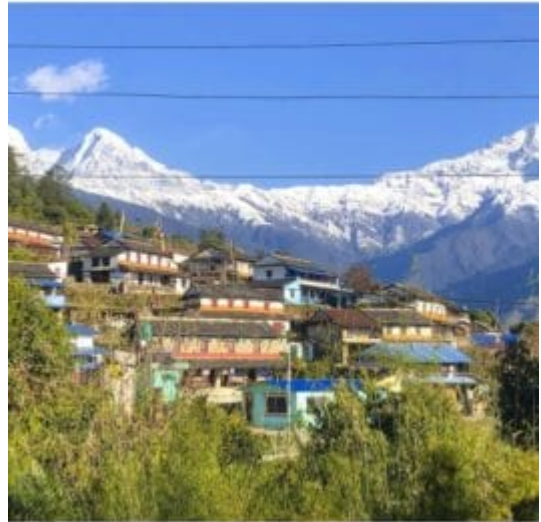




# Annapurna Base Camp Trek

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## Project overview



### What's included:

- Accommodation

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Visit: <https://www.trueexperientctravel.co.uk> - Call us on: +44 (0) 1494 526163 or +44 (0) 7951 536023

Email: [travel@trueexperientctravel.co.uk](mailto:travel@trueexperientctravel.co.uk)

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- Airport Pick up
- English speaking coordinator
- Meals
- Orientation

## **What's not included:**

- Airport drop off
- Breakfast
- Departures/ drop offs
- Flights
- Travel insurance
- Vaccination
- Visa

## **Project itinerary**

Incorporating 4 weeks of activities, your schedule is packed to the brim with adventure, relaxation and voluntary experience.

### **Week 1 - Introductory Week**

#### **Monday**

After a good night's sleep at our volunteer centre, your day will start at 10am with a half an hour Puja – or worship – to the Gods and Goddesses of Hinduism. You will also witness Religious rituals which are central to the culture. Discovering the importance of murtis (images), mantras (prayers), and yantras (diagrams of the universe). Finally, you will discover the importance of the personal nature of Hindu worship and the significance of individual offerings.

After lunch, you'll have a Nepali Language Training session which will introduce you to some essential words and phrases to help you communicate more easily with the locals. Following this, you'll meet your host family, and get some great tips on the dos and don'ts of the Nepali Culture.

#### **Tuesday**

In the morning you will have another language session, followed by a talk on travelling safely whilst



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on the Annapurna circuit. After a tasty lunch, you'll have a cross-cultural orientation session for an hour and a half to bridge the knowledge gap regarding dining, drinking, bathing, clothing and toileting customs in the culture of Nepal.

## Wednesday

After a busy start to your week, today begins with a well-deserved, relaxing session of yoga and meditation. Then, a further Nepali language session should see you starting to become familiar with some useful greetings and conversational phrases. The afternoon session begins at 14:30 and will take you on a 2-and-a-half-hour tour of Boudhanath, one of the most sacred, and historically significant landmarks at Nepal.

## Thursday

Your last 2-hour Nepali Language Training session for the week kickstarts your morning at 10am. Buzzing with enthusiasm to try out your developing conversational skills, you'll then head out to a local market between to find some local, authentic Nepali souvenirs.

## Friday

Your first experience of trekking takes place today with a short "Day Trip". After a 2-hour lunch break where you can relax and recharge your batteries, and then we'll have question time! Thereafter, some culinary treats are in store, as your meal is prepared for you with a demonstration of traditional Nepali cooking techniques.

## Weeks 2 and 3

### Monday

Today you will travel from Kathmandu to Pokhara by bus and spend the night at a local guesthouse in preparation for your Annapurna Base Camp Trek!

### Tuesday

Your adventure begins today! Rising early in Pokhara, you will begin the first part of the Annapurna circuit with a journey to Tikhedhunga. This involves a 2-hour drive to Nayapul before beginning your hike. The village of Nayapul is small and close to a river, a perfect location to start the trek. As you follow the trail to Tikhedhunga you'll pass through beautiful scenery until you arrive at this small



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village. Here, you will settle for the evening at an overnight lodge.

## Wednesday

Some early morning exercise will wake you up this morning! In fact, you'll need to find a good rhythm as you climb the numerous steps to the Ulleri Village! Remember to take in the wonderful sights unfolding around you as you climb from the valleys, through the beautiful Rhododendron forest. After conquering the challenging ascent, your journey continues upwards, although more gradually, to the large town of Ghorepani. Here you can relax with your new friends in an overnight lodge, and recharge your batteries.

## Thursday

Be prepared for an early morning wake-up call that you won't want to miss! After taking an hour walk up to Poon Hill, you'll watch the world awaken with a glorious sunrise against the backdrop of the magnificent mountains. Returning to Ghorepani, you'll enjoy breakfast before trekking to Tadapani where you will once again rest at an overnight lodge.

## Friday

Along the Annapurna circuit, your trek takes you on from Tadapani to Chhomrong. Beginning with a steady descent into Kimrung Khola through a beautiful jungle, you will need to keep an eye out for the wildlife here! After enjoying lunch at Kimrung Khola, you'll ascend to Chhomrong village at the base of the amazing Himchuli. From your overnight location, you have opportunities for fabulously close views of Annapurna and Machhapuchhre.

## Saturday

As you make your way to the Himalaya Hotel from Chhomrong, you'll trek for 3 hours towards Kuldi Ghar and along the bank of the Modi river, a popular location for whitewater rafting and boasting a lush green valley and gushing waterfalls. Your journey will then take you past bamboo thickets and grassy green Tomo pastures, as well as Panchen Barah before the final climb to the Himalayan Hotel to rest for the night.

## Sunday

Continuing to follow the Annapurna circuit trail, you will trek along the west bank of the Modi river, the open valley landscape running alongside the Machhapuchhre Base Camp. You'll have the option



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to stay at this camp or carry on going until you reach the Annapurna Base Camp where you can stay at overnight accommodation.

## Monday

From Annapurna Base Camp on to Bamboo, your 7-hour trek will unveil yet more outstanding natural wonders as you descend towards a relaxing camp site and overnight accommodation to rest your legs.

## Tuesday

On your journey from Bamboo to Jhinu Danda, the path will take you through varying scenery from snippets of rainforest, to agricultural farming land. Slightly retracing the previous path from Chhomrong, you'll encounter more steps today with an almost equal amount of incline and decline. As you descend into Jhinu Danda the bright rooftops will stand out, inviting you to your small but bustling stop for an overnight rest. Make sure you remember some bathing clothes as the natural hot springs at the site are a treat not to be missed!

## Wednesday

Heading back towards your start, the journey today sees you leaving Jhinu to trek to Pothana. It's approximately a 9-hour trek taking you through Landrung where you will walk through luscious green scenery and on past Gurung, a beautiful village of rural homes. There's a break for lunch at Tolkha followed by a gentle uphill trek to Deurali, which is dotted with lodges. Ending your day at Pothana, you'll stay overnight to enjoy a well-earned relaxing evening and mull over the sensational experiences of the day.

## Thursday

Last stretch! Making your way back towards Pokhara today is slightly easier as you head downhill. Passing firstly the village of Dhampus, regarded as one of Nepal's paradises, your journey takes you on to Phedi village where your trek ends and you take a one hour drive back to Pokhara.

## Friday

After a refreshing overnight stay at a guest house at Pokhara, you will take a bus trip back to Kathmandu giving you time on the journey to relive the magical memories you have made during your Annapurna circuit trek.



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## Week 4 - Volunteering in Kathmandu (Optional)

After your amazing trek through Annapurna, we expect you may want to give something back! In your last week, you have the option of enriching the education of children in the local area by assisting with the teaching at local schools or a kindergarten or taking an active role at a canine rehabilitation centre. This really is a fantastic opportunity for you to gain experience of working within other cultures and building long-lasting relationships.

**Please note:** This schedule can be changed depending on weather conditions and unforeseen circumstances.

### Exclusions

- Personal expenses such as table drinks, room service items, laundry, telephone calls, tips, portage at hotels or airport, bottles of
- water during your road travel etc.
- Our program does not cover any liability and does not insure participants. Participants must have appropriate insurance before joining the program.
- Any camera fee where applicable.
- Any service not specified above.

### Few things to consider when you are with us!

- Returning to the accommodation after your personal trips before 22.00 every day
- You will not be allowed to hire any vehicle on your own
- Consumption of alcohol inside the accommodation is strictly prohibited
- Respect and adhere to our code of conduct
- Our staff is there to support you, guide you and make your trip memorable. We kindly request you to follow their instructions at all times
- You will not be allowed to bring outsiders inside our centres/ tea houses or hotels

### What is included in the Programme?

- Airport transfers as per the policy – Airport Pickup in Kathmandu – Tribhuvan International Airport
- Presence of a dedicated program coordinator throughout your Annapurna Circuit Trek, at the projects and facilities- Logistical management support in case of emergencies



## **Annapurna Base Camp Trek**

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- Authentic Nepali meals and European (breakfast, lunch, dinner) for the duration of the entire program as per the meal plan
- Accommodation at hotels, tea houses, and at our accommodation facility – Shared accommodation
- Local transportation to all venues included in the Annapurna circuit trek
- Entry fees to all places
- Extensive pre-departure information
- Overland public local transportation

### **Evenings and Weekends**

After a day of trekking, you can choose to explore the area or simply chill at your accommodation. Many of our volunteers enjoy mixing with their new volunteer friends through the week and plan bigger outings at the weekends!





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## APPLICATION FORM

		Booking ref:	
Fullname			
Nationality		Passport number	
Age	Male   Female	Date of birth	
e-mail address		Phone number	
Flight Details		Home address	
Contact person at home (In case of an emergency)		Contact number (In case of an emergency)	

Do you have any health problems or allergies we should know about?


### To complete your placement we will require the following:

- Copy of your passport
- CV
- Full flight itinerary
- Proof of travel insurance
- Consent to travel for young people over 17 but under 18 years old (see attached consent form attached)