



Annapurna Base Camp



STEADY

This information should answer some of your questions about the trip and give you a better idea of what we do day-to-day. It doesn't hope to answer everything. If you have any questions please get in touch.



DAY BY DAY ITINERARY

This itinerary is flexible and should be seen as a guide only. Local conditions, weather or fitness could lead to changes in our daily plans. All times and distances are approximate. 'B,L,D' refers to meals included in the trip cost, i.e. Breakfast, Lunch, Dinner.

This trip is 14 days ex KATHMANDU. The first and last days refer to the days of arrival in and departure from KATHMANDU, and may not be the days you leave or return home.

DAY 1 Arrive Kathmandu. Transfer to the Hotel (B)

DAY 2 **Birethanti**

An early start as, we leave the Kathmandu City and drive westwards. We pass through Pokhara and continue driving to our trek starting point at Naya Pul and have a short walk of half an hour to Birethanti village alongside river. (B)

DAY 3 **Ulleri 2073m**

We start our day following the Burungdi Khola upstream to Tirkhedunga. From here the trail gets steeper and takes us up a long stone staircase past beautiful terraced fields to Ulleri. (B)

DAY 4 **Ghorepani 2850m**

Today we continue walking uphill through rhododendron forests to Ghorepani (2855m), overlooked by the Annapurnas, Dhaulagiri and Machhapuchhare. (B)

DAY 5 **Tadapani 2520m**

This morning we get up early for the hour's walk up to the summit of Poon Hill to witness the spectacular sunrise. Thought to be one of the most magnificent viewpoints in the Himalaya we can see all the way from Dhaulagiri to the mighty Annapurna Range and across to Machhapuchhare, the 'Fishtail' and further to Lamjung Himal – a sight not to be missed. Returning to Ghorepani we have a leisurely breakfast and then head off through rhododendron forests (beautiful in spring) to Banthanti. Continuing on through the forest we stay tonight at Tadapani (2700m), a small clearing in the forest with wonderful views of Annapurna South and Machhapuchhare. (B)

DAY 6 Chomrong 2170m

Leaving Tadapani we continue walking through the forest. The trail descends steeply to a small river and then we have a steep climb up past a few small settlements to Chomrong. Chomrong is a well kept Gurung village famous for its slated roofed houses and neat slate pathways. (B)

DAY 7 Dovan 2600m

Today we enter the Annapurna Sanctuary area – a narrow valley which will lead us to the base camp. From Chomrong the trail descends on a stone staircase to the river. We then have a steep climb up to Sinuwa. The trail then undulates through dwarf bamboo and rhododendron forest all day to our night halt at Doan, set in a small clearing in the forest. (B)



DAY 8 Machhapuchhare Base Camp 3700m

We continue up the valley and eventually emerge above the tree line. The trail gets steeper and climbs up a rocky landscape with the peaks tempting us in the distance. Eventually the full grandeur of the mountains appear and we arrive at the small lodges at Machhapuchhare Base Camp. (B)

DAY 9 Annapurna Base Camp

It's only a two hour walk to Annapurna Base Camp (4130m) and as we slowly ascend we can enjoy the magnificent scenery. We are now in the heart of the Annapurna Sanctuary, a huge amphitheatre enclosed by snow-capped peaks including Hiunchuli (6440m), Annapurna South (7129m), Annapurna Fang (7647m), Annapurna I (8091m), Tent Peak (5663m), Gangapurna (7454m), Annapurna III (7555m) and Machhapuchhare (6993m). We spend the day here with plenty of time to enjoy the views and watch the spectacular sunset and sunrise. (B)

DAY 10 Bamboo

We retrace our steps down the valley to the lodges at Bamboo. (B)

DAY 11 Jhinnundanda

We continue on back to Chomrong, from where we head off on new ground, skirting around the lower flanks of Annapurna South to reach the small settlement of Jhinnundana, famous for its hot springs, which are approximately 20mins walk from the lodge. (B)

DAY 12 Pokhara 2986m

A long walk today as we descend to the Modi Khola and follow the river downstream to Birethanti. We walk for another 30mins to Naya Pul from where we drive our way back to Pokhara and stay in a simple guest house for the night. Pokhara is set by a beautiful lake and we can have dinner in one of the many lakeside restaurants.

(B)



DAY 13 Fly to Kathmandu

We should have some time in the morning to explore the lakeside resort of Pokhara before the afternoon flight back to Kathmandu. (B)

DAY 14 Depart Kathmandu or continue with your own arrangements. (B)

Nepal

Nepal is a small country, wedged between India and Tibet and dominated by the Eastern Himalayas. Many of today's trekking routes are ancient trade routes between India and Tibet. These and the porter skills of the mountain people are the main factors in allowing westerners access to the highest regions. Nepal's diverse geography has shaped an equally diverse kaleidoscope of cultures. The spiritual heritage influenced by Tibetan Buddhism in the higher regions, and Hinduism elsewhere gives substance to peoples' lives throughout Nepal, making them reverent, kind, hospitable and hard-working people.

Trek details

Annapurna Base Camp or the Annapurna Sanctuary is one of the most magnificent viewpoints in Nepal. This trek gets you into the high mountains in a relatively short time without the extreme altitudes of the Everest region. This trek takes us to Annapurna Base Camp, throne of the Gods where we are surrounded by the great peaks of the Annapurna range. The south face of Annapurna 1, climbed by Sir Chris Bonnington soars above us and we can trace the route up its sheer face. The trek itself takes us first to Poon Hill for one of the most spectacular sunrise views in Nepal. We then trek across to the gates of the Annapurna Sanctuary, a narrow valley which we ascend through a variety of scenery including terraced farmland, rhododendron and dwarf bamboo forests to the higher alpine pastures. We have time to explore the base camp area before returning to Pokhara.

Lodge treks

In the popular areas where there are many lodges to choose from, we like to support the local people by sleeping in lodges rather than carrying in an independent camp. You will have more

encounters with locals on a lodge trek, and will often be accommodated within the family home. Solar showers are available at some lodges for approx NRS300.

The trip is on bed and breakfast basis, Lunch and dinner on this trek are not included. Please allow £25 - £30 per day for other meals and drinks on trek. You can choose food from the menus which serves traditional Nepalese Rice and Lentils to continental foods. Please note imported food and drinks are expensive in this region. Vegetarians will have a good choice, indeed it is normally best to avoid meat on the trail unless you are sure it has been freshly killed.

We try to discourage buying mineral water in plastic bottles on trek. You can often buy filtered water from special safe water stations, or treat the water.

Tour Leader

The trip will be led by a local qualified English speaking leader; this will enhance your association with the local culture.

Climate

During June, July, August and early September, the monsoon affects the Himalayas. The peak trekking season is January to May (pre monsoon) and October to December (post monsoon). The Annapurna Sanctuary is a popular trek so we avoid the crowds by trekking at Christmas when the weather is crystal clear. It is likely to be warm (shirt sleeves) during the day, with night time temperatures dropping to -10 °C or lower at the highest lodges.

Transport

We drive to the start of the trek and fly back from Pokhara to Kathmandu.

Kathmandu

In Kathmandu, we stay in a centrally located hotel (B&B) which gives you the chance to choose between the wide arrays of restaurants. You can buy a meal in Kathmandu for £10- £15, excluding alcohol.

Fitness

On some days the walking is strenuous, due to the altitude and to the terrain, but there is plenty of time to acclimatise, and the trip is suitable for anyone who is reasonably fit. Previous walking experience is an advantage, but is not necessary. Just as important are adaptability and an open mind.



Altitude

Above 3000m, the air is thinner, the pressure is lower and there is less oxygen available in the atmosphere. Acclimatisation is the process by which the body adapts to these conditions. The key to acclimatisation is a good itinerary with a gradual initial height gain, walking at a slow and steady pace, and increasing fluid intake – drinking at least 4 litres a day is advisable above 3000m. Many people have some minor side effects from altitude, such as headache, nausea or general lassitude. The optional use of 'Diamox' has proved useful for some people, as this drug can reduce these symptoms. You will be given more information on 'Diamox' with your Final Information, between 8 and 10 weeks before departure.

Trekking life

A trekking day usually starts early, around 7- 7:30 am in December. After breakfast we set off. Lunch will break the pace, for about an hour. Most days we will reach our destination by early afternoon, leaving time to wash/relax before dinner at around 7pm. Bedtime beckons early and by about 8-9pm you will be ready to fall into your sleeping bag.

Language

The national language is Nepali, which has similarities to Hindi. Some locals will speak enough English for simple conversations, but many will not. A few words of Nepali will help to increase mutual understanding.

Health

If you take care while in Nepal there should be no reason why you do not stay healthy. Frequent hand washing and care with drinking water is the key.

Luggage

Luggage will be carried by porters. All you have to carry is what you need for the day: waterproofs, fleece, hat, camera, water bottle etc. A trek bag is ideal for your main luggage, and a small lockable bag will be useful for leaving travel clothes etc in Kathmandu.

Currency and Tipping

Local currency in Nepal is the Nepalese Rupee (*exchange rates appx. 1GBP = NR 160*). It is custom and practice to tip in Nepal. You should perhaps allow the equivalent of around NR. 4500-5000 per person for the whole trip; so which would normally cover hotel bell boys plus trekking crew including porters. Try to avoid giving sweets, biscuits, pens or cash to children or anyone who has not rendered a service.

Equipment and clothing

Full details of the equipment and clothing required will be sent when you book. You will need good mountain equipment, a sleeping bag and light clothing for warm day temperatures. Down jackets and sleeping bags can be hired in Kathmandu.

International Porter Protection Group

High Places has been endorsed by I.P.P.G. High Places has been endorsed by I.P.P.G. This means that we treat our porters fairly, and provide appropriate clothing and medical attention for them. Max load for trek bag is 12kg.

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