



## **ANNAPURNA BASE CAMP & POON HILL**

Lodge / Teahouse

**No. of days. – 18**

**Graded - Moderat**

Nepal a tiny country, nestled in the Himalayas between India and China, is one of the most diverse and fascinating countries in the world. Covering an area of only 147,181 sq. km, Nepal encompasses the world's highest mountains and the deepest valleys as well as low elevation rain forest.

Although the width of the country is only 200 km North to South, Nepal has the highest altitude variation of any country on earth, from 20m above sea level to 8 848 meters above sea level (Top of Everest).

The country is divided in to 3 elevation Zones viz. the low Terrain, the Midhill region and the High Himalayas, which contains 1/3 of the Himalayan range with 9 of the world's highest mountains. This wide diversity of landform gives Nepal an incredible wealth of flora and fauna.

Nepal is not only famous for its landscape but also renowned for the friendliness of its people. The people of Nepal are as variable and intriguing as the country's geography. There are more than 37 ethnic groups with their own language and culture.

Hinduism is the official religion, which the majority of the people practice. Many people throughout the country are Buddhist and the two religions have co-existed in harmony over the ages. A small number of people practice Christianity and Islam.

### **Nepal at a glance:**

Longitude: 26'12' and 30'27' No

Latitude: 80 degree 4' and 88 degree 12' East

Population: 24 million

Capitol: Kathmandu

Area: 147,181 sq. km.

## **Annapurna**

Annapurna Region is grand and the Circuit is known to be the most beautiful trek you can do in the world. Blooming Rhododendron hills along with tropical forest are mixed with turquoise glacier lakes and snowy 8000 meter peaks. Close to the mountains is the small and pleasant town of Pokhara that is situated by a beautiful lake and is a far calmer town than Kathmandu.

The Annapurnas' have several high peaks. "Annapurna 1" is 8 091 meters and the 10<sup>th</sup> highest mountain in the world. Annapurna 1 is known to be the most difficult 8000 meter peak to climb but still it was the first mountain above 8000 meter that was successfully climbed. The year was 1950 and it was a French expedition. After the French it took 20 years before the next successful climb. Till today it is still not more than a few hundred people who has summit successfully.

## **Your Adventure**

This trek takes you to the Annapurna Sanctuary which is often called "The Hall of the Mountain God". A sacred valley surrounded by enormous peaks, the Annapurna Sanctuary is a hidden glacial hollow that shimmers like a jewel in the mountain. Wherever you stand in this hidden Alpine amphitheatre, you see tall peaks and the 360 degree views are breath taking. After Base camp we trek through the rhododendron forest to Poon Hill from where the sunrise views are simply breathtaking.

## **Summery**

Trek Distance:                      Approx. 152 km  
Maximum altitude:                4 180m (Annapurna Base Camp).  
In / Out:                                Kathmandu



## Itinerary

- Day 1.** Arrive in Kathmandu (1330m), welcome dinner
- Day 2.** Half day city tour around Kathmandu Valley, lunch and trek briefing
- Day 3.** Fly to Pokhara (980m) and trek to Dhampus (1700m)
- Day 4.** Trek to Landruk (1751m)
- Day 5.** Trek to Chhomrung (2051m)
- Day 6.** Trek to Dovan (2400m)
- Day 7.** Trek to Deurali (2700m)
- Day 8.** Trek to Machhapuchare Base Camp (3900m)
- Day 9.** Trek to Annapurna Base Camp (4180m)
- Day 10.** Trek to Bamboo (2200m)
- Day 11.** Trek to Chhomrung (2051m)
- Day 12.** Trek Tadopani (2700m)
- Day 13.** Trek to Ghorepani (2850m)
- Day 14.** Trek to Hile (1570m) via Poon Hill (3230m)
- Day 15.** Trek to Nayapul.(1010m), drive to Pokhara
- Day 16.** Drive to Kathmandu
- Day 17.** In Kathmandu
- Day 18.** Departure

**Please Note** that the above itinerary is only a guide and that it could change. A lot of things have to be taken into account like weather, general walking pace of the group, mountain safety etc. Your group leader can change the schedule if necessary with prior notice to you, keeping safety first in mind.



## **Your Activity**

### **Day 1 - Arrival in Kathmandu**

Once you reach KTM airport and finish with the immigration and custom formalities be prepared to confront the confusion outside the airport which is common in most of the south Asian countries. As you walk out of the Exit door into the passenger pick up area you will see hundreds of people with different sign boards in their hands, taxi drivers looking for fares, hotel touts looking for customers and porters trying to help with the luggage for tips. Please remain calm and do not walk out of the restricted area into the crowd straight away. Remain there and try to find the Questropix sign board. Once you spot it, walk straight to the signboard and identify yourself. From here we will take care of you.

When you arrive to your hotel you will be briefed about your activities and "do's and don'ts" while your stay in Kathmandu. In the evening all the group members will be asked to meet at the lobby where you will have to fill in the application form for the **Annapurna Area Conservative Project - permit** and we will also collect your Passport and Air tickets for reconfirming your return flight. All these documents will be held in Questropix's safe and will be returned to you after your trek. Then we will go for a traditional Nepali dinner at Kathmandu's finest Nepali restaurant to end the day.

### **Day 2 - City tour and Trek briefing**

After breakfast you will be taken for a half day city tour where you will be visiting some historical temples and monuments. You will end your sightseeing with a lunch.

After your lunch you will be return to your hotel and your Group leader will give you your trek briefing and issue you your 'trek pack' consisting of a duffle bag, down jacket, sleeping bag, inner liner for your sleeping bag and rain poncho.

Your afternoon is free for you to do your packing and purchasing your last minute items for your trek.

### **Day 3 - Flight to Pokhara, drive ½ hour and trek 2 hours to Dhampus Phedi**

We depart from the hotel early in the morning and are transferred to the domestic terminal at Kathmandu airport. From here you fly to Pokhara, which is a spectacular flight flying west parallel to the mountain range with a flight time of about 30 minutes. After arrival at Pokhara we will be then transferred by road (private bus) to the starting point of the trek at Dhampus Phedi, which we should reach in the early afternoon. Our first day' is short but we climb steeply up the stony steps through a forest, and it should take about 2 hours to reach our first nights camp at Dhampus. Here we enjoy superb views of the great peaks of Annapurna 2, Annapurna 3 and Annapurna 4 and Machhapuchhare,

### **Day 4 - Trek to Landruk (1 751 m) 5 hours**

Today's walk commences with a steady ascent on a well defined path, to a village called Pothana and then through a forest up to Bhichok Deorali (2100m). From here we see beautiful views of the Annapurnas and also a bird's eye view of Pokhara. We then descend through forest to a small village called Tolka. We stop here for a short tea break. To the north there are again superb views of the Annapurna Mountains. The trail contours around the valley and descends gently to Landruk. It is fairly big village and since we reach Landruk early, we can utilize the rest of the day exploring the village.

### **Day 5 - Trek to Chomrong (2 051 m) 7 hours**

An early morning start on a well trodden path through a forested landscape takes us to Himlal Pani. The trail up to here is fairly easy with not much climbing. We cross a bridge here, and then we start to climb stony steps on a steady uphill. This will continue for about an hour and we reach Jhinu by lunch time. If we get time we will visit the hot springs for a quick bath so make sure you pack your swim costumes for today.

**Please Note:** Full or partial nudity is not accepted. Women are advised to wear a T shirt over your swim suit. Men are advised to wear shorts.

After lunch the trail to Chomrong begins to climb on a stone staircase, through forest and terraced fields to reach the tea-houses at Taglung where we take a short break. From here it is only a short walk to Chomrong.

### **Day 6 - Trek to Dovan (2 400 m)**

Today is a short day. We trek through dense forest and climb stony steps almost all the way to Dovan.

### **Day 7 - Trek to Deurali (2 700 m)**

We climb a steady uphill through the forest and then we head above the tree-line and into a wild and glaciated valley. The trail emerges out of the forest just before Hinko Cave (3 100 m), a huge overhanging boulder. Beyond the cave we descend to cross avalanche debris from a huge waterfall that once swept down from a hanging valley above our trail before entering a maze of large boulders and we reach Deurali (3 250 m). It is a short day and we reach our camp by lunch time. We can utilise the afternoon to go on a short hike for acclimatisation.

### **Day 8 - Machhapuchhare Base Camp (3 900 m)**

The trail now becomes less steep and after crossing further old avalanche debris we reach an open meadow that leads to the gateway of the Annapurna Sanctuary. In about 2 hours we reach the lodges at Machhapuchhare Base Camp, arriving in time for lunch. The afternoon is free to enjoy the truly spectacular scenery of the surrounding peaks and to aid acclimatization.



### **Day 9 - Annapurna Base Camp (4 180 m)**

After breakfast we follow the trail ascending to Annapurna Base Camp (4 180 m), which should take a little less than two hours. The trail is a gentle and gradual climb. All the time the scenery is amazing. We reach Annapurna Base Camp at lunch time. The afternoon is free to enjoy the sensational views of the surrounding peaks - some of the best mountain views of the Annapurna region, if not the world. The towering South Face of Annapurna I, Annapurna III, Gangapurna, Machhapuchhare and Annapurna South seem almost in touching distance and are particularly impressive during sunset and sunrise.

### **Day 10 - Trek to Bamboo Lodge (2 200 m)**

It is hard to leave such an impressive and extraordinary location, but we must now turn our heads for home. As we retrace our steps and the air gradually becomes thicker we will cover plenty of ground today. The going is all downhill, and we will make good progress on our return journey. After stopping for lunch on the way we re-enter the bamboo forest and reach Bamboo Lodge by mid-afternoon.

### **Day 11 - Trek to Chomrong (2 051 m)**

Again we continue down through the forest and take lunch at Sinuwa before arriving back at Chomrong in the afternoon.

### **Day 12 - Trek to Tadapani (2 700 m)**

We retrace our trail to Taglung. From here we descend contouring around terraced fields to reach Kimrong Khola. After crossing the river we now ascend steeply through forest, to Kimrong Danda where we take lunch. From here you again get a spectacular view of the Annapurna Peaks. From here we enter oak and rhododendron forest. This is a particularly pretty part of the walk, the forest often alive with the sound of birds, small tumbling waterfalls, and, if you visit in spring (late March to April), the rhododendrons in full bloom. There are no villages on today's route but there are a few tea-houses at Baisi Kharkha providing welcome drinks and a place to rest. There are fine views of the Annapurnas, Machhapuchhare and Lamjung Himal along the way. We reach Tadapani by mid afternoon.

### **Day 13 - Trek to Ghorepani**

Today we continue to trek through oak and rhododendron forest with fantastic views of the mountains.



**Day 14 - Trek to Hile (1 570 m) via Poon Hill (3 230 m)**

We wake up very early today. We climb up to Poon Hill through coniferous forest on well trodden stony steps. It will take us about 1 1/2 hours to reach Poon Hill. From here we get spectacular sunrise views on the Annapurnas and Dhaulagiri. After spending about 1 hour here we go back down to Ghorepani. From Ghorepani we descend steeply through dense forest on a steep stony staircase. We cross the villages of Nange Thanti and Ban thanti on the way. We will probably stop here for lunch depending on time and then continue to descend down to Hile, passing the village of Ulleri on the way.

**Day 15 - Trek to Pokhara (980 m)**

We continue on a more gentle descent to the village of Birethanti on the banks of the Modi Khola. Here we take lunch and then cross the new bridge to the east bank, from here you follow the river back to the road-head at Naya Phul. We are then transferred by coach to Pokhara and the rest of the day is free. In the evening you will dine out at one of the many lakeside restaurants.

**Day 14 - Drive to Kathmandu (1 330 m)**

Drive to Kathmandu takes us about 6 hours.

**Day 17 - In Kathmandu****Day 18 - Departure**

## Day On Your Trek

Although each day is different, considering the weather, general pace of the group and length of the days walk, in general your day begins with a wake up tea at around 6 to 6:30 in the morning. You will then be provided with a bowl of warm water for washing. Then you will need to pack your duffel bag and your daypack and come to the lodge's diner for breakfast.

After breakfast we will hit the trail and usually walk for about 3 to 4 hrs before we stop for lunch. We will give you about an hour and a half rest during lunch, which will also give enough time for the staff to have their lunch and pack. Usually after 3 to 4 hrs of walking we finish the days walk by 4 PM. Tea/ Coffee and snacks will be served on arrival to the lodge. Your Group Leader will often organize side trips in the afternoon. Your dinner will be served around 7 PM.



## High Altitude

On this trek you will be going up to 4180 m, so it is very important to understand the affects of altitude. The greatest provocation is going too high too fast. Questropix itinerary has been carefully designed to minimize the effects of altitude. We ascend slowly and surely allowing enough time for safe acclimatization.

Headaches and breathlessness are common at altitude which in itself is nothing to worry about. In rare cases, this may worsen to Acute Mountain sickness (AMS), so a close watch is kept on all trekkers by the group leader who is trained to recognize the symptoms of AMS which are severe headaches, nausea, lethargy, loss of appetite serious breathlessness even at rest. If any trekkers show such signs they will be descended to relatively lower and safer altitude. The Group Leader's decision on evacuating such person to a safe altitude is final.

Do not medicate yourself without first informing your group leader.

Going to altitude slowly with adequate rest and adequate intake of fluid (3 to 4 litres per day), you will most likely have no problems apart from breathlessness on hills which is completely normal as the percentage of Oxygen in the air is relatively lower to that at sea level.

The most important thing is not to worry about altitude because our team is there to take care of you.

## Staff

**Group leader:** your most important member of your staff. Our Group leaders are highly trained in all aspects of the trek, conservation, first aid specializing on altitude sickness, emergency procedures and have extensive knowledge of the natural history of the area.

**Sirdar:** His job is to manage and organize staff duties. He is responsible for the actual operation of the trek.

**Sherpas:** Their job is to lead your way and distribute equal loads to the porters.

**Porters:** They are responsible to transport your duffle bags and their job finishes once they reach the designated lodge. Our porters are provided with Gore-Tex suits, trekking boots, gloves, hats, socks, snow gaiters and snow goggles. Most importantly, we regulate them on a 25 Kg carrying which no other company does. Our clients can therefore feel comfortable knowing that our porters are working in a good humane condition. During the trek you can see porters carrying 60-70 kg and sometimes even more than 100 kg!!)



## **Weather**

### **Oct/Nov and March/April**

On the trek at lower altitude (2500m to 3500m) during daytime the Max temp can be around 22C to 28C and the Min temp can be 8C to 15C

At higher altitude (3500m to 5500m) the daytime Max temp can be between 17C to 22C and Min temp can be between -4C to 8C

### **Dec to end of Feb**

On the trek at lower altitude (2500m to 3500m) during daytime the Max temp can be around 15C to 20C and the Min temp can be 2C to - 8C

At higher altitude (3500m to 5500m) the daytime Max temp can be between 12C to 18C and Min temp can be between -4C to -20C

Please note that this is just general information and it could vary marginally.

## **Our Services**

- All internal transportation, in private vehicle.
- Services of English or/and Swedish speaking guide.
- Porter's and sherpa's assistance.
- 4 nights in tourist class hotel on bed and breakfast basis while in Kathmandu.
- Welcome dinner.
- Half day guided city tour with lunch.
- Use of a personal trek pack consisting of a duffle bag, down jacket and sleeping bag with a fleece inner-liner.
- All meals while on trek.
- Afternoon tea/coffee service on arrival at the lodge.
- Twin share accommodation in trekking lodges with shared bath and toilet facilities.
- National Park fees.
- Staff insurance, tourist service fee and all taxes applicable as per state law.

## **Not Included**

- Personal accident and rescue insurance. You must provide your own rescue insurance
- Mineral water, beer, soft drinks and extra tea/coffee outside of normal meal times.
- Private room accommodation in Kathmandu unless a single supplement is paid.
- Optional tips to guides and porters.
- International airport departure taxes.
- Visa costs.
- Helicopter evacuation in the unlikely situation, although we do arrange for it and make the necessary documents so that you can claim from your insurance.

## Recommendations for things you should bring:

- Water bottle (3 bottles min 1 litre each, should be able to hold hot water)
- Day pack medium size 35-40 litres
- Sunglasses
- Duct tape small roll.
- Stuff bags smaller (plastic) bags to organize you duffle bag
- Money belt
- Toiletries we provide toilet papers
- Towel
- Torch preferably head lamp
- Penknife
- Disposable lighter
- Sewing kit
- Medical kit as per your prescriptions. It should be noted that the group leader will be carrying a first aid kit.

## Optional

- Walking sticks
- Cameras
- Knee guard for those with bad knees.

## Clothing

- **Trousers:** 1 lightweight for easy walking and 1 warmer for colder days preferable wind/water proof, 1 stretchable running trousers
- **Shorts:** Not too high cut revealing ones
- **T-shirts:** At least 3 or 4
- **Hats:** Sunhat and woollen ones for colder days
- **Gloves:** Woollen and Gore-Tex
- **Thermal underwear:** Light weight tops and trousers, preferably woollen, at least 2 pairs
- **Socks:** At least 4 pairs (both thin and thick woollen ones)
- **Jackets:** 1 fleece and 1 Gore-Tex wind/waterproof. Please note that we provide down jackets.
- **Walking boots:** Preferably waterproof

## Healthy and trouble free holiday

There are no compulsory vaccinations required for entering Nepal. However please consult a doctor for vaccination against Typhoid, Meningitis, polio, and hepatitis. If you have special dietary requirements or allergies, please through your agent, give us a list of what you can and can't eat so that we can provide proper food for you.

If you are undergoing a course of prescription medicine, please ensure that you have sufficient supplies for the entire holiday. Some types of drugs including antimalarias have side affects at high altitude; therefore please consult your doctors regarding these drugs. The places you trek are mosquito free and there has been no report on malaria in Kathmandu for the past couple of decades.

## Insure yourself

We highly recommend you to take a comprehensive Personal Travel Insurance before leaving home. This should cover for your loss of baggage, airline delays, sickness, and accidents. And it should also cover you for Emergency Helicopter Evacuation.

## Money Matters

The ideal currency to bring with you is US\$ or Euro in traveller's cheques.

**In Kathmandu:** Each meal will cost around 4 to 6 US\$. Plus 10 to 20 US \$ for your taxis if you wish to go around the city.

**On trek:** you will need around 6 to 8 US\$ per day. This money is for your hot showers, chocolates, soft drinks and beers etc and also for small donations in the monasteries.

## Tipping

Although tipping is entirely optional and personal matter the following is recommended as a guideline

**In Kathmandu:** for bellboys, waiters and porters 20 to 30 Nepali Rupees

**On the trek:** At the end of the trek it is a customary to tip the field staff. The recommended amount is 55-75 US\$ depending on group size. The Group leader will collect the tip and then split it between the staff and put it in envelopes so that the trekkers can give it to the staff during the "Farwell Ceremonies"



## Some Do's and Don'ts

Nepalese people treat visitors as special guests. Although they will never rebuke you publicly for unknowingly offending them, we must consider their culture.

While in Nepal please observe the following:

- Full or partial nudity is not accepted.
- Over display of affection between men and women, especially in temples and monasteries are discouraged.
- Please remove your shoes before entering monasteries and temples.
- Never point the soles of your feet at a person or shrine.
- Many Hindu temples are closed to non-Hindus. Please ask before entering.
- Locals walk around the Mani walls and Stupas in a clockwise direction as a respect and they expect you to do the same although it is not compulsory.

ENJOY!

