Beyond the Annapurnas - Family Nepal Trek

Trip Code: FNT

Version:

MULTI ACTIVITY	FAMILY	MODERATE
MA		5



HIGHLIGHTS

- Stunning 6 day trek suitable for families to Mohare Danda (3300m) with views of the Annapurnas
- Glorious sunrise over the snow-capped 8000m peaks of Dhaulagiri and Annapurna
- Visit and learn about the colourful Hindu temples and Buddhist stupas in Kathmandu

- Options for a Nepalese cooking session and cycling in Pokhara

AT A GLANCE

- Sightseeing
- 6 days trekking
- Join at Kathmandu

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Nepal is the classic destination for trekking and we have put together a perfect itinerary for you and your family to incorporate a short trek and see many cultural aspects of this fascinating country. And you don't have to camp, or get worried about altitude - just walk and enjoy the spectacular views of those famous, and stunning, 8000m snow-capped peaks such as Annapurna I and Dhaulagiri. We start with a couple of days in Kathmandu soaking in the atmosphere and learning about Hinduism and Buddhism by visiting the enormous Boudhanath stupa and Pashupatinath Temple. Our trek starts with a transfer from Pokhara to a village on the Jomsom road. From here we ascend through terraced foothills on the outskirts of the Annapurna Conservation Area and over the next few days up onto the southern section of the Khopra Danda ridge. This is a less walked route, so we can truly experience rural Nepal and its welcoming people. Our highest point is the stupendous viewpoint at Mohare Danda (3300m). Here we watch the sunrise over these immense peaks for a truly humbling and memorable experience. We descend past the popular Poon Hill and along the main Annapurna Circuit track. We have a night in the lake side town of Pokhara before a day in Kathmandu where we have the option of a 'cooking like a local' session. Our trek is especially designed for families to take it easy on the altitude without any compromise on the trekking quality and those Himalayan views.

Is this holiday for you?

Suitable for children aged 10yrs+

There are 6 days of trekking during the 2 week holiday. The trekking days are between 3 - 6 hours each. They are on well-maintained paths following well established routes, but still away from the main crowds. The first couple of days are mainly ascent (3 - 4 hrs per day), and the last couple of days are mostly descent (4 - 5 hrs per day) - we are in the Himalayas after all! There can be numerous stone steps on the path. The pace is not fast, so with some enthusiasm and appreciation for the beauty of these incredible mountains and beautiful people, families with a reasonable level of fitness will be able to thoroughly enjoy this holiday. The maximum altitude is 3300 metres for 1 night. There is no camping as we stay in tea houses, community lodges and 1 night in a homestay. These are simple accommodations with a range of rooming from twin rooms to family rooms. Usually the toilet facilities are separate (not en suite). Whilst in Kathmandu and Pokhara we stay in comfortable hotels with swimming pools.

Itinerary

Version:

Extensions

When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



Chitwan Jungle Extension

The jungles of southern Nepal are an interesting counterpoint to trekking in the foothills or the high Himalaya. Tiger Tops Tharu Lodge provides a relaxing and comfortable base for a wildlife safari and cultural village experience. During two days of wildlife viewing in the Chitwan National Park 'buffer zone' - the interface area between visitors and the animals that live at Chitwan - you will be accompanied by expert guides on safaris by jeep by boat and on foot.

3 days from
US$1,680 per person

Holiday Information

What's Included

- Professional and qualified (Nepalese) tour leaders (Kathmandu guide and trekking guide)
- Airport transfers for all flights on Day 1 and Day 13
- All accommodation as described
- Meals as per the Meal Plan
- All transfers required by the itinerary
- All activities/excursions mentioned except where specified as 'optional'
- All permits and entrance fees

What's not Included

- Travel insurance
- Visas
- Some meals as per the Meal Plan
- Any additional activities/excursions indicated as optional
- Tips for guides and porters/trekking crew
- Miscellaneous personal expenditure - drinks and souvenirs etc

Joining Arrangements & Transfers

The group will meet at the hotel in Kathmandu.

Airport transfers are provided for all clients to the group hotel.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

6 breakfasts, 4 lunches and 6 dinners are included. Meals on trek are not included. The tea houses and lodges in the mountains offer many different options of food for all meals. It is better for you to be able to choose your dish, rather than being restricted by a set menu after a day trekking. You should budget $20 per person per day for meals whilst on trek.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Drinking Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a Water-To-Go bottle) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

The food served when at the homestays, community lodges and tea houses will be a mix of traditional Nepali and international cuisine (pizza, chips, apple pie) using locally sourced ingredients and cooked for us by our hosts. Breakfast will include options of porridge, eggs, bread and hot drinks, lunch can be a simple meal with a hot drink, and dinners can be 3 courses consisting of soup, main meal and a simple pudding. Most of the lodges and tea-houses along the main trail sell snacks, chocolate bars, soft drinks and beer. In Kathmandu & Pokhara, there is a very wide variety of restaurants to choose from serving both traditional and international dishes. Here it is possible to order anything from steak and chips, to Hungarian goulash, and from cheeseburgers to pizzas.

Boiled water is the most effective method of purification, and this is provided at the homestays and lodges for a small charge. You should take hard plastic or metal water bottles for this purpose (2 x 1 litre bottles). Additionally you can bring along your own water purification tablets.

Accommodation

In Kathmandu we have 3 nights (2 at the start, and 1 at the end) in a well located hotel with peaceful gardens and swimming pool. In Pokhara we have 3 nights in a hotel with swimming pool and bar. The swimming pools can sometimes be a little too cold to enjoy fully during October to March. At the start of the trek we have 1 night in a simple hotel in small town of Galeshwar. As a general rule in the hotels in Kathmandu and Pokhara, children of 11yrs and under will share with parents in a triple for a family of 3 or a double with 2 extra beds for a family of 4. Children over 12yrs will share with parents in a triple for a family of 3, or have 2 rooms for a family of 4. We will do everything to ensure that you are happy with your rooming allocation.

The homestay experience at the rural village of Banskharka is very welcoming; your family will stay with a local host family, in rooms with either twin or triple beds. The rooming configurations available can vary in different homes. The Nepalese trekking lodges also known as 'tea-houses' and the 'community lodges' are simple, friendly and atmospheric. Mostly these lodges have heated dining areas which are often attractively decorated. They also have rooms which are twin and sometimes a triple. Accommodation is basic in unheated rooms with wooden beds and foam mattress. You will need a sleeping bag.

Toilets at the homestay (1 night) are squat toilets (kept very clean), the majority of the others are standard sit-on style. Washing facilities are simple during the first few days during the more remote section, but further along the lodges and tea houses have shared washing and toilet facilities with some having solar powered showers (charged at $2 - $3 per shower).

At some tea houses/lodges have battery charging facilities (also charged at a rate per hour).

If you are planning on extending your holiday additional nights at the group hotel are available on request.

Group Leader & Support Staff

The group will be led by professional and qualified Nepalese tour leaders. We have a city tour leader in Kathmandu, and when in the mountains we have a specialist trek leader. We also have porters to carry our baggage during our trek.

Altitude

This holiday involves going to moderately high altitude. During the course of your trip you will reach altitudes in excess of 2500 metres. Most people will have no difficulty with this level of altitude but before coming on the holiday, we recommend you read the advice on trekking at high altitude. You can also talk to one of our trekking experts if you have any concerns about altitude.

Spending Money

Approximately £500 (or equivalent in US dollars or Euros) per family of four should be allowed for tips, soft drinks, snacks and miscellaneous expenses. You should budget $20 per person per day for meals whilst on trek. You should take the majority of this money in Nepalese rupees. Alcoholic drinks, souvenirs and optional activities are additional so you may wish to budget for these.

It is not necessary to purchase local currency (Nepalese rupees) outside the country. You can choose to take your money in pounds sterling, dollars or euros. Please note: Scottish and Northern Ireland bank notes are not accepted in Nepal. There will be the opportunity to change money into local currency on arrival at the airport and your local leader will advise the best places to change money en-route. Additionally, you will be able to get currency from bank ATMs in Kathmandu and Pokhara. Credit cards are useful and it is a good idea to carry one in case of emergency.

OPTIONAL ACTIVITY COSTS:

Please note that these prices are correct at time of writing, but are subject to change without warning. All prices are in USD. Optional activities taken outside the KE holiday are at your own risk.

- Cycling in Pokhara, with guide and good bike: USD $65 per day per person
- Boating on Lake Phewa: approximately $8 per person
- Cooking like a local: Voluntary donation - Pay on what you think its worth! (we recommend approximately $10-20 per person).

You do not need to pre-book any of these activities before arrival in Nepal. When in Nepal you can discuss the options with your guide and then book them.

Guidance on Tipping

Tipping is the accepted way of saying thank you for good service. Tips do not form part of the wages of your guides, porters and trek crew but they are very much appreciated. It is important to remember that tipping is voluntary and should be dependent on good service. Normally the tips are given at the end of the trek and this is best done as a group. Your trek leader will give you help and advice on this. Most groups will give the tips with a bit of ceremony (or sometimes a party) on the last evening, to mark the end of the trip. As a guide, we recommend the contribution to these tips is £30-40 (in rupees) per family member. You should also consider tipping your leader who accompanies you in Kathmandu.

Beat the Jet Lag

Our holidays are normally designed with minimal 'down time' at the start of the trip, but having a day or two at the beginning will have the additional benefit of allowing you time to get over the stress of a long journey or travelling across time zones, leaving you refreshed and ready for your holiday. We can easily arrange for you to have additional nights and airport transfers.

Baggage Allowance

For this holiday you should take one piece of luggage, which should be a soft and sturdy duffel bag, and a day pack. Your bag on trek will be carried by porters and should not weigh more than 15kg. It is possible to leave clothes or other items not required at the group hotel. For international flights please check your baggage allowance with your airline.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

If you are travelling via India (Delhi or Calcutta) to your destination you may also require a visa for India. This may apply even if you are not leaving the airport unless your baggage has been checked all the way through to your destination. Generally, if you use the same carrier for both legs of your journey, you will not need an India Visa. Please download the detailed information document: Visa PDF India.

Visa Nepal

All nationalities require a visa. The visa process is partly automated and the fee is $30 for 15 days, $50 for 30 days, $125 for 90 days. The visa is FREE for children under 10 years. The visa allows multiple re-entry. Payment must be made in cash and USD, GBP or Euros are accepted.

Part of this on-arrival visa process involves filling in a 'Tourist Visa Application Form' and you can simplify the procedure at Kathmandu Airport by filling this form in online (**within 15 days of travelling**) at this link. This generates a receipt which you present (hard copy or saved on your phone) on arrival. This should allow you to go straight to the cashier to pay for your visa and has the potential to save you time in the visa queue.

Whilst these are not now needed for the visa process, we recommend that you travel with at least 2 spare passport photographs.

NEW REQUIREMENT - FNMIS - Foreign Nationals Management Information System

The Nepalese Department of Immigration has introduced this system which aims to assist in the tracking of foreign nationals when in Nepal. It is intended to streamline service delivery and to ensure the safety of travellers. It does not collect any additional personal data beyond that which is already obtained through existing immigration procedures.

You are required to download app before travelling. Use the app download links below:

• iOS: https://apps.apple.com/us/app/department-of-immigration/id6749536250

• Android: https://play.google.com/store/apps/details?id=com.govnp.doi

Please Note: The system is not yet operating smoothly and if you have problems accessing the app or making it work, you can travel without it. You will be assisted to register on arrival in Nepal and your details can still be entered manually if necessary at hotel check-in, airport etc..

For this holiday we require a scanned copy of the main pages of your passport and a passport sized

photo. You should also take these photos (2 per person) with you on your trip for the permits. Please email this to the office when your holiday is guaranteed to run.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The unit of currency in Nepal is the Nepalese Rupee.

Preparing for your Holiday

Getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable you will find the experience. You should be comfortable with walking 3 to 6 hours for consecutive days. Even the youngsters will benefit from some kind fun activity ahead of your holiday. Running, cycling and swimming will all help.

Climate

The best time to visit Nepal is from late September through to early May, outside of the Summer monsoon. For trekking in the middle hills, the most agreeable climate is usually found between End October and April when daytime temperatures at lower elevations are not too hot. For the rhododendron blooms, March to early May is the best time for a trek in the foothills. At the timings of this holiday you will encounter daytime highs of around 25°C (a few degrees higher in early October and late April trips) and around 15°C at higher elevations. At night temperatures will drop and evenings can be chilly, especially from December to February. Extended periods of rain or snow are very unlikely outside of the monsoon period but short-lived storms can and do occur.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

FAQ's about our family holidays

We welcome all family dynamics and we will try to accommodate you in the roomings of your choice. The only stipulation for joining a family group holiday is that 1 party member is 17yrs or under, and they are accompanied by an adult. An average group size is around 10 members in total. Further general information and FAQ's are available here: KE Family Adventure Holidays general information.

Private Groups Information

Make this KE family holiday your own!

- Choose your own departure date
- Travel on this holiday with just your family and friends
- Tailor your holiday by adding extra days for relaxation or upgrade your hotels

If our standard dates do not fit with your school holidays or you wish to travel with just your family or with your family and friends, we will be pleased to set up a private departure for any of our family holidays.

Depending on what you are looking for we can look at tweaking the itinerary to allow you some extra relaxation time or upgrading the hotels. Our personal service means you'll be fully involved as we make the arrangements for your perfect family adventure holiday.

Independence with Security

Travelling as a KE private family group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for you and your family and friends by a reputable adventure travel company.

To take your first step to an amazing adventure with your family and friends complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

Equipment List

Please try to keep the weight of your baggage to a minimum. See the 'baggage allowance' section for further details.

You should bring the following items:

- Sleeping bag (comfort rated -10°C)
- Hiking boots (waterproof)
- Trainers / sandals
- Walking / trekking socks
- Underwear
- Trekking trousers
- Waterproof jacket and overtrousers
- Warm jacket (lightweight down)
- Fleece jacket or warm jumper
- Thermal baselayer - leggings & top
- T-shirt, top and/or casual shirt
- Warm and waterproof gloves or mittens
- Warm hat
- Sunhat
- Sunglasses
- Sun protection (including for lips)
- Water bottles 1 Litre (x2) We encourage re-filling water bottles rather than single use plastic
- Water purification tablets
- Headtorch and spare batteries
- Washbag and toiletries
- Trek towel
- Daypack 25-30 litres (depending on how much of the children's stuff you want to carry)
- Selection of dry bags (to keep trek bag contents dry)
- Antibacterial handwash
- Basic First Aid Kit including: painkillers, antiseptic cream/spray, throat lozenges, plasters and blister treatment, insect repellent, and re-hydration salts (Dioralite) and diarrhoea treatment (Imodium)

The following items are optional:

- Trekking poles (recommended)
- Gaiters
- Sleeping bag liner
- Shorts
- Spare laces
- Travel clothes
- Camera
- Pen-knife (remember to put all sharp objects in hold baggage)
- Reusable cloth bag for shopping (to avoid plastic bags)

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

The LAND ONLY dates and prices are for the itinerary joining Kathmandau. Airport transfers are included.

Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Regional departures and/or alternative carriers are available on request.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Kathmandu.

Outbound flights will depart from the UK in the evening, arriving mid-afternoon of the following day (Day 1 of the Land Only itinerary). Return flights will depart in the afternoon or evening of the last day of the itinerary, arriving in the UK the following morning.

Why Choose KE

Why KE

This family trekking trip is unique to KE and takes a low altitude, and less trekked route to see rural life and completely stunning views. We also have time in Kathmandu and Pokhara to relax and do fun stuff such as cooking and painting a Nepali mask - it's a winner!

Please Note This document was downloaded on 11/11/2026 and the trip is subject to change