



Annapurna Base Camp Trek



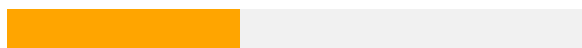
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📍 Nepal - Annapurna

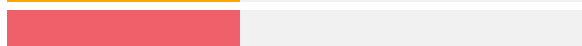
You will get an insight into the best Nepal has to offer through a week of immersing and learning, two weeks of trekking and a week of community service!

The Annapurna Base Camp Trek starts from trailhead Nayapul, crosses river beds and terraced hillsides, on trails disappearing into blazing rhododendron clusters and oak forests, to picturesque villages of the Gurungs!

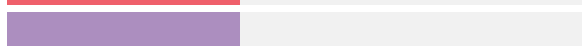
Culture



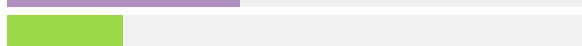
Learning



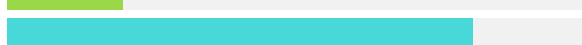
Leisure



Community Engagement



Physical Demand



Program Description

First Week: Introduction Week

Our introduction week will get you kickstarted into this amazing country located at the foothills of the mighty Himalayas. Now only will you get to learn about the language and lifestyle, but you will also visit temples, go on a hiking tour and even take part in a scavenger hunt race at a local market!

Second and Third Week: Annapurna Base Camp Trek

Annapurna Base Camp Trek starts from trailhead Nayapul, cross river beds and terraced hillsides, on trails disappearing into blazing rhododendron clusters and oak forest, to picturesque villages of the Gurungs. We will go on to the deep narrow corridor of Modi River Gorge, entrance to the sanctuary, a spectacular mountain amphitheatre formed by the towering peaks of Annapurna South, Fang, Annapurna I and III, Gangapurna, Glacier Dome and Machhapuchhre. Annapurna Sanctuary Trek allows trekkers to pitch camp at approximately 14,000 ft, in the middle of breathtaking surroundings.

Annapurna Sanctuary is also popular as natural amphitheatre because of the its dramatic views from where trekkers can enjoy real natural wonders. On return, we descend through the gorge and cross the Deorali Pass from which can be had a bird's eye view of the Kali Gandaki valley. On a rest day normally planned for Ghorepani, a short climb up to Poon Hill is worthwhile to get a sweeping view of the entire western Himalaya, including the giant Dhaulagiri.

Fourth Week: Community Service

You will get the chance to give back to Nepal by helping out in some of our projects. Your choices will be teaching at a local school, helping out at a kindergarten or aiding injured dogs in our shelter.

What is included in the program

- Airport transfers as per the policy - Airport Pickup in Kathmandu - Tribhuvan International Airport
- Presence of a dedicated program coordinator throughout your travel, at the projects and facilities- Logistical management support in case of emergencies
- Authentic Nepali meals and European (breakfast, lunch, dinner) for the duration of the entire program as per the meal plan
- Accommodation at hotels, tea houses, and at our accommodation facility - Shared accommodation
- Local transportation to all venues
- Entry fees to all places
- Extensive pre departure information
- Overland public local transportation

What is excluded in the program

- Personal expenses such as table drinks, room service items, laundry, telephone calls, tips, portage at hotels or airport, bottles of water during your road travel etc.
- Any additional expenses caused by or liability for disturbance in the program due to circumstances, weather conditions, sickness, natural disasters, riots etc.
- Liability for or insurance against injury, loss of life, accidents or loss of goods.
- Our program does not cover any liability and does not insure participants. Participants must have appropriate insurance before joining the program.
- Any camera fee where applicable.
- Any service not specified above.

Few things to consider when you are with us!

- Returning to the accommodation after your personal trips before 22.00 everyday
- You will not be allowed to hire any vehicle on your own
- Consumption of alcohol inside the accommodation is strictly prohibited
- Respect and adhere to our code of conduct
- Our staff is there to support you, guide you and make your trip memorable. We kindly request you to follow their instructions at all times
- You will not be allowed to bring outsiders inside our centers/ tea houses or hotels

Program Duration & Availability

Min duration (weeks): 4

Aims & Objectives

To bring you closer to the authentic Nepal and the majestic Himalayas. It is aimed to immerse you fully into the Nepali lifestyle, culture and customs.

Schedule

Week 1: Introduction in Kathmandu

Day 1: Monday

- Puja to the gods & goddess and name-giving ceremony
- Go over the week's schedule and handling of documents
- Introduction game to get to know fellow participants
- Cultural seminar on social behavioral norms, dos & don'ts in Nepalese culture. Cross cultural orientation on eating and drinking habits, bathing, clothing and toileting custom in Nepalese culture.
- Explore your surroundings around the program house
- Overnight stay at the Center

Day 2: Tuesday

- Nepali language training
- Talk on general health precautions and safety during the program
- Cultural and historical tour of Swoyambhunath
- Go out shopping at the local market
- Overnight stay at the Center

Day 3: Wednesday

- Yoga and meditation session
- Nepali language training
- Lecture on religion and culture
- A cultural as well as historical orientation tour to the famous Kirtipur (an ancient settlement of indigenous group of Kathmandu) temple
- Overnight stay at the Center

Day 4: Thursday

- Nepali language training
- Nepali cooking session
- An amazing race for a Scavenger Hunt at the local market
- Overnight stay at the Center

Day 5: Friday

- It's all about hiking today! We will go on a nature trail into the mountains to get a view of Kathmandu valley.
- Feedback sharing (evaluation)
- Nepali cooking class
- Overnight stay at the Center

Day 6-7: Saturday to Sunday

- Free days
- Overnight stay at the Center

Week 2: Annapurna Base Camp Trek

Day 8: Monday

- Bus from Kathmandu to Pokhara (200 km)
- Overnight stay at the Center in Pokhara

Day 9: Tuesday

- Pokhara to Tikhedhunga (1,577 m)
- Two-hour drive to Nayapul (1070 m)
- Trek following Bhurung Khola to reach Tikhedhunga
- Overnight stay at a lodge

Day 10: Wednesday

- Tikhedhunga to Ghorepani (2,855 m)
- Ascend to Ulleri Village through a pleasant Rhododendron forest and arrive at the top of Ghorepani pass
- Overnight stay at a lodge

Day 11: Thursday

- Ghorepani to Tadapani (2,680 m)
- Early wake up and walk up to Poon Hill for one hour to observe the sunrise and a magnificent mountain view
- Walk back to Ghorepani for breakfast
- Trek to Tadapani
- Overnight stay at a lodge

Day 12: Friday

- Tadapani to Chhomrong (2170 m)
- An easy way down to Kimron Khola for lunch
- Ascend again to Chhomrong village which lies at the base of Himchuli at the elevation of 6,441m, which also offers a close view of Annapurna and Machhapuchhre
- Overnight stay at a lodge

Day 13: Saturday

- Chhomrong to Himalaya Hotel (2,873 m)
- Forward to Kuldi Ghar for about 3 hrs and down to the bank of the Modi river viewing thickets of bamboo at the bottom of the gorge
- Passing by the pasture of Tomo and Panchen Barah, climb up to the hotel
- Overnight stay at Himalayan Hotel

Day 14: Sunday

- Himalayan Hotel to Annapurna Base Camp (4130 m)
- Keeping up on the west bank of Modi, follow a more open valley at the side of Machhapuchhre Base Camp
- Overnight stay at a lodge

Week 3

Day 15: Monday

- Annapurna Base Camp to Bamboo
- Descend and follow the same way to a pleasant camp spot at Bamboo
- Overnight stay at a lodge

Day 16: Tuesday

- Bamboo to Jhinu
- Walk up to Chhomrong and further way down to Jhinu
- Overnight stay at a lodge

Day 17: Wednesday

- Jhinu to Pothana (1980 m)
- Walk downwards to Modi river
- Ascend to Landrung, a beautiful Gurung village and lunch at Tolka
- An easy ascent up to Deurali
- Overnight stay at Pothana

Day 18: Thursday

- Pothana to Pokhara (820 m)
- About 3-4 hours easy way down via Dhampus village to Phedi
- Then one hour drive to Pokhara
- Overnight stay at the Center in Pokhara

Day 19: Friday

- Drive back to Kathmandu by Bus
- Overnight stay at the Center

Day 20-21: Saturday to Sunday

- Free days
- Overnight stay at the Center

Week 4

Day 22-26: Monday to Friday

You can choose from the following options:

- Teaching at local schools
- Helping out at a Kindergarten
- Working with rescued dogs at our Canine Rehabilitation project
- Overnight stay at the Center

Day 27: Saturday

Departure

This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.

Starting Dates

During 2019

This program starts every week.

During 2020

Jan 6th	Feb 3rd	Mar 2nd	Apr 6th	May 4th	Jun 1st	Jul 6th
Aug 3rd	Sep 7th	Oct 5th	Nov 2nd	Dec 7th		

Participant Criteria & Requirements

Minimum age:	-
Maximum age:	-
Minimum English level:	Basic
CRB required:	On Signup
Passport copy required:	On Signup
Resume copy required:	No
Required qualification:	None

Additional Requirements

There are no specific requirements.

Additional Equipment

We recommend following equipment and items to pack for your trekking trip.

For head

- Sun Hat / baseball cap
- Fleece/Wool hat (to cover ears) for winter
- Sunglasses & reading glasses
- Scarf to cover face (dust/wind)

For lower Body

- Under garments
- Hiking shorts - 1
- Lightweight walking pants - 1
- Light weight thermal leggings - winter
- Fleece or tracksuit pants

For Feet

- Thin cotton inner socks
- Thick warm wool hiking socks
- Hiking boots
- Sandals
- Walking poles

For Upper Body

- T-shirts
- Lightweight thermal tops - winter
- Fleece long sleeve tops
- Down vest/jacket - winter
- Poncho rain cover

For Hands

- Lightweight fleece gloves - winter
- Playing card
- Trail map & guide book

For Sleeping

- Sleeping bag
- Sleeping bag liner
- Pillow slip/case

Medical Kit

- See your Doctor for complete medical kit Including Dimox – for high elevation

Accessories

- Headlamp & spare batteries
- Dry packs
- Open neck water bottles
- Watch with light & alarm
- Pack cover
- Day pack
- Money belt
- Toiletries & Personal Hygiene
- 1x quick dry towel & face cloth
- Shampoo & Conditioner
- Toothbrush & paste (biodegradable)
- Multipurpose wipes (face & body)
- Deodorant
- Face & Body moisturizer
- Nail clippers/file
- Small comb/brush
- Clothes washing soap (biodegradable)
- Toilet paper (you can buy more on trek)
- Anti-Bacterial wipes (4x packs)
- Hand sanitizer (small bottle)
- Sun block face/body high UV protection
- Lip block with UV protection
- Feminine hygiene products

Extra Items

- Camera & extra batteries
- Binoculars
- Reading books
- Journal & pen
- Energy/protein bars
- Walkman & Steripen

*****Make sure to pack no heavier than 15kg after fully packed.*****