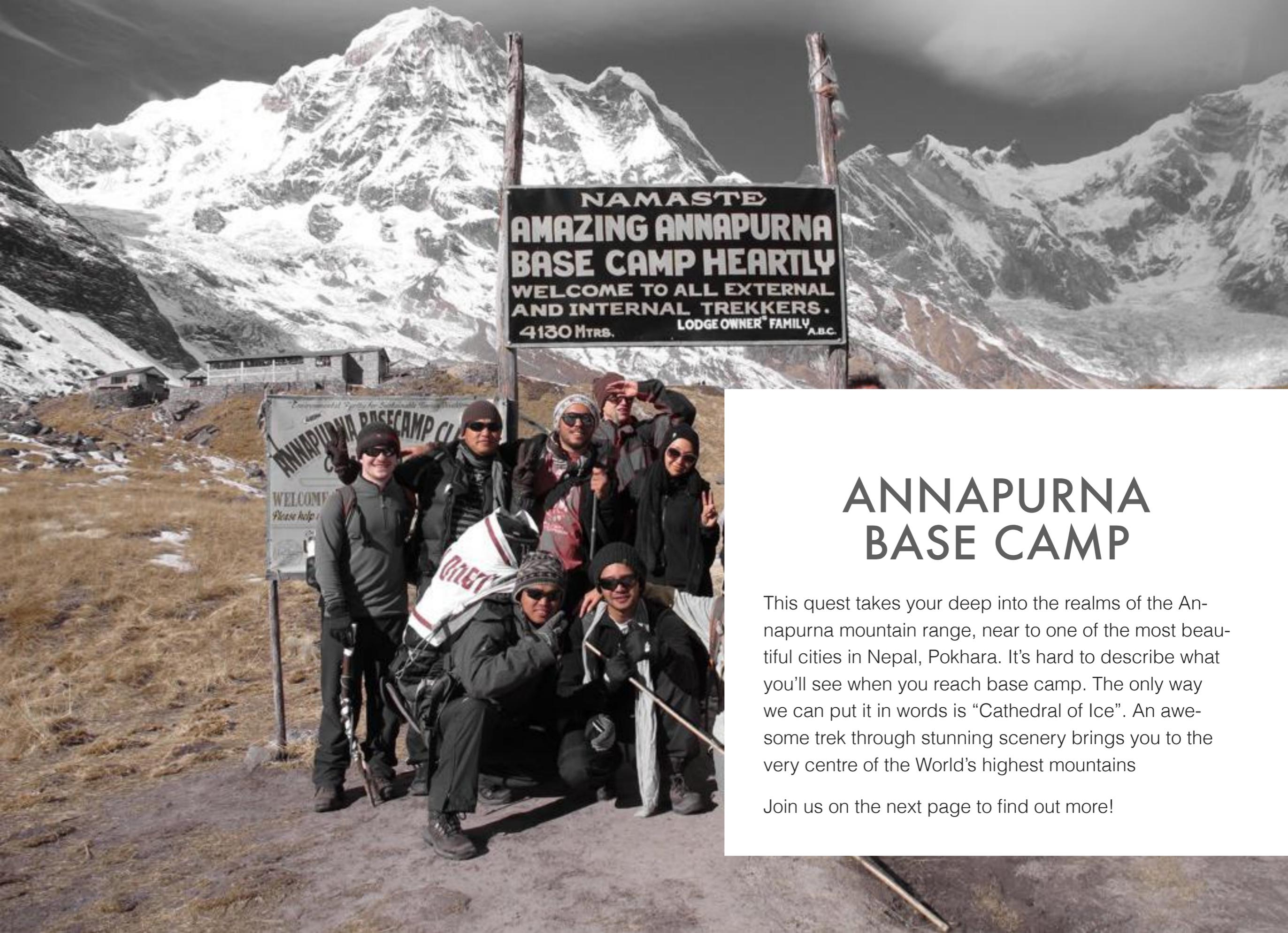




# ANNAPURNA BASE CAMP



**NAMASTE**  
**AMAZING ANNAPURNA**  
**BASE CAMP HEARTLY**  
**WELCOME TO ALL EXTERNAL**  
**AND INTERNAL TREKKERS.**  
4130 MTRS. LODGE OWNER FAMILY A.B.C.

ANNAPURNA BASECAMP CL  
WELCOME  
Please help

# ANNAPURNA BASE CAMP

This quest takes you deep into the realms of the Annapurna mountain range, near to one of the most beautiful cities in Nepal, Pokhara. It's hard to describe what you'll see when you reach base camp. The only way we can put it in words is "Cathedral of Ice". An awesome trek through stunning scenery brings you to the very centre of the World's highest mountains

Join us on the next page to find out more!



## INTRODUCTION

This 11 day adventure will give you so many different experiences that it's hard to fully appreciate on "paper". You'll begin in Nepal's capital, Kathmandu, which for first times is always a culture explosion. Soon though you'll be away from the city and soaring over the pristine wilderness of Nepal on a domestic flight, before arriving at a gem of a city – Pokhara. Pokhara really is a paradise, flanked on one side by some of the biggest mountains on Earth, and on the other by the beautiful and sacred Lake Phewa. From Pokhara your trek will start. 8 days of no cars, no trains, no transport of any kind aside from your feet. The air is pure, the cultural experiences rich and the views jaw-dropping. Every photo on this itinerary is taken from the trek...

From Pokhara your trek will start. 9 days of no cars, no trains, no transport of any kind aside from your feet. The air is pure, the cultural experiences rich and the views jaw-dropping. Every photo on this itinerary is taken from the trek...

Eventually you will have to come back to civilisation, where we can relax and do some last minute gift shopping! Nima Lama, our Head of Operations in Nepal, will be there to greet you upon safe arrival at Kathmandu Airport. We will be your guide for the duration of your trip.



THE ITINERARY



## **Day One – Fly to Kathmandu**

Our Mountain Quests team will meet you at the airport and escort you to your hotel. Today is a free day to rest from your flight, settle in, check your gear and perhaps some last minute shopping while in the Capital for your upcoming trek. In the evening we'll have a group briefing for the trip, where we can all meet each other and discuss the trek in detail.

## **Day Two – Kathmandu to Pokhara, trek to Ghandruk (2,012m): 7 hours**

You will take an early flight from Kathmandu airport to Pokhara. This is a stunning half hour flight along the Himalayan Range, seeing four out of the world's fourteen giant mountains over 8000m; Daulagiri, Annapurna I, Manaslu and Shishapangma, before landing in Pokhara. An experience not to be missed!

Once we arrive in Pokhara we will then continue our journey with a bus ride to Naya Pul. From here your trek begins! You will descend into the village of Birethanti where you can stop for lunch, before moving on to Ghandruk to spend the night.

## **Day Three – Trek to Chhomrong (2,170m): 6 hours**

You'll wake up in Ghandruk to a beautiful sunrise over Machhepuchhare Mountain (6997m) and Annapurna South Summit and wow, what a view! After eating and getting ready we will trek through the rolling hills of the Himalaya before descending steeply to the Kimron Khola for lunch. After a rest we'll head up the other side on another steep ascent to reach Chhomrong by the end of the day. Here we'll see spectacular views of Annapurna South (7,229m).



#### **Day Four – Chomrong to Doban (2,580m): 6 hours**

From Chhomrong we'll start with a steep descent before climbing up to Sinuwa Danda for lunch. The hard work is now over and we'll trek through beautiful Rhododendron forests to Doban where we'll spend the night.

#### **Day Five – Doban to Deurali (3,100m): 5 hours**

A pleasant day starts with a gentle climb through bamboo forests, passing by the "Himalayan Hotel" village and through pristine, quiet foothills. We really are in nature now. We'll continue our way along the trail until we get to Deurali, which sits at the mouth of the Annapurna Sanctuary; our final goal!

#### **Day Six – Deurali to Macchapuchare Base Camp (3,700m): 4 hours**

We're going to punch through the altitude barrier by trekking to Machhapuchhare Base Camp (these days it is forbidden to climb this sacred mountain though). The valley widens and flattens before we'll trek through avalanche prone areas (we consult the local lodge owners to ensure it's safe) until we reach the lodges at Machhapuchhare Base Camp. The views here are almost unbelievable, and we will probably spend a few moments in silence trying to take it all in.



### **Day Seven – MBC to Annapurna Base Camp (4,130m): 2 hours**

A short day today, but a steep one, that takes you up to Annapurna Base Camp (4,130m) in about 2 hours. It's cold and windy here and often with plenty of snow. We'll spend the day taking things in and exploring the base camp area. This is the start point for climbing one of the World's most dangerous mountains, and the nearby memorial to Anatoli Boukreev (famous Russian/Kazakh mountaineer) is testament to that.

### **Day Eight – ABC to Bamboo: 6 hours**

We'll head back down to the Himalayan Hotel. A relatively easy day compared to the previous ones on the trek so far. We'll stay here for the night

### **Day Nine – Bamboo to Jhinu Dada (1,760m): 6 hours**

From the Bamboo we'll trek down to Chhomrong, which actually ends with a steep climb up to the village. We'll take an extended rest before heading steeply down to Jhinu Dada. This is an awesome village to spend the night. If you have the energy, we can even take you to the nearby hot springs.





### **Day Ten – Trek to Naya Pul and onwards to Pokhara**

Today we'll trek back to Naya Pul and then drive onto Pokhara, where we'll sleep and celebrate our trek to Annapurna Base Camp. We'll stay in the Mount Kailash Hotel:

([www.mountkailashresort.com](http://www.mountkailashresort.com))

### **Day Eleven – Post trek adrenaline rush and onwards to home**

It's time to let our hair down, by floating down to Earth in a paraglider. Once we've had our adrenaline fix we'll head to the airport and fly back to Kathmandu to relax before your flight back home in the evening. It has been our pleasure hosting you in Nepal.



WHAT TO EXPECT



**Food** - Food will be prepared in the tea-houses and will be international in nature. Pastas, potatoes, meat and vegetables. Breakfasts will include eggs in different ways, cereals, teas and coffees. There will also be ample opportunity to sample the local cuisine. The food and drinks will be clean and well prepared, giving us all the energy we'll need for our trip.

**Accommodation** - In Kathmandu and Pokhara we'll be in a well-run, clean hotel, with en-suite bathrooms, in-room TVs, 24 hour hot water and power and laundry facilities. Rooms will be on a twin-share basis. In the mountains we will be staying in camping tents on a twin share basis.

**Gear** - We will provide all participants with a full kit list that is provided at the end of this document. This is a highly recommended list of important items that will make your journey with us comfortable, as well as safe. Please refer to the list for full details.

**Trekking Assistance** - we will be accompanied by a full complement of porters who will be helping us with our excess luggage. Trekking days will see us carrying our day packs, with water, food and water-proofs in them.



## INCLUSIONS

- Accommodations in Kathmandu
- All domestic transportation
- All meals and accommodation outside of Kathmandu
- Full-qualified guide
- All adventure activities

## EXCLUSIONS

- International flights to and from Kathmandu
- Meals in Kathmandu (allow USD 10-15 per meal)
- Carbonated and alcoholic drinks
- Items of a personal nature such as phone calls, laundry, etc.
- Tips
- Travel and medical Insurance (covering rescues)
- Rescue and early departure from the trek
- Personal gear

# PRICE AND OPTIONAL EXTRAS





Price - The price for the whole adventure discussed so far comes to:  
**5,165 AED per person. Please ask for single supplement charges.**

**Paragliding is a 350 AED / \$95 addition**

Please contact us at [info@mountainquests.com](mailto:info@mountainquests.com) or at

+971 4 368 2687 / +971 50 644 9130 for more information, or to book.

[www.mountainquests.com](http://www.mountainquests.com)



# MOUNTAIN QUESTS

## ABOUT MOUNTAIN QUESTS

Based on the philosophy of 'Live, Don't Exist', Mountain Quests was set up in April, 2011 by Matt Farr whose passion for mountain climbing led him to Nepal on a regular basis to conquer the majestic peaks of the Himalayas. After years of successfully putting his climbing skills to the test all over the world, including a two week adventure in the Alps climbing seven mountains in 12 days, Mountain Quests was born.

With offices in both Dubai in the United Arab Emirates and Kathmandu in Nepal, Mountain Quests is in full control of its operations, logistics, safety and security to offer clients options of both tailor-made trips and pre-arranged itineraries.

The essence of every trip is a culturally rich and diverse travel experience that will appeal to people seeking a unique adventure or looking to push physical and emotional boundaries.

The types of trip vary to accommodate different abilities and include hiking, trekking, expeditions, mountain biking as well as extreme pursuits including survival trips and adventure sports such as bungee jumping and paragliding. The core destination of Nepal make up the portfolio with the addition of Northern India planned towards the end of 2014.