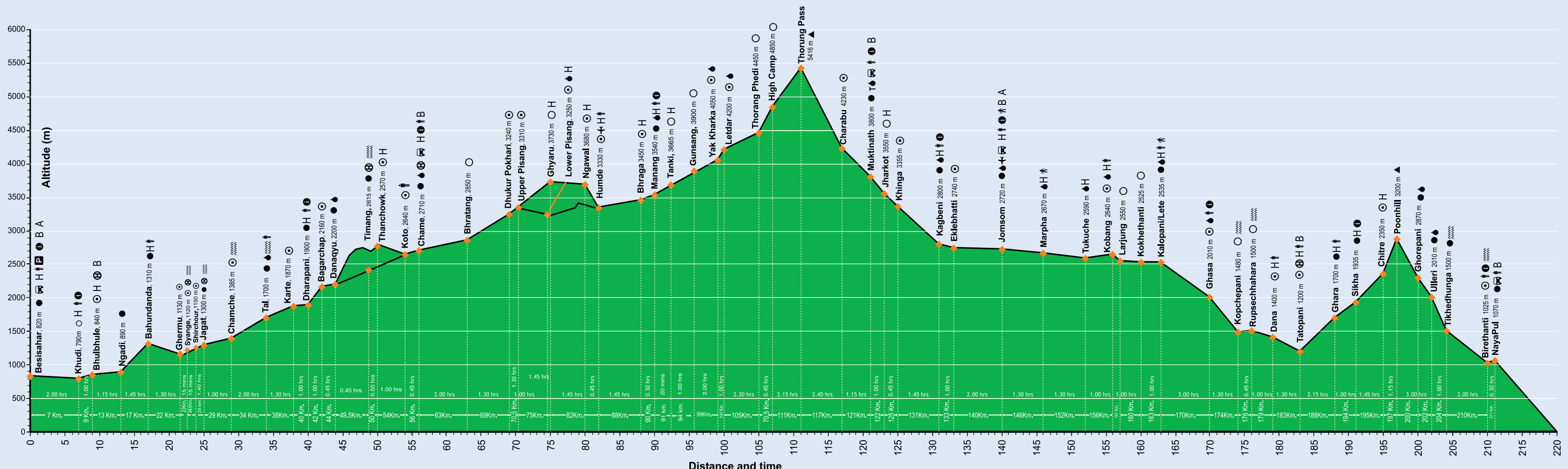


For more information,
NTNC- ACAP
P. O Box No. 183 , Hariyokharka, Pokhara, Nepal
Tel no. 061-4311092, 061-430802
Email address: acap@ntnc.org.np



LEGEND	
●	Large place (>10 lodges)
⊙	Medium place (4-10 lodges)
○	Small place (1-3 lodges)
●	Safe Drinking Water Station
⊕	Hotspring
~~~~~	Waterfall
✈	Airport
🚌	End station Bus route
B	Bank
A	ATM
H	Hospital, Health post
👮	Checkpoint (ACAP/Police)
ℹ	ACAP info centre
📄	ACAP permit counter
👤	Licensed trekking guides
M	major Monastery
T	Temple
▲	Mountain peak

# ROUND ANNAPURNA

## TREKKING PROFILE





## Round Annapurna Trek (Annapurna Circuit)

This is a classic long-distance trek, suitable for fit trekkers. The trek starts at Besisahar, goes up to the Marshyangdi valley, crosses Thorong La (5416m, the highest point of the trek) and descends along the Kaligandaki river. The trek starts in the sub-tropical zone, crosses temperate and alpine zones and descends through a semi desert area. You will meet people belonging to many ethnic cultures. This leaflet provides information on issues that are or can be important on the trek, such as safe drinking water and acclimatization to high altitude. Take your time, enjoy the scenery and the culture and make side-trip to points of interest or homestays off-the-beaten-track.



## Acute Mountain Sickness and worse (HACE, HAPE)

### Prevention:

Ascend slow (300-500m/day + a rest day after 2-3 days), don't exert yourself, eat high carbohydrate foods, drink lots (water not beer), avoid alcohol and caffeine. Locals recommend garlic soup.

### AMS - signs:

Headache, often with loss of appetite, nausea, vomiting, tiredness, dizziness and disturbed sleep.

### AMS - What to do?

Stay at same height for 1-2 days or descend, Diamox (Acetazolamide, 250 mg/12hrs)

### HACE (High Altitude Cerebral Edema) - signs:

Severe headache, vomiting, loss of balance/coordination, lethargy, blurred vision, slurred speech, confusion, behaviour change and seizures

### HACE - What to do?

Check heel-to-toe walking in a straight line. HACE victims cannot do it. DESCEND immediately even at night, at least 1000m with someone else. Oxygen, Hyperbaric (Gamow) bag, Diamox

### HAPE (High Altitude Pulmonary Edema) - signs:

Breathless (even while resting), dry cough, pink or rusty spit, blue lips/nails/face, very tired, low fever, gurgling breath and drowsy.

### HAPE - What to do?

See HACE + nifedipine if no oxygen

### For altitude sickness information in Manang:

Visit HRA (Himalayan Rescue Association) doctor's talk at 3 pm (Mar-Apr, late Sep- early Dec.).

### Safety First

### Sprains and Strains:

Sprains and strains are probably the most common problems on the trek. Steep terrain and rough trails may cause many people to strain their knees and ankles. Remember: Stretch before you start walking,

take your time, avoid trekking after dark and bring joint support bandages if needed.

### Snow blindness:

Long exposure to bright sunlight while in the snow can cause snow blindness. Wear sunglasses!

### Hypothermia:

When cold and/or wet. Starts with shivering, progressing to slurred speech, stumbling and confusion. Stay warm, keep moving.

### Health posts

There is at least one health post in major settlements of the ACA. This facility is open to trekkers who require medical attention. A genuine way to help is to leave any unwanted medicines at the health post at the end of your trek. This may help fellow trekkers who need urgent medical care.

### Rescue operation - How to be prepared

If you are with a trekking agency, they should be able to organize an emergency evacuation quickly. If not, the following precautions may prevent a long wait for a helicopter during an emergency.

- Have travel insurance and know your policy number;
- Carry a credit card (\$2500);
- Register with your embassy in Kathmandu, so they know your plans; (for free at KEEP office, Thamel);
- Register at Police and ACAP check posts and with lodges that you stay in;

### Helicopter rescue services:

You may contact Tourist Police Office of Bhrikutimandap or Damside, Pokhara if you require

any rescue services. The contact number of Tourist Police Office of Damside, Pokhara is 061 - 462761

### Other safety measures

**Donkeys/mules/yak:** Stay on the uphill side of the trail to let these beasts pass

**Leeches:** Stay on the trail, use salt to get rid of them, be extra vigilant during the monsoon season

**Incense if you get lost:** Return the way you came or contact tourist police and wait for the search team. Wandering on makes it harder to find you or may put you in difficult situation.

### Safe drinking water

Plastic bottles adversely affect wildlife, wildlife habitat and humans if not properly disposed off. To reduce plastic pollution in ACA, please refill your water bottles with ozonated water from the safe drinking water stations. The stations are a community-run initiative to provide safe and affordable water. This reduces pollution and improves health of locals and trekkers. Moreover, it generates income for community groups. Stations may be closed during the low-season. Safe drinking water costs mostly NRs 40-70/tr.



Below are the Stations along the Annapurna Circuit trekking route

Tal	Danagyu
Chame	Lower Pisang
Manang	Yakkharka
Letdar	Ranipauwa
Kagbeni	Jomsom
Marpha	Tukuche
Larjung	Lete
Ghasa	Ghorepani
Ulleri	

Thinking out of the bottle: To reflect on the energy cost of a bottle of mineral water, imagine filling each bottle with a quarter of oil.

Other options to treat your drinking water:

- Iodine or chlorine tablets: Use 1 tablet per liter and wait 30 minutes before drinking. Hide foul taste with lemon or orange flavored powder.
- Boiled and filtered water is fairly safe, but not so good if boiled with firewood.
- Carry your own water filter or UV-treatment tool

Note that drinking river and tap water is a sure bet to get diarrhoea, giardia

### Reducing pollution and environmental impacts.

- Carry out what you carry in
- Order the same food for several people at the same time (saves time and fuel)
- At high altitude (>4000m) do not even throw away biodegradable waste
- Do not disturb, damage, kill or remove animals and plants (for collecting scientific specimens an NTNC-ACAP permit is required)

- Do not buy items made from wildlife parts
- Refuse "free" plastic bags.
- Donot carry drones inside ACA without permission

### Important to take along

- ACA entry permit, copy of passport, travel insurance, credit card (in case of evacuation), enough cash for the trip (there are few banks, but only one ATM in Besisahar and one in Jomsom (these may be out of order).
- Iodine/chlorine tablets, water bottle, sunscreen, sunglasses, lip balm, insect repellent, first aid kit, Diamox
- Warm clothes, thermal underwear, long-sleeved shirt, hat, gloves, trekking pole (optional), gaiters winter)

### Culturally acceptable behavior

You are a guest in the area and it is appreciated if you behave like a guest:

- Dress decently (no revealing clothes)
- Do not show affection in public
- Do not point your feet (unclean) to people, point with full hand not with one finger
- Do not use your left hand (dirty) to receive or give something
- Do not touch or step over offerings (red powder, flowers/rice)
- Take off your shoes before entering religious sites
- Do not eat, smoke or be loud at religious sites
- Go clockwise around stupas
- Ask permission before taking people's photographs

- Do not ask local kids for school pens or sweets (don't give either)
- Discourage begging
- Pay fair prices (menus and prices are fixed in ACA)
- Do not buy antiques

### Entry permits

Obtain permits to enter into ACA for any purpose including helicopter ride at the ACA Entry permit counters in

- Kathmandu (Nepal Tourism Board in Bhrikutimandap, south of Ratna Park)
- Pokhara (Nepal Tourism Board in Damside)
- Besisahar

Double entry fee is levied for permits issued at check posts in ACA. Permits are for a single entry and are non-refundable and non-transferable. Fees collected support community development and conservation in the ACA. Foreign currencies including Indian currency for the payment is not acceptable.

### Annapurna Conservation Area (ACA)

Launched in 1986, ACAP is the largest project of NTNC. Also, it is the first conservation area and largest protected area in Nepal. It covers an area of 7,629 sq. km. and is a home to over 100,000 residents of multiple cultural and linguistic groups. ACA is rich in biodiversity and is a treasure house for 1,233 species of flowering plants, 105 mammals, 517 birds, 349 butterflies, 40 reptiles and 23 amphibians. ACA receives more than 60 percent of the country's trekkers and huge numbers of pilgrims. Tourism is a very important sector of the local economy. There are over 1,000 lodges and teashops.

### National Trust for Nature Conservation (NTNC)

NTNC was established by the legislative Act as an autonomous and as a not-for-profit nature conservation organization in Nepal in 1982. The Trust has successfully undertaken over 200 small and large projects on nature conservation, biodiversity, cultural heritage protection, ecotourism and sustainable development.

### ACAP activities (together with local communities)

- Visitor centers: provide information on local villages and culture, local guided tours and festival dates. In Besisahar, Khudi, Dharapani, Chame, Manang, Ranipauwa (Muktinath), Kagbeni, Jomsom, Ghasa, Sikha and Birethanti
- Pollution control: awareness raising, waste collection, clean-up campaigns, incinerators, improved sanitation
- Conservation: Tree planting, soil conservation, river bank protection, conservation education, biodiversity surveys and protection, anti-poaching, patrolling
- Alternative energy: micro hydel plants, solar water heaters, solar lights, biogas, etc.
- Trail improvement: paving, bridges, trail signs, local maps
- Agricultural and gender development
- Community infrastructure
- Health and education services: health workers, free medicines and treatment, child day care center, stipends for students
- Heritage conservation
- Training: lodge and homestay managers, cooks, bakers, guides, porters, skills for local people
- Safe drinking water stations



### Annapurna Sanctuary trek (7-12 days)

Annapurna mountain peaks in a relatively short time. The views from Annapurna Base Camp are spectacular with snow-clad peaks in every direction. This area is a special wildlife and habitat management zone, thus tread carefully. For acclimatization it is good to follow the route via Ghorepani (Poon Hill). The trek can start and end at several points to and from where there are bus/jeep services (Naya Pul/Birethanti, Hile, Ghandruk, Kyumi, Siwai, Dhampus, Phedi). This leaflet provides information on the route and on issues that are or can be important on the trek, such as safe drinking water, avalanche prone areas and acclimatization to high altitude.



### Acute Mountain Sickness and worse (HACE, HAPE)

**Prevention:** Ascend slow (300-500m/day + a rest day after 2-3 days), don't exert yourself, eat high carbohydrate foods, drink lots (water not beer), avoid alcohol and caffeine. Locals recommend garlic soup.

### AMS - Signs

Headache, often with loss of appetite, nausea, vomiting, tiredness, dizziness and disturbed sleep.

### AMS - What to do?

Stay at same height for 1-2 days or descend, Diamox (Acetazolamide, 250 mg/12hrs).

### HACE (High Altitude Cerebral Edema) - signs:

Severe headache, vomiting, loss of balance/coordination, lethargy, blurred vision, slurred speech, confusion, behaviour change and seizures.

### HACE - What to do?

Check heel-to-toe walking in a straight line. HACE victims cannot do it. DESCEND immediately even at night, at least 1000m with someone else. Oxygen, Hyperbaric (Gamow) bag, Diamox

### HAPE (High Altitude Pulmonary Edema) - signs:

Breathless (even while resting), dry cough, pink or rusty spit, blue lips/nails/face, very tired, low fever, gurgling breath and drowsy.

### HAPE - What to do?

See HACE + nifedipine if no oxygen

### Safety first

### Sprains and Strains:

Sprains and strains are probably the most common problems on the trek. Steep terrain and rough trails may cause many people to strain their knees and ankles. Remember: Stretch before you start walking, take your time, avoid trekking after dark and bring joint support bandages if needed.

### Snow blindness:

Long exposure to bright sunlight while in the snow can cause snow blindness. Wear sunglasses!

### Hypothermia:

When cold and/or wet. Starts with shivering,

progressing to slurred speech, stumbling and confusion. Stay warm, keep moving.

### Health posts

There is at least one health post in major settlements of the ACA. This facility is open to trekkers who require medical attention. A genuine way to help is to leave any not-needed medicines at the health post at the end of your trek. This may help fellow trekkers who need urgent medical care.

### Rescue operation – how to be prepared?

If you are with a trekking agency, they should be able to organize an emergency evacuation quickly. If not, the following precautions may prevent a long wait for a helicopter during an emergency.

### You need to carry the following prior to starting your trip.

- Have travel insurance and know your policy number
- Carry a credit card (\$2500)
- Register with your embassy in Kathmandu, so they know your plans; (for free at KEEP office, Thamel)
- Register at Police and ACAP check posts and with lodges that you stay in.

### Helicopter rescue services:

You may contact Tourist Police Office of Bhrikutimandap or Damside, Pokhara if you require any rescue services. The contact number of Tourist Police Office of Damside, Pokhara is 061 -462761

**It is always safer to trek with a companion or a guide.**

### Other safety measures

**Donkeys/mules/yak:** Stay on the uphill side of the trail to let these beasts pass

**Leeches:** Stay on the trail, use salt to get rid of them, be extra vigilant during the monsoon season  
**Incase if you get lost:** Return the way you came or contact tourist police and wait for the search team. Wandering on makes it harder to find you or may put you in difficult situation.

### Avalanches:

During winter and spring, avalanches may occur along the trail into the Annapurna Sanctuary, especially between Himalaya and Machhapuchhre Base Camp. The trail above Deurali may be closed for trekkers during stormy weather, heavy snow and 1-2 days after heavy snowfall. Get updated/local information before leaving Deurali. Move fast across avalanche prone areas.

### Safe drinking water

Plastic bottles adversely affect wildlife, wildlife habitat and humans if not properly disposed off. To reduce plastic pollution in the ACA, please refill your water bottles with ozonated water from the safe drinking water stations. The stations are a community-run initiative to provide safe and affordable water. This reduces pollution and improves health of locals and trekkers. Moreover, it generates income for community groups. Stations may be closed during the low-season. Safe drinking water costs mostly NRs 50-70.

### Below are the stations in the Annapurna Sanctuary trekking route

Tadapani	Ghandruk
Chomrong	Jhinu
Landruk	

Thinking out of the bottle: To reflect on the energy cost of a bottle of mineral water, imagine filling each bottle with a quarter of oil.

### Other options to treat your drinking water:

- Iodine or chlorine tablets: Use 1 tablet per liter and wait 30 minutes before drinking. Hide foul taste with lemon or orange flavored powder.
- Boiled and filtered water is fairly safe, but not so-good if boiled with firewood.
- Carry your own water filter or UV-treatment tool

Note that drinking river and tap water is a sure bet to get diarrhoea, giardia.

### Reducing pollution and environmental impacts.

- Carry out what you carry in
- Order the same food for several people at the same time (saves time and fuel).
- At high altitude (>4000m) do not even throw biodegradable waste
- Do not disturb, damage, kill or remove animals and plants (for collecting scientific specimens an NTNC-ACAP permit is required)
- Do not buy items made from wildlife parts
- Refuse "free" plastic bags.
- Donot carry drones inside ACA without permission

### Important to take along

- ACA entry permit, copy of passport, travel insurance, credit card (in case of evacuation), cash for the whole trip
- Iodine/chlorine tablets, water bottle, sunscreen, sunglasses, lip balm, insect repellent, first aid kit, Diamox

- Warm clothes, thermal underwear, long-sleeved shirt, hat, gloves, trekking pole (optional), gaiters (winter)
- First aid kit

### Culturally acceptable behavior

You are a guest in the area and it is appreciated if you behave like a guest:

- Dress decently (no revealing clothes)
- Do not show affection in public
- Do not point your feet (unclean) to people, point with full hand not with one finger
- Do not use your left hand (dirty) to receive or give something
- Do not touch or step over offerings (red powder, flowers/rice)
- Take off your shoes before entering religious sites
- Go clockwise around stupas
- Do not eat, smoke or be loud at religious sites
- Ask permission before taking people's photographs
- Do not ask local kids for school pens or sweets (don't give either). You can donate pens, etc to schools
- Discourage begging, pay fair prices
- Do not buy antiques

If you have free time, visit the Gurung Cultural Heritage Museum in Ghandruk

### Entry permits

Obtain permits to enter into ACA for any purpose including helicopter ride at the ACA Entry permit counters in

- Kathmandu (Nepal Tourism Board in Bhrikutimandap, south of Ratna Park)

- Pokhara (Nepal Tourism Board in Damside)
- Besisahar

Double entry fee is levied for permits issued at check posts in ACA. Permits are for a single entry and are non-refundable and non-transferable. Fees collected support community development and conservation in the ACA. Foreign currencies including Indian currency for the payment is not acceptable.

### Annapurna Conservation Area Project (ACAP)

Launched in 1986, ACAP is the largest project of NTNC. Also, it is the first conservation area and largest protected area in Nepal. It covers an area of 7,629 sq. km. and is a home to over 100,000 residents of multiple cultural and linguistic groups. ACA is rich in biodiversity and is a treasure house for 1,233 species of flowering plants, 105 mammals, 517 birds, 349 butterflies, 40 reptiles and 23 amphibians. ACA receives more than 60 percent of the country's trekkers and huge numbers of pilgrims. Tourism is a very important sector of the local economy. There are over 1,000 lodges and teashops.

### National Trust for Nature Conservation (NTNC)

NTNC was established by the legislative Act as an autonomous and as a not-for-profit nature conservation organization in Nepal in 1982. The Trust has successfully undertaken over 200 small and large projects on nature conservation, biodiversity, cultural heritage protection, ecotourism and sustainable development.

### Activities (together with local communities)

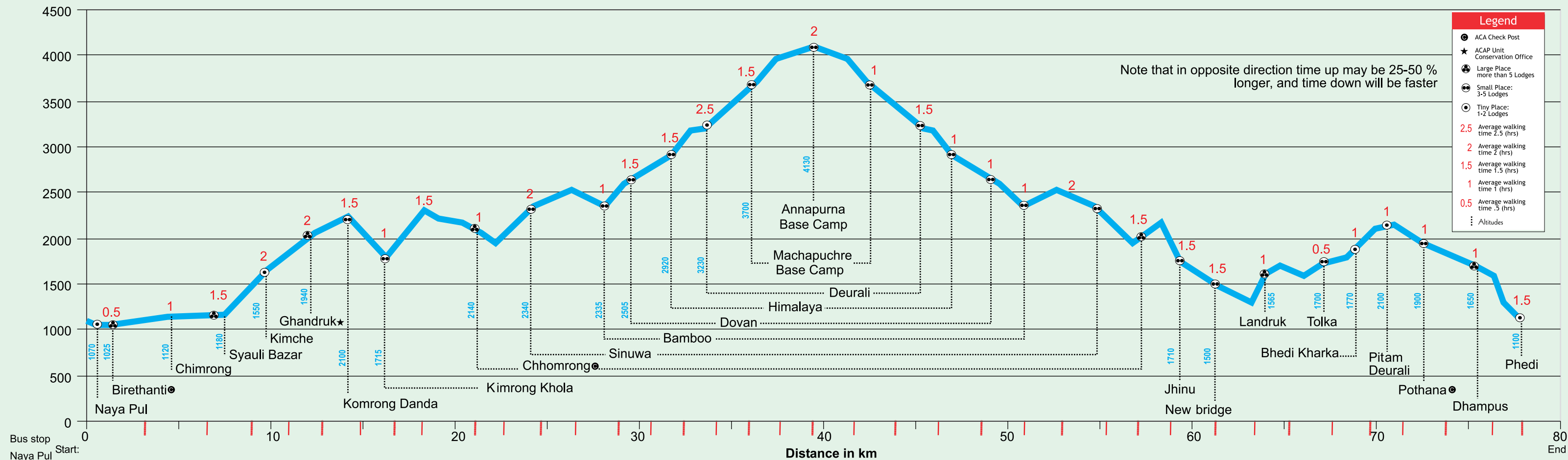
- Checkpost/info centers: provide information on local villages and culture, local guided tours and festival dates. In Birethanti, Ghandruk, Chomrong and Pothana.
- Pollution control: awareness raising, waste collection, clean-up campaigns, incinerators, improved sanitation
- Conservation: Tree planting, soil conservation, river bank protection, conservation education, biodiversity surveys and protection, anti-poaching, patrolling
- Alternative energy: micro hydel plants, solar water heaters, solar lights, biogas, etc.
- Trail improvement: paving, bridges, trail signs, local maps
- Agricultural and gender development
- Community infrastructure
- Health and education services: health workers, free medicines and treatment, child day care center, stipends for students
- Heritage conservation
- Training: lodge and homestay managers, cooks, bakers, guides, porters, skills for local people
- Safe drinking water stations







For more information,  
NTNC- ACAP  
P. O Box No. 183 , Hariyokharka, Pokhara, Nepal  
Tel no. 061-431102, 061-430802  
Email address: acap@ntnc.org.np



**ANNAPURNA SANCTUARY**  
TREKKING PROFILE