

# THARPU CHULI



UNIVERSITY  
OF LINCOLN  
MOUNTAINEERING SOCIETY



UNIVERSITY OF  
LINCOLN  
UNITED KINGDOM



Lincoln  
STUDENTS



Depart UK: Saturday 9<sup>th</sup> April

Arrive UK: Sunday 23<sup>rd</sup> April

14 days

## Annapurna Base Camp / Tent Peak base Camp Expedition 2017

Activities: Trekking

Trek Duration: 12 days

Trek style: Lodge Trek

Trek Grade: Moderate to Challenge

Trek route: Kathmandu-Pokhara-Chomrong-

Annapurna Base Camp – Tent Peak Base Camp (snow walk) Pokhara-Kathmandu

Altitude: Maximum- **(4450m/14,600ft)** Tent Peak Base Camp and we climb further as per group interest

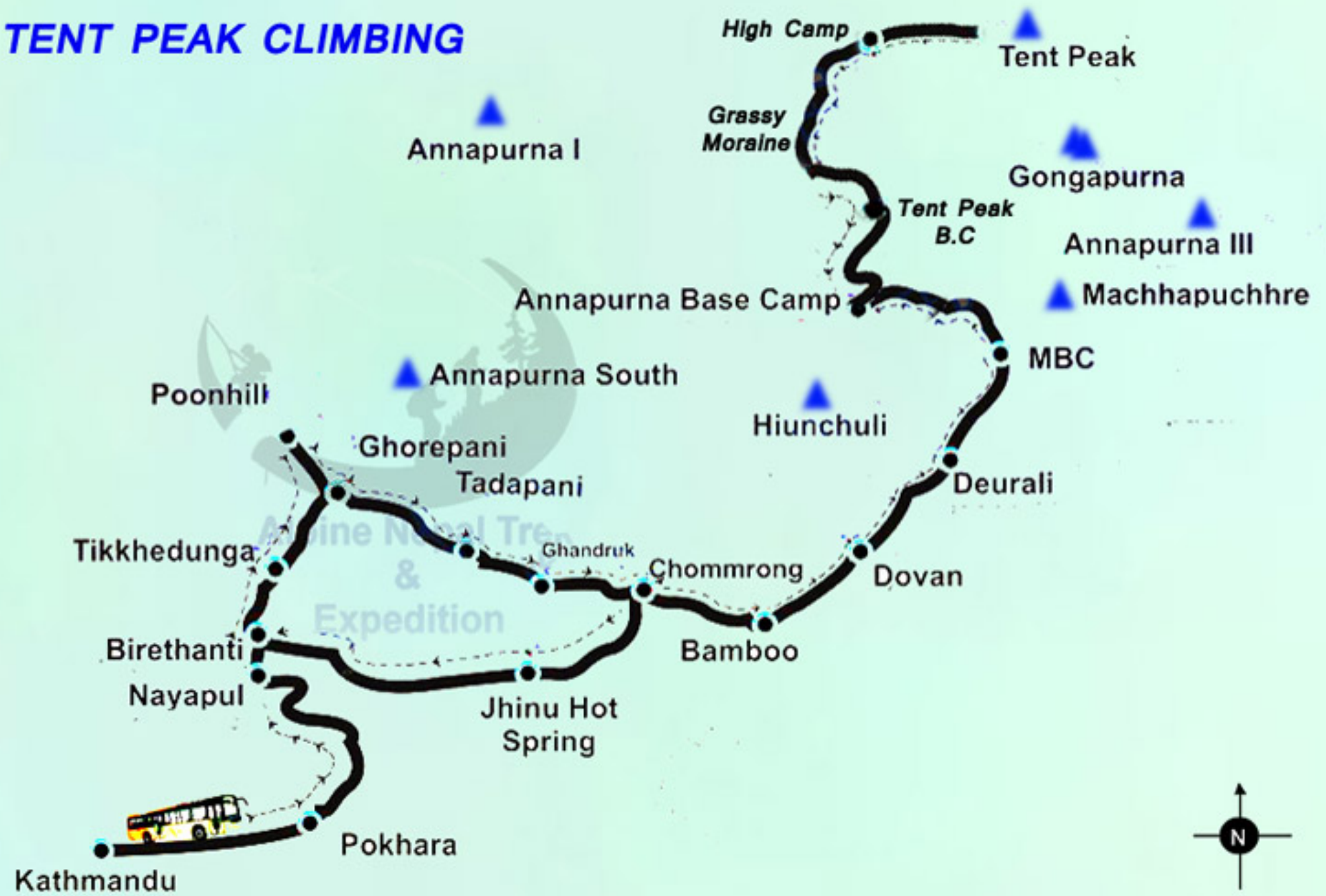
Accommodation: Standard Hotel in Kathmandu, Pokhara & Lodge on trek

Meals: Full meals while on trek only

Transportation: Tourist bus to Pokhara and return

Group Size: 10

# TENT PEAK CLIMBING



ABC:  
13,549.87ft

Tent Peak BC:  
14,600ft

Tent Peak Summit:  
18,579.4ft





# Trek Itinerary





## Day to Day Itinerary

### Day 1: Arrival day (1,300m/4,264 ft)

Welcome to Kathmandu – the capital city of Nepal. Today is your first day with Amigo Treks & Expedition. Therefore, we send one of our company representatives to receive you at the Tribhuvan International Airport (TIA), who will further escort you to a tourist standard hotel. If possible, we also

schedule a meeting at our office for the briefing regarding the trek followed by an introduction session with other team members (especially Sherpas and guides). Today, we also arrange a welcome dinner in one of the most popular local restaurants, where you can also enjoy the ethnic dance and cultural music along with great Nepali food. If your flight arrives late, both the meeting and the dinner can be scheduled for the following day.

*Meals included: Nil*

*(Highlights of the day: Meeting and trip discussions, introduction with trekking team members)*

### Day 02: Drive from Kathmandu to Pokhara (820m/2,690ft) 6-7 hour

Pokhara is the destination set for today. Early in the morning, our guides will come to pick you up at your hotel and escort you to the bus station to catch a comfortable tourist standard bus to Pokhara. The bus will head towards the west of the Kathmandu Valley and continue towards the western part of Nepal, following the Prithvi Highway along the Trisuli River. The bus will stop twice – once for breakfast and one for lunch and then continue until we reach Pokhara. Pokhara is located 200km west of the Kathmandu Valley. After 6-7 hour ride we reach Pokhara. The evening can be utilized exploring the lake area. The night will be spent at a tourist standard hotel in Pokhara.

*Meals included: Nil*

(Highlights of the day: Comfortable tourist bus ride, windy highway along the Trisuli River, breathtaking view of waterfalls, river, jungle, hamlets higher up on the hills, terraced fields with seasonal crops, different vegetations, curious faces of people running motels, restaurants and lodges, Lake area and night life in Pokhara.)

### Day 03: Drive from Pokhara to Nayapul and trek to Ghandruk (1940m/6,364ft) 5-6 hour

Today is the first day of the trek and Ghandruk, a beautiful Gurung village, is the destination set for the day. We start with a 2 hour (max) bus ride to Nayapul from Pokhara. On reaching Nayapul, the trail first drops down to Birethanti, crossing the suspension bridge over the Bhurungdi River. Birethanti is a beautiful village, where trekkers will have to fulfill the necessary check in formalities at the office of ACAP. Then the ultimate upward walk begins towards the village of Ghandruk. Initially the trail winds along the Modi River and the trail is flat up till Syauli Bazaar. Leaving the river bank, we then hike on a winding path till Kimche. From Kimche, the trail further ascends towards Ghandruk crossing Chane. The evening can be spent exploring the village. On request, we can also make the arrangements for a cultural show in the evening. The night will be spent at a lodge in Ghandruk.

*Meals included: Breakfast, Lunch, Dinner*

*(Highlights of the day: Awe-inspiring view of Modi River, Annapurna South, Hiun Chuli, Fishtail, beautiful landscape, and farming land, experience of countryside lifestyle of Nepal and the beautiful Gurung settlement, their culture, lifestyle, tradition, as well as the museum, temple and mane.)*

### Day 04: Trek from Ghandruk to Sinuwa (2,360m/7,742ft) 5-6 hour

Sinuwa is the destination set for today. Leaving the beautiful village of Ghandruk behind, it's now time to hike up towards the destination of the trek. Initially following the bank of the Modi River, we ascend for some time and then leaving the river behind, we climb towards the huge boulders. Walking past the boulder, we cross the bridge over the Kimrong River and climb a steep trail that will take us to the Gurung village, Chhomrong, crossing Jhinu Danda. From Chhomrong, we cross the bridge across the Chhomrong river and enjoying the view of bamboo, rhododendron and oak forest, we hike up to Sinuwa. The night will be spent at a lodge in Sinuwa.

*Meals Included: Breakfast, Lunch, Dinner*

*(Highlights of the day: Spectacular view of Annapurna South, Machhapuchhre, the trail accompanied by rivers, small settlements of Gurung people, huge boulders, bamboo, rhododendron and oak forest, beautiful landscape and an insight on the lifestyle of Gurung people.)*

### Day 05: Trek from Sinuwa to Deurali (2,230m/10,597ft) 6 hours

Deurali is the destination set for today. We start with an easy walk from Sinuwa that continues till bamboo passing Kuldhigar. Then a steep stone staircase will take us to Dobhan, crossing a suspension bridge. The trail is accompanied by bamboo, rhododendron and Oak forest. Then a steep climb continues through the valley towards Himalaya and Hinku Cave. Then we finally reach Deurali. The night will be spent at a lodge in Deurali.

*Meals included: Breakfast, Lunch, Dinner*

*(Highlights of the day: A trail accompanied by bamboo, rhododendron and oak forest, and the pleasant view of waterfall, temple and cave)*

### Day 06: Trek from Deurali to Annapurna Base Camp (4,130m/13,549ft) 5 hours

This day will finally take you to the base camp of Annapurna. A gentle climb on a trail along the Modi River will first take us to Bagar. From Bagar, a strenuous hike will first take us to the base camp of Machhapuchhre (3,700m). After resting here for about an hour taking snaps, enjoying the view of Machhapuchhre along with other snow capped peaks towering above 7000-8000 meter; we follow a wide trail that leads us to the Annapurna Sanctuary. We then finally reach our destination, the South Annapurna Base Camp that greets us with 360 degree vista of snow covered peaks. The night will be spent at a lodge in the Annapurna Base Camp.

*Meals included: Breakfast, Lunch, Dinner*

*(Highlights of the day: Surrounding view of snow capped peaks, including Machhapuchhre, Gandharwa Chuli, Annapurna III, Gangapurna, Annapurna South and Patal Hiun Chuli, view of other sibling peaks and the view of Annapurna South Glacier.)*





## Day 07: Trek towards Tent Peak base Camp and return

Today we do wake up early in the morning and walk towards the Tent Peak base camp. There is glacier cross just before the Tent peak base camp so we all have to walk carefully. Note that you need to bring your own walking gears such as Ice Axe, crampons (if you have) and carry day snacks. We will walk to the base camp and see the time. If time permits us we will walk further up as we can based on your skilled level and timing. Then we come back to the Base Camp. Overnight stay there.

*Meals included: Breakfast, Lunch, Dinner (Packing lunch from the base camp)*

*(Highlights of the day: Ice climbing and glacier crossing, snow walk)*

## Day 08: Trek from Annapurna Base Camp to Bamboo (2,340m/7,677ft) 6 hours

Bamboo is the destination set for today. After enjoying the mighty Annapurna Sanctuary, we retrace the same trail that drops all the way down through Bagar, Deurali and Dobhan to Bamboo. The trail is accompanied by waterfall, cave, temple and passes through the forest of rhododendron, oak and bamboo forest. After walking for about 6 hours, we finally reach the destination of the day, that is, Bamboo. The night will be spent at a lodge in Bamboo.

*Meals included: Breakfast, Lunch, Dinner*

*(Highlights of the day: Spectacular view of Annapurna with other surrounding peaks, forest of bamboo, rhododendron and oak, and the extraordinary landscape featuring waterfalls, caves and temples)*

## Day 09: Trek from Bamboo to Jhinu Hot Spring (1,780m/5,839ft) 5 hours

Jhinu Danda is the destination set for today. From Bamboo we first hike up to Kuldhigar, where the office of ACAP and the visitor center is located. We then hike down to the bridge across the Chhomrong River passing Sinuwa. We cross the bridge and enter a beautiful Gurung village of Chhomrong. From Chhomrong, a steep descent will take us to Jhinu Danda. The Jhinu hot spring is 15-20 minutes downhill from Jhinu Danda. You can relax your tired muscles by taking a relaxing dip in the hot spring bathing pool. The night will be spent at a lodge in Jhinu Danda.

*Meals included: Breakfast, Lunch, Dinner*

*(Highlights of the day: Trail accompanied bamboo, rhododendron and oak forest, a number of up and down hill walk, a beautiful settlement of Gurung people at Chhomrong and a relaxing hot spring bath at Jhinu Hot Spring.)*

## Day 10: Trek from Jhinu Hot Spring to Nayapul and drive to Pokhara (820m/2,690ft) 7 hours

Today is your last day with Amigo family and Pokhara is the destination set for the day. Crossing the bridge over the Modi River, the trail initially passes through sporadic bamboo forest, which then crosses various small settlements up and down hill, decorated with terrace farms featuring seasonal crops till Syauli Bazaar. From Syauli Bazaar onwards, the trail is flat up till Nayapul. Following this flat trail, we walk up to Birethanti, where your guides will complete the necessary check out formalities. Then crossing the bridge over Bhurungdi River we walk up to Nayapul. We catch a bus or a private vehicle at Nayapul, which will take us to Pokhara after about 2 hours ride. The evening can be spent exploring the attraction of Pokhara city.

*Meals included: Breakfast, Lunch.*

*(Highlights of the day: Beautiful bamboo and mixed forest, magnificent views of a number of small settlements of Gurung people, terraced farms with seasonal crops, waterfall, river and a comfortable bus ride to Pokhara.)*



### Day 11: Drive from Pokhara to Kathmandu, 7-8 hrs drive (1,300m/4,264 ft) 6-7 hours

Today, from Pokhara we catch a tourist standard bus to Kathmandu. Leaving Pokhara we head east toward the capital city, Kathmandu. After 7 hours of drive all the way through Prithvi Highway, we reach Kathmandu. On reaching Kathmandu you will be escorted to your hotel, where you can freshen up and rest for some time.

Around the evening, the company representatives conduct a short meeting to discuss the trip, your experience and the feedback. By the time dinner will also be ready. The night will be spent at a tourist standard hotel in Kathmandu.

*Meals included: Nil*

### Day 12: Departure day

This day is the last day of your trip in Nepal with Amigo Treks and Expedition. If your flight is scheduled early morning, then one of our company representatives will escort you to the airport as per your flight departure time.

But, if the flight is scheduled later in the evening, you can go shopping and collect a few mementos or simply hang around shopping areas in Kathmandu. However, if you are planning to spend some extra days in Nepal, Amigo Treks and Expedition can also make the arrangements for some other top adventurous activities that you can attend while you are in Nepal.

## Trip Includes

- Arrival and departure by private transport
- 2 nights accommodation in Kathmandu
- 2 nights twin sharing accommodation in Pokhara
- Annapurna trekking permits and Tims (Trekking Security Card) permits
- Kathmandu to Pokhara and return by deluxe Tourist coach
- All accommodation during trek (lodge/tea house)
- Three Meals a day (Breakfast/Lunch/Dinner) during the trek
- Tea/Coffee (served in a cup)
- Seasonal fresh fruits after dinner (while on a trek)
- Purified safe drinking water (medicated safe and proof) during the trek
- Gov. licensed and well trained English speaking guide and his entire expenses
- A porter (One porter for each 2 members) and his entire expenses
- Insurance of Guide and Porter
- All required local tax and Gov tax
- Down jacket, Duffel bag and sleeping bag
- Trekking route Map
- Official Himalayan Trekking T- Shirt

*Note: Let us know if we are lucky to celebrate your birthday during your holiday so that we will do our best to make it a truly memorable day.*

## Trip Excludes

- Nepal arrival visa
- Wi-fi, hot showers, battery charging while on a trek/ personal snow walking gears
- Meals in Kathmandu and Pokhara except breakfast
- Your personal nature expenses eg. Mineral water, Beer, Coke and entire beverage etc and ice walking gears
- Travel insurance that covers trip cancelation and Helicopter evacuation
- Tips to staff (as an appreciation) and any other extending trips and accommodation.





## Estimated Costs

Flights: £700

Insurance: £80

Trek: \$560 / £459 **£390**

Sundry Expenses: £140

**TOTAL: £1,380**

## Payment Schedule

18<sup>th</sup> October: £139 deposit

21<sup>st</sup> January: £651 (flights)

April: Remaining costs