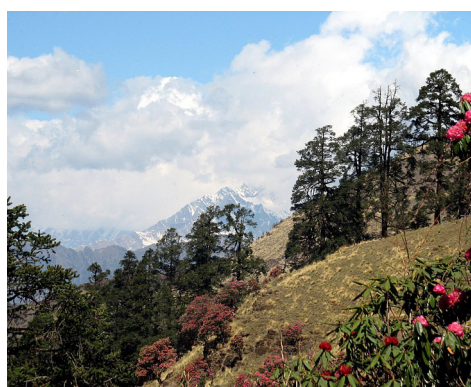


DARE TO LIVE THE DREAM

Annapurna's Holy Lakes & Glaciers



TRAVELAffARE
Travel with confidence

Exclusively tailored pre-trek fitness training

Professionally guided tour

Departing Kathmandu 9 April 2016

Your Expert Fitness Trainer & Guides

Leonie Berger has enjoyed adventure travel for 20 years spurred on by her extensive airline and travel industry experience and her formal training in tourism and outdoor adventure guiding. Leonie's founding of Fit & Ready Adventure Travel is the accrual of this experience and 10 years in the fitness industry running her own personal training and Pilates studio. Leonie's bespoke approach where fitness is tailored to speciality adventures to prepare you physically and mentally to undertake your adventure of lifetime in safety with a group of like-minded adventurers will ensure you live the dream and enjoy life-long memories and friendships.



Subal Lopchan, your guide in Nepal, has 16 years of knowledge and experience in trekking and guiding. As an owner of Himalayan Hikers Expedition, a Nepalese owned

and operated Expedition Company by guides who are native to the land, Subal and his Sherpa guides and crew have great experience and connection to and respect of the land, culture and people. Subal's professionalism, friendly manner and excellent English speaking skills will ensure you have a safe, informed and enjoyable trek.



Sat 9/4/16 Kathmandu (1360m)

Kathmandu arrival and private transfer to Hotel Shangri-La, Kathmandu. Trek briefing in the evening and group welcome dinner. (D)

Sun 10/4/16 Kathmandu (1360m)

This morning you will visit Bodhnath Stupa, one of the biggest Buddhist shrines in the world and Pashupatinath, the main temple for the Hindus. Here you will see Hindu holy men (Sadhus) meditating, pilgrims bathing, and occasional funeral pyres burning on the Ghats. The afternoon is free for you to shop for those last minute items or explore Thamel. In the late afternoon you will be issued with your trek pack (duffle bag, sleeping bag with inner liner, sleeping mat and down jacket). Information on the next morning's departure will also be given. Your evening is free to enjoy an evening meal at one of the local restaurants. (B)



Mon 11/4/16 Hile (1540m) 2.5 hours walking

After an early breakfast and hotel checkout we transfer to the domestic airport terminal for our morning flight to Pokhara (30 minutes). There are spectacular views of the main Himalayan chain to the north, including the 8000m peaks of Manaslu and Annapurna during this short flight. On arrival in Pokhara you are transferred by private transport and drive 1.5 hours to Nayapul where on arrival our support crew are organised and our trek begins following the Modi Khola River to Birethanti to have trekking permits checked. We then follow the Bhurungdi Khola River valley passing through small settlements of Matathanthi and Sudame, where you might like to stop for some refreshments before reaching Hile. (B, L, D)

Tues 12/4/16 Ghorepani (2860m) 6.5 hours

We pass through the village and cross a small suspension bridge before ascending 500 meters up a stone staircase to the village of Ulleri. From Ulleri we get great views overlooking the valley below as we ascend gradually through beautiful forest of rhododendron, oak and little creeks before reaching Banthanti. You enjoy a welcome break over a cup of tea or soft drink before continuing the gradual ascent through forest to Nangethanti where we stop for lunch. In the afternoon you continue to ascend before a final steep ascent that leads to the village of Ghorepani. From the village there are views of Dhaulagiri, Annapurna South and Hiunchuli. Ghorepani is a popular overnight stop with trekkers as the views from nearby Poon Hill, the vantage point offer one of the best views of this mountain panorama in Nepal. (B, L, D)



Wed 13/4/16 Swanta (2450m) 2.5 hours walking

Early morning wake up and a 1 hour walk mostly up for sunrise at Poon Hill (3210m). This is one of the most spectacular viewing points in the world to enjoy sunrise over Annapurna and Dhaulagiri ranges if conditions are clear. Return to the lodge for breakfast and then a leisurely walk to Swanta for lunch and overnight. (B, L, D)

Thurs 14/4/16 Chistibung (3200m) 4 to 5 hours walking

We wake up to the magnificent view of Dhaulagiri and after breakfast walk in that direction through thick forest to a small stream. From here it is a steep climb for around 30 minutes to get to a small clearing and a small charming refreshment stop run by a very enterprising local farmer. After a short rest stop we continue the climb through rhododendron forest and prickly oak to Chistibung. (B, L, D)

Fri 15/4/16 Khopra Ridge (3660m) 3 hours walking

Today we take a short trek through forest to alpine type vegetation indicating we are gaining altitude. We arrive at Khopra by lunch and in the afternoon we will take a walk to see the deepest gorge in the world and a major river in Nepal – the Kali Gandaki. You will have magnificent views of Dhaulagiri, Tukucho, Nilgiri, Varashikar and Annapurna South. (B, L, D)

Sat 16/4/16 High Camp (4200m) 4 to 5 hours walking

After breakfast we ascend towards the foothills of Annapurna South, trekking on rocky terrain and steps until we reach a flat place popularly known as High Camp where we will camp for two nights. Camping (B, L, D)

Sun 17/4/16 High Camp (4200m)

This is an acclimatisation day where we will walk towards the Holy Lake (4700m) and return to our camp by lunch time to rest in the afternoon or if you feel energetic you can explore your surrounds. Camping (B, L, D)

Mon 18/4/16 Hidden Lake (4300m) 7 to 8 hours walking

We start ascending from our camp and after around 2.5 hours we reach a pass (4600m) where you will see the beautiful view of the mountain often referred to as Fish Tail – Machapuchare (6993m) which is revered by the local population as particularly sacred to Shiva, and hence is off limits to climbing. After crossing the pass we descend to a pasture for a packed lunch, and then continue descending towards Hidden Lake. This is one of the Holy Lakes people from the surrounding villages congregate to worship in the month of August. Camping (B, L, D)

Tues 19/4/16 Annapurna South Base Camp (3600m) 4 to 5 hours walking



We start walking gradually for a while, and then start descending through the pastures where we can hardly see the trail. After walking for about 4 to 5 hours we reach a nice flat pasture near the waterfall where

we camp for the night. From Base Camp at 3600m we can see Annapurna South towering at 7219m. Camping (B, L, D)

Wed 20/4/16 Tiribu Danda (3450m) 5 hours walking

Today we start our walk along the small river, after crossing that river we walk on a rocky trail through the forest, a little bit up and a little bit down takes us to Tiribu Danda where you can see the magnificent Fish Tail and Hiunchuli. Camping (B, L, D)

Thurs 21/4/16 Chomrong to Jhinu Danda (2170m - 1780m) 4 to 5 hours walking

Today we will be mostly walking downhill from Tiribu Danda through the rhododendron forest to Chomrong (2170m). From here we meet the main trail which goes up to Annapurna Base Camp. We reach Chomrong by lunch and after lunch we walk down for about an hour to Jhinu Danda. (B, L, D)



Fri 22/4/16 Tolka (1700m) 3 to 4 hours walking

Today we walk along the Modi Khola River for about 1.5 hours and then gradually walk up to Landruk for lunch. After lunch it is an easy gradual walk to Tolka. (B, L, D)

Sat 23/4/16 Dhampus (1650m) 5 hours walking

From here we walk gradually for a while and enter the rhododendron forest. We climb steeply for about 2 hours to reach the top of the ridge of Deurali a small settlement where we will stop for refreshments and rest. Our walk down is through thick rhododendron forest and green pastures to Pothana for lunch, and then downhill all the way to Dhampus. (B, L, D)

Sun 24/4/16 Pokhara (850m)

Enjoy the panoramic views of all the mountains you have seen on this trek (except Dhaulagiri) and take those snaps. We will also be saying goodbye to our crew at this point so this will be your last opportunity for group photos with the people that supported your adventure. After walking down for 1.5 hours we reach Phedi where our private transport awaits us to take the 40 minute drive to Pokhara. Our accommodation is at the Mount Kailash Resort (827m) in the city of Pokhara. This is a great opportunity to relax unwind and enjoy the facilities of the hotel or take a walk around Phewa Lake or even take a boat ride. (B)

Mon 25/4/16 Pokhara Mount Kailash Resort (827m)

Today is a free day to further explore Pokhara including the Peace Stupa, the International Mountain Museum or some of the great restaurants and local craft shops. (B)

Tues 26/4/16 Kathmandu (1360m)

After breakfast and hotel checkout we drive to the airport for our flight to Kathmandu. After checking into the Hotel Shangri-La in Kathmandu the afternoon is free for you to do any last minute shopping and spend any extra Nepalese Rupees you may have left. Evening free. (B)

Wed 27/4/16 Adelaide

You will be transferred to the international airport for your return flight to Adelaide. (B)

Breakfast = (B), Lunch = (L), Dinner = (D)



Annapurna's Holy Lakes & Glaciers

19 Day Tour Package \$4892* per person twin share

Grade: Trekking Moderate
Trek altitudes: Min 800m, Max 4700m

Group size: Min 8, Max 12
Season: Spring, Warm

☎ 0411 779 005

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🌐 fitandreadyadventuretravel.com.au

*conditions apply

TOUR PACKAGE INCLUDES...

Pre-trek departure:

- 12 week tailored fitness program (including health & fitness assessment, 12 weekly group fitness classes & six weekend bushwalks)
- Personal shopping for the right clothing & equipment at Snowys (with 25% discount on full priced items)
- Information briefing on booking & a pre-trek departure briefing.

On the trek:

- Fully guided by Leonie Berger from Adelaide
- The services of Subal Lopchan, an expert English-speaking local tour leader throughout the trek. Also local English-speaking guides at some sites
- Airport transfers
- 3 nights accommodation at the Shangri-La Hotel
- Return local flights from Kathmandu to Pokhara
- Private bus transfer to the starting point of the trek and back to Pokhara at the end of the trek
- Trekking permit
- Accommodation on trek: 8 nights in comfortable lodges & 5 nights camping
- 2 nights accommodation at Mount Kailash Resort in Pokhara
- Meals: 18 Breakfasts, 13 Lunches, 14 Dinners including welcome dinner & boiled drinking water throughout the trek
- Porterage on trek
- Portable altitude chamber
- Trek Pack while on trek valued at over US\$500 – kitbag, high quality sleeping bag designed for sub-zero temperatures, sleeping mat and inner sheet and a high-altitude jacket
- Sightseeing (entrance fees where applicable) in Kathmandu including Bodhnath Stupa, Pashupatinath and the holy Bagmati River.

General Information & Conditions

PRICE ALTERATIONS

- The price is correct at the time of printing this brochure
- Price is subject to currency fluctuations and may change without notice
- Price is guaranteed upon receipt of full payment
- Price is subject to a minimum of 8 participants.

NOT INCLUDED

- International flights, visas, insurance, meals not listed and all refreshments, any optional tours and activities during free time, camera fees, excess baggage charges, showers on trek (if available), tips or gratuities and items of a personal nature.

BOOKING FORM & DEPOSIT

- The Himalayan Hikers Expedition Booking form must be signed and completed at the time of booking
- A deposit of \$1500 per person is required within 7 days of booking. The balance is due by 4 March 2016
- The price is subject to change until full payment has been received
- International airline bookings and all other travel arrangements to be booked directly with Travelaffare on (08) 8278 7470 or email travel@travelaffare.com.au

INSURANCE

- Travel insurance is compulsory on this trek and must cover you for cancellation, medical costs associated with hospitalisation, emergency travel and repatriation back to Adelaide if required. This can be arranged with Travelaffare.

PASSPORT VISA

- All participants must hold a valid passport with a minimum validity of 6 months. Please have your passport with you at time of booking so we can discuss the requirements with you. The Nepalese visa can be obtained on arrival at Kathmandu airport.

MEDICAL ADVICE

- You will be required to undertake a Health & Fitness assessment with Fit & Ready Adventure Travel to undertake the 12 week fitness training. You will be advised if you will be required to consult your allied health professional further.

CANCELLATIONS

- Loss of 50% of package costs 56 and 31 days prior to departure
- Loss of 100% of package costs 30 days or less prior to departure
- International airfare as per airline and all other travel arrangements as per Travelaffare cancellation policy.

REFUNDS

- A refund is not applicable after the tour has departed
- Refunds are subject to the cancellation penalties incurred by Fit & Ready Adventure Travel and Travelaffare and the suppliers of this trek.

WEATHER

- April is sunny and dry most of the time. The average daytime temperatures are around 30°C whereas the average minimum temperatures are about 12°C. However, some nights can be quite cold comparatively, even dipping to freezing temperatures. As you gain altitude it will be much cooler with overnight temperatures dropping below zero.

CONDITIONS OF TREK

- Himalayan Hikers Expedition may change hotels, lodges and their itinerary if the need arises. If this occurs, the same standards will be maintained and participants notified as soon as possible.

DISCLAIMER

- Fit & Ready Adventure Travel and Himalayan Hikers Expedition reserves the right to amend or cancel this trek at any time, and does not accept any liability for any part of this tour including those provided by the suppliers of this tour. Travelaffare does not accept any liability for any part of this tour including any travel arrangements made in conjunction with this tour.

