

KEEP WALKING - NEPAL ANNAPURNA MACHAPUCHARE

- SEE WEBSITE FOR DATES -



Nepal is known for its beautiful and dramatic scenery. Avid walkers and non-walkers alike are drawn to its mountains and foothills to view the Himalayas and the world's highest peaks. Many discover the beauty of the forests and what nature has to offer. There is something about a trek in the Annapurna region that draws many trekkers back again, it is a place to just put one foot in front of the other and follow the majestic scenery as it unfolds. This trek takes you to the base of the sacred fish-tail peak of Machapuchare and Himal Base Camp. The options are of course weather dependent, (see website for best trekking times)) but which ever trek you choose you will be well rewarded with an exceptional day in the mountains. As you climb you get closer to the gigantic face of Machapuchare (6993m). If time allows, you may be able to traverse close to the glaciers, or view the giant sanctuary of Annapurna 1 or Annapurna 4.

We would be pleased to have you on this journey and introduce you to our country and way of life while you travel as part of my extended family.



Ang Ngima Sherpa

Business proprietor

Trip Summary

- Day 1 – arrive Kathmandu: meet and greet
- Day 2 – fly to Pochara & walk to Australian Camp
- Day 3 – trek to Kooker (approx 6 hrs)
- Day 4 – trek to Humaal (approx 4 hrs)
- Day 5 – trek to Guhe (approx 5 hrs)
- Day 6 – optional trek to Mardi Himal Base Camp (approx 6 hrs)
- Day 7 – trek to Kooker (approx 5 hrs)
- Day 8 – trek to Landruk (approx 4 – 5 hrs)
- Day 9 – trek to Ghandruk (approx 4 – 5 hrs)
- Day 10 - trek to Pokhara (approx 4 hrs)
- Day 11 - fly to Kathmandu
- Day 12 - optional sightseeing around Kathmandu
- Day 13 - Trip concludes after breakfast

All meals are included for the 10 days except for lunch Day 1 and Day 9, and any meals on Day 10 required after breakfast.

Cost: US \$1825 (joining Kathmandu)

Includes: hotel accommodation and all meals (except for lunch Days 1, 11 & 12 and dinner Day 11 and any meals on Day 13 after breakfast), domestic flights, all airport pickups and drop-offs. A sleeping bag and kit bags are provided while on trek, plus Sherpas and porters to assist you en-route and carry your overnight gear. A medical kit will be carried by staff.

Single Supplement: additional US\$165



13 day lodge based trek.
Moderate grade trek: reasonable level of fitness required

CONTACT US

In Nepal:

Ang Tshering Sherpa / Pemba Lamu Sherpa

GPO Box 13418 Kathmandu

Office: Kaldhara-16, Paknajol, Pipalbot Marga, Kathmandu 4600

Email: keepwalkingnepal@gmail.com

Ph. +977 4389 649 (office)

Mob. +977 9860 627 739 /+977 9851 189 649

Web: www.keepwalkingnepal.com

DAILY MOVEMENTS

ANNAPURNA MACHAPUCHARA



Day 1 Arrival in Kathmandu

You will be met by our local staff and transferred to your accommodation in Boudhanath. An evening meal will be held together so we can get to know each other.

Day 2 Fly Kathmandu to Pokhara (980m) and walk to Australian Camp (1900m)

Fly from Kathmandu west to Pokhara, 25 mins, lunch in Pokhara then drive to Khari (1hr). We then hike to the camp site at Australian Camp for the night (2hrs). This is an easy day and there is no need to rush. We will have time at the end of the day to relax and enjoy the view of Annapurna South and Machapuchare, the sacred peak of the region.

Day 3 To Kooker (2590m) Walk approx 6 hours

The morning views from our campsite are excellent. Today as you walk, the peaks of the Annapurnas will be visible through the rhododendron forest. Reaching Deroli (2200m), our lunch spot, we get our first views of Dhaulagiri, the world's 6th highest peak. Then it is a gradual ascent to our camp at Kooker.

Day 4 To Humaal (2950m) Walk approx 4 hours

Today in the distance are the terraced fields and villages that cling to the hillsides. We climb through the forest to our campsite where stunning views of Annapurna and Machapuchare are waiting. Take time in the afternoon to rest and reflect on what you have seen so far and sit and enjoy the magnificent view.

Day 5 To Guhe (3680m) Walk approx 5 hours

Over breakfast sit and take in some of the best views and, as we commence our walk, the views of Annapurna South, Hiunchuli and Machapuchare get better. Walking through rhododendron forest and birch we climb higher walking through dwarf rhododendron before reaching the grass hills above the tree line. Tonight we camp on top of the ridge.

Day 6 Day hike to Mardi Himal Base Camp. Walk approx 6 hours

We are not moving camp today unless the weather is inclement. Your choices are to relax at camp and savour the views in the vicinity, or join a day hike to Mardi Himal Base Camp (4100m), the highest point gained on our trek.

Day 7 To Kooker (2590m) Walk approx 5 hours

After a relaxed breakfast we descend slowly back to Kooker.

Day 8 To Landruk (1940m) Walk approx 4-5 hours

Descending steeply towards the Mardi Khola, trekking through dense forest of rhododendron, oak and birch we reach the terraced fields of Landruk. Tomorrow's destination is easily seen across the valley: the attractive village of Ghandruk.

Day 9 To Ghandruk (1940m) Walk approx 4-5 hours

Descending to the valley floor through terraced fields this morning we cross the Modi Khola by steel suspension bridge to commence our ascent up the staircase to Ghandruk which is the second largest Gurung village in Nepal. In the afternoon we will visit the Sanjiwani Medical Clinic and take time to walk through the old section of this village.

Day 10 To Pokhara. Walk approx. 5 hours

Walk down to Birethanhi. The views are spectacular as we descend and look down the valley. Following lunch in this small town we, walk a short distance to catch the bus back to Pokhara. You will have the afternoon at leisure in Pokhara before our final dinner with the trekking crew.

Day 11 Fly to Kathmandu

After breakfast we transfer to the airport for our return to Kathmandu, a spectacular mountain flight along the face of the Himalayas. On arrival we transfer to the hotel. Afternoon at leisure.

Day 12 In Kathmandu

An optional sightseeing tour taking in the key attractions in and around Kathmandu is available. The length will be determined by client interest. We will join together again for an evening meal.

Day 13 Trip concludes in Kathmandu.

Journey formally concludes after breakfast with transportation to the airport, unless other arrangements have been made.