

wild women on top nepal



trip highlights

Be swept away by breathtaking views of the Dhaulagiri & Annapurna ranges

Traverse old yak herder trails to Upper Phulbari

Soak up sunrise at a private camp with views that rival those from Poon Hill

Rejuvenate each night in our private eco-campsites and handpicked eco-lodges

Take in the views on a Himalayan mountain flight from Kathmandu to Pokhara

Hands on momo cooking class in Kathmandu

Explore Kathmandu's vibrant streets and ancient sites

Trek with a group of like minded women



Trip Duration	14 days	Trip Code: TPN
Grade	Moderate	
Activities	Trekking	
Summary	14 day trip, 9 day trek, 3 nights hotels, 6 nights private eco campsites, 5 nights eco lodges	

welcome to World Expeditions

Thank you for your interest in our Wild Women on Top Nepal 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 from: \$3060

All prices are per person

options & supplements

Single Supplement: \$370

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. The cost of the single supplement is listed above.

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 served in your tent, hot chocolate, porridge or a grain cereal, toast with spreads, eggs (fried, omelet or boiled) 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, boiled water

Dinner

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

the trip

Join like minded women from The Wild Women on Top community on this fantastic trek in the Annapurna region. Our carefully researched itinerary is impressive, as within a few days we gain a sense of serenity as we make our way through small settlements and dense forests to gain incredible views of the surrounding peaks of the Annapurna and Dhaulagiri ranges. Opportunities for sunrise wake ups to see the glow of the rising sun catching the impressive peaks of Dhaulagiri, Nilgiri and Annapurna is sure to be a highlight. Our route really does offer a broad experience of the Annapurnas as we pass through small yet prosperous villages, traverse grassy ridges, pass through old growth Rhododendron forests and camp underneath some of the most awe-inspiring mountain scenery on earth.

****PLEASE NOTE: THIS TRIP IS NOT ACCOMPANIED BY A WILD WOMEN ON TOP COACH****

benefits of a wild women on top partner adventure

Wild Women On Top helps women lead adventurous lives they love. When you join a Wild Women On Top partner adventure, you become part of an incredible team, training and hiking together to maximise everybody's enjoyment and success. Wild Women On Top support you to get the most out your Wild Adventure, making it a truly transformational challenge.

What Wild Women offer:

- An exclusive itinerary tailored to the expectations of Wild Women, prioritising magic moments of natural exhilaration and breathtaking challenges.
 - T.E.A.M: Together Everyone Achieves More approach to adventure
 - Training and preparation to ensure all your teammates are perfectly prepared and fit for the adventure (that means you must be, too!). You will be given FREE access to our Luvmyhike 12 week online training program. If you'd like to join us on additional training, you can purchase additional Trek Training sessions.
 - Everyone must be a member of Wild Women On Top so you're guaranteed your teammates understand our culture and have like-minded goals .
 - The Golden Rules to create a loving, successful and supportive environment during your adventure.
 - A Facebook group to connect you with the Wild Women community and encourage team-building as well as give you direct access to hiking tips from the community.
 - A complimentary copy of How To Prepare for World Class Treks e-book by Di Westaway
- Please note: Travel Partner guides and staff are responsible for delivering your extraordinary experience during your adventure. Please direct all pre, mid and post trip feedback to Travel Partner.

at a glance

DAY 1	JOIN KATHMANDU
DAY 2	IN KATHMANDU (1330M) AND HANDS ON MOMO MAKING CLASS
DAY 3	FLY TO POKHARA, COMMENCE TREK TO DHAMPUS (1990M) - WALK APPROX. 3 HRS
DAY 4	TREK TO LANDRUK (1640M). WALK APPROX. 5 HRS
DAY 5	TO GHANDRUK (2050M). WALK APPROX. 4 HRS.
DAY 6	TO TADAPANI (2650M). WALK APPROX. 4 HRS.
DAY 7	TO GHOREPANI (2850M). WALK APPROX 6-7 HOURS
DAY 8	TO UPPER PHULBARI (3210M) VIA POON HILL (3200M). WALK APPROX 3-4 HOURS.
DAY 9	TO LESPAR (2600M). WALK APPROX 6-7 HOURS.
DAY 10	TO GHIBRANG (2000M). WALK APPROX 4-5 HOURS.
DAY 11	TO NAYAPUL. WALK APPROX 3-4 HOURS & DRIVE TO POKHARA (APPROX 2 HOURS).



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trip dates

2019 30 Mar - 12 Apr

fast facts

Countries Visited:

Nepal

Visas:

Yes*

Vaccinations:

Please consult a travel vaccination specialist for up to date information

Private Groups:

Private group options are available for this trip*

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.

Brochure Reference:

Himalaya and Indian Subcontinent

DAY 12	FREE DAY IN POKHARA
DAY 13	FLY POKHARA TO KATHMANDU
DAY 14	TRIP CONCLUDES KATHMANDU

what's included

- 13 breakfasts, 9 lunches and 9 dinners including all meals on trek valued at US\$450
- airport transfers on day 1 and day 14
- flight Pokhara/Kathmandu/Pokhara US\$238 approx.
- expert bilingual guide
- group medical kit
- good quality accommodation in Kathmandu
- the use of a World Expeditions trek pack which includes a quality sleeping bag, down or fibre fill jacket and insulated mat (valued at over US\$500)
- souvenir World Expeditions kit bag
- private transportation
- all park entrance fees and trekking permits
- porters to carry all personal and group equipment
- porter's insurance
- site entry fees and sightseeing in Kathmandu
- accommodation in a combination of our comfortable eco lodges and private eco campsites with off the ground camp beds, mattresses and pillows

Local cash payments are becoming increasingly popular with many operators in the adventure travel industry. 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 Radisson 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/fibrefill 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.

meals: NIL

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responsible 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

On a moderate trek physical activity will generally not exceed eight hours in a day, and altitudes generally not exceeding 5,500 metres. On a moderate adventure the physical activity is sustained and travelers should be comfortable with occasional rough terrain. At any stage of a moderate trek you can expect long steep climbs and descents and a wide range of weather conditions. An example of an average day on moderate trek could include several ascents and descents of 500 metres or more, level ground is rare in the mountains.

To prepare for a moderate trek you should begin training at least three months before your departure. As a benchmark, an hour of aerobic exercise three times per week would be considered a minimum requirement.

The best preparation is bushwalking involving relatively steep ascents and descents. If you can manage a couple of valley floor to ridgeline ascents per bushwalk, albeit with stops along the way, you know you can cope with a moderately graded trek. Speed is not important, stamina, confidence and rhythm are.

DAY 2 In Kathmandu (1330m) and hands on momo making class

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 early afternoon. In the later afternoon we'll enjoy learning the craft of cooking momos (a Nepalese staple!) with a hands on cooking class. Overnight Kathmandu.

meals: B

DAY 3 Fly to Pokhara, commence trek to Dhampus (1990m) - walk approx. 3 hrs

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 Landruk (1640m). Walk approx. 5 hrs

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 To Ghandruk (2050m). Walk approx. 4 hrs.

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 acclimatisation 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 hrs.

Our trail meanders uphill through fields and into forest of rhododendron, magnolia and lichen covered 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

DAY 7 To Ghorepani (2850m). Walk approx 6-7 hours

Our walk today joins the old Tibet-Nepal trade route. The trek offers excellent views of the Dhaulagiri range as the trail zigzags until we reach Ghorapani. This is a sizeable town complete with interesting markets and bazaars. We have the chance to wander through the trading areas this afternoon before heading to bed early in preparation for our early morning climb on Poon Hil (3200m). Overnight Lodge.

meals: B,L,D

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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, and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

DAY 8 To Upper Phulbari (3210m) via Poon Hill (3200m). Walk approx 3-4 hours.

Today we head to Poon Hill a pre dawn 45 minute climb to the summit of Poon Hill which is the highlight of trekking in the Annapurnas. From Poon Hill we leave the main trail and traverse on old yak herder trails to Upper Phulbari, which is set on the level of Poon Hill. The location affords even more spectacular views, 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 9 To Lespar (2600m). Walk approx 6-7 hours.

The views in the early morning are tremendous, with forested foot hills as a fore ground 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 campsite at Les Par (Swarga).

meals: B,L,D

DAY 10 To Ghibrang (2000m). Walk approx 4-5 hours.

Trekking along the ridge of Bharmakot Dhandu we gain excellent views of Annapurna South, Machapuchare, Hiunchuli and the Manaslu ranges. Ghibrang is a delightful village, largely untouched by western influence, and our private eco campsite offers yet more stunning views in a peaceful terraced setting amidst this pretty village.

meals: B,L,D

DAY 11 To Nayapul. Walk approx 3-4 hours & drive to Pokhara (approx 2 hours).

Have your trekking poles at the ready today as our descent is approx. 1000 metres. 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 campsite. 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 Pokhara Permanent Camp

meals: B,L,D

DAY 12 Free day in Pokhara

Today is at leisure in Pokhara. You might like to head to the lakeside for some morning yoga, hire a bike and visit some of the outlying temples, or just hang out, wander through the shops, sit in a local cafe and watch the world go by. Overnight Pokhara Permanent Camp.

meals: B

DAY 13 Fly Pokhara to Kathmandu

This morning we transfer to the airport for the spectacular 40 minute flight back to Kathmandu. Rest of the day is at leisure.

meals: B

DAY 14 Trip concludes Kathmandu

After breakfast arrangements cease unless further arrangements have been made. Those people travelling by aircraft to further destinations will be transferred to the airport.

meals: B

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This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

suggested extensions

- Chitwan Safari
- Ancient Varanasi & the Ganges
- Kathmandu to Delhi

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 extends from mid-September to May. From early September the monsoonal rains decrease. By mid-October through to December the weather is usually stable with mild to warm days, cold nights and clear views. Daytime temperatures can reach 25 deg C at low altitude and nights can drop to below -5 deg C at higher altitudes. Weather in the Himalayas can be unpredictable at any time of year. It is essential to be prepared for all conditions as freak storms and unseasonal temperatures can occur.

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 –

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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 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.

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.

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equipment provided



You will be provided with the use of a World Expeditions trek pack which includes a duffel 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.

accommodation in Kathmandu



In Kathmandu we stay at the comfortable, well located Radisson Hotel. The Radisson Hotel is situated in Lazimpat, a quiet and central area of Kathmandu. Only a short 12 minute walk to the main tourist district of Thamel, the Radisson acts as a base for World Expeditions travellers. The hotel has a World Expeditions tour desk in the foyer, free WIFI, a pool and bar, gymnasium, restaurants, room service, currency exchange and free luggage storage whilst you are on trip. A hearty buffet breakfast is included with every night stay in the Radisson. The Tranquility Spa, within the Radisson offers massage, reflexology, steam room and sauna, plus many beauty treatments for your enjoyment as a World Expeditions client you will receive a 30% discount off the retail prices on any treatment at the Spa. You can book these services through the Radisson while you are in Nepal.

In Pokhara you will be accommodated at our exclusive permanent campsite. We've created a sanctuary in a quiet backroad just 10 minutes walk from Phewa Lake and the main shopping district. The site is completely secure, spacious and complimented by tall trees and manicured gardens. There's a large central dining room built in keeping with traditional Nepali architecture, a shower and toilet block and plenty of open space for you to stretch out in the gardens and relax. The stand high two person tents comprise an above floor bed fitted with sheets, pillows and fly screens. It's a great base camp before and/or after your Annapurna trek with the cacophony of birds adding a special ambience in the late afternoons.

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

A comprehensive gear list is provided in the pre-departure information client supplied on booking.

acute mountain sickness

When we ascend above 2500 meters 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

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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.

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. Shows can fill early so it is important to register your attendance so we know to save a seat, or two!

private groups

The adventures featured in our brochures, and on our website, are just a starting point for many of our private group travellers. Working closely with our Groups Department we can organise custom designed itineraries for groups of friends, clubs, charity's, schools or even work colleagues. Our team will assist you with all aspects of your private group adventure from itinerary design to group flights. Contact our team today.

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

Connect with us on social

FACEBOOK: [@worldexpeditions](https://www.facebook.com/worldexpeditions)

Like our page at facebook.com/worldexpeditions

INSTAGRAM: [@worldexpeditions](https://www.instagram.com/worldexpeditions)



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YOUTUBE: World Expeditions

Subscribe to our channel at [youtube.com/worldexpeditions](https://www.youtube.com/worldexpeditions)

Share the love

Use the hashtag #WorldExpeditions on your best travel photos and videos to be featured.

trip availability

If this trip seems right for you then we encourage you to call us now to check availability. There are many reasons why you may not be able to join your desired departure and limited space on our small group departures is just one of them. Many of our adventures require us to secure services on your behalf; such as trekking permits, train travel and visa invitation letters. The demand is increasing each year making it difficult to join a trip last minute. To ensure we can assist you onto your adventure of a lifetime we ask that you check your trip availability with our team at your earliest convenience.

how to book

To book a Wild Women On Top trip, you will need to complete a booking form and pay a non-refundable deposit which you can do by using our online booking function, details of which will be provided at the time of the trip launch with Wild Women On Top. Important: You must be a financial member of Wild Women On Top to join this tour. Please go to WWW.WILDWOMENONTOP.COM, ring 0434 027 912 or email hello@wildwomenontop.com for more details on training and memberships.