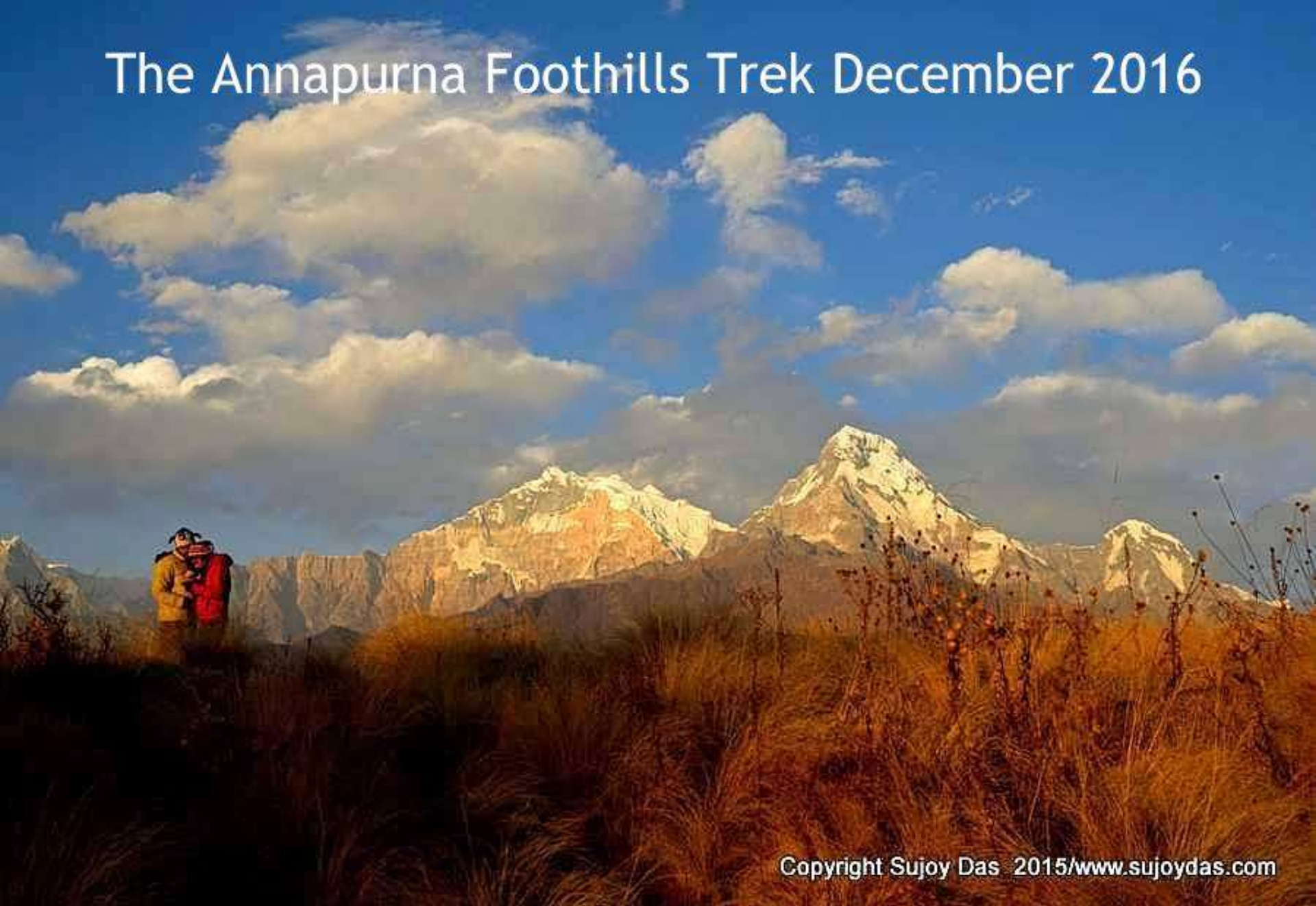


The Annapurna Foothills Trek December 2016

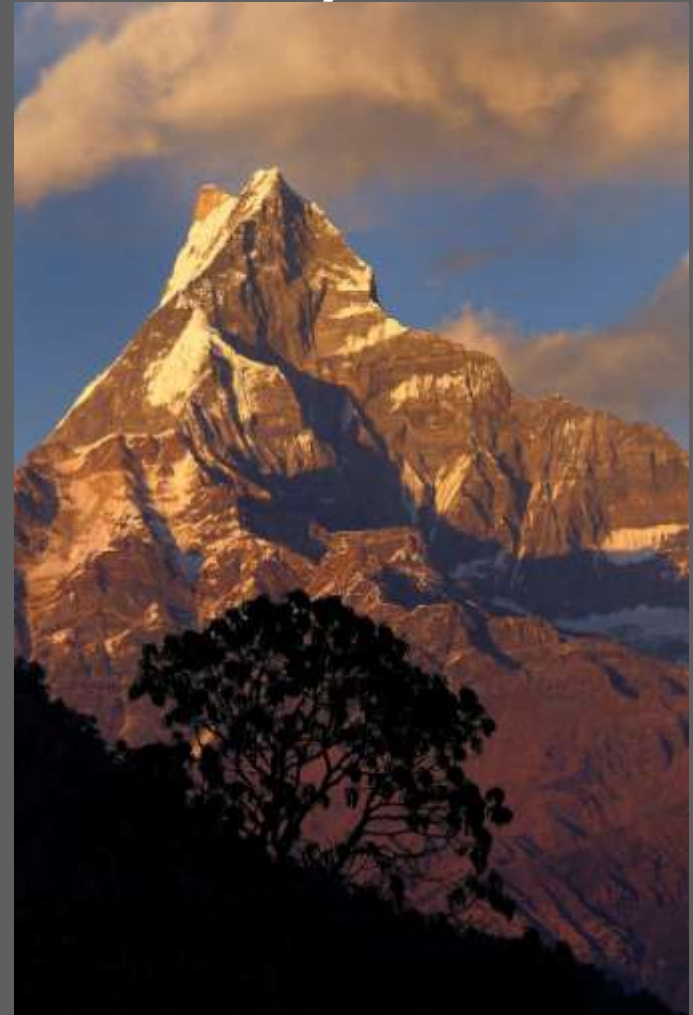


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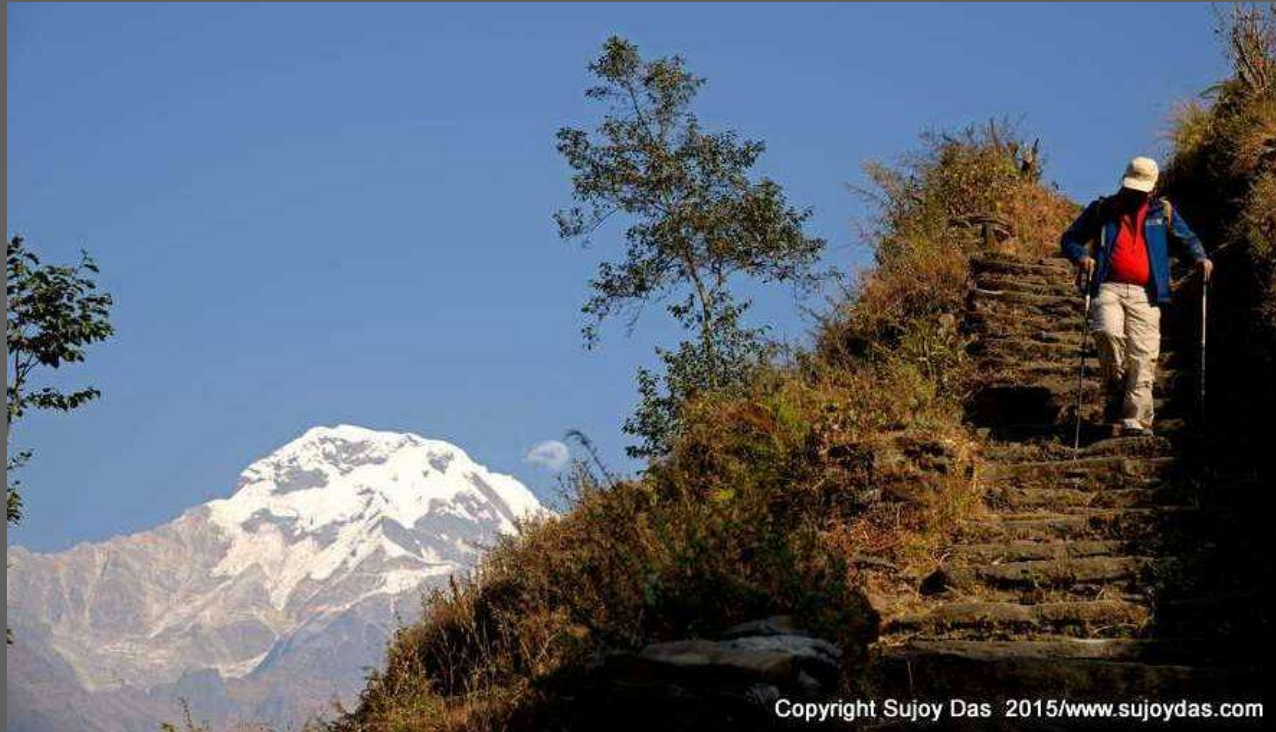
TREK THE CLASSIC AUSTRIAN CAMP-LANDRUNG-GHANDRUNG-GHOREPANI - BIRETHANTI ROUTE IN THE ANNAPURNA FOOTHILLS OF NEPAL

8 days (Kathmandu to Kathmandu)

- The Annapurna foothills provide tremendous trekking with delightful trails connecting villages and ridge tops. This picturesque trek winds through enchanting villages with ochre thatched houses, terraced rice fields and rhododendron forests, which are spectacular in the spring when whole hillsides are cloaked in colourful flowers.
- The ridge top village of Ghandrung provides one of the finest viewpoints of the Annapurna Mountains with magnificent views of the four Annapurnas, and Machapuchare with its fishtail summit. It is a good walk to the top of Poon Hill 3150 metres with a dress circle view over the Annapurnas and Dhaulagiri as well.



SUITABILITY FOR THIS TREK



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- Suitability: A good choice for regular walkers, reasonable level of fitness required.
- Walking times: average 5 to 7 hours walking per day
- Altitude: up to 3150m
- Terrain: for most of time following well-travelled trails, there will be daily ascent and descent on steps which are part of any Nepal trek (see photo above)
- Remoteness: usually not too remote and often there is a reasonable level of infrastructure such as lodge accommodation and cell/ mobile phone reception and wifi reception every day at the lodges.

MAP OF THE ANNAPURNA FOOTHILLS



- The trek route is indicated by the blue line – starting at Kande & ending at Nayapul

TREK DAY WISE ITINERARY - I

- **Day 01 Kathmandu to Pokhara** – Drive to Pokhara in our own micro bus – night halt at Pokhara
- **Day 02 Kande to Austrian Camp to Landrung (1600M)**
 - We leave in the morning after a splendid sunrise over the entire Annapurna range and drive to Kande and then Pothana (2 hours). From Pothana the trail climbs uphill to Deorali from where it makes a steep descent to Bichok. From Bichok it is a level walk to Tolka where we break from lunch. From Tolka it is an hours walk to Landrung our night stop.
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- **Day 03 Trek to Ghandrung (1950 metres) 5-6 hours walking**
 - The large village of Ghandrung can be seen directly across the valley from Landrung. This is a short walking day allowing time to explore Landrung and Ghandrung. From Landrung we descend to the Modi Khola River and cross on a large suspension bridge. The ascent through terraced fields to the picturesque town takes around 2 hours. Ghandrung is largely a Gurung town and is the headquarters of the Annapurna Conservation Area Project (ACAP). Many of the lodges here have the more environmentally friendly features that ACAP encourages such as back boilers, solar panels, etc. The views of the Annapurna Mountains and Machapuchare from here are stunning.
- **Day 04 Trek to Tadapani (2595 metres) 4-5 hours walking**

From Ghandrung the trail climbs gently to the village of Baisi Kharka where we stop for a cup of tea and then make the final ascent to Tadapani. Overnight at a lodge in Tadapani. The views of the Annapurna Mountains and Machapuchare from here are stunningly close.
- **Day 05 Trek to Ghorepani (2750 metres) 6-7 hours walking**

The trek from Tadapani to Ghorepani involves a number of ups and downs! We pass through the villages of Banthanti and Deorali before reaching Ghorepani. Overnight at a lodge at Ghorepani.

TREK DAY WISE ITINERARY -II



- **Day 06 Ghorepani to Tiredhunga (1515m) 5-6 hours walking**
We visit Poon Hill at sunrise to watch the views over Annapurna and Dhaulagiri. After breakfast we begin our walk down to Ulleri (1960m) We stop for lunch at Ulleri and then start descending the 3000 steps to Tirkedhunga (take it easy!). Night at Tirkedhunga.
- **Day 07 - Tiredhunga to Birethanti to Pokhara (885 metres) 3-4 hours walking**
The trail descends from Tirkedhunga to the village of Birethanti. We have our lunch at Birethanti and then walk for half an hour to Nayapul. We cross the Modi Khola on a suspension bridge then follow the river valley to the road-head at Nayapul. Here our trek ends and our private vehicle takes us the short way to Pokhara. Here we check-in at the Gurkha Haven Guest House again From the hotel roof, across the lake and above the terraced hillsides, we may catch a glimpse of the sun setting on Annapurna and Machapuchare once again.
- **Day 08 Kathmandu (1526 metres)**
We return to Kathmandu by the morning flight from Pokhara. Those who want to leave Kathmandu may take the afternoon flights out of the city.

TREK COSTS

- **USD 1150 per person Kathmandu to Kathmandu as per the itinerary above. Meals not included.**
- **Costs include:**
- Flights from Pokhara to Kathmandu
- Micro bus from Kathmandu to Pokhara
- ACAP national park permit and TIMS permit for trekking in the Annapurna region
- Travel from Pokhara to start of trek and back
- Two nights accommodation at Pokhara (Hotel Gurkha Haven) and two nights accommodation in Kathmandu on twin sharing basis)
- All accommodation on the trek on twin sharing basis
- Cost of porters/guides for the trek. Please note that porters will carry one duffel bag or backpack not exceeding 10 kgs in weight for each trekker comprising of personal items, clothing, sleeping bag etc.
- **Please budget an extra USD 20 to 25 per day for meals not included in the cost above**



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Breakfast at Tadapani

TREK COSTS NOT INCLUDED



Costs not included:

- Meals in Kathmandu and Pokhara and fooding on the trek is not included
- Desserts, drinks, and exotic items listed in the lodge menus are not included.
- Alcohol, cold drinks (coca cola, sprite, beer), juices, ice cream etc on the trek and in Pokhara.
- Client travel and medical insurance of any kind. Emergency evacuation costs if needed.
- Bottled drinks; boiled, filtered or bottled water; alcohol; snacks; tea/coffee;
- Hot showers (Rs 200-300 per shower);
- Personal clothing and equipment; sleeping bag; duvet/down/goretek jacket, medicines for personal use etc.
- Air fare from home country to Nepal and back
- Tips to porters/guides at the end of trek @ US \$ 50 per person to the common pool

TREK LEADER: PROFILE

Sujoy Das has been trekking and photographing in the Himalayas for the last thirty years.

His notable treks include: Winter ascent of Kala Pattar peak (Everest region) Dec 2003; Everest Base Camp 18,500 feet (2001); Thorung-la pass/Annapurna Circuit 17,746 feet (2000); Annapurna Base Camp 14,300 feet (1999); Gokyo Ri peak Everest region 18,275 feet (1998); Rupkund Lake, Garhwal 16,200 feet (1996); Kangchendzonga Base Camp North and Green Lakes 16,875 feet (1987); Dorji La peak North Sikkim 18,644 feet (1986); crossing of Lhonak-la pass North Sikkim (1987).

He has visited the Annapurna region six times including two visits to the Base Camp and the entire circuit of Annapurna. He has trekked in the Everest region eight times including the winter of 2003-04. In the Eastern Himalaya he has trekked the Singalila ridge of Sandakphu and Phalut six times and made four visits to the alp of Dzongri in West Sikkim.

In September 2009 he trekked across seven passes in Ladakh from the monastery of Lamayuru to Padum in Zaskar. In April - May 2011 he led a successful trek with twenty one persons to Thyanboche Monastery and upto Kala Pattar and Everest Base Camp.

He is the joint author of Sikkim- A Travellers Guide and author & Lonely Planet - Nepal for the Indian Traveller. His essays and photographs have been published in books and magazines worldwide. He is currently working on a book on the Nepal Himalaya and organizing treks and photo expeditions. For a view of his photographs of the Himalaya please visit www.sujoydas.com. He can be contacted at sujoyrdas@gmail.com

