Annapurna Sanctuary Trek, 18 October - 3 November 2019

Annapurna Sanctuary was rated by National Geographic as #18 out of the 100 most beautiful places in the world.

Annapurna Sanctuary, a shimmering mountain-ringed glacier basin in the heart of the Annapurna Himal, is one of the most intensely scenic short treks in Nepal, offering great cultural and geographical diversity as well as outstanding mountain views. Part of the appeal of this 11-day trek is the incredible, huge glacial cirque is so quickly reached—it takes only five days to hike up to it! Along the way, you’ll pass lowland villages of Gurung and Tamang clans, cut through thick forests of bamboo, rhododendron, and oak, trek up and down intricately terraced hills, and finally reach the glaciers and high mountains. Once at the sanctuary, you’ll be surrounded by the highest peaks of the western Annapurna Himal, Annapurna South (23,678‘), Annapurna I (26,538‘) and III (24,755‘), Gangapurna (24,458‘), Fang (25,089‘), and the “fishtail” peak of Machapuchare (22,950‘). The 360-degree views are indescribably beautiful, especially at sunset, when the peaks glow with a molten radiance.

ITINERARY

**Day 1:** Depart for Kathmandu.

**Day 2:** En route to Kathmandu.

**DAY 3:** Arrive in Kathmandu, we will be picked by Pemba’s staff and transfer to the Hotel by shuttle.

**DAY 4:** Sightseeing with tour guide in Kathmandu, which will include Buddhist site Boudhanath, and Hindu site Pashupatinath.

**Day 5:** Kathmandu to Pokhara by plane, 45 minute flight. Then travel by shuttle bus 1.5hrs to Birethanti Village. Trek from Birethanti Village following the Bhurungi River to Tikhedhunga Village at 5,174 ft. (Distance:6.8 miles. Elevation Gain: 1822 ft)

**Day 6:** Trek from Tikhedhunga Village to to Ulleri Village through a pleasant Rhododendron forest, and then on to Ghorepani Village at 9,446 ft. (Distance: 5 miles Elevation Gain: 3,018 ft)
Day 7: Early wake up and walk up to Poon Hill for one hour to observe the sun-rise and a magnificent mountain view. Return to Ghorepani Village for breakfast, then trek to Tadapani Village at 8,626 ft. (Distance: 5 miles. Elevation Loss: 574 ft.)

Day 8: Trek from Tadapani Village down to Kimrung Khola Village for lunch. Then ascend to Chhomrong Village at 6,401 ft. Chomrong Village lies at the base of the 21,132-foot Himchuli mountain range and offers a close view of Annapurna and Machhapuchhre Mountains. (Distance: 5 miles. Elevation Loss 1,489 ft.)

Day 9: Trek from Chomrong Village down to Barah Village and back up to Himalaya Hotel at 9426 ft. We will follow the Kuldi Ghar trail down to the bank of the Modi River viewing thickets of bamboo at the bottom of the gorge and passing by the pasture of Tomo (plant) and Panchen (plant). From Barah Village climb up to Himalaya Hotel. (Distance: 6 miles. Elevation Loss down to Barah Village: Elevation Gain from Barah Village to Himalaya Hotel: 3,025 ft)

Day 10: Trek from Himalaya Hotel along the west bank of the Modi River through a more open valley by the Machhapuchhre Mountain Base Camp to Annapurna Base Camp at 13,546 ft. (Distance: 6.25 miles Elevation Gain: 3,968 ft.)
Day 11: Trek from Annapurna Base Camp to Bamboo Village at 7,874 ft. (Distance: 9 miles. Elevation Loss: 5,676 ft.)

Day 12: Trek from Bamboo Village through Chomrong Village down to Himalpani Village at 4,396 ft. (Distance 8.75 miles. Total Elevation Gain: 2,566. Total Elevation Loss: 4,039 ft.)

Day 13: Trek from Himalpani Village down to Modi River, up to Landrung Village, beautiful Gurung Village, on to lunch at Tolkha Village, then up to Deurali Village and finally Pothana Village at 6,527 ft. (Distance: 8 miles. Elevation Gain 1,109 ft.)

Day 14: Trek from Pothana Village down to Dhampus Village, then back up to Phedi Village to meet shuttle bus for one hour drive back to Pokhara. (Distance 4 miles. Total Elevation Gain: 967 ft. Total Elevation Loss: 346 ft.)

Day 15: Pokhara City, back to Kathmandu via 45 minute flight.

Day 16-17: Kathmandu to USA.
Cost Per Person: CMC Members: $2,878 Non-members: $3,166

COST INCLUDES:

Land cost of trek

Round-trip flight, Kathmandu to Pokhara

Guide, siddhar, porters, cook, and staff

Trekking permit

Park entrance fee

Hotel or lodging for the duration of the trek

One day guided sightseeing in Kathmandu

Airport transfer in Kathmandu

All meals when you arrive in Kathmandu then the duration of the trip

NOT INCLUDED:

International airfare

Any connection flights to and from Nepal

Lodging in Kathmandu beyond three days.

Airport tax in Kathmandu

Nepali Visa

Immunizations

All cost for evacuation, hospitalization, and other medical expenses are the responsibility of the individual
CLOTHING AND EQUIPMENT

In addition to personal gear, you should bring a sleeping bag (rated 0 degrees or less), thermarest is optional (advised), a daypack, and a large duffel bag with a double zipper that locks (for porters or pack animals to carry with your personal gear). You will be provided with a two person room each will have a bed in the lodge, full-length foam sleeping pad, all commissary gear, and eating/drinking utensils.

All personal gear, are carried by porters and/or pack animals. Trekkers carry only a daypack with water bottles, camera, extra jacket, and items you may need during the course of the day. A full equipment list is provided after sign-up.

HEALTH

Immunizations will be necessary before leaving the United States. You and your doctor are responsible for determining what is necessary for you, although we will send a list of recommended vaccines posted on the Center for Disease Control and Prevention website https://wwwnc.cdc.gov/travel/destinations/traveler/none/nepal?s_cid=ncezid-dgmq-travel-single-001. All cost for evacuation, hospitalization, and other medical expenses are the responsibility of the individual.

LEADERSHIP

Pemba Sherpa will organize and help lead this trip with Carrie Simon and Ryan Bennick. Pemba grew up in the Khumbu region of the Nepal Himalayas and has been guiding since 1986. He has led over 20 trips to Nepal for the Colorado Mountain Club and the HEC, including Island Peak, Lobuche Peak, Chulu East, and Ama Dablam. He has lived in the Denver, Colorado since 1991, and spends three to four months a year guiding trips throughout the world. Carrie grew up in Boulder. The
mountains have always been her playground. She has led trips for the CMC B group, co-taught courses, and taken several classes, including completing her mountaineering certification. She is a trail crew leader with Wildlands Restoration Volunteers. In addition, she completed trip leader training in Nepal with our sherpa guide company RANDONNEES HIMALAYENNES (P) LTD. of NEPAL, located in Kathmandu. Ryan grew up in the small Appalachian mountains of Pennsylvania. Upon moving to Colorado he immediately joined the CMC and started his own climbing journey. Currently he is the acting Basic Mountaineering Director for the Boulder group and teaches many of the rock climbing classes. He holds a WFR and continues his own mountaineering education. Ryan enjoys travel and explored the Solukhumbu District of Nepal with Carrie and Pemba in the Fall of 2018.

QUALIFICATIONS

Participants should be experienced hikers in good physical condition. You must have the willingness, attitude, and experience to undergo outdoor living. Including daily hikes ranging from 6 - 8 miles per day, with the highest elevation gain at 13,500 feet. A smile is required!

For more information, contact Carrie Simon.
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