraries to remote pockets of the globe or classic bucket list adventures. At the core of each trip creation is real and meaningful connections to destinations and people.

We're a friendly family business operating since 2007 with decades of adventure travel experience, knowledge and insight that you can depend on. We're passionate about igniting your adventurous spirit and achieving the extraordinary in some of the world's most incredible places. We're also proud to be the main UK trip supplier for **Much Better Adventures**.

We're also proud to operate adventures with reason by supporting both local and global environmental charities, the **Snowdonia Society** and **Cool Earth**. So by joining the flock for your next trip, experience the feel-good factor that you're helping the planet through these partnerships. We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

## Why join us:

- ✓ Reconnect and gain a fresh perspective through the lens of adventure
- ✓ Be bold, be ambitious and experience an adventure to remember
- ✓ Feel protected, feel safe and know your wellbeing is our focus
- ✓ Be part of something bigger and help the environment and local communities grow
- ✓ Meet and mingle with the people of the planet
- ✓ Enjoy the whole journey - the support & guidance from AE, the new friend-sheeps made, the thrill of travelling, the people & places, the great achievements and difference you can make - not only to your life, others too!

We're excited to be immersed in your adventure from your very first step. Travel is a force for good, for everyone!

## All you need is the....

1. **Courage** to start
2. **Strength** to endure
3. **Determination** to finish! **#ewecandoit**



# HELPING SHAPE THE FUTURE OF TOURISM

Adventurous Ewe may only be a small tour operator however we are proud to be part of these fantastic initiatives with our operations and as a collective collaboration, make a difference to the safety and future of tourism.

## AITO

Following a rigorous assessment process, Adventurous Ewe is delighted to be a member of AITO, the association for specialist travel companies. The membership is formed of companies, usually owner-managed, who strive to create travel experiences with high levels of professionalism and a shared concern for quality and personal service. The Association promotes the unique range of its members' travel packages and encourages the highest standards in all aspects of tour operating. Our membership also dictates that we have financial protection for all our trips and other arrangements (including accommodation only) booked by you.

## Travelife Partner

Travelife Partner Award Adventurous Ewe complies with more than 100 criteria, related to an operator's office management, product range, international business partners and customer information. The Travelife Partner level standard is covering the ISO 26000 Corporate Social Responsibility themes, including environment, biodiversity, human rights, and labour relation. Mr. Naut Kusters, manager of Travelife for Tour Operators, "I am delighted to see that sustainability in the tour operator sector is obtaining momentum. The Partner award of Adventurous Ewe will inspire other companies in Europe to follow the same path". Travelife is the leading international sustainability certification for the travel sector. More than 35 national travel associations are promoting the scheme to their members including, SMAL, APAVT, UHPA, ANVR, ABTA, PATA and more.

## Tourism Declares Climate Emergency

As part of being part of Tourism Declares a Climate Emergency, we have put in place an action plan to reduce our carbon emissions in the next 12 months.

## Future of Tourism

We've also joined the movement to reshape the Future of Tourism. We are excited to announce that Adventurous Ewe has signed the new set of Guiding Principles launched by the Future of Tourism Coalition. As a signatory, we commit to please destination needs at the centre of our recovery strategies and do our part to build a better tomorrow for travel and tourism. Learn more at [www.futureoftourism.org](http://www.futureoftourism.org). #FutureofTourism

## Glasgow Declaration

Launched at COP26, the Glasgow Declaration aims to unite everyone in the tourism sector around a common set of pathways for climate action. As a signatory, Adventurous Ewe commits to:

Support the global commitment to halve emissions by 2030 and reach Net Zero as soon as possible before 2050;

Deliver climate action plans within 12 months from becoming a signatory and begin implementing;

Align plans with the five pathways of the Declaration (Measure, Decarbonise, Regenerate, Collaborate, Finance) to accelerate and co-ordinate climate action in tourism.



For more info please visit: <https://www.adventurousewe.co.uk/about-us/sustainability/>

# ADVENTURE WITH PURPOSE

**Our mission:** to harness the power of travel to conserve and protect the world's precious natural spaces, one epic adventure at a time.

**Our goal:** to ensure rainforest communities benefit from adventure tourism, and to educate and inspire our flock to help actively support these communities across the planet.

Now more than ever our commitment to maintain our support of one of the leading global climate change charities, **Cool Earth** and the local protection and sustainability work of the **Snowdonia Society**, is of utmost importance.

To do this we'll continue to contribute a % from every booking to Cool Earth and maintain our partnership with the Snowdonia Society. It's time that we all live in a more responsible world. This means that not only will you have a fabewelous experience when you travel with Adventurous Ewe, you can do so whilst taking pride in knowing that you are helping support both of these fantastic causes.

## Snowdonia National Park Ambassador

Adventurous Ewe have been a founding member of the Snowdonia National Park Ambassador Scheme since 2019. The scheme was formed to strengthen links between stakeholders working within the tourism industry and the National Park and provide training to create a greater understanding and knowledge about the area's natural and cultural resources, in order to improve the overall visitor and local experience.

For more info please visit: <https://www.adventuroousewe.co.uk/about-us/adventurous-ewes-partnership-with-cool-earth/>

# COOL EARTH

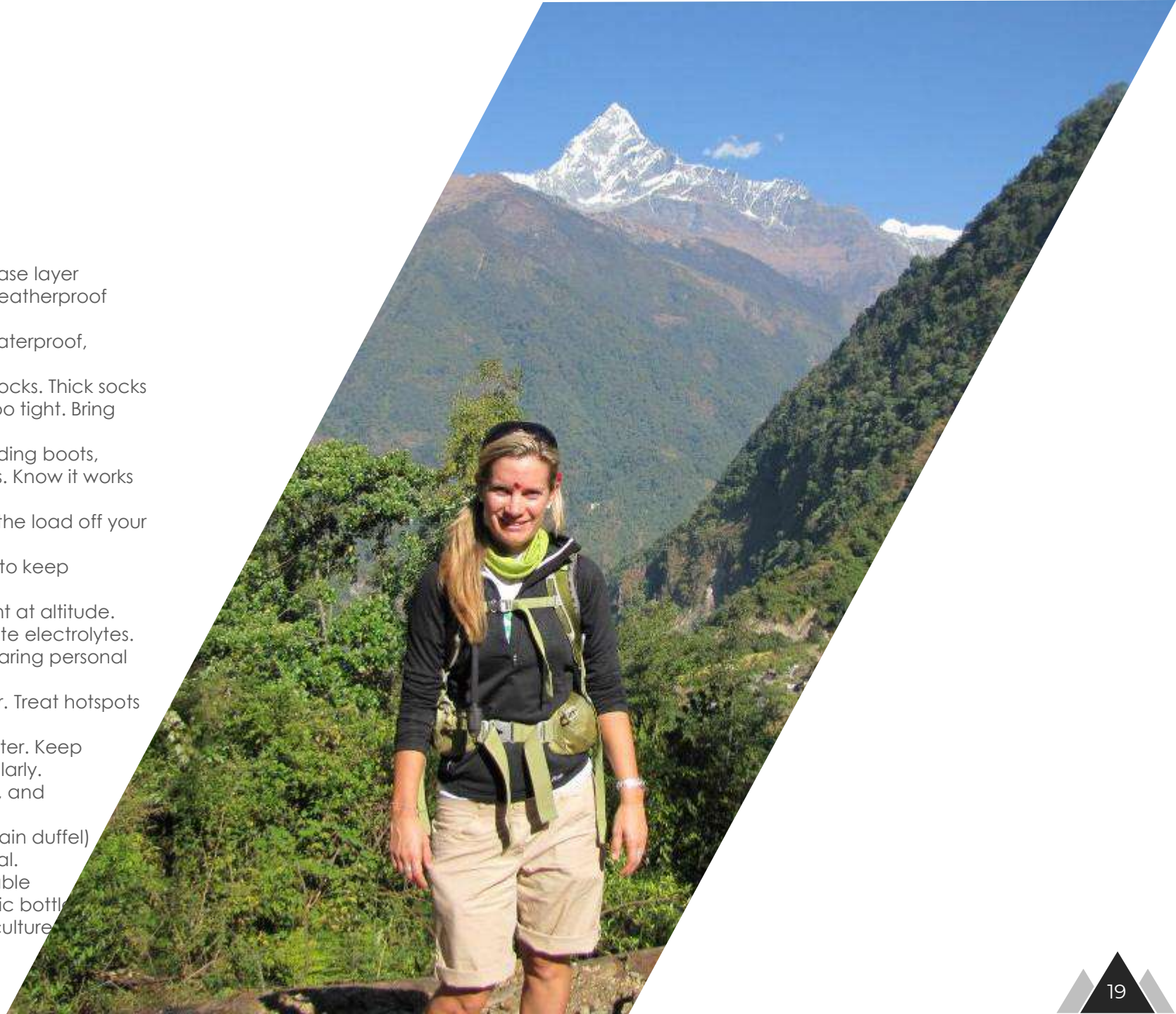




# TOP TIPS

## Himalayan trekking

- **Layer up smartly** – Think three layers: a moisture-wicking base layer (merino wool works well), an insulating mid layer, and a weatherproof shell to keep out wind and rain.
- **Break in your boots** – Make sure your trekking boots are waterproof, supportive and well worn-in before the trip.
- **Socks matter** – Wear well-fitting synthetic or merino wool socks. Thick socks are warmer, but make sure they don't make your boots too tight. Bring spare pairs to keep your feet dry.
- **Train in your kit** – Get used to your full trekking setup, including boots, socks, and a weighted daypack, in a variety of conditions. Know it works before you hit the trail.
- **Use a comfy daypack** – One with a waist strap helps shift the load off your shoulders and onto your hips.
- **Dry bags are your friend** – Pack your gear inside dry bags to keep everything protected just in case.
- **Hydration is key** – Staying hydrated is even more important at altitude. Drink regularly throughout the day. Trial & find your favourite electrolytes.
- **Keep things clean** – Use hand sanitiser often and avoid sharing personal items to minimise the risk of illness.
- **Look after your feet** – Blister prevention is a game-changer. Treat hotspots early and keep your feet clean and dry.
- **Snack often** – When it's cold, it's easy to skip food and water. Keep snacks and a water bottle close to hand and fuel up regularly.
- **Bring your favourites** – Pack high-calorie snacks you enjoy, and repackaging them at home to cut down on litter.
- **Know your weight limit** – Your combined kit (daypack + main duffel) should weigh no more than **15kg** for internal flights in Nepal.
- **Use refillables** – Bring your **Water-to-Go bottle**, plus a refillable system like a CamelBak or Platypus. Avoid single-use plastic bottles.
- **Respect the locals** – Be mindful of the people, land, and culture of the remote communities you visit.
- **And most importantly... SMILE & ENJOY THE JOURNEY!**



# COST

<b>Deposit:</b>	£225 per person payable on booking (non-refundable)
<b>Remaining balance:</b>	£2265 per person payable 6 weeks prior to start of trip
<b>Total:</b>	£2490 per person (minimum group of 6 people)

**A monthly payment plan can be arranged for this trip.**  
Please contact us for more information or to set up your plan. Simply email [info@adventurosewe.co.uk](mailto:info@adventurosewe.co.uk) or call 01492 588 069.

**Book & Travel with Confidence**  
As well as carefully crafting amazing and meaningful adventures across the planet, we've made booking them as flexible, safe and as simple as possible.

For the latest info regarding booking and travelling with Adventurous Ewe, please review our [Booking Conditions](#).



# INCLUSIONS & EXCLUSIONS

## Annapurna & Tilicho Lake Trek

### INCLUDED

#### Pre-trip:

- Trek training guide
- Exclusive discount code for independent outdoor kit store - both in shop and online
- Trip info supplied via our free mobile travel app
- Financial Protection for your booking – ABTOT & Public liability insurance
- Monthly payment plan available
- Safety Management
- Free **Adventurous Ewe Water-to-Go Bottle**

#### During your trip:

##### Accommodation

- 3 nights at Kathmandu Guest House
- 1 night at The Old Inn, Bandipur
- 9 nights in basic mountain teahouses during the trek
- 2 nights in comfortable hotels with ensuite bathrooms and hot showers in Muktinath & Jomsom
- 1 night at Temple Tree Resort, Pokhara

##### Meals

- 15 x breakfasts, 12 x lunches, 15 x dinners

##### Transport

- All private transfers, including one group airport pick-up/drop-off and travel from Kathmandu to Chame via Bandipur (private van & jeeps)
- Internal flights: Jomsom to Pokhara and Pokhara to Kathmandu

##### Permits & Entry Fees

- Annapurna Conservation Area Permit (ACAP)
- Trekking Permit (TIMS or equivalent)

##### Trek Support Team

- English-speaking guide throughout the trip
- Assistant guides (1 for every 6–7 people; 2 for groups of 8)
- 1 porter for every 2 trekkers
- Adventurous Ewe UK Leader for groups of 6 or more

##### Additional Support

- Emergency satellite phone and oxygen for altitude-related emergencies

### NOT INCLUDED

#### International Flights

Return flights to and from Kathmandu, Nepal. These can be arranged through our ATOL-protected flight agent at an additional cost.

#### Airport Transfers

If your flights fall outside our recommended times, private transfers in Nepal are not included but can be arranged on request.

#### Insurance

Comprehensive travel insurance that covers high-altitude trekking and helicopter evacuation is mandatory.

#### Visas & Vaccinations

- Nepal visa – [Check latest guidance](#)
- Recommended vaccinations – [Refer to NHS Fit for Travel](#)

#### Meals & Drinks

- Snacks, electrolytes and **water purification tablets**
- Meals not listed in the itinerary
- Alcoholic or soft beverages

#### Additional Tours & Entry Fees

Any activities, excursions or site visits not specified in the itinerary or inclusions list.

#### Teahouse Extras

Charges at teahouses for hot showers, battery charging, WIFI or additional amenities.

#### Personal Trekking Kit

Equipment and clothing as outlined on your kit list, plus any personal medication.

#### Other Essentials

- Tips for guides, assistant guides, porters, drivers and hotel staff (gratuities if earned)
- Any costs incurred due to leaving the trek early
- Personal spending money
- Single room supplements (where available)

### TRIP EXTENSION

If you wish to extend your stay in Nepal, we can help you with plenty of recommendations of things to do and see. For more information, please contact us at [info@adventurousewe.co.uk](mailto:info@adventurousewe.co.uk).

# ADVENTUROUS EWE

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Big Adventures, Small Footprints

EST 2007

We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

- We believe in epic goals, trailblazing adventures and pushing boundaries
- We cheer, salute and support every person stepping outside their comfort zone
- We celebrate the things that make us different and doing things that make a difference
- We dream big, aim high, inspire others and believe #ewecandoit



EPIC  
ADVENTURES

# CONTACT US

For any further info or any questions,  
please feel free to contact us at:



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Online chat on our website at  
<https://www.adventurousewe.co.uk/>



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We look forward to welcoming  
you to the stunning Annapurna  
region of Nepal for this incredible  
trekking adventure.

