

ANNAPURNA BASE CAMP TREK



Spectacular views of the Annapurnas and Dhaulagiri from Poon hill
Machhapuchhre (fish-tail) peak, the 'gatekeeper' of the Annapurna Sanctuary
Watch the sun rise on the south face of Annapurna I from Base Camp
Experience a wide variety of Nepal's climate zones, wildlife and landscapes



WELCOME TO NEPAL WANDERS

Thank you for your interest in our Annapurna Base camp Trek trip. At Nepal wanders we are passionate about our off the beaten track experiences as they provide our travelers 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. Our itineraries will give you the very best travel experience, designed by people with incredible knowledge who have excellent vision of authentic exchange and real exploration with a responsible tourism approach. Whether you like your adventures to include trekking, touring, cycling or kayaking

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Nepal Wanders can make it happen for you. We hope you will join us for a life changing experience!!

WHY TRAVEL WITH NEPAL WANDERS?

Nepal Wanders have been pioneering treks in Nepal since 2008. Our extra attention to detail and seamless operations on the ground ensure that you will have a memorable trekking experience. Every trek is accompanied by an experienced local leader trained in remote wilderness 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.

You can be sure that when booking a Nepal Wanders trip there will be no hidden costs - our all inclusive treks represent the best value for money. 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.

TRIP FACTS

Activities: Trekking

Trip duration: 16 days

Grade: Moderate which means

- 1) Suitability: a good choice for most hill walkers, reasonable level of fitness required.
- 2) Walking times: average 5 to 7 hours walking per day for up to 14 days usually with some rest days included.
- 3) Altitude: up to 5,000m.
- 4) Terrain: for most of time following well-travelled trails, there will be daily ascent and descent.
- 5) Remoteness: usually not too remote and often there is a reasonable level of infrastructure such as lodge accommodation and cell/ mobile phone reception.

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TRIP INTRODUCTION

This is the classic trek to the Annapurna Base Camp, the world's tenth highest mountain and to an astounding viewpoint of Poon Hill.

We start by taking the spectacular flight from Kathmandu to Pokhara where you will get superb views of the Himalayan mountains. Like any other trip in the Annapurna region, Annapurna Base Camp Trek begins in Pokhara, widely known as the 'Lake city'. The trek passes through cascading waterfalls, beautiful villages, terraced farmlands, lush rhododendron forests, and amazing mountain vistas before reaching the base of the mighty Annapurna. One of the stops along the trek is Poon Hill from where we can see superb view of the Himalayan peaks of Dhaulagiri, Annapurna 1, Hiunchuli, Annapurna South and Machapuchare (known as Fishtail mountain). From here we follow the Modi Khola river through the gates of the Sanctuary into a hidden amphitheatre with a superb view of the Annapurna massif.

This trek would be a good choice if you would like to get into the Himalayan Mountains without the longer acclimatization period required for some of the other treks in Nepal such as Everest Base Camp. The highest altitude reached on this trek is 4,130m at Annapurna Base Camp.

TRIP ITINERARY

Day 01: Upon our arrival at the Tribhuvan International Airport (TIA) in Kathmandu, you will be greeted by a representative from Nepal Wanders who will take you to our hotel. In the evening there will be a welcome dinner in a traditional Nepali Restaurant where you will be able to enjoy authentic Nepali cuisine with a brief cultural program.

Meal included: Dinner

Day 02: Kathmandu valley sightseeing

The capital, Kathmandu Valley is a big storehouse of exclusive cultural and historical sites. Kathmandu valley has the highest

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concentration of UNESCO world heritage sites in a given space. In this day we will have full day sightseeing of UNESCO World Heritage Sites like Kathmandu Durbar Square (a historical structure offering architectural wonders), the Pashupatinath Temple (a Hindu shrine dedicated to the Lord Shiva- lord possessing the power of destruction), Swyambhunath and Boudhanath (a Buddhist shrine dedicated to Lord Buddha – the Light of Asia).

After sightseeing we finalize our clothing and trekking gears (down jacket, trekking boots, sleeping bags etc.) required during the trek. Overnight in Kathmandu.

Meal included: Breakfast

Day 03: Fly to Pokhara then drive to Naya Pul (1,070m) and trek to Tirkhedunga (1,540m)- 2 hours driving, 3 to 4 hours walking. After taking the short flight to Pokhara, we then drive to the roadhead at Nayapul. After the short walk to Birethanti the trail follows the Bhurungdi Khola through bamboo and rhododendron to the village of Tirkhedunga. Overnight at teahouse lodge.

Meals included: Breakfast, Lunch & Dinner

Day 04: Trek to Ghorepani (2,750m) - 6 to 7 hours walking. We continue following the Burungdi Khola upstream then climb a stone staircase through terraced fields to Ulleri. The trail to Banthanti is less steep and then continues on to Ghorapani where there is a superb mountain view of Dhaulagiri, Annapurna, Hiunchuli, Machhapuchhare and Lamjung among others. Overnight at teahouse lodge.

Meals included: Breakfast, Lunch & Dinner

Day 05: Trek to Tadapani (2,590m)- 5 to 6 hours walking. It is well worth the effort to walk up Poon Hill for the sunrise (optional), the view from here is know as one of the best in the Himalayas. You will get back to the lodge for breakfast then continue the trek towards Banthanti and then on to a pass where Tadapani is located. Overnight at teahouse lodge.

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Meals included: Breakfast, Lunch & Dinner

Day 06: Trek to Chomrong (2,170m)- 5 to 6 hours walking. After a descent to the river we have a steep climb to Chomrong. This is the last permanent village in the valley and again has views of Annapurna South and Machhapuchhare. Overnight at teahouse lodge.

Meals included: Breakfast, Lunch & Dinner

Day 07: Trek to Bamboo (2,335m)- 6 hours walking. From Chomrong there is steep descent on a stone staircase to cross the Chomrong Khola, then a climb on the other side as we enter the main Modi Khola valley. The trail passes through bamboo and rhododendrons crossing a few small streams. We stay in Bamboo which is a clearing in the forest with a few tea houses. Overnight at teahouse lodge.

Meals included: Breakfast, Lunch & Dinner

Day 08: Trek to Deorali (3,140m)- 3 hours walking. The trail climbs through the stands of bamboo to the tea houses at Doban (2,540m). The trek from Doban is uphill most of the way passing through forest to the lodges at Himalaya Hotel and then further on past Hinko Cave. Overnight at teahouse lodge.

Meals included: Breakfast, Lunch & Dinner

Day 09: Trek to Machhapuchhare base camp (3,480m)- 3 hours walking. The valley widens and there is less vegetation as we pass through the gates of the Base Camp and to Machhapuchhare base camp. The views from here are superb and the panorama includes Huinchuli, Annapurna 1, Annapurna 3, Gangapurna and Machhapuchhare. Overnight at teahouse lodge.

Meals included: Breakfast, Lunch & Dinner

Day 10: Trek to Annapurna Base Camp (4,100m)- 2 hours walking. From Machhapuchhare Base Camp the trail continues up steeply and after an hour walking you enter a hidden

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amphitheatre with a complete view of snowy peaks spread out before you. After another hour you will arrive at Annapurna Base Camp with views of Hiunchuli, Annapurna South, Annapurna Fang, Annapurna 1 and 3, Gangapurna and Machhapuchhare. Overnight at teahouse lodge.

Meals included: Breakfast, Lunch & Dinner

Day 11: Trek to Dovan (2,540m)- 5 to 6 hours walking. Today we leave the Sanctuary passing through the gates back down to Dovan. Overnight at teahouse lodge.

Meals included: Breakfast, Lunch & Dinner

Day 12: Trek to Chomrong (2,170m)- 5 hours walking. We continue retracing our steps down the Modi Khola valley back to Chomrong. Overnight at teahouse lodge.

Meals included: Breakfast, Lunch & Dinner

Day 13: Trek to Lhandrung (1,565m)- 5 to 6 hours walking. From Chomrong the trail descends to Jhinu Danda and then further to the Modi Khola river before climbing steeply to Lhandrung. There are views of Annapurna South and Machapuchare from here. Overnight at teahouse lodge.

Meals included: Breakfast, Lunch & Dinner

Day 14: Trek to Phedi and drive to Pokhara- 5 to 6 hours walking, 1 hour driving. There is a steep ascent through rhododendron to the ridge at Bhickok Deurali. The trail follows the ridge through forest and green pastures through Pothana to Dhampus. There is a good view from here of Annapurna South, Hiunchuli, Machapuchare, Annapurna and Lamjung Himal. From Dhampus the trail descends to Phedi where the transport will be waiting for the drive back to Pokhara. Overnight at Hotel in Pokhara.

Meal included: Breakfast

Day 15: Fly to Kathmandu, rest of day at leisure. Fly to Kathmandu. Overnight at Hotel in Kathmandu.

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Meal included: Breakfast

Day 16: Farewell Nepal

Our representative will pick you up at the hotel and transfer you to international airport for onward journey.

Meals included: Breakfast

FOOD

In Kathmandu there is a wide selection of restaurants to choose from, serving both delicious local and International cuisine to suit a broad range of tastes and budgets. Whilst on treks, most meals will be taken at the various lodges along the way. The trekking lodges have to source most of their food locally due to their extremely remote locations, so you can expect similar menus in each lodge based on fresh local produce. Our guide will assess the food arrangements that will be served. Health and safety issues will be kept as the utmost importance along with taste. Breakfast will usually be porridge, eggs, bread and a hot drink, lunch will be a simple meal with a hot drink, and dinner will be 3 courses consisting of soup, main meal and a simple pudding. Boiled drinking water will be provided at breakfast, lunch and dinner.

During the trek it is possible to buy snacks, chocolate, soft drinks and beer on most days. Please be aware that since everything has to be carried up to villages where there is but little access to roads, these items become more expensive the further you get away from cities.

In Kathmandu and in Pokhara we take our meals in the hotel and also in the excellent local restaurants which offer dishes from all around the world.

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

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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 travelers 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.

ACCOMODATION

While in Kathmandu, guest will stay at the Moonlight Hotel situated in the heart of the city close to Thamel – the touristic hub of Kathmandu valley. The hotel is an excellent place to relax pre and post trek. Guest will also spend 1 night in Pokhara at a centrally-located tourist-class hotel. Whilst on trek there are 11 nights spent in lodges/tea houses that we have used over the years and proven to offer relative comfort and healthy meals. The Nepalese trekking lodges also known as 'tea-houses' are simple, friendly and atmospheric. As they are far from the nearest road is it not surprising that they are simple establishments as everything must be carried up by porters or animals. Mostly these lodges have heated dining areas which are often attractively decorated. Bedrooms tend to be quite basic and are unheated with wooden beds and foam mattress. You will need a sleeping bag. The lodges have shared washing and toilet facilities. Some lodges have solar powered showers (charged at \$2 - \$3 per shower) and battery charging facilities (also charged at a rate per hour). Staying at the lodges is a great way to meet fellow hikers and the locals.

All accommodation is arranged on a twin sharing basis, (note that some of the lodges above Chhomrong have only dormitory style rooms with several beds). However if you are looking for single rooms, extra charges will be applied. For the 4 hotel

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nights in Kathmandu and Pokhara, single rooms are also available for a supplementary cost. Additional hotel nights in Kathmandu are also available.

A TYPICAL DAY

After dawn you should wake and start packing your kitbag and making preparations for the day. Coming down to the dining room we will be served breakfast from the lodge kitchen. After a wholesome breakfast we are usually on the trail between 7.30am–8am, depending upon the duration and nature of the day's walk. We will generally reach our lunch stop by mid-day after around 3 or 4 hours of trekking. Lunch is taken at tea houses along the route or occasionally as a packed lunch. This is normally a leisurely affair and is a great time for relaxing, reading and sitting in the sun. Our porters usually catch up with the group during lunch and then are well on their way to the evening's stop by the time we set off again. It is usual for the afternoon's walk to be shorter than the morning session. On arrival at the lodge the trek leader will organize everyone's room. After checking in to your room you may wish to relax with a beer on the terrace of your lodge before taking dinner. 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.

INTERNAL FLIGHTS

Access to the high and remote areas of the Himalaya where our treks start is often only possible using internal flights. The inclement nature of mountain weather makes flying conditions complex. In addition, the Civil Aviation Authority of Nepal does not operate to the same standards as those of western nations and all airlines in Nepal appear on the European Commission's

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list of airlines that are banned from flying into EU member states. Flying in Nepal is an acknowledged risk, and many countries provide information regarding travel warnings. UK and Commonwealth Office travel advice provides further details which you can read on their website at: www.gov.uk/foreign-travel-advice/nepal/safety-and-security.

Nepal Wanders is mindful of its duty of care to clients travelling with. NW uses only four airlines in Nepal which were approved as safe carriers. These airlines are: Yeti Airlines, Tara Air, Buddha Air and Simrik Airlines. In addition to this both, Tara Air and Yeti Airlines have fulfilled the IATA Standard Safety Assessment (ISSA) - a new global safety standard for commercial airlines operating smaller aircraft. www.iata.org/whatwedo/safety/audit/issa/

While we have taken appropriate action to try to minimize the risks of flying in Nepal, you should be aware that flying in mountainous terrain is not without any risk.

Please note that poor weather can cause delays on internal flights. If at the start of your holiday internal flights are cancelled for the day, you will spend an extra night in Kathmandu. On the majority of trips there is enough flexibility in the trekking itinerary to make up 1 or possibly 2 lost days, but alternative arrangements must be made if internal flights are cancelled for a subsequent day. For trips that end with an internal flight out of the mountains with no alternative road access, we have included 2 nights in Kathmandu as a contingency against delay. Helicopters can sometimes fly when the scheduled fixed wing aircraft cannot. If your group is offered the opportunity to use a chartered helicopter, either flying up from or back to Kathmandu, the cost will be shared between those choosing to take this option. In the extremely unlikely event that flight cancellations cause you to miss your homeward international flight, NW will render all assistance, but cannot be held liable for any extra costs incurred. We advise you to take out suitable

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insurance and to keep your receipts, as you may subsequently be able to make a claim.

TRAVEL INSURANCE

For everyone planning their next trek in the Himalayas of Nepal, it is highly recommended that you get a travel insurance that covers added expenses that might result due to various health issues, injuries or accidents (together with air ambulance, helicopter rescue and other treatment cost). Your insurance policy should cover up your entire activities that you are planning to accomplish throughout your stay in Nepal. In addition to this, the policy should also cover death, misplaced luggage, theft and liability, cancellations, medical treatment (counting hospital charges, cost of the medicine, doctor's fees) as well as repatriation cost. Also, most of the trekking trails in Nepal take you above the altitude of 5000m, therefore, you also need to ensure that your insurance policy covers treks that go over 5000m. In short, its client himself/herself has to take the responsibility regarding unforeseen expenses during the trip. For details please read our "terms and conditions".

GROUP LEADER & SUPPORT STAFF

The group will be led by an experienced English-speaking local leader, and on trek will have the services of porters or baggage animals to carry luggage and local guides.

SPENDING MONEY

Approximately £200 (or equivalent in US dollars, Euros etc.) changed into local currency, should be sufficient for miscellaneous personal expenses including porter and trek crew tips, beer and soft drinks. It is not necessary to obtain local currency (Nepali rupees) prior to departure. Sterling, US Dollars and Euros are equally acceptable for exchange in Nepal. We recommend that you carry your travel money in the form of cash, since you will exchange the majority of this on the

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day of your arrival in Kathmandu. If you prefer not to carry all of your spending money in cash, it is possible to withdraw money (rupees only) from ATMs in Kathmandu and Pokhara using your debit or credit card but not while on trek. During the trek it is possible to buy snacks, chocolate, tea, coffee, soft drinks and beer on most days. Please be aware that since everything has to be carried up, these items become more expensive as you gain altitude.

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 rather than from individuals. 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. The level of tipping should be determined by the group as a whole with everyone contributing an equal amount that all are comfortable with. As a rough guide, we recommend that a contribution from each group member of around £50 - 60 (in rupees) should provide a good level of tips when divided among your guides, porters, and other trek crew. At the end of a trek many people also like to donate various items of their equipment to the porters and trek staff who work so hard to make the trip a success. Boots, gloves, hats, scarves and even socks (clean of course) are always warmly received by the porters. Technical clothing and equipment such as head-torches and trekking poles are highly prized by the Sherpa crews. If you think you would like to donate equipment at the end of your trip, your local trip leader will make arrangements for a fair distribution among the trek crew.

BAGGAGE ALLOWANCE

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Your baggage on trek will be carried by porters or pack animals. The packed weight of your trek bag whilst trekking should be no more than 15kg (33 pounds). It is possible to leave clothes or other items not required on trek at the group hotel.

NW TREK BAG

All NW clients will receive a FREE NW trek bag. These have been specially made to stand up to the rigors of adventure travel. Your NW bag will be delivered to you one day before the trek.

ACUTE MOUNTAIN SICKNESS

When we ascend above 2500 meters our bodies have to acclimatize to the decreasing amount of the oxygen available. To allow our bodies to adjust we have structured our treks so that you ascend slowly allowing acclimatization to occur. However, during the acclimatization 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 acclimatize 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

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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.

EQUIPMENT LIST

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum. The packed weight of your trek bag while trekking should be no more than 15 kgs.

You must bring the following Items:

- Hiking boots – highly recommended leather ones
- Socks
- Trekking trousers
- Waterproof over-trousers
- Underwear
- Base-layer shirts
- Casual shirt and/or T-shirts
- Fleece jacket or warm jumper
- Waterproof jacket
- Warm jacket (down)*
- Sunhat
- Warm hat
- Sunglasses
- Gloves or mittens
- Daypack 30 litres
- Head-torch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 Litre x 2
- Sleeping bag (comfort rated -15°C)
- Washbag and toiletries
- Toilet paper (you can also buy this in the lodges if necessary)
- Antibacterial handwash
- Small towel
- Selection of dry bags (to keep trek bag contents dry)

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OUR ATTEMPT WHILE YOU ARE ON A TREK:

Most of our trails take you to the remote Himalayan region of Nepal, where communication facilities are very less. Therefore, we will take all the responsibility to deliver your message to your family, friend, relatives or the concerned person. Our guides are provided with a cell phone and are contacted on a regular basis. You can use the cell phone provided to our guides to send your message to us which will further be delivered to the respected person. Also, our guides will make every attempt to follow the planned itinerary; however, it is kindly requested to be flexible in case of changes in the itinerary caused by extreme weather conditions. We can also help you reschedule your international flight (Extra charge applicable) if you need any additional days to complete your trek. We will make every possible attempt to make your trek a 'grand success'.

IMPORTANT LINK

Booking Conditions Link:

<http://nepalwanders.com/terms-and-conditions/>