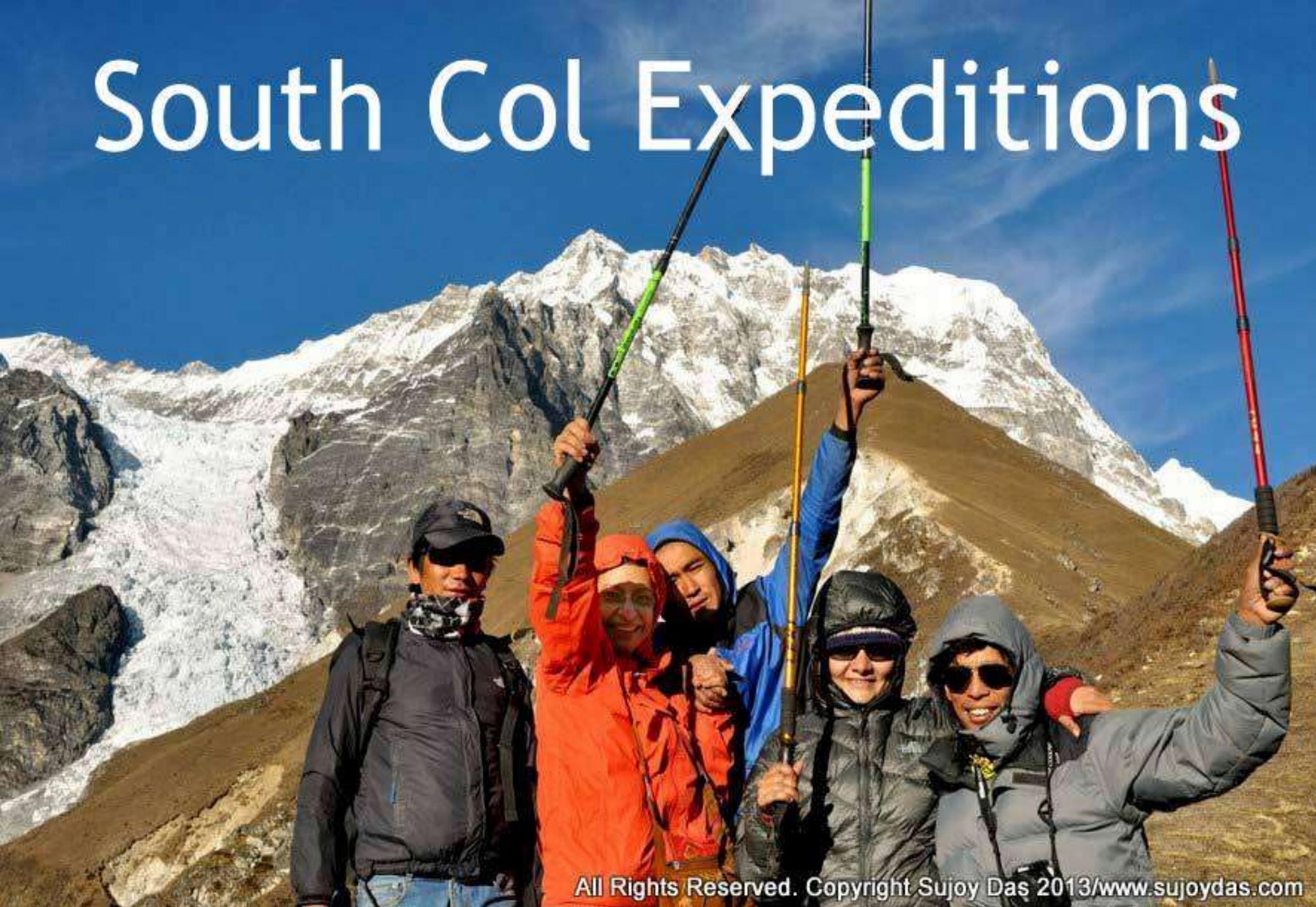
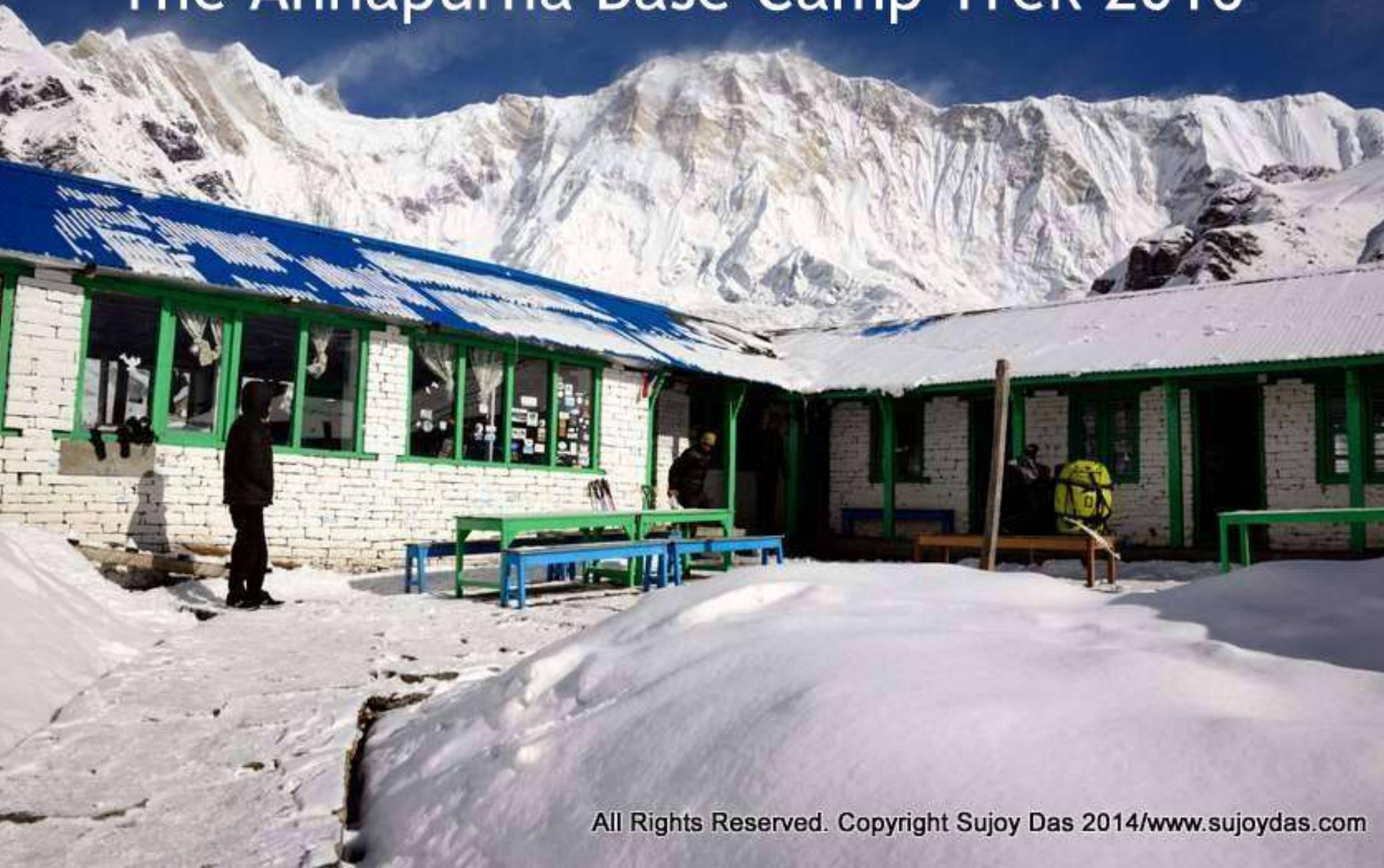


South Col Expeditions

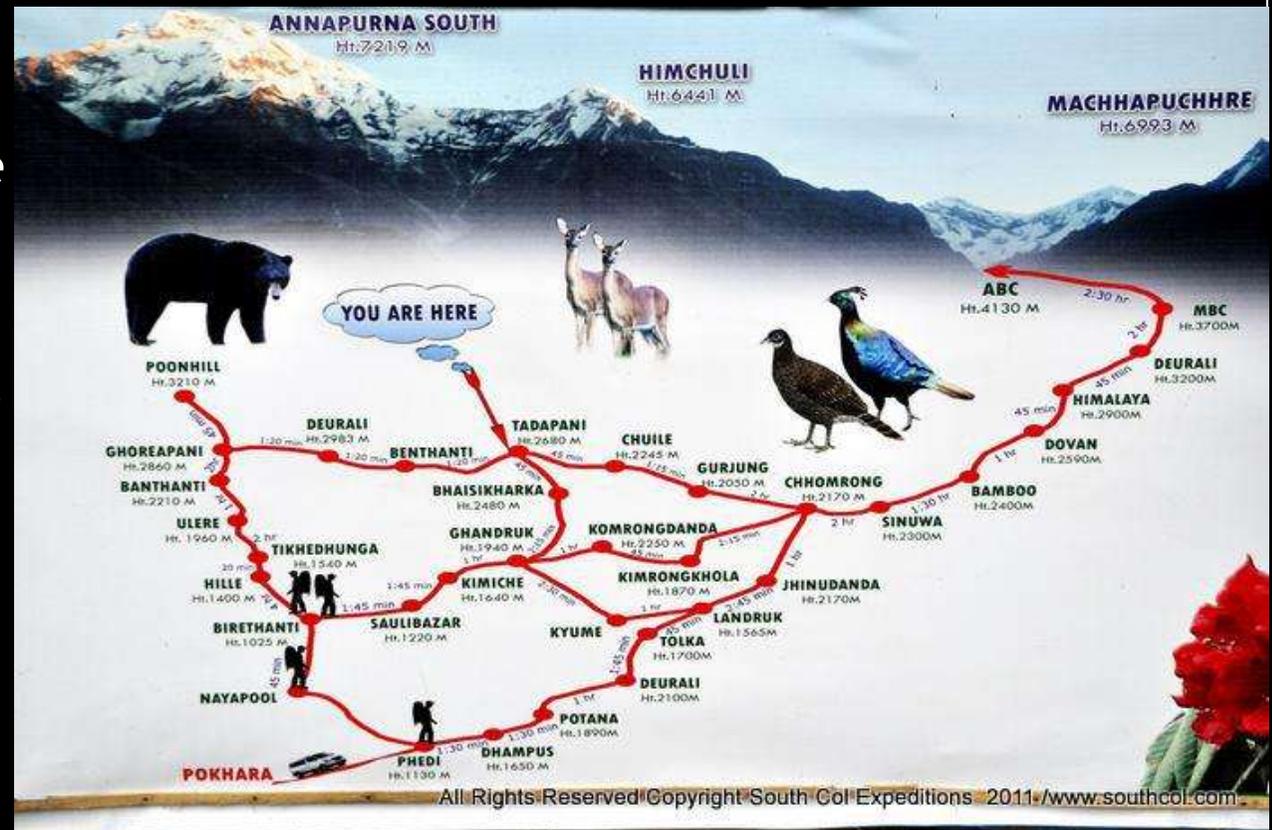


The Annapurna Base Camp Trek 2016



Map of the Annapurna Region

- This trek covers the route to the south base camp of Annapurna I, the tenth highest mountain in the world. This classic trek starts in the foothills close to Pokhara and climbs to 4030 metres covering brilliant views of the Annapurna group, Macchapuchare, Gangapurna and many other Himalayan giants.



The Annapurna Base Camp Trek (14 days Kathmandu to Kathmandu)

- The fourteen day day trek from Kathmandu has been carefully designed to provide proper acclimatization and includes the iconic viewpoint of Poon Hill.
- The costs of this trek is **USD 1095/- (excluding meals)** Exclusions apply. For details please see page 8.



Photo: Santaman Tamang

The Annapurna Base Camp Trek Itinerary - 1

- **DAY 01 - KATHMANDU**

- Land in Kathmandu.

- **DAY 02 – KTM TO POKHARA BY FLIGHT TO KANDE BY ROAD AND THEN TREK TO TOLKA (1810m) 7 to 8 hours**

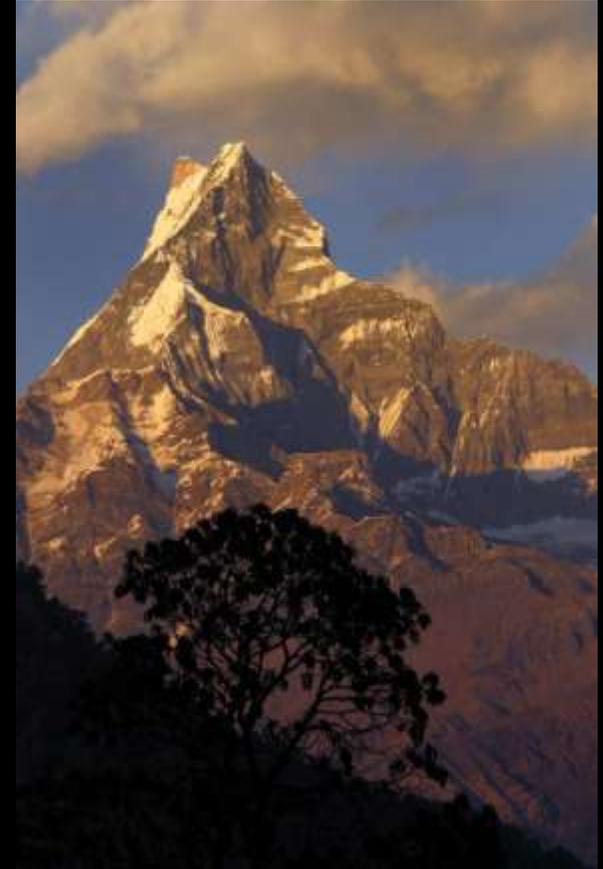
The next morning we fly to Pokhara and then drive for an hour to Kande. We will start climbing to a ridge for around 90 minutes by traversing fields and forest and following a stone staircase and then a short climb which will take us to Australian Camp. After a short break, we trek through the rhododendron forest and reach Pothana village (2000 m) in thirty minutes. Lunch at Pothana. After lunch, the path slowly ascends until we reach Bhichowk Deorali (2149 m) from here we can see the view of Annapurna South and Hiunchuli. We then take a steep descent to Modi Khola and gently climb to a ridge and then take short descent to the village of Tolka (1810 m), our night stop.

- **DAY 03 – TOLKA TO CHOMRONG (2170 metres) 6 to 7 hours**

- The trail drops from Tolka and reaches Land rung in about an hour. We now descend and take a north route to Chomrong traversing alongside rice terraces, then through forests and follow the river bed leads us to New Bridge. The trail crosses on a suspension bridge and a stiff climb to Jhinu Danda (1760 m). There is a hot natural spring which takes 15 minutes downhill. Again trail climbs a long and steep atop treeless ridge and the trail rounds a bend and enters the famous market village of Chomrong. The village controls the entry to the sanctuary and offers the first clear view of Annapurna South, Hiunchuli and Machhapuchhre (Fish Tail).

- **DAY 04 – CHOMRONG TO DOVAN (2505 metres) 6 to 7 hours**

- From Upper Chomrong we make a descent in about forty minutes along stone steps to the river. The trail from the river climbs uphill to Bhanuwa in an hour. From Bhanuwa it is about an hour to Upper Sinuwa. From Upper Sinuwa we proceed along the forest track to Khuldi. Thirty minutes on a steep downhill from Khuldi is our lunch stop at Bamboo. After a leisurely lunch at Bamboo we walk the last hour and a half to Doban for our night stop.



The Annapurna Base Camp Trek Itinerary - 2

- **DAY 05 – DOBAN TO DEORALI (3140 metres) 4 hours**

- From Doban walk through the forest for about an hour to Himalaya (2940 m). About fifty minutes from Himalaya is a huge cave, Hinko where in 1971 Don Whillans claims to have seen the yeti! Deorali is about forty minutes away and we reach in time for lunch.

- **DAY 06 – DEORALI TO MACHHAPUCHHRE BASE CAMP (3720 M) - 4-5 HRS**

- The trail remains on the west bank of the Modi, now flowing through a more open valley, and eventually emerges into the Sanctuary. Straight ahead is the high lateral moraine of the South Annapurna glacier and the Modi follows a deep cliff to the right. This is the site of Machhapuchhre base camp from which can be seen a spectacular panorama of Annapurna Mountains.

- **DAY 07- MBC - ANNAPURNA BASE CAMP (4130 m) 2 hours**

- After early breakfast, easy walking excursions to Annapurna Base Camp (2-3 hrs) - our final destination of the trip. The day is easy and explores the incredible views of near vertical south face of Annapurna that towers above us to the north-west and several other big peaks and trekking peaks. After exploring the highest mountains view and surrounding panorama, afternoon return to Machhapuchhre base camp.

- **DAY 08 – ANNAPURNA BASE CAMP TO HIMALAYA 5 to 6 hours**

- Follow the same route downhill all the way to Himalaya

- **DAY 09 – HIMALAYA TO UPPER CHOMRONG 5 hours**

- As usual, after breakfast we will trek back to Chomrong village again for overnight stop



The Annapurna Base Camp Trek Itinerary - 3

- **DAY 10 – UPPER CHOMRONG TO TADAPANI 5 -6 hours**
 - We leave Chomrong and start on our route to Poon Hill heading towards Tadapani which has a dress circle view of Annapurna South and Macchapuchare.

- **DAY 11 TADAPANI TO GHOREPANI 6 to 7 hours**
 - We pass through Banthanti and Deorali where we stop for lunch and then enjoy the ridge walk to Ghorepani from where we get our first view of Dhaulagiri.

- **DAY 12 GHOREPANI TO TIRKEDHUNGA 6 to 7 hours**
 - We visit Poon Hill for sunrise and then after breakfast make the long way down to Tirkedhunga via Banthanti and Ulleri.

- **DAY 13 TIRKEDHUNGA TO POKHARA 3 to 4 hours**
 - It is a level three to four hour walk down to Nayapul from where we get a transport which takes us back to Pokhara by lunch time.

- **DAY 14 POKHARA TO KATHMANDU**
 - We take a morning flight from Pokhara and reach Kathmandu airport. We can also connect to any afternoon flight out of Kathmandu and reach home.



The Annapurna Base Camp Trek Costs 2016

- **USD 1095 (meals excluded) - please budget an extra USD 350 for meals for 14 days**
- The cost is per person for Kathmandu to Kathmandu (14 days) as per the itinerary given. **Service Tax @ 3.50% is included as per Govt rules.**
- Costs given above are at current rates and may change without notice. Changes if any will be notified 2 months before the trek.

Costs include:

- Transfer from Kathmandu to Pokhara by air and return air fare from Pokhara to Kathmandu.
- Annapurna Conservation Area permit and TIMS permit for trekking in the Annapurna region.
- All accommodation on the trek on twin sharing basis.
- Hotel accommodation in Kathmandu one night on the way in and two nights accommodation in Pokhara is covered.
- 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.
- **Costs not included**
- Meals in Kathmandu and Pokhara.
- Breakfast lunch and dinner 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. Bottled drinks; boiled, filtered or bottled water; alcohol; snacks etc
- Client travel and medical insurance of any kind. Emergency evacuation costs if needed.
- Hot showers (Rs 300 per shower); Battery charging, excess airline baggage charges.
- Personal clothing and equipment; sleeping bag; down/ goretex jacket, medicines for personal use etc.
- Air fare from residence country to Nepal and back
- Tips to porters and guide at the end of trek estimated at USD 50 per trekker contribution to the common pool.

Why trek the Annapurna Region with South Col?



- South Col is a small, personalized firm specializing in treks in the Himalayan region.
- We are keenly aware of the fragility of environment and cultures in which we trek and recognize our responsibility in maintaining them. "Take pictures, leave only foot prints" is our motto.
- Trekkers get personalized attention both in the planning stage as well as during the trek itself.
- Support team of guides and porters as needed are personally selected by Sujoy to ensure that the clients are comfortable and well looked after.
- Lodges for night stops / camping sites if needed are selected to ensure the best views, food and comfort.

The Annapurna Base Camp Trek FAQ #1

How fit do I have to be to do a trek? Whilst you do not need to be super-fit, you need to be fit enough to comfortably walk for 5-6 hours per day in the mountains on reasonable trails. The Annapurna trek has sections with steps which can prove tiring on the knees. You will definitely need to walk for around an hour at least every day to get fit. If you can spend some time in the gym it would help. Walking uphill/stairs etc also helps a great deal.

What is a typical group? Will I fit in? Groups range in size from 6 up to 10, and typically comprise a range of nationalities and experience. So far, all of our groups have got along very well. One of the attractions of such a trip is the chance to meet people with different backgrounds and personalities.

Do I need to buy special equipment? Usually our clients simply bring their existing clothing and equipment and if necessary supplement this with some extra items purchased cheaply in Kathmandu.

I am a single trekker. How does this work? Normally single trekkers have no problems fitting in with a group. Normally single trekkers share rooms or lodges with other trekkers of the same sex, but if we have an odd-number we ensure that a room or lodge is organized accordingly.

Will I be able to deal with the high altitude? Our itineraries are designed so that our clients ascend at a sensible and safe rate. The effects of altitude are felt by everyone, even the guides and Sherpas, but most people find that gentle acclimatization allows them to reach their high point without any problems. We will be monitoring this closely on the trek and in the event of any problems we will ensure that there is no compromise on safety. For details on AMS visit

http://www.ismmed.org/np_altitude_tutorial.htm#prevention

What are the Tea Houses like? Tea houses are a way of life for almost all trekkers. They are the combination of guest house, restaurant, and social hang out. . Our many years of experience along these routes have helped us find the friendliest, cleanest, and most enjoyable tea houses with the best views.



The Annapurna Base Camp Trek Trek FAQ #2

What is the accommodation at the tea houses? Private rooms are available in most tea houses except for those at very high altitudes. Most bathrooms are shared but in some of the nicer lodges we have attached bathrooms with running water. Usually hot showers will be available every evening at an extra cost.

Where do we eat our meals? If you are on a tea house trek you will eat breakfast and dinner at your tea house. We will stop for lunch at one of the various trail side restaurants. And snacks are always easy to find at tea stalls including tea and coffee.

What type of food is served on the trek? Almost every tea house serves the traditional Nepali meal Dal Bhat (rice and curried lentils). All tea houses we stay at have a variety of different foods on the menu including noodles, rice, potatoes, vegetables and soup. Some have Nepali versions of western food such as pizza, lasagna, pasta etc. Sodas and beer are available at most of the tea houses and of course tea and coffee is served everywhere.

Where do we get water during the trip? It is our suggestion that in order to save money, trekkers carry iodine tablets or lugols solution with them so that they can purify the water every day. Though tea houses will have bottled mineral water available it is likely to get expensive as one goes higher up. Iodine is available in Kathmandu. You can also use water filters or Steripen.

What type of shoes or boots should I wear? The proper foot wear depends on the trek. The Annapurna trek should be done in boots with firm ankle support. Having said that you will find locals and porters trekking in sneakers! Shoes and boots are best purchased before your arrival for the trek with proper break in.

What will the weather be like? Weather affects everything in Nepal and trekking is no exception. Sudden rain storms or snow flurries are always a possibility at higher altitudes. The weather during the trekking season is somewhat more stable. We pay close attention to weather reports during the trekking season. April weather is usually sunny mornings with cloudy afternoons and chance of snow above 3500 metres.

How should I give my equipment to the porter? Ideally the gear should be given to the porter in a duffle bag locked and this will be returned to the client in the evening. As you may not be able to access the duffle bag during the day please carry the essentials like water, jacket, camera, sweets etc in your daypack.

South Col Founder 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 ten 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 of 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 Indian 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



Om Mani Padme Hum!

Hail to the Jewel in the Lotus

