

Annapurna IV 7525m

- **Spectacular mountain in a remote location**
- **A rarely climbed 7000m peak in the Manang Valley**
- **Ideal summit to gain experience to attempt an 8000m peak**



EXPEDITION OVERVIEW

Located in the eastern part of the Annapurna Range south of the Thorong La, Annapurna IV is a spectacular seven thousand-meter peak that can be completed in just 30 days. This climb will require three camps to be set above Base Camp (C1 5500m, C2 6200m, C3 6600m) and is predominantly over snow and ice. Higher than the average 7000m peak Annapurna IV is ideal training for Everest and avoids the need to do another 8000m peak. A good peak to climb in the Spring when many other peaks are out of condition. Breath-taking views of Manaslu, Tilicho Peak, the Annapurna's and the sacred Machapuchare.

Participation Statement

Adventure Peaks/Walks recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.

Adventure Travel – Accuracy of Itinerary

Although it is our intention to operate this itinerary as printed, it may be necessary to make some changes as a result of flight schedules, climatic conditions, limitations of infrastructure or other operational factors. As a consequence, the order or location of overnight stops and the duration of the day may vary from those outlined. You should be aware that some events are beyond our control and we would ask for your patience.

BACKGROUND

Located in the eastern part of the Annapurna Range south of the Thorong La, Annapurna IV is a spectacular seven thousand-meter peak that can be completed in just 30 days. This climb will require three camps to be set above Base Camp (C1 5500m, C2 6200m, C3 6600m) and is predominantly over snow and ice. Higher than the average 7000m peak Annapurna IV is ideal training for Everest and avoids the need to do another 8000m peak. A good peak to climb in the Spring when many other peaks are out of condition. Breath-taking views of Manaslu, Tilicho Peak, the Annapurna's and the sacred Machapuchare



PREVIOUS EXPERIENCE/FITNESS

The technical difficulty of this climb is not high, but it is physically demanding with long days. The trip is ideally suited to strong, experienced mountaineers who want to climb the peak in its own right, or to use the trip to gain experience for an 8000m peak in the future. To move efficiently and enjoyably we recommend you have experience of Alpine AD- routes and /or an ability to climb Scottish grade II winter routes and some glacial skills. Clients would also normally have experience of altitude to at least 6000m.

The climbing days between the three camps on the mountain are relatively short (6-7 hours), the summit day being the longest day is typically 8-10 hours (6650m-7525m). However most people will find climbing at this altitude extremely demanding and should prepare for this with fitness training and be able to cope with long hill days in the UK and, ideally, The Alps.

SUGGESTED ITINERARY

This is a suggested ideal itinerary, changes may well be necessary according to weather, client fitness and rate of acclimatisation as well as difficulties with transportation. A number of rest days are programmed and these are an important part of our structured acclimatisation programme. This does not mean you shouldn't do anything – non strenuous walks around the camp, gaining some height and then descending again is likely to be beneficial if you feel you have the energy.

ITINERARY

KEY to inclusions (H-hotel, T-teahouse/lodge, C-Camping, B-breakfast, L-lunch, D-dinner/evening meal)

Days 1 International flight

Days 2 Arrive in Kathmandu, Transfer to Hotel for expedition briefing. **H B,**

Day 3: Drive Kathmandu to Pokhara **H B,**

Day 4: Flight Pokhara to Hongde (3280m)
The flight itself is outstanding with stunning views of Nepals 8000m peaks Manaslu, Annapurna and Dhaulagiri **T,B,D**

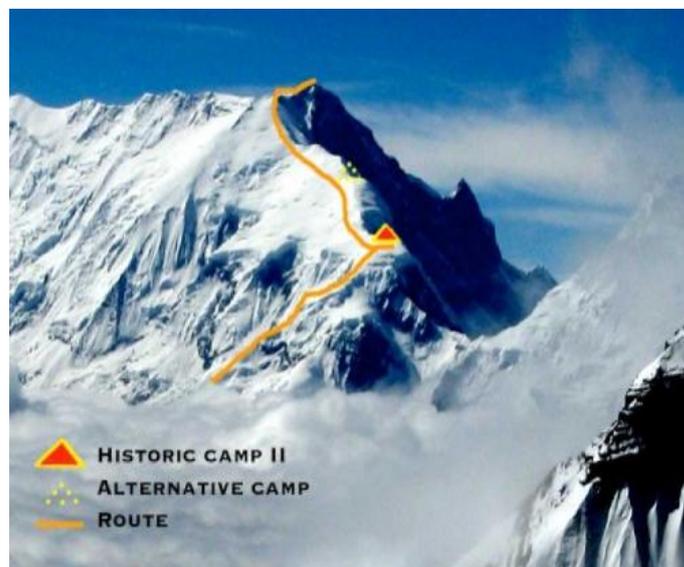
Day 5: Acclimatisation Day
Today we consolidate our acclimatization with a Trek through the Manang Valley to via the villages of Mungli and Braga to Manang (3351m) itself before returning to Hongde. **C B,L,D**

Day 6: Hongde to Sabej Kholagaon (3900m)
Leaving Hongde along the famous Annapurna Trek we head west along the Marsyangdi River to eventual leave the classic trail to go south up the Sabej Kholagon Valley. We overnight at set up camp at 3900m on the edge of the moraine that leads up to base camp. **C B,L,D**

Day 7 Acclimatisation Day
Having gained close to 600m we take an acclimatization day in the Sabej Kholagaon valley to ensure we arrive at BC tomorrow in good shape. **C B,L,D**

Day 8: Sabej Kholagaon to Base Camp (4800m)
We climb over the moraine to gain our base camp in a lovely setting far from the crowds often associated with the Annapurna region! **C B,L,D**

Day 9 to 27: Ascent of Annapurna IV (7525m)
We make our ascent of Annapurna IV via two or three camps depending on conditions, time and weather



Ascent to Camp 1 5500m
Leaving base camp it should take around two hours walking to reach the bottom of the mountain and the glacier which leads to rock slopes that must be climbed to reach camp The climbing involves slopes that are approx. 65 - 70 degrees on fix ropes for 500m to reach camp 1. Spectacular views of Manaslu and the majestic Tilicho Peak.

Ascent to Camp 2 6200m

To reach camp 2 we follow a ridge over rock and ice which may require up to 1000m of fixed ropes with some stretches of steep climbing.

Ascent to Camp 3 6650m

From camp 2 to camp 3 the ground moderately steep as we zig zag up a broad ridge to camp below the steep summit face.

Ascent to Camp 3- Summit 7525m

From camp 3 to the summit, generally fixed rope are not be required and we would just move roped together. We descend the same route.



Day 28 Base Camp to Hongde
Return Teak **C B,L,D**

Day 29 Flight Hongde to Pokhara to Kathmandu

We fly back to Pokhara hopefully looking down on where we recently stood! Bus to Kathmandu **H B,**

Day 30 Depart Kathmandu **B**

A TYPICAL TREKKING DAY

Starts around seven a.m. (not a problem as its usual to go to bed early!) with you packing your overnight gear into a kit bag before enjoying a hearty breakfast ready to leave camp/lodge whilst it's still fairly cool. The pace on the trek will be leisurely with plenty of time to enjoy the scenery, take photos, chat to the locals and keep hydrated. Lunch is usually in a fine spot by the side of the trail and, most days, you will be arriving at our overnight camp/lodge mid-afternoon ready for a well-earned cup of tea. This leaves an hour or so to rest or explore before a three course evening meal. It is quite remarkable what the locals can produce in these remote circumstances.

THE CLIMBING DAY

It would be impossible to produce an itinerary that suited all people's abilities & preferences. Climbing a 7000m peak involves a lot of different stresses on the body and folk will respond to this in different ways and at different rates. Through utilising a good ratio of UK leaders and Sherpa's to clients we can normally allow people to progress up the

mountain at a rate appropriate to their own needs. A description of the route is included and the programme is flexible enough for people to listen to their own bodies and rest, climb high – sleep low or 'go for it' accordingly.

WEATHER CONDITIONS

Daytime temperatures are pleasantly warm in the valleys (20-30°C) whilst cool to very cold (especially with wind chill) high on the mountain. Night-time temperatures are cold to very cold (possibly as low as minus 25°C) and you should have a warm sleeping bag.

CATERING ARRANGEMENTS

The Trek and Base Camp food is excellent and designed to stimulate your appetite and keep you going despite frequent altitude induced loss of appetite. Breakfast includes porridge and cereal followed by eggs (fried, boiled poached or omelettes!) and either bread or chapattis with jam, honey, peanut butter etc. Lunch starts with juice followed by a hot meal which may include some of the following: chips, rice, lentils, vegetables, salad, sandwiches, beans, tinned fish and tinned meat. Dessert is usually fresh or tinned fruit and tea. The evening meal always starts with soup accompanied by poppadum's, popcorn or prawn crackers. The main meal varies from local style – Dal Bhat (rice and lentils with an onion and vegetable sauce), Yak stew, momos etc. to western style – yak burgers, chips, pasta, even pizza! Desserts are equally appealing and include apple pie, cake, custard etc. You will not go hungry! On the mountain we will aim to travel light and meals will mainly be boil in the bag style supplemented by noodles, salami, cheese and chocolate as required. Most folk experience some kind of appetite loss and we mainly aim to keep as hydrated as possible with fruit teas, soup and powdered fruit drinks

WHAT TO CARRY

On the trek you should aim to carry a very light rucksack. A 35L sack is ideal and this should contain 1-2L of water; waterproofs; a spare warm layer; camera; mini first aid kit; sun hat, sun cream and glasses; a warm hat and gloves. The rest of your gear can go in your kit bag and larger rucksack to be carried by the porters. On the mountain once you leave basecamp your rucksack will also contain crampons, ice axe, sleeping bag, a few snacks and down jacket and you will require a 60+ litre sac. Adventure Peaks will be using strong Nepali Sherpas to assist our progress. This will include establishing the camps, maintaining or placing the in-situ ropes and anchors and carrying group gear such as tents / food etc. These are inspirational folk to have with you on the mountain.

ADDITIONAL SERVICES

We can provide you with additional Sherpa support, where we can arrange for our Sherpa team to carry your personal loads between camps leaving you stronger for summit day. This option should be booked in advance of the expedition to ensure we have sufficient extra Sherpa's to support you.

EXTRA COSTS

Along the trek it is possible to buy hot drinks (very cheap), soft drinks, beer and spirits (not recommended on the way up). It is traditional to tip the local staff including the porters, Sherpa's and cook staff. These folk work incredibly

hard and will do almost anything to help you throughout the expedition. You will probably want to make a reasonably generous tip (\$150) at the end of the trip. Please see the Background Information sheet in your Welcome pack for more information.

INSURANCE

Insurance which covers mountain rescue, helicopter evacuation and medical expenses is essential. We will require a copy of your insurance prior to departure

IMPORTANT – The small print

We allow extra days in the itinerary for bad weather. Please note, if for any reason you need to return to Kathmandu separately from the whole group there will be costs incurred which you will need to pay, these might include porter and jeep transfer costs, and / or the cost to change flights. Similarly you will need to pay for any extra nights' accommodation required in addition to the itinerary. All additional payments would need to be paid for in Nepal (card payments are accepted).

INCLUDED

- International flights from London (Flight inclusive package)
- Transfers to and from Kathmandu airport if flights booked with Adventure Peaks
- A British expedition/trek leader. Small groups may use a local leader.
- Internal flights Pokhara to Hongde
- Sherpa support on a 1:3 ratio
- Permits, charges, importation taxes and levies payable to the Local Authorities in connection with the expedition.
- Food, fuel and cooking equipment whilst on the mountain.
- Kathmandu hotel accommodation on a Bed & Breakfast basis.
- Teahouse accommodation and meals
- All tents and other communal equipment where necessary for the climb
- Medical safety equipment and supplies.
- 100 120 litre kit bag for expedition/trek members for UK based clients. A logoed top will be substituted for all clients residing outside of the UK and for returning customers
- 15% discount off equipment and clothing purchased at the Adventure Peaks shop

EXCLUDED

- Personal clothing and equipment.
- Personal insurance, visas, departure tax and inoculations.
- Transfers to and from Kathmandu airport if flights NOT booked with Adventure Peaks
- Hotel or guest house meals unless specified.
- Travel to and from UK airport (unless otherwise specified)
- Personal medical supplies
- Personal use of communication equipment.
- Excess baggage.
- Tips for porters and local guides.

- Costs associated with an expedition/trek finishing early or you leaving a trip early
- Costs associated with extending a trip due to bad weather, delays or other circumstances, including the cost of extra nights' accommodation.

