



**KARNATAKA CLIMBERS AND EXPLORERS
LAUNCHES 'HIGH ALTITUDE TREKKING AND TRAINING PROGRAMME'
TO THE ANNAPURNA BASE CAMP IN NEPAL**
*In collaboration with and under the aegis, guidance and expertise of
THE KARNATAKA MOUNTAINEERING ASSOCIATION (R)*



HIGH ALTITUDE TREKKING AND TRAINING EXPEDITION TO

ANNAPURNA BASE CAMP (ABC)

NEPAL

APRIL 2024

ABOUT THE TREK:

The Annapurna South Base Camp trek (moderate to tough) combines some of the most spectacular mountain scenery, providing a fascinating insight into the lives of the hill people. This is a unique tea house trek along local trails, forests, villages and terraced farmland. It is a hike into the dazzling amphitheater formed by the principal peaks of the great Annapurna Himal comprising Hiunchuli, Annapurna south, Annapurna I to IV, Gangapurna, and Machhapuchhare which are arranged almost precisely in a circle of about 10 miles in diameter. The trek follows the Modi river and passes through dense forests of rhododendron and bamboo. Passing the overhanging rock known as the Hinku cave, you enter the Annapurna sanctuary. The entire Annapurna basin comes under the Annapurna conservation area Project. The ACAP area offers a variety of flora, fauna and bird life. A remarkable feature of this area is that in spite of the great heights of the surrounding peaks and ice walls; the valley floor is between 12000 to 14000 feet. The trek starts from Uleri, located at a distance of about 50 Kms. from the picturesque place of Pokhara. The planned route is Pokhara/Uleri-Gorepani-Tadapani-Sinuwa-Deurali-ABC-Bamboo-Jinua Danda/Pokhara. You will be confronted by dazzling views as you trek up through the last permanent settlements near the Machhapuchhare base camp. A seven day trek through some of the most spectacular mountainscape in fascinating Nepal provides for an unforgettable experience.

The group strength is restricted to a max of 15 and registration would be on first come first serve basis. So, why wait, enroll, participate and explore the beauty and the mystery of the Himalayas – while taking a break from the hustle and bustle of city life.

PROGRAMMME DETAILS:

Period	14-04-2024 to 25-04-2024
Duration	12 days (Bengaluru to Bengaluru) if journey to Kathmandu and back is performed by air.
Nature of Program	Trekking, camping (tea house)
Group Strength	15
Age Group	18 to 45 years (exception for experienced trekkers)
Trek Distance/Altitude	80 Kms approx.
Grade	Moderate / Tough
Cost	Rs.45,000/- (Kathmandu to Kathmandu)* + 5% GST (TOTAL: 47,250/-) In terms of transportation (Ex. Kathmandu), food, accommodation, administrative expenses; complete camping facilities, technical gear, experienced instructors, guides, camp helpers, etc. * Up to Kathmandu and back, the participants will have to make own transport arrangements as per their convenience.
Registration	By 31/01/2024 by payment of 50%- fee and the balance on or before 29/02/2024 .
Mode of Payment	Cheque or DD drawn in favour of ' KARNATAKA CLIMBERS AND EXPLORERES ' / NEFT (Contact coordinator for details)
Cancellation Charges	20 days before the date of departure : - 20% of fee 10 - 20 days before the date of departure: - 30% of fee 05 - 10 days before the date of departure: - 50% of fee Less than 05 days : - 80% of fee (PLUS GST element of Rs.2,250)
Briefing	All details pertinent to the expedition like items to carry, bus timings, reporting point, contact numbers etc., will be given on the day of briefing which will be held at least 10 days prior to the date of departure.

Please note that registration will close once the target number is reached irrespective of the last dates mentioned. So, do not delay.

Every mountain top is within reach if you just keep climbing – Barry Finlay

ITINERARY:

DAY	DATE	PROGRAMME
1	14-04-24	Reporting at KATHMANDU
2	15-04-24	DRIVE - KATHMANDU TO POKHARA (2789') – 205 Km/6-7 hrs
3	16-04-24	DRIVE - POKHARA TO ULERI (5052') AND TREK TO GHOREPANI (9022') – 52 km/2.5 hrs. drive and 10 km/5-6 hrs. trek
4	17-04-24	TREK – GHOREPANI TO POON HILL (10476') TO TADAPANI (8,514') - 11 km /6-7 hrs.
5	18-04-24	TREK – TADAPANI TO LOWER SINUWA (7677') 11 km/6-7 hrs.
6	19-04-24	TREK – LOWER SINUWA TO DEURALI (9711') 11 km/6-7 hrs.
7	20-04-24	TREK – DEURALI TO ANNAPURNA SOUTH BASE CAMP (13550') 9 km/5-6 hrs.
8	21-04-24	TREK – ABC TO BAMBOO (7660') 16 km/6-7 hrs.
9	22-04-24	TREK – BAMBOO TO JHINU DANDA (5840') AND DRIVE TO POKHARA 12 km/4-5 hrs.
10	23-04-24	BUFFER DAY
11	24-04-24	POKHARA TO KATHMANDU (Fly/Drive)
12	25-04-24	Final Departure

Programme co-ordinator - MADHU KIRAN REDDY : 99002 62432

OTHER INFORMATION:

COSTING INCLUDES:

- All transport
- Trekking guide and Sherpa
- One porter for every 2 members for luggage offloading (10 kgs per bag)
- Trek permits & national park entry fee
- Standard tea houses on trek route
- Left luggage facility in Kathmandu and Pokhara
- Standard hotel accommodation in KTM and Pokhara

COSTING DOES NOT INCLUDE:

- Bangalore to Kathmandu and back - Journey
- Insurance
- Bottled water during the entire program
- Hire of coats, jackets etc.
- Any exclusive Room services
- Hot bath, hot water, charging of mobile phones etc. in tea houses enroute
- Tips to guides/porters
- Cost incurred in change of route/plan due to natural calamities etc.
- Emergency evacuation costs (assistance in arrangements will however be provided)

OTHER INFO:

- Centrally ordered food only (Common menu as decided by group lead)
- Wholesome vegetarian food
- Submission of declaration and medical fitness certificate compulsory
- Attending briefing (as and when scheduled) and a couple of preparatory day hikes is mandatory

Prospective participant should be physically and medically fit with a love for the outdoors. Outdoors demands leaving your comfort zone. Should not be suffering from any ailments related to lungs, heart, asthma, hypertension etc.

Mountains are places of great purity where man becomes more than a man

