



## Himalayan Family Trek – Annapurna Foothills

Lodge / Teahouse

**No. of days. - 16**

**Graded - Moderat**

Nepal a tiny country, nestled in the Himalayas between India and China, is one of the most diverse and fascinating countries in the world. Covering an area of only 147,181 sq. km, Nepal encompasses the world's highest mountains and the deepest valleys as well as low elevation rain forest.

Although the width of the country is only 200 km North to South, Nepal has the highest altitude variation of any country on earth, from 20m above sea level to 8 848 meters above sea level (Top of Everest).

The country is divided in to 3 elevation Zones viz. the low Terrain, the Midhill region and the High Himalayas, which contains 1/3 of the Himalayan range with 9 of the world's highest mountains. This wide diversity of landform gives Nepal an incredible wealth of flora and fauna.

Nepal is not only famous for its landscape but also renowned for the friendliness of its people. The people of Nepal are as variable and intriguing as the country's geography. There are more than 37 ethnic groups with their own language and culture.

Hinduism is the official religion, which the majority of the people practice. Many people throughout the country are Buddhist and the two religions have co-existed in harmony over the ages. A small number of people practice Christianity and Islam.

### **Nepal at a glance:**

Longitude: 26'12' and 30'27' No

Latitude: 80 degree 4' and 88 degree 12' East

Population: 24 million

Capitol: Kathmandu

Area: 147,181 sq. km.

## **Annapurna**

Annapurna Region is grand and the Circuit is known to be the most beautiful trek you can do in the world. Blooming Rhododendron hills along with tropical forest are mixed with turquoise glacier lakes and snowy 8000 meter peaks. Close to the mountains is the small and pleasant town of Pokhara that is situated by a beautiful lake and is a far calmer town than Kathmandu.

The Annapurnas' have several high peaks. "Annapurna 1" is 8 091 meters and the 10<sup>th</sup> highest mountain in the world. Annapurna 1 is known to be the most difficult 8000 meter peak to climb but still it was the first mountain above 8000 meter that was successfully climbed. The year was 1950 and it was a French expedition. After the French it took 20 years before the next successful climb. Till today it is still not more than a few hundred people who has summit successfully.

## **Your Adventure**

The Foothills of the Himalayas in Nepal provides just the right ambience and destination for a relaxing vacation. This trek offers you a unique and awesome experience of trekking with children in the Himalayas, along with an opportunity to indulge with Nepal's fascinating culture and traditions.

Magnificent mountain views, ecological and cultural diversity, ethnic villages with terraced farmland and hospitable local people make this an exciting and fascinating trek in itself. Children are really good "ice breakers" to get in contact with the local people and you will get a unique experience and possibility to get to know the Magar people. This is also a perfect way to make your children grow while having an amazing time. It all together makes this a holiday of a life time!

## **Summery**

Trek Distance:	Approx. 97 km
Maximum altitude:	3 210 m (Poon Hill)
In / Out:	Kathmandu



## Itinerary

- Day 1.** Arrive in Kathmandu (1330m), welcome dinner
- Day 2.** Half day city tour around Kathmandu Valley, lunch and trek briefing
- Day 3.** Fly to Pokhara (890m) Trek to Australian Camp (2030m)
- Day 4.** Trek to Landruk (1751m)
- Day 5.** Trek to Jhinu (1740m) thermal springs
- Day 6.** Trek to Chuile (2250m)
- Day 7.** Trek to Banthanti (2700m)
- Day 8.** Trek to Ghorepani (2850m)
- Day 9.** Early morning hike to Poon Hill (3210m) for sunrise views and trek to Tadopani (2600m)
- Day 10.** Trek to Ghandruk (1951m)
- Day 11.** Trek to Syauli Bazaar (1010m), drive to Pokhara (890m)
- Day 12.** In Pokhara – Free time.
- Day 13.** Drive to Chitwan
- Day 14.** Activities in Chitwan
- Day 15.** Drive to Kathmandu – Evening free
- Day 16.** Departure

**Please Note** that the above itinerary is only a guide and that it could change. A lot of things have to be taken into account like weather, general walking pace of the group, mountain safety etc. Your group leader can change the schedule if necessary with prior notice to you, keeping safety first in mind.



## Your Activity

### Day 1 - Arrival in Kathmandu

Once you reach KTM airport and finish with the immigration and custom formalities be prepared to confront the confusion outside the airport which is common in most of the south Asian countries. As you walk out of the Exit door into the passenger pick up area you will see hundreds of people with different sign boards in their hands, taxi drivers looking for fares, hotel touts looking for customers and porters trying to help with the luggage for tips. Please remain calm and do not walk out of the restricted area into the crowd straight away. Remain there and try to find the Hi On Life sign board. Once you spot it, walk straight to the signboard and identify yourself. From here we will take care of you. When you arrive to your hotel you will be briefed about your activities and "do's and don'ts" while your stay in Kathmandu. When you arrive to your hotel you will be briefed about your activities and "do's and don'ts" while your stay in Kathmandu. We will also collect some documents from you. Please have the following things handy when arriving.

1. **Travel/ Medical Insurance** (photo copy)
2. **3 passport size photos**
3. **Photocopy of your passport.**

In the evening we will go for a traditional Nepali dinner at Kathmandu's finest Nepali restaurant.

### Day 2 - City tour and Trek briefing

After breakfast you will be taken for a half day city tour where you will be visiting some historical temples and monuments. You will end your sightseeing with a lunch.

After your lunch you will return to your hotel and your Group leader will give you your trek briefing and issue you your 'trek pack' consisting of a duffle bag, down jacket/or fleece sweater, sleeping bag, inner liner for your sleeping bag and rain poncho. Your afternoon is free for you to do your packing and purchasing your last minute items for your trek.

### Day 3 - Flight to Pokhara (890m) Drive to Kande (1770m) and trek to Australian Camp (2030m)

We depart from the hotel early in the morning and are transferred to the domestic terminal at Kathmandu airport. From here we fly to Pokhara, which is a spectacular flight, flying west, parallel to the mountain range with a flight time of about 30 minutes. After arrival at Pokhara we will be transferred to our hotel in the heart of Lakeside.

From Pokhara we travel by private car for 40 mins to Kande, where the trek officially begins. There is a steady climb along an easy trail to Australia Camp where we find our lodgings for the night. Here there is a great big open space to relax and enjoy the views of the mountains. There are awesome views of the Annapurnas on the north-eastern side.

### Day 4 - Trek to Landruk (1751m) 5hrs

After breakfast, we set off for Pothana., a light walk through the forests. At Pothan we stop and have a break as we wait for our ACAP permits to be checked. From there it is a steady ascent through a forest, on a well defined path, to a pass called Bhichok Deorali (2100m). From here we see beautiful views of the Annapurnas and also a bird's eye view of Pokhara. We then descend through forest to a small village called Tolka, the trail then contours around the valley

and descends gently to Landruk. The views at the lodge here are fantastic and the excitement of being in the mountains begins to build.

### **Day 5 - Trek to Jhinu Danda (1740m) 6hrs**

After our morning rise to tea and beautiful sunrise in the Himalayas, we leave Landruk and we continue the trek descending stony steps and along the banks of the Modi Khola river, until we reach New Bridge. We cross the river and start climbing stony steps and continue ascending for about an hour and a half to reach Jhinu Danda. We call it a day here and after settling into our lodges we head down to the banks of the Modi Khola, where we indulge in a dip in the hot springs, located right next to the river. There are 3 pools of warm water from the natural hot springs. The relaxing thermal waters are believed to have several benefits on health and are guaranteed to relax your tired muscles and bones.



### **Day 6 - Trek to Chuile (2250m) 5hrs**

After breakfast we set off as today's walk includes quite a lot of uphill and downhill. We begin with climbing stony steps for about an hour and a half to reach a resting place with a couple of teashops. From here, the trail continues to climb north towards Annapurna Base Camp, but we take a lower trail. The trail then descends along the side of the valley, crossing a landslide. After an hour and a half, we reach a village called Ghurjung. There are a few lodges and a school here. After Machhapuchhare Ghurjung we continue to descend to Kymrong Khola. Here we cross a bridge and then climb up stony steps again. We climb for an hour to reach Chuile.

### **Day 7 - Trek to Ban Thanti (2700m) and on to Lali Gura Lodge 5hrs**

Another early rise to greet the day. After breakfast in the beautiful open area in front of the lodge, we continue to walk through the village and then we enter a dense and beautiful forest. In the spring you get to see the Rhododendrons, Magnolia and a few Orchids in full bloom. We climb for about an hour to reach Tadopani. This place is situated at the top of a pass with stunning views. There are a few lodges here. After resting for a while, we continue to trek through the forest again, going downhill in the beginning and then climbing again. We trek for about another 1hr to reach 'Tranquility Lodge' where we stop for lunch. We move on through the forest a lodge before Deurali and stay below the Watch Tower. If the weather is clear, there

is an opportunity to rise very early the next morning and climb up to the WT for views of the sun rising over the Annapurna Range.

### **Day 8 - Trek to Ghorepani (2850m) 2hrs**

If the weather is clear we have the option to climb to the top of the Watch Tower to see the sun rise over the Annapurnas. After breakfast we continue our trek through the forest, climbing stony steps for a short while to reach the village of Deurali. Deurali is a pass and is at an altitude of 3200m. You get panoramic views of the Annapurna and Dhaulagiri range. There is a village here and we find Tibetans selling souvenirs, including jewelries, antiques etc commonly called “something” by the Tibetans- “have a look” and “something?” are the sentences they would commonly use to sell their wares to the tourists. These Tibetans live in the Tibetan refugee camp in Pokhara and during the trekking season, they come to these parts to sell their “something”. After Deurali, we walk along a spectacular ridge with views of the mountains on one side and views of the lowland valleys on the other side. You might see a few Griffon vultures and some eagles too. We walk along this beautiful ridge for about an hour and a half and then down to Ghorepani. As we get in early we have time to explore Ghorepani, which is a busy village with at least 30 lodges. There are a few Internet cafes, libraries, pubs and bakeries. It is a little tourist mecca and is quite a change after walking through remote villages for 7 days. It is famous for the sunrise view from Poonhill, which is about an hour climb from the village. Also a good spot to get some washing done as there is a fireplace in the dining room with drying lines around it.

### **Day 9 - Poonhill (3210m) and trek to Tadopani (1940m) 6hrs**

Today we wake up very early, and after a cup of tea, climb the well trodden stony steps up to Poon Hill. It takes us about 1 hour to reach the top and from here we get spectacular sunrise views of the Annapurnas and Dhaulagiri. After spending about an hour here we go back down to Ghorepani. After packing your bags, we eat breakfast and hit the trail. From Ghorepani we retrace our steps back to Tadopani, along the ridges, stony steps and through dense forest. It is a beautiful and tranquil walk.



### **Day 10 - Trek to Ghandruk (1951m) 4 hours**

We wake early enjoy spectacular views over the ranges. After breakfast we begin our walk along the ridge and through a rhododendron forest, usually accompanied by wild monkeys. The walk is fairly easy and very beautiful with little streams and a whole new feel to the trek. It is one of the most peaceful days of walking and after a couple of hours through the forest we reach Kymrong Danda. There are a few lodges here and we have lunch. From here we descend to Ghandruk an ethnic Gurung Village. We settle into our accommodation and the afternoon is free with lot's to do and see. The carpet and handicraft factory, run by the Ama's group (mother's self-help group) is worth visiting. The ACAP headquarters show a documentary about the Annapurna area and issues regarding local conservation, which is also worth viewing.

### **Day 11 - Trek to Syauli Bazaar and drive to Pokhara (890m) 4hrs walk, 1hrs drive**

Our last day of trekking! After breakfast we head out from Ghandruk and descend very long stony steps to Syauli Bazaar, passing beautiful terraced farming fields and villages. This is quite different terrain from the forests and mountains and is quite open and we begin to see where modern facilities are moving in. From Syauli Bazaar, we are then transferred by private vehicle to Pokhara and checked into our hotel. It is quite a different scene with the hustle and bustle of the Lakeside bazaar and the many tourists transiting to and from the mountains. In the evening you can dine out at one of the many lakeside restaurants.

### **Day 12 – Free day in Pokhara**

If you have special interests in Kayaking, Paragliding or Mountain Biking there are plenty of places to visit and organize another adventure.

**Day 13 – Drive to Chitwan. Activities in the Jungle**

**Day 14 – Chitwan – full day of activities**

**Day 15 – Safari in the morning. Drive to Kathmandu in the afternoon.**

### **Day 16 - Departure**

Hi On Life will make sure that you are transported to the air port in good time for your flight.



## Day On Your Trek

Although each day is different, considering the weather, general pace of the group and length of the days walk, in general your day begins with a wake up tea at 6:30 in the morning. Then you will need to pack your duffel bag and your daypack and come to the lodge's diner for breakfast.

After breakfast we will hit the trail and usually walk for about 3 to 4 hrs before we stop for lunch. We will give you about an hour and a half rest during lunch, which will also give enough time for the staff to have their lunch and pack. Usually after 3 to 4 hrs of walking we finish the days walk by 4 PM. Tea/ Coffee and snacks will be served on arrival to the lodge. Your dinner will be served around 7 PM.

## High Altitude

On this trek you will be going up to 3 210 m, so it is very important to understand the affects of altitude. The greatest provocation is going too high too fast. Hi On Life's itinerary has been carefully designed to minimize the effects of altitude. We ascend slowly and surely allowing enough time for safe acclimatization.

Headaches and breathlessness are common at altitude which in itself is nothing to worry about. In rare cases, this may worsen to Acute Mountain sickness (AMS), so a close watch is kept on all trekkers by the group leader who is trained to recognize the symptoms of AMS which are severe headaches, nausea, lethargy, loss of appetite serious breathlessness even at rest. If any trekkers show such signs they will be descended to relatively lower and safer altitude. The Group Leader's decision on evacuating such person to a safe altitude is final.

Do not medicate yourself without first informing your group leader.

Going to altitude slowly with adequate rest and adequate intake of fluid (3 to 4 litres per day), you will most likely have no problems apart from breathlessness on hills which is completely normal as the percentage of Oxygen in the air is relatively lower to that at sea level.

The most important thing is not to worry about altitude because our team is there to take care of you.



## Staff

**Group leader:** your most important member of your staff. Our Group leaders are highly trained in all aspects of the trek, conservation, first aid specializing on altitude sickness, emergency procedures and have extensive knowledge of the natural history of the area.

**Sirdar:** His job is to manage and organize staff duties. He is responsible for the actual operation of the trek.

**Sherpas:** Their job is to lead your way and distribute equal loads to the porters.

**Porters:** They are responsible to transport your duffle bags and their job finishes once they reach the designated lodge. Our porters are provided with Gore-Tex suits, trekking boots, gloves, hats, socks, snow gaiters and snow goggles. Most importantly, we regulate them on a 25 Kg carrying which no other company does. Our clients can therefore feel comfortable knowing that our porters are working in a good humane condition. During the trek you can see porters carrying 60-70 kg and sometimes even more than 100 kg!!)



## Weather

### Oct/Nov and March/April

On the trek at lower altitude (2500m to 3500m) during daytime the Max temp can be around 22C to 28C and the Min temp can be 8C to 15C

At higher altitude (3500m to 5500m) the daytime Max temp can be between 17C to 22C and Min temp can be between -4C to 8C

### Dec to end of Feb

On the trek at lower altitude (2500m to 3500m) during daytime the Max temp can be around 15C to 20C and the Min temp can be 2C to - 8C

At higher altitude (3500m to 5500m) the daytime Max temp can be between 12C to 18C and Min temp can be between -4C to -20C

Please note that this is just general information and it could vary marginally.

## Our Services

- All internal transportation, in private vehicle.
- Services of English or/and Swedish speaking guide.
- Porter's and sherpa's assistance.
- 3 nights in tourist class hotel on bed and breakfast basis while in Kathmandu.
- Welcome dinner.
- Half day guided city tour with lunch.
- Use of a personal trek pack consisting of a duffle bag, down jacket and sleeping bag with a fleece inner-liner.
- All meals while on trek.
- Afternoon tea/coffee service on arrival at the lodge.
- Twin share accommodation in trekking lodges with shared bath and toilet facilities.
- National Park fees.
- Staff insurance, tourist service fee and all taxes applicable as per state law.



## Not Included

- Personal accident and rescue insurance. You must provide your own rescue insurance
- Mineral water, beer, soft drinks and extra tea/coffee outside of normal meal times.
- Private room accommodation in Kathmandu unless a single supplement is paid.
- Optional tips to guides and porters.
- International airport departure taxes.
- Visa costs.
- Helicopter evacuation in the unlikely situation, although we do arrange for it and make the necessary documents so that you can claim from your insurance.



## **Healthy and trouble free holiday**

There are no compulsory vaccinations required for entering Nepal. However please consult a doctor for vaccination against Typhoid, Meningitis, polio, and hepatitis. If you have special dietary requirements or allergies, please through your agent, give us a list of what you can and can't eat so that we can provide proper food for you.

If you are undergoing a course of prescription medicine, please ensure that you have sufficient supplies for the entire holiday. Some types of drugs including antimalarias have side effects at high altitude; therefore please consult your doctors regarding these drugs. The places you trek are mosquito free and there has been no report on malaria in Kathmandu for the past couple of decades.

## **Insure yourself**

We highly recommend you to take a comprehensive Personal Travel Insurance before leaving home. This should cover for your loss of baggage, airline delays, sickness, and accidents. And it should also cover you for Emergency Helicopter Evacuation.

## Recommendations for things you should bring:

- Water bottle (2 bottles, min 1 litre each, should be able to hold hot water)
- Day pack medium size 35-40 litres
- Sunglasses
- Duct tape small roll.
- Stuff bags smaller (plastic) bags to organize you duffle bag
- Money belt
- Toiletries we provide toilet papers
- Towel
- Torch preferably head lamp
- Penknife
- Sewing kit
- Medical kit as per your prescriptions. It should be noted that the group leader will be carrying a first aid kit.

## Optional

- Walking sticks!
- Cameras
- Knee guard for those with bad knees.

## Clothing

- Trousers 1 lightweight for easy walking, 1 warmer for colder days preferable wind/water proof and 1 lightweight for evening
- Shorts Not too high cut revealing ones
- T-shirts At least 3 or 4 suitable for trekking
- Hats Sunhat and one cotton/woollen hat for evening
- Gloves One thin pair
- Thermal underwear Light weight tops and trousers, preferably woollen, at least 1 pairs
- Socks At least 4 pairs (both thin and thick woollen ones)
- Jackets 1 fleece and 1 Gore-Tex wind/waterproof. Please note that we provide down jackets if needed.
- Walking boots Preferably waterproof
- Shoes Gym shoes or sandals to use in the evenings
- Buff & scarf Good to cover your mouth and face from wind and dust.

## Money Matters

The ideal currency to bring with you is US\$.

**In Kathmandu:** Each meal will cost around 4 to 6 US\$. Plus 10 to 20 US \$ for your taxis if you wish to go around the city.

**On trek:** you will need around 6 to 8 US\$ per day. This money is for your hot showers, chocolates, soft drinks and beers etc and also for small donations in the monasteries.

## Tipping

Although tipping is entirely optional and personal matter the following is recommended as a guideline

**In Kathmandu:** for bellboys, waiters and porters 30 to 50 Nepali Rupees

**On the trek:** At the end of the trek it is a customary to tip the field staff. The recommended amount is 75-85 US\$ /trekker depending on group size. The Group leader will collect the tip and then split it between the staff and put it in envelopes so that the trekkers can give it to the staff during the “Farwell Ceremonies”. If you want to tip the Nepali leader, you can do that seperately.



## Some Do's and Don'ts

Nepalese people treat visitors as special guests. Although they will never rebuke you publicly for unknowingly offending them, we must consider their culture.

While in Nepal please observe the following:

- Full or partial nudity is not accepted.
- Over display of affection between men and women, especially in temples and monasteries are discouraged.
- Please remove your shoes before entering monasteries and temples.
- Never point the soles of your feet at a person or shrine.
- Never touch a grown up persons head.
- Many Hindu temples are closed to non-Hindus. Please ask before entering.
- Locals walk around the Mani walls and Stupas in a clockwise direction as a respect and they expect you to do the same although it is not compulsory.

ENJOY!





*Hi On Life*®

≡ A D V E N T U R E S ≡