

# Inhoudsopgave

Geography  
Climate  
Plants, animals and birds  
Brief history  
People of Nepal  
Religion  
Cultural considerations

Getting there  
Visas and permits

When to go

Style of trekking  
Accommodation on trek  
Food  
Money matters  
Health matters  
Mountain safety  
Hazards and security  
What to take

Maps  
Photography  
Communications

Kathmandu – Gateway to the Himalayas  
Pokhara – Gateway to the Annapurnas

How to use this guide



The last word

## **1 ANNAPURNA CIRCUIT AND ANNAPURNA SANCTUARY**

Trek 1 Annapurna Circuit

Stage 1 Bhulbhule to Manang

Stage 3 Muktinath to Tatopani

Stage 4 Tatopani to Naya Pul via Ghorepani

Alternative Stage 4 Tatopani to Dhampus Phedi via Ghorepani and Ghandruk

Trek 2 Annapurna Sanctuary

Stage 1 Dhampus Phedi to Chhomrong

Alternative Stage 1 Naya Pul to Chhomrong

Stage 2 Chhomrong to Annapurna Base Camp (ABC)

Stage 3 Annapurna Base Camp to Chhomrong

Stage 4 Chhomrong to Naya Pul via Ghandruk

Alternative Stage 4 Chhomrong to Naya Pul via Ghorepani

Trek 3 Ghorepani Circuit (Poon Hill Expedition)

Trek 4 Annapurna–Dhaulagiri Trek

## **2 RESTRICTED AREAS – MUSTANG, DAMODAR AND NAR-PHU**

Trek 5 Mustang Trek

Stage 1 Jomsom to Lo Manthang

Stage 2 Lo Manthang to Muktinath via Tange

Trek 6 Nar-Phu Trek

Stage 1 Koto to Phu

Stage 2 Phu to Koto



## **3 OTHER TREKS**

Machhapuchhre region

Trek 7 Mardi Himal Trek  
Trek 8 Machhapuchhre Korchoon (Model) Trek  
Parbat Myagdi  
Trek 9 Parbat Myagdi Link  
Trek 10 Parbat Myagdi Circular  
Ridges north and east of Pokhara  
Trek 11 Siklis Trek  
Foothills of Lamjung Himal  
Trek 12 Khatri Thanti–Besisahar Trek  
Trek 13 Ramgha–Besisahar Trek  
Trek 14 Gurung Heritage Trek

Appendix A Trek summaries and suggested schedules  
Appendix B Religious and other terminology  
Appendix C Useful words and phrases  
Appendix D Books, films and music  
Appendix E Useful contacts