

ANNAPURNA BASE CAMP TREK



The Annapurna Base Camp Trek is a trekking classic with simple lodge accommodation that offers all the diversity of the area and is ideal for Himalayan beginners.

The trek leads with scenic views of the snow-capped Himalayan peaks through terraced fields, rhododendron forests and picturesque mountain villages higher and higher.

If the weather conditions remain stable, we reach out of a deep gorge the Annapurna sanctuary at 4130 m altitude, a huge amphitheater of ice, surrounded by the up to 8000 m high giants Annapurna 1, Gangapurna and Machhapuchhre. Here is the Annapurna Base Camp and offers us a spectacular place to stay as close to the 8000 s as it is possible for normal mountain hikers.

Before and after the trek, we spend sightseeing days in the historic imperial cities of Kathmandu and Bhaktapur, which belong to the most exotic cities of Asia.



DATES: Tuesday 10/30 (Arrival Kathmandu) - Thursday 11/15/2018 (Departure Kathmandu).

PARTIPICIANTS: 5 - 12 Guys

TEAM:



Goku and Arjun our mountain guides on this tour. They live in Kathmandu and work for my local partner trekking operator, the first one in Nepal, who is member of IGLTA - The International Gay & Lesbian Travel Association ist.



The team our Sherpas, who are responsible for our luggage transport. They are always friendly and bright guys.



Shree is the chief of my Nepalese partner operator and our city guide in Kathmandu and Bhaktapur.

PARTICIPATION REQUIREMENTS:

On our route, it will never be technically difficult, we do not make glacier crossings or climbing. Vertigo is not absolutely necessary (except perhaps for the crossing of one or the other suspension bridge). The tour is with luggage transport, you walk with a light daypack. At regular intervals there will be tea houses along the trail, which invite to small breaks and refreshments.

You have to bring along a basic physical condition and endurance. We go up or down up to 1400 meters altitude per day. The trails are often steep stone stairways. (Resilient knees required). The pure walking times per day are between a minimum of 2 and a maximum of 7 hours.

At least from 3500 meters altitude above the thin air is clearly noticeable. For diseases of any kind, especially of circulation, respiration, heart, etc., a doctor should be consulted before the decision to participate in this tour. Persons who are very sensitive to altitudes above 3000 meters altitude can not participate in this tour.

This tour also requires team spirit, flexibility and renouncement of usual comfort (Nepal is a poor country and the standards may be below what is common in Europe or the US / New Zealand), the willingness to get up early and weatherproofness.

PROGRAM:

Notice:

Of course, it is the goal of the tour guide to carry out the advertised program as planned. Should there be weather, for safety, organizational or other reasons necessary deviations from the planned program, I ask for your understanding.

In particular the ascent to Annapurna Base Camp Trek is feasible only in stable weather. The stage there may be no longer accessible, especially in the event of increased precipitation in the form of rain or snow due to the avalanche danger. In this case, the program must be changed accordingly, since the safety of the entire group always has priority.

The small airplanes we use to fly from Kathmandu to Pokhara and back can only fly in stable weather conditions. In bad weather, the flights can shift accordingly or can be canceled. There could be longer waiting times and changement of the entire program. For example, it may happen that the return flight also shifts because of unfavorable weather and the sightseeing day in Bhaktapur has to be canceled.

Oct 30, Day 1: Arrival and transfer to hotel

Arrival at Tribhuvan International Airport, Kathmandu. A traditional warm welcome by our airport representative and transfer to hotel. Short briefing about the package in the hotel. Typical welcome dinner in the evening. Depend on time of arrival we can make some walking tour of Ancient town before going for dinner.

Oct 31, Day 2: Kathmandu sightseeing

You will be taken for sightseeing of Kathmandu Valley to explore the vibrant city after breakfast at your hotel. Drive to famous Buddhist Stupa Swayambunath, also known as Monkey temple, on the hill of Kathmandu Valley where you can see stunning view of mountains and Kathmandu valley. This temple attracts Buddhists and tourists from around the world. Swayambhunath Stupa is the most ancient and enigmatic of all the holy shrines in Kathmandu valley. Its lofty white dome and glittering golden spire are visible from far and wide.

After exploring this place, you will set off for walking tour of Kathmandu Durbar Square. Kathmandu Durbar Square is one of the important historic and tourist destinations in Nepal. The main attraction in the Kathmandu Durbar square is Hanuman Dhoka Palace which is named in honor of the monkey god, Hanuman. At the southern end of the Durbar

Square there is the most curious attraction, the Kumari Chowk. You would be able to see a Kumari House, where the Living Goddess of Nepal resides.

Next is Pashupatinath, the temple of Lord Shiva. This is probably the most famous temple for Hindu in Indian Sub-continent. There is crematorium beside the temple where dead bodies are burnt to ashes. you will visit fascinating sights of Kathmandu Durbar Square, one of the most glorious examples of traditional Nepalese architecture, full of centuries old temples and palaces.

Nov 01, Day 3: Fly to Pokhara and Trek to Pothana, about 5-6 hrs.

Early morning fly to Pokhara with stunning view of Himalaya. Upon arrival approximately 1 hour drive to Phedi, the starting point of the trek, on a private vehicle. From here you begin your trek to Pothana (1900m). The trail ascends all the way to Pothana through Village and forests till you reach the village called Dhampus. It is a Gurung village which gives you an opportunity to look at the magnificent views of Annapurna ranges, Lamjung Himal and Manaslu. The ascent trail follows to Pothana through the forests. This is a small village which is surrounded by forests having marvelous mountain views. We climb about 900m today. No downhill at all.

Nov 02, Day 4: Trek to Landrung (1640m), around 5-6 hrs

After breakfast trek gradually up till the ridge of Deurali (2200 m). Here we make short break for tea and photograph. From here we descend through the forest with few steaming crossing on a suspension bridge. If the weather is clear a view of Annapurna south, Hiunchuli and Fishtail are rewarded. We climb about 400 and descend about 650m.

Nov 03, Day 5: landrung to Chhomrong (2170m), about 6 hrs

After breakfast trek down hill till you get to new bridge at Modi Khola & fairly easy till Kimrung Khola going almost flat. From here very steep up till Chhomrong. Today we will ascend about 700m and descend about 200.

Nov 04, Day 6: Trek to Dovan (2630m) - approx. 6hrs.

The trail descends 310 meter through thousands of stone steps, cross Chhumrung stream and climbs up to Sinuwa at the height of 2340 meter. It is easy walk through rhododendron festooned with orchids and ferns. Climb down through steep stone steps to Bamboo where you take lunch. You walk throughout the cool forest for about an hour and reach Dovan at an altitude of 2630 meter. Stay overnight at lodge. Today we ascend about 1000m and descend about 400m.

Nov 05, Day 7: Trek to Machhapuchre Base Camp (3700m) - approx. 6-7hrs.

You have a peaceful jungle walk to Himalaya from Dovan. It is believed that mountains are sacred and holy. Annapurna in Nepali means plenty of food. Annapurna is a Goddess of Harvests. She is taken as kitchen-goddess who feeds human beings. Her popular shrine is located in Kashi, on the banks of the river Ganga, in India. Today is mostly uphill, overnight at lodge. Ascend 1100m today.

Nov 06, Day 8: Trek to Annapurna Base Camp (4130m), Explore Sanctuary - approx. 2hrs.

Today is the most important day of the trek as we will be stepping at Annapurna Base Camp. The base camp is inside Annapurna Conservation Area Project (ACAP), initiated by Nepal government to protect local flora and fauna. This area is home to many indigenous local inhabitants and dense rhododendron forests. There is a high chance of encountering

with various wildlife blue sheep, pika, snow-leopards and Himalayn Thar etc. Similarly, conservation area is the home of various birds like colorful Impheyans, Koklas, blood pheasants etc. The trail towards Annapurna base camp is not very steep, you will be progressing through gentle uphill walk through peaceful meadows with enthralling views of towering Himalayan peaks. We get the 360 degree panoramic views of Annapurna Himalayan range from base camp. The best view that you can't get elsewhere. One will be dumbstruck upon seeing the most beautiful and rewarding views of Annapurna, Machhapuchhre and Gangapurna. We ascend about 430m today.

Nov 07, Day 9: Trek to Dovan (2720m) - approx. 7hrs.

Enjoy mountain view sipping hot tea or coffee. After breakfast you trek down to Dovan or Bamboo via MBC, Deurali and Himalaya. Almost 1400m descend.

Nov 08, Day 10: Trek to Chhomrong (2170m) about 5 hrs.

Today's trek is the reverse of Day 6. It's about 400m Ascend and 1000m Descend.

Nov 09, Day 11: Trek to Tadapani (2590m) about 5 hrs max

Hiking along this trail is non-stop views of the Machhapuchhre (Fishtail 6993m), Hiuchuli and Annapurna south. The beginning of the day is very easy walk, almost on a flat hill till you get to River. After crossing the suspension bridge, trek step hill through the terrace enjoying the village life.

Nov 10, Day 12: Trek to Ghorepani (2860m), about 7 hrs

Today's trek has lots of up and down hill. We spend our time most of the time in a Rhododendron forest as they will be in full bloom in Late March. At the last part of day has great view of Himalaya. From Ghorepani you can enjoy the magnificent panorama of Dhaulagiri I, Annapurna I, Tukuche, Nilgiri, Hiuchuli and Tarke Kang. Overnight in Ghorepani lodge., about 900m ascend and 600m descend.

Nov 11, Day 13: Trek to Tikhedhunga (1540m)

Wake up early today and trek about four hundred meters uphill to Poon Hill which takes about forty five minutes. You enjoy mesmerizing sun rise over the Annapurna range. Watch the mountain peaks turn from soft pink to shimmering gold as the sun climbs higher in the clear blue sky. Of 14 mountain peaks above 8000 meters in the world, eight are in Nepal. Two among them can be seen from this spot if the sky is clear. Back to the hotel for breakfast. Today's trek is bit challenging as you have to go down 3300 stone steps. The trail crosses a suspension bridge across a stream and overlooking the countryside view. The beginning of the trek gives you glimpses of the Himalayan peaks but rest of the day you will enjoy the beauty of green mountain surroundings and local villages. Descend about 1300m.

Nov 12, Day 14: Trek to Pokhara

Trek downhill to Nayapool and drive by private vehicle to pokhara. In the evening you can explore the lake city walking alone the lake area. Descend about 750m.

Nov 13, Day 15: Pokhara to Kathmandu by flight

Morning enjoy Pokhara and afternoon around 12 fly back to Kathmandu. Rest of the time spend by your own for last shopping. Evening farewell dinner.

Nov 14, Day 16: Sightseeing Bhaktapur

Nov 15 Day 17: Drive to Airport for Return flight

Your final day in Kathmandu is a free day. You do as you like. Many people take the time for shopping others enjoys exploring the cultural sites of the city. Our local guide can advise you on the best shops in the area. Farewells! Our airport representative will travel with you to the airport to see off.

ACCOMODATION:

5 nights in comfortable middle class hotels in Kathmandu and Pokhara in single or double room

11 nights on the trek are in simple, family-run small mountain lodges. There are no single rooms, the accommodation is usually in 2-bed rooms, sometimes in 3-bed or group rooms. These accommodations do not offer the comfort of a hotel. The decor of a lodge room is limited to two bedsteads with mattresses. You have to bring a sleeping bag.

The lodges have only basic sanitary facilities. Most lodges have showers, on request and against extra payment also warm solar showers. But it may also happen that only buckets or bowls with warm water for washing are available.

Please note that in the mountains it can be extremely cold (below freezing) and the accommodations are not always heated.

FOOD:

Included are a welcome and farewell dinner in Kathmandu as well as breakfast at hotel accommodation in Kathmandu and Pokhara

3 meals are included daily throughout the trek. The food is simple but good. Special eating habits can be taken into account only to a limited extent and only if they are already communicated at the time of registration.

EQUIPMENT:

On the daily stages, you will hike with your daypack. Your remaining luggage is carried by a carrier (Sherpa). There is always a carrier for 2 men. Your remaining luggage is limited to a maximum of 13 kg. On the trek so only the bare essentials should be taken, the rest can be deposited in the hotel in Pokhara.

Of course, the sherpas can not carry suitcases, so take a large trekking carry bag, a trekking backpack or a duffel bag with you for your remaining luggage.

Your day pack for hiking must be large enough (minimum 30 L) to fit in all the equipment you need during the day trip. During the hike, you will not be able to get your left luggage as the porters will run separately or behind. Only in the accommodation is a left luggage available again.

The temperatures on our tour have a range of + 1 to + 25 degrees, at night, they can fall below the freezing point at altitudes from 3500 m on. Your equipment should cover this range. You need a sleeping bag with a comfort range of - 10 degrees.

You will get an exact list of equipment after your registration.

HEALTH

There are no vaccinations are required for Nepal. Your anti- protection (tetatanus, diphtheria, pertussis and polio), which is also necessary for Europe or the US, should be refreshed if necessary. Also recommended is a hepatitis A and B vaccine and a typhoid vaccine. It is also worth thinking about a rabies vaccination because it can theoretically be transmitted by stray dogs or monkeys.

The altitude sickness can be felt from a height of 3000 m and is completely independent of age or condition. By very slow ascent and in between always descend we can prevent her. These criteria have been taken into this trek planning, the trek is suitable for beginners without previous experience of high altitude.

For this tour, the participant should bring health insurance with helicopter rescue guarantee. In addition, it is advisable to bring a credit card with a minimum cover of \$ 6000, as in an emergency case you may need to pay on the spot and then have the money to be repatriated later by the insurance company.



Our trekking team is a member of the IGLTA - The International Gay and Lesbian Travel Association and explicitly focused on gays. Homosexuality is legal in Nepal. At present, even a legislative proposal is on its way to criminalize discrimination and to facilitate same-sex marriage. This makes Nepal one of the most advanced countries in Asia.

GETTING THERE:

You have to book your own flight for this tour. Destination airport is Kathmandu / Nepal.

ENTRY:

Please check the entry conditions to Nepal for your home country. Normally beside your passport (should be valid minimum 6 months above the travel dates) you need also a entry visa. The fee for the visa is currently \$ 40. The visa can also be requested directly upon arrival at Kathmandu airport. In order to avoid long waiting times, it is advisable to apply for the visa in advance in your home country.

COSTS:

- 1335 Euro per person when group size is 7 - 12 guys
- 1476 Euro per person when group size is 5 - 7 guys
- In 5 nights (hotel) is single room accomodation possible, the supplement for single room is 125 Euro in total.

What is included in the price:

- 16 accomodations (5 x hotel and 11 x tea house)

- Kathmandu Airport transfers
- Welcome and farewell dinner
- Sightseeing with english speaking guide and entry free in Kathmandu & Bhaktapur
- an experienced insured and equipped english speaking guide during the trek
- internal flights and land transport involved in the itinerary
- airport tax
- 5 x breakfast (hotels) and 11 x 3 meals per day (trek)
- tims permit
- annapurna conservation permit
- insured and equipped porters as on IPPG rules, 1 porter between two trekkers

What is not included:

- travel insurance, please bring an insurance that cover heli rescue if needed
- personal equipment such as sleeping bag and warm clothing (can be bought in Kathmandu)
- nepalese visa 40 US Dollar
- tips for guide and staff
- lunch and dinner in Kathmandu, Pokhara and Bhaktapur.
- your flight from your home country to Kathmandu
- additional costs due to illness, rescue, force majeure, changes of flight and itinerary
- personal drinks and bar bill

INSCRIPTION:

Please contact me for the inscription form: info@gay-aktivreisen.de

Prerequisite for this tour is the achievement of a minimum number of 5 participants to the registration deadline: 9/1/2018.

Feel free to contact me for any further questions

Hope to see you soon!

Florian

www.gay-aktivreisen.de

