



# Annapurna Circuit Trek 2020

Information Pack v1



# Disclaimers

- Participants take part in the Trek entirely at their own risk and Oshwal Association of the UK, the organizing team and the Trekking company are not liable for any part of this venture.
- Participants must decide if they are fit and healthy to undertake this trek – trekking is hazardous. You must do your own research and decide if you want to take part and Oshwal or the organisers give no undertaking or accept any liability of any sort.
- The organizing team and Trekking company reserve the right to make changes.
- This presentation is purely indicative and Oshwal, the organizing team and the Trekking company make no guarantees as to the actual trip and conditions.



# Why Trek?

- Love the outdoors
- You want to see some of the most amazing natural sights in the world
- You enjoy physical challenges
- The opportunity to make new friendships and refresh old ones



## Is this for me?

- Do you want something to focus on?
- Can you commit to regular training?
- Can you live (happily) without creature comforts (including wifi!)
- Are you healthy and fit enough? (See next slide)



# How fit do I need to be for this trek?

- The Annapurna Circuit is a tough challenge, at altitude, but one that is very achievable with the correct training. It requires a reasonable level of strength, stamina and determination. Your training should incorporate aerobic (endurance building), anaerobic (strength building) exercises and some good long walks!
- High Altitude Sickness is a real issue. It can affect anyone, including the fittest athletes alive (and Sir Edmund Hillary - the first summiteer of Everest!) so make sure you take all the necessary precautions after 3000m.
- That includes taking **Diamox** (if you wish, but consult with your doctor), staying hydrated, fuelling up and getting adequate rest. If you feel symptoms, let your guide know and take action.



# WHAT IS THE SCENERY LIKE ON THE ANNAPURNA CIRCUIT TREK?

**Simply stunning.**

The Annapurna Circuit is often considered to be not only the best trek in Nepal, but in the world. The reason for this is the stunning vistas and constant views of Annapurna summits. The circuit takes you through a number of climatic zones which take in rice paddy fields, sub-tropical forests, rural farmland and glacial zones. You will also see great views of some of the world's giants including Annapurna I, Annapurna Massif (I-IV), Manaslu (8,156 meters) and Dhaulagiri (8,176 meters).





# Food and Lodging



# Accommodation

- Guesthouses and teahouses are dotted along the whole trek.
- Rooms at each teahouse are generally twin share, with enough space to spread out.
- As the altitude increases the accommodation becomes more basic.
- Most teahouses will have basic amenities, such as showers and toilets.





# Meals

- Breakfast, Lunch and Dinner will be provided throughout the trek at the Tea houses
- Meals will be simple, vegan/vegetarian and sustaining.
- No non-vegetarian meals will be allowed on this trek



# Costs



- Trek Fee is £885
- International Flights
- Single room supplements
- Tips
- Visas
- Insurance
- Appropriate Clothing and equipment
- Extras



# Whats included in the Trek Fee? #1

- All Airport Transfers and Local Transport (unless you don't arrive and depart on the key dates)
- Accommodation Hotel in Kathmandu using Arya Tara Hotel and Pokhara (hotel pokhara batika) on twin sharing basis.
- Tea House Accommodation during the trek on sharing basis.
- All Meal (B, L, D) Through-out the trip [Dinner on Arrival Day, Breakfast on Departure Day]
- Professional guide and necessary number of porter for the trek with their meal (to carry luggage),



## Whats included in the Trek Fee? #2

- All National park fees, Local Taxes
- Private bus and jeeps for all other required ground transport
- Kathmandu sightseeing with Entry Fees
- One night cultural show and dinner
- Group First Aid Medical Kit
- Full Day guided City Tour in Kathmandu



## Whats NOT included in the Trek Fee?

- Personal clothing and sleeping bag
- Personal accident and health insurance
- Emergency evacuation and medical expense
- Alcoholic and bottled beverage, mineral water, laundry, and tips
- Flights
- Any other services and expenses that are not specifically mentioned



# Training Programme #1

- Training for your trek will **lower the chances of becoming injured** and help you develop the physical endurance and mental stamina required for your challenge.
- Trekking practice prior to your departure is the best method of preparation as it will help **develop the muscles required** for your challenge.
- Some training can be easily incorporated into your **day-to-day life**, such as walking to work rather than taking public transport, repeatedly climbing sets of stairs at home/at work etc.
- If you are a member of a **gym** they may be able to put together a suitable training schedule for you.



## Training Programme #2

- Make sure you undertake several 'practice' hikes to break in all your equipment.
- Using the correct equipment goes hand in hand with fitness levels on these challenges. Good properly worn in walking boots are an absolute essential.
- Take part in our monthly walks.
- Supplement that with your own additional long distance walks.
- Join in the Mount Snowdon trekking practice weekend.

# Fundraising



- We will be raising funds for a charity
- Chosen charity will be communicated shortly
- No minimum target but all participants should aim for a respectable minimum of £250 each
- Fundraising tips and tools will be provided in due course after you have registered



# Itinerary

- You must arrive Saturday 10<sup>th</sup> October in Kathmandu
  - You can get flights from London leaving the evening of Friday 9<sup>th</sup> October which get into Kathmandu (Nepal) by Saturday afternoon. If you are late we will leave without you.
- On the morning of Sunday 25<sup>th</sup> October the group will be dropped to Kathmandu airport for flights back to London, which given the time difference means you should arrive back in London by Sunday evening.
- Consider arriving in Kathmandu a day earlier (so Friday 9<sup>th</sup>)
- On Sunday 25<sup>th</sup>, you may want to stay longer in Nepal, or stop in India or the Middle East on your return.
- The later you book your flights the more expensive they will be.



# The route

## Day 01: 10<sup>th</sup> October - Arrival Day Kathmandu - 1400 meters

You will be welcomed on your arrival by our representative at Tribhuvan International Airport, Kathmandu. You will be transferred to your hotel. Once you check into the hotel, find some free and relaxing time until we meet for the briefing at some point in the evening.

## Day 02: Kathmandu Exploration Day –

After breakfast in the morning we go for the Kathmandu sightseeing tour. We are going to do the UNESCO CULTURAL HERITAGE TOUR today which includes: Swoyambhunath- The oldest Buddhist Stupa in Kathmandu Valley, a beautiful abode for lots of monkeys thus also known as Monkey Temple, and is also a perfect vantage point to see Kathmandu valley. Evening dinner at Local restaurant.

## Day 03: Kathmandu - Drive to Bensisahar

Early morning after breakfast we will be driving to Bensisahar on Private Coach. A 5 to 6 hour beautiful scenic drive. Stay overnight at Bensisahar.



# The route

## Day 04: Morning jeep to Chame.

After breakfast take a Local Jeep to Chame. You are heading towards Chame, the headquarters of Manang, the district beyond the Himalayas, as it is famously known as in Nepal. You will, undoubtedly, enjoy your stay in the mountain town in the lap of Annapurna II - 7937 m / 26040 ft. 5 hour bumpy ride but offers you some breathtaking views. Check into a guest house in Chame and relax.

## Day 05: Chame - Pisang 3190m -

Hike from Chame to Pisang . Approx. walking 5 to 6 hours, O/N at guest house

## Day 06: Pisang - Manang 3520 m -

An about five hours trek today takes you to the mountain village of Manang where you can see the prevalent Tibetan Buddhist culture. The walk itself offers a magnificent view of the mountain peaks in the famous Annapurna range. Serene mountain atmosphere is an additional bonus for your walk.



# The route

## Day 07: Manang Acclimatization Day - 3520 m -

Take a day break in Manang to acclimatize to the altitude. Explore the local area of Gangapurna glacier and Gangapurna lake; be comfortable adjusting in the high altitude climate. Stay in Manang

## Day 08: Manang - Yak Kharka 4010 m -

Head towards Yak Kharka, today's destination after having breakfast. Yak Kharka literally means the Yak pasture land. You come across those mountain giants - yaks - along the trail. Enjoy the mountain view and beautiful atmosphere on your six hours walk today.

Once in Yak Kharka, check into a tea house.

## Day 09: Yak Kharka - ThorongPhedi 4400 m -

After having breakfast in the morning, start your walk of the day to ThorongPhedi - the base of the Thorong-la Pass. A five hours slow paced walk takes you to the place where you are staying overnight today. Enjoy and relax in the cool mountain environment.



# The route

## Day 10: Thorong Phedi - Thorong pass 5416 m - Muktinath 3800 m

Today is a long day of walking and the highlight of this trip. Wake up very early in the morning to start your adventure towards the highest pass - Thorong pass. A slow paced uphill walk takes you about 4-5 hours to reach the pass. When you are at the top, you feel like you have conquered everything and the view from there makes you forget all the effort and difficulties you went through to make it there. You have conquered the highlight of this trip. Now, your walk starts descending towards Muktinath for about another six hours.

## Day 11: Muktinath – Jomsom - Tatopani -

Trek and take a jeep ride to Tatopani, enjoy the hot spring and stay overnight there. Stay in a hotel in Tatopani.



# The route

## Day 12: Tatopani to Ghodepani -

Trek from Tatopani to Ghorepani, a long day hike to Ghorepani via beautiful village – Sikha. Stay overnight at Ghorepani. You can enjoy the beautiful View of Mt. Dhaulagiri, Nilgiri, Annapurna South from your Room. A beautiful village to walk around, the overlook view of the world's one of the deepest gorge – The Kali Gandaki Gorge. Stay overnight at Hotel.

## Day 13: Ghodepani to Pokhara 900 m -

Early morning enjoy the sunrise view from Poon Hill, back to Hotel and have a breakfast, hike down to Nayapul. Take a Bus from Nayapul to Pokhara, probably you want to visit the Barber shop or a Nice Spa to Relax. Overnight at Pokhara.

## Day 14: Full day sightseeing in Pokhara.

Have a leisure time in Pokhara to explore the beautiful lake city. Go for boating, massage and explore the lake side. Stay overnight at Pokhara.



## The route

Day 15: Drive from Pokhara to River Rafting, and back to Kathmandu.

After breakfast 3 hours' drive to rafting place, enjoy the adventure and later drive to Kathmandu. Evening culture show and dinner.

Day 16: Departure Day

As today is the last day of the trip, we transfer you to airport for departure.



## Next Steps and timeline

- Decide you are ready and committed for this life changing experience
- Complete the AC2020 Trek Sign up Form
- Pay your non-refundable £200 deposit
- Trip admissions close the earlier of (1) all 40 spaces taken up, (2) 15<sup>th</sup> April 2020