

NEPAL –Annapurna Sanctuary



TREK OVERVIEW

A journey that takes you right up to the mighty south face of Annapurna where you will be ringed by Himalayan giants and for a moment may wonder how you arrived here and how you might get out! This trek leads you gently up through the foothills of the Annapurna range, passing through traditional villages ringed by delightfully manicured rice fields, rhododendron and oak forests. From Poon Hill, perched on the edge of the imposing Kali Gandaki valley you can enjoy spectacular views of Dhaulagiri and Annapurna South.

An approach path with dazzling views leads up the Modi Kola valley to provide a gateway through the local Gurung villages to the hidden amphitheatre of the Annapurna Sanctuary, passing under the towering fish-tail peak of Machhapuchhre. Only then can the true 8091m summit of Annapurna be seen at the top of the gigantic south face, first climbed in 1970 by Don Whillans and Dougal Haston – truly, a memorable finale!

Participation Statement

Adventure Peaks 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.

PREVIOUS EXPERIENCE/FITNESS

If you are used to regular multi-day hill walking you will have the right level of fitness to fully enjoy your time on this trek. Previous walking experience is not essential but will help you get the most out of this trip. Non hill walkers must come with a reasonable degree of fitness. Most days involve 6 - 8 hours walking plus plenty of rest stops.



GROUP AND LEADERS

A fully qualified UK leader will accompany all groups of six or more passengers. He/she will be assisted by an experienced Nepali leader. Smaller or private groups will be led by an English speaking Nepali guide. This trip is exclusive to Adventure Peaks.

WEATHER

The weather should be pleasant during the day with cooler evenings and nights. Nepal is mostly dry from late September to May (the trekking season) and is coldest from December to February. This trek starts at a low altitude so you can expect the first few days to be quite hot. The higher you are the cooler it will be. In spring afternoon cloud tends to build up in the afternoon and can obscure the views. Walkers should realize however that weather in the high mountains is unpredictable and should be prepared for this

WHAT TO CARRY

This trek is fully supported by a team of porters who will transport your main baggage. You will only need to carry a light daypack at the very most. A 35l rucksack is a useful size to comfortably fit in essential items such as water bottle, camera, wet-weather gear and extra layers etc.

CATERING ARRANGEMENTS

In the morning you can enjoy an early hearty breakfast of cereal, porridge, eggs and toast so you are fuelled up and ready to leave the teahouse whilst it's still fairly cool. Lunch is usually in a teahouse by the side of the trail or a picnic if there are no suitable places to eat. On arriving at your overnight teahouse you will be ready for a well-earned cup of tea and biscuits - this leaves an hour or so to either rest or explore before a fine three course evening meal. Please remember that as the lodges like to source most of their supplies locally, the evening menus may appear repetitive. For pure good, hearty energy giving food you cannot beat the Nepalese staple, Dal Bhat, but most establishments will also offer choices of westernised food. There are plenty of opportunities to supplement your

diet by buying snacks and drinks from the shops you pass along the way.

ACCOMMODATION

In Kathmandu you will stay in a 3* hotel in rooms with private facilities. Twin, double or single rooms are available. On trek we utilise Nepalese trekking lodges (teahouses) which are locally owned and run fairly basic establishments providing good food, accommodation with 3-4 beds arranged in dormitories (doubles sometimes available, please request). You will need a sleeping mat and sleeping bag. There is a central dining/sitting room where food and drinks are served. Toilet facilities are usually outside. Despite the basic facilities, it is a great experience to share the company of local families who will often entertain with local songs and dance!

LANGUAGE AND TIME

Language: Nepali is the official language but English is the commercial language and is widely spoken.

Time: GMT+5hr45min (CET). No daylight saving time at present.

HEALTH

All our UK leaders hold first aid certificates and carry a fully equipped first aid kit for medical emergencies. However you should bring your own supplies of plasters, blister prevention pads (Compeed), Paracetamol etc. and any medication you are taking. Contact your GP around eight weeks before your trip to check whether you need any vaccinations or other preventive measures. Country specific information and advice is published by the [National Travel Health Network and Centre](#), and useful information about healthcare abroad, including a country-by-country guide of reciprocal health care agreements with the UK, is available from [NHS Choices](#). Tap or stream water should never be drunk without first sterilizing with chlorine dioxide tablets or by boiling



INSURANCE

Insurance which covers mountain rescue, evacuation and medical expenses is **essential**. You should note there are no official mountain rescue services in Nepal and that any evacuation in the event of a serious medical emergency to the nearest hospital will be by land or military helicopter. We will require a copy of your insurance prior to departure. Please also ensure your insurance covers you for walking above 4000m (some will exclude this option).

ALTITUDE

If you are new to altitude you may have concerns about the effects. Don't worry because our itineraries allow sufficient time to acclimatise, and altitude rarely causes anyone any problems on this trip. The best way to avoid such symptoms is to walk at a gentle steady pace and drink plenty of fluid.

USEFUL TIPS

Just in case your main luggage goes missing en route, it is a good idea to wear your boots on the plane. Most other things can be replaced but comfortable, well worn-in boots cannot. Pack important items in strong plastic bags.

EQUIPMENT

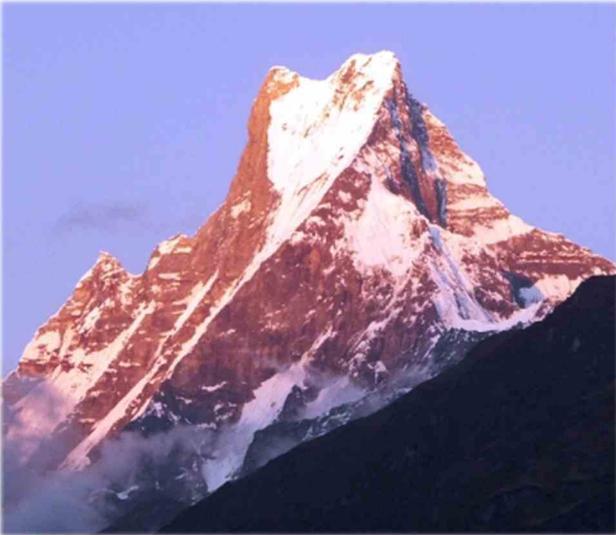
A detailed equipment list is provided on booking but normal winter walking equipment is all that is required, together with a three to four season sleeping bag which can be hired from us. For equipment purchases Adventure Peaks offers a 15% discount off the RRP from their shop in Ambleside or online.

BAGGAGE

For your own comfort travel light. Normally airlines restrict baggage to 20kg and on trek the weight for porters should be kept to 15kg, (you will be wearing boots and one set of trekking clothes).Some items can be left at the hotel in Kathmandu for your return.

VISAS AND PERMITS

UK citizens and most EU nationals can purchase Visas on arrival. You will need the payment of US\$40 ready in cash and two passport sized photographs. All other countries should check with their local embassy. Passports must be valid for at least six months after the end date of the trip.



LOCAL COSTS

All accommodation and most meals are included; please see the itinerary page for full details. Additional costs

would include any drinks or snacks outside of mealtimes and personal spending.

You would be responsible for any extra nights accommodation or costs (including fees for changes to International flights), due to you finishing the trip early or to unavoidable delays. All additional payments would need to be paid for whilst in Nepal (card payments accepted).

CURRENCY

The currency in Nepal is the Rupee (NPR) but you cannot get rupees outside of Nepal - therefore take UK sterling or US\$ and exchange on arrival in Kathmandu. Don't try and change money in the street in Nepal as it is illegal. ATMs and change bureaux are available in the arrivals hall at the airport and in Kathmandu. It is best to change all the money you need in Kathmandu. There are facilities in Pokhara but these should not be relied on.

TIPPING

Tipping is an accepted part of life in Nepal. We generally tip our local staff as a whole. Please see the Nepal Background Information Sheet in your Welcome pack for more information. Tipping at meals and in hotels is normal practice.

ADVENTURE PEAKS KITBAG

All Adventure Peaks clients who reside in the UK will receive a **FREE** kitbag for any treks outside the UK. The bag will be posted to you approx. 3 weeks prior to your departure. If you have travelled with us before and already have an Adventure Peaks kitbag, or reside outside the UK, we will send an alternative gift.

FLIGHTS AND JOINING ARRANGEMENTS

Within the published price of your trip is an element we have allowed to cover the cost of flights, which is the difference between the Land Only and the With UK flight prices. This element is for a changeable, economy ticket on flights between LONDON and the destination city, using an airline that, in our experience, offers the best combination of cost, routing, flexibility and baggage allowance. It is stated in good faith and is based on research and costs in previous years, but is subject to change. All clients will be met on arrival and transferred to the first hotel. If you have booked your own flights you need to make your way to the rendezvous shown below. If your arrival time is close to the group flights, then we will be happy for you to share our transport.

The rendezvous for this trip is the ARRIVALS HALL AT KATHMANDU AIRPORT when your flight comes in on Day 2.

PLEASE ENSURE YOU DO NOT PURCHASE YOUR INTERNATIONAL TRAVEL (FLIGHTS OR OTHER) UNTIL WE HAVE GUARANTEED YOUR TRIP IS RUNNING.

EXTENSIONS

- **Everest Panoramic Flight** (from Kathmandu).
- **Chitwan Safari** (+ 4 or 5 days)

FOR PRICES AND MORE DETAILS PLEASE SEE OUR WEBSITE OR CONTACT OUR OFFICE

ANNAPURNA SANCTUARY ITINERARY

No	Day	Today we...	We stay at...	Accommodation...	Meals...
1	Sat	Depart UK	Plane	Plane	
2	Sun	Arrive Kathmandu	Kathmandu	Hotel	
3	Mon	Fly to Pokhara	Pokhara (850m)	Hotel	B
4	Tue	Trek 1	Tirkhedunga(1580m)	Tea House	BLD
5	Wed	Trek 2	Ghorepani(2850m)	Tea House	BLD
6	Thu	Trek 3	Tatopani(2540m)	Tea House	BLD
7	Fri	Trek 4	Chomorung(2170m)	Tea House	BLD
8	Sat	Trek 5	Himalayan Hotel(2920m)	Tea House	BLD
9	Sun	Trek 6	Machhapuchare BC(3700m)	Tea House	BLD
10	Mon	Trek 7	Himalayan Hotel(2920m)	Tea House	BLD
11	Tue	Trek 8	Chomorung(2170m)	Tea House	BLD
12	Wed	Trek 9	Ghandruk(1940m)	Tea House	BLD
13	Thu	Trek 10	Pothana(1900m)	Tea House	BLD
14	Fri	Trek 11	Pokhara(850m)	Hotel	BL
15	Sat	Fly to Kathmandu	Kathmandu	Hotel	B
16	Sun	Depart Kathmandu	Plane	Plane	B
17	Mon	Arrive UK	Home	Own bed!	

Days 1 and 2 Depart UK, and arrive Kathmandu usually early evening the next day. Transfer to hotel close to the famous, bustling Thamel district of Kathmandu and within easy walking distance of the Monkey Temple a place with lovely gardens where one can relax.

Day 3 Fly to Pokhara and spend the rest of the day exploring this delightful lakeside town.

Day 4 A 2-hour drive takes us to near Birethante (1050m), the real starting point for the trek. Time to relax and take lunch whilst final preparations are made with the porters. We start ascending the BhurungdiKhola on good trails with lots of steps to Tirkedunga. *3 hours walking.*

Day 5 A steep start to the day as we enter thick forest and climb to Ulleri in about one hour. The trail continues up and up, but passing several small villages and plenty of teahouses offering refreshments. The vegetation changes to bamboo and on the latter stages the trail opens up to give us glimpses of Annapurna South. Our destination is Ghorapani, a settlement perched on a col and a major crossroads of trekking routes. *6 hours walking.*

Day 6 A pre-dawn start to make the one hour ascent to Poon Hill, probably Nepal's most famous sunrise watching location. And rightly so - as the soft morning light strikes Annapurna South, Machhapuchhre and across the mighty Kali Gandaki valley, Dhaulagiri - camera will be clicking to capture these magical moments. Back to Ghorepani for breakfast, then we follow the ridgeline eastwards which climbs a little before descending to Tatopani. *6 to 7 hours walking.*

Day 7 Two possible routes today, both of which take us down through Rhododendron forests to the Modi Khola river which drains the sanctuary. A final ascent takes us to the village of Chomorung. *6 hours walking.*

Day 8 After an initial descent to cross the Chomoro Khola, we climb high above the Modi Khola and follow this up into a narrowing gorge through Bamboo, Oak and Rhododendron forest. All the time majestic Machhapuchhre gets closer and closer and reveals the twin peaks of its iconic 'fishtail' summit. Finally after more climbing, we arrive at the bizarrely named Himalaya Hotel. *7 hours walking.*

Day 9 A shorter day today as we continue the ascent up and through the 'Sanctuary Gates'. After all the steep ground we

have crossed for the past few days it is quite a relief to arrive at the level grassy terminal moraine - the site of Machhapuchhre Base camp and our home for the night. *4 to 5 hours walking.*

Day 10 A truly awesome day as we turn the corner and head westwards up into the Sanctuary itself. The walking is easy - nothing too steep - so minds can focus on the truly wonderful mountain scenery that greets you as you walk deeper into this hidden world, losing behind you the narrow gateway that gave access to this special place. After 3 hours we arrive at the cold Annapurna South Base Camp (4130m), and rest a while to absorb the 360o circle of peaks that surround us, with the South Annapurna glacier grinding away below us. The mighty south face of Annapurna 1 is smack in front of us, with Hiunchuli, Annapurna South, Baraha Shikar (Fang), Singu Chuli (Fluted Peak) and Tharpu Chuli (Tent Peak) completing the circle. We then have to turn leave this magical place, and retrace our steps to the Himalayan hotel. *8 to 9 hours walking.*

Day 11 We retrace our steps back to Doban, past the Bamboo Lodge back down to Chromrong. *4 to 5 hours walking.*

Day 12 We start the day walking west on the trail leading to Ghorapani from which we descend to the village of Khumnu. Crossing the Khumnu Khola we then begin a steep ascent to the small settlement of Uri. From here it's a gentle walk to Ghandruk. Here we can spend a pleasant afternoon with the chance to explore its narrow alleyways and handicraft trade. *4 to 5 hours walking.*

Day 13 We descend to cross the Modi Khola and climb up to the large Gurung, Magar and Brahmin village of Landruk high above the east bank. The now well paved trail undulates along the ridge to Deurali (2100m) before descending to Pothana. *6 to 7 hours walking.*

Day 14 An easy descent takes us down to Dhampus and on to the road at Phedi from where it is a 30 minute drive back to Pokhara. *3 hours walking.*

Day 15 A short flight takes us back to the hustle and bustle of Kathmandu

Days 16/17 Depart Kathmandu and arrive back in UK