

Adventure Nepal 2012

Annapurna Base Camp/Kathmandu/Chitwan National Park

October 4th to 23rd 2012

Join us for our third annual trek to Annapurna Base Camp. The following itinerary is the same one that we used in 2010 and 2011. Both trips were so successful that we have decided to offer it one more time. It is perfect for those who have not been to Nepal before as it includes a classic trek but also includes sightseeing in Kathmandu and a very special experience in the Chitwan National Park. We have been using the same trek team since 2006 for all our Annapurna treks including ABC and Poon Hill and as well as for the Everest Kala Patthar/Base Camp trek, which we did in the fall of 2008. We cannot say enough good things about the amazing staff. Razzu, the owner of Samsara Journeys, and I have been working together for over 8 years and have led numerous tours to Nepal, Bhutan, Tibet and Sikkim along with the treks. The personal service is outstanding and I encourage you to have a look at the website: <http://samsarajourneys.com/> where you will see photos as well as testimonials.

Thursday, Oct. 4 - Day 01: Kathmandu (Arrival)

Arrive at Kathmandu International Airport. You will be met, assisted and transferred to the hotel.

Overnight Hotel Nirvana Garden.

Friday, Oct. 5 - Day 02: Kathmandu

Breakfast at the hotel.

AM: Sightseeing of Boudhanath Stupa. Boudhanath is one of the holiest Buddhist pilgrimage sites in Nepal. Many pilgrims gather daily to circumnavigate the enormous domed Stupa under the watchful eyes of the Buddha, which gaze out from the central tower. Around the Stupa have sprung up a number of monasteries of the different sects of Tibetan Buddhism including one on the west side which houses, an enormous seated statue of Maitreya Buddha.

PM: Trek briefing introduction to trek team staff. Free time for personal activities and preparation for the trek

Overnight Nirvana Garden Hotel

Saturday, Oct. 6 - Day 03: Kathmandu

Breakfast at the hotel.

AM: Swayambhunath: Established more than 2500 years ago, the Buddhist temple of Swayambhunath is also known as the “Monkey Temple” and the many families of rhesus monkeys are a testament to that name! Perched high on a hilltop, it commands a superb view of the entire Kathmandu Valley. Swayambhunath is also known as Sengu and is listed as A World Heritage Site. We will approach it via a stone pilgrim staircase built in the 17th century, testing our legs for the trek ahead.

PM: Patan City: Patan is the city of arts and architecture founded in 250 A.D. and is also known as Lalitpur. It is renowned for its fine works in bronze, silver and copper. We visit Durbar Square, which, like its counterpart in Kathmandu, is an enchanting mélange of palace buildings, artistic courtyards and graceful pagoda temples.

Lunch at the Summit Café

Tibetan Refugee Camp: It was set up in 1960 under the initiative of the International Red Cross and the Swiss Development Corporation (SDC) then known as Swiss Association For Technical Assistance (SATA), in cooperation with His Majesty’s Government of Nepal. Its main objective is to help the Tibetan refugees to do something productive and support themselves.

Overnight Nirvana Garden Hotel

Sunday, Oct. 7 - Day 04: Kathmandu to Pokhara

Breakfast at the hotel.

After breakfast transfer to the domestic airport for our flight to Pokhara. Upon arrival at Pokhara transfer to hotel.

Rest of the day free for personal activities and preparation for trek.

Overnight Hotel Stupa/Mt Kailash Resort.

Monday, Oct. 8 - Day 5: Pokhara - Tolkha (1895 m)

Trek Time - 6 hrs.

Following breakfast at the hotel we drive 20 minutes to Phedi for the start of the trek. The trek starts immediately with a steep climb through mixed forests and takes about an hour to arrive at the Mina Lodge, which marks the end of the steep path and arrival at Dhampus Plateau. From here the incline is much easier as the trail

continues to climb steadily in a more forested area and after about two hours we arrive at the first check post at the entrance to Dhampus Village with a maze of houses and alleyways of stonewalls. There are magnificent views of the mountains from west to east of the Annapurna South (7219m), Hiun Chuli (6441m), Mardi Himal (5587 m) and Machhapucchhare (6993m) to the north. Lunch at Dhampus (1700 m). After leaving the village, we continue on the trail going down a fairly gentle slope cut into steps in the middle of the forest and then a short climb brings us to the settlement of Pothana (2000m) with magnificent views of the western Himalayas. The path from here slowly ascends until it reaches the locality of Bichok Deorali (2149m) located at the crest of the ridge. From here, the trail descends slowly but gets steeper until it meets the Modi Khola Valley first and then the village of the Bheri Khola. We cross a small suspension bridge as the path follows the ridge of a hill for about an hour hike to the settlement of Tolka (1895m).

Overnight at Tolka

Tuesday, Oct. 9 - Day 06: Tolka - Chhomrong (2050 m).

Trek time – 6-7 hrs.

After breakfast, we trek through Tolka Medi Gara before again going down gently towards the village of Landrung on a trail where the forest gives way to vast expanse of terraced cultivation covering the surrounding hills. We walk through the village and at the end of the village trail there is a junction with two paths. One goes steeply down in the direction of the Modi Khola towards the Ghandrung Village but we walk north on a path, which gradually leads, to the riverbank and then on to the New Bridge. After crossing the bridge, the path rises steeply and it is tough going for about 45 minutes before it eases out on a slope gently going down until our arrival the Kyumnu Khola, a tributary of the Modi Khola. From here, it is another 30 minutes of climbing to the settlement of Jhinu Danda (1760 m), which has a few comfortable looking lodges and many Tibetan traders selling trinkets to trekkers. Jhinu Danda is a good lunch spot. After lunch, we have a steep climb to Chhomrong. This large and sprawling Gurung village has panoramic and close up views of the Annapurna South, Hiun Chuli and Machhapucchhare mountains making the hard day of trekking a distant memory. Chhomrong controls the entry to the Annapurna Sanctuary.

Overnight at Chhomrong.

Wednesday, Oct. 10 - Day 07: Chhomrong - Bamboo (2310 m)

Trek time- 5-6hrs

After breakfast we head down to the suspension bridge, which crosses the Chhomrong Khola, and then climb up the opposite side until we reach the hamlet of Banuwa. We carry on for another thirty minutes where we reach Sunawa (2400m) where we will find a couple of lodge-restaurants. We will have lunch at Sinuwa.

Here the path leaves cultivated fields to enter the beautiful tropical forest. It takes about an hour to reach the locality of Khuldi Ghar (2,477m) where we will encounter the second check post. Our trekking permits will be shown here as well as our entrance ticket to the National Park. The head quarters of ACAP and its environment center are also located at Khuldi Ghar. After the check post the path descends until it reaches the hamlet of Bamboo (2300m). As the name suggest, Bamboo marks the beginning of the huge bamboo forest.

Overnight Bamboo

Thursday, Oct. 11 - Day 08: Bamboo to Himalaya (2840 m)

Trek time 3-4 hours

The trail climbs through beautiful rhododendron forests to Doban. Soon after Doban we enter the sacred forest of Jode Yehm, where near the waterfall on the east bank of Modi Khola, we will see an altar surrounded by thousands of white banners suspended from the trees. A sign indicates the name of the place and reminds the travelers not to lean over. One assumes it is better not to disturb the Gods.

Overnight Himalaya

Friday, Oct. 12 - Day 09: Himalaya to Machhapucchhare Base Camp (3700 m)

Trek time 6 hours

Our trail continues through the middle of the forest, going up and down following the flow of the rivers, until the last stretch where a steep path leads to Hinku Cave (3139m) noticeable by a huge rock half sheltering a bharti. From here it will take about three hours to reach Deorali (three lodges, 3230m). On the way we will probably have to cross two naves or slabs of old frozen ice, commonly found in glacial area. Walking from Deorali to Bagar (3300m) takes about fifty minutes. Instead of lush vegetation, only bushes and high grasses survive. The path crosses twice on bridges so as to avoid avalanches and landslide prone area. It is a good place to make a lunch break. The next stop, the base camp of Machhapucchhare, is about two hours walk away. Machhapucchhare or "fishtail", has been thus named because its twin summits resembles a twitched fishtail.

Overnight MBC

Saturday, Oct. 13 - Day 10: MBC to Annapurna Base Camp (4200 m) to Himalaya

Trek time 7 hours

Early morning trek to ABC to enjoy the magnificent sunrise over the Sanctuary, which is only two hours away. Except for a few hills, the route is flat and therefore quite easy. Also, the spectacular views of Annapurna south in the forefront are so satisfying that one easily forgets the exhaustion. At the end of the route (4130 m),

there are about five or six lodges. A little further, the path leads to a small hill, which is the best point to admire the entire panorama of the Sanctuary. Trek back to MBC.

Breakfast at MBC

After breakfast walk back to Himalaya

Overnight at Himalaya

Sunday, Oct. 14 - Day 11: Himalaya to Sinuwa

Trek time 4-5 hours

Backtrack to Chhomrong

Overnight Sinuwa

Monday, Oct. 15 - Day 12: Sinuwa to Chhomrong

Trek time 4 hours

Backtrack to Chhomrong

Overnight at Chhomrong.

Tuesday, Oct. 16 - Day 13: Chhomrong - Ghandrung (1920m)

Trek time: 5 hrs.

After breakfast trek towards Kyumrong Khola for lunch. After lunch trek to Ghandrung Village via Kyumrong Danda. This area offers some of the finest trekking in Nepal. The Annapurna range and Machhapucchhare dominate the mountain views through glimpses further East to Lamjung Himal and Manaslu Range are also possible. Ghandrung village is rich through its excellent farming land and the generations of its sons who have become Gorkha soldiers and receive pay and pensions from the British and Indian Gorkha armies.

Overnight at Ghandrung.

Wednesday, Oct. 17 - Day 14: Ghandrung - Naya Pul & drive back to Pokhara.

Trek Time – 5 hours

After breakfast, we trek on a pleasant down hill trail, and then the trail levels out and follows the banks of the river. After about 3 hours we arrive at the riverside settlement of Birethathi for lunch and a goodbye to our trek team. After lunch, we walk along the high banks of the Modi Khola for about 30 minutes and end the trek at Naya Pul to meet waiting vehicles for the one-hour drive back to Pokhara.

Overnight Hotel Stupa/Mt. Kailash Resort

Thursday, Oct. 18 - Day 15: Pokhara - Chitwan National Park (Machan Paradise)

Early breakfast at hotel.

After breakfast we fly by private charter flight to Chitwan National Park. Machan Paradise borders Chitwan National Park, a 932 square kilometer area of tall grassland and magnificent sal forest. It is one of Asia's richest and most spectacular wildlife sanctuaries. Activities include wildlife viewing from elephant back, nature walks, bird watching, land rover safaris, river trips in dug out canoes and much more. Upon arrival at jungle lodge we will be briefed about our program.

Afternoon: Jungle activities

Overnight Machan Paradise

Friday, Oct. 19 - Day 16:

Full day jungle activities.

Overnight Machan Paradise

Saturday, Oct. 20 - Day 17: Chitwan National Park

Full day jungle activities.

Overnight Machan Paradise

Sunday, Oct. 21 - Day 18: Chitwan National Park - Bharatpur - Kathmandu

Breakfast at Resort.

Drive to Bharatpur Airport for flight to Kathmandu.

Upon arrival at Kathmandu airport transfer to hotel.

Overnight Hotel Nirvana Garden

Porterages, local taxes, tolls, entrance fees and service charges where applicable

- All tips including hotel porters and full trek team
- Insurance and medical facilities for trek team
- 3 Nights at Machan Paradise inclusive of all meals, elephant back safari, nature walk, bird watching, river trip and the services of trained naturalist

***Above costs include a charter flight from Pokhara to Bharatpur. There is no regular air service for this sector but we have always flown due to the poor road conditions and length of the bus ride. It also allows for more fun at Chitwan.

NOT INCLUDED IN COST

Any meals not specified in itinerary

Expenses of a personal nature such as room service, laundry, and telephone calls

Personal insurance and medical and emergency evacuation insurance

Nepal Visa

International flights

DEPOSIT

US\$500

FINAL PAYMENT

Final payment is due June 4th, 2012. Payment by cheque or bank draft is preferable. If you wish to pay by electronic transfer please add \$25.

CANCELLATION

There will be an administrative fee of US\$200 if you cancel before the final payment is due on July 4th. Any cancellations after June 4th will also result in payment of any charges the travel agent imposes. Also cancellations after that date could result in higher costs for all group members. If we do not have the required minimum of participants, you will receive a full refund.

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