



COMMUNITY ACTION TREKS

Annapurna & Manaslu panorama

A longer trek in a region that is completely unspoiled

NEPAL





GRADE
DEMANDING

MAX ALTITUDE
4100m

TREKKING DAYS
19

TRIP LENGTH
23 days

MIN PEOPLE
4

Annapurna & Manaslu panorama

This trip is aimed at those who are looking for a longer trek in a region that is completely unspoiled and visited by few other outsiders. Unrivalled panoramas from the open ridges combine with quiet forest trails and a unique insight into village life to give an experience of Nepal that is likely to surpass the expectations of most visitors. If you are after an overdose of views of some of the world's most alluring mountains, then this trek comes highly recommended.

The Annapurna region is justifiably famous for its stunning mountain scenery. The trail to the Annapurna Sanctuary and Circuit around the massif are among the most popular treks in Nepal and with tea houses along the way, both are ideally suited to adventurous independent trekkers. Yet there are other parts of the region, no less spectacular in terms of scenery, which see few if any trekkers, because there are no tea houses. In 1999, Doug Scott and some of our Nepali staff spent months walking the trails of the ridges and valleys that lie south of mighty Machhapuchhare, the Annapurna's and Manaslu. The results of this extensive reconnaissance visit have been combined here to make one splendid trek.

The trek is centred on three classic ridges, which spill down from the southern slopes of the Annapurna and Manaslu Himal. Easy road access avoids a lengthy trek in through the valleys and most of the trekking is at heights below 4000m, so avoiding altitude problems. We will be walking on trails where we encounter virtually no other westerners, yet we are likely to receive a hugely warm welcome from the local people, as curious about us as we may be about them. There will be some jungle walking for 2 or 3 days.

This trek is suitable only for those who are fit and regular hill walkers as it is a strenuous trek but very rewarding!



TREKKING WINDOW
MAR - MAY & OCT - DEC

PRICE

£2595 per person* (land only price - see last page)

*prices are subject to change



Annapurna & Manaslu panorama

Itinerary

CAMPING TREK

walking times are approximate

We start at Korchen, which is the name of a rounded summit on a ridge lying south of Machhapuchhare, one of Nepal's most beautiful and most photographed mountains, its fish tail shape pointing skywards. Machhapuchhare, though lower in height, appears to dwarf the mighty Annapurna's, which are ranged to the west and east. The panorama of these awesome peaks, viewed from Korchen's summit in the pale light of dawn or bathed in evening sun, is a sight that few will forget.

After trekking back down the ridge, we descend into a valley, which is deeply scarred by several spectacular gorges. We pass Buddhist Gurung villages, set among rice paddies and cornfields and then cut east over the next ridge, which is clad in lush forest. We follow quiet forest trails, alive with bird song and a blaze of colour in spring, when the rhododendrons are in bloom. This gives way to the cultivated fields of the villagers, where crops of maize, wheat, rice and millet are grown

Climbing to the ridges of open pasture, we enjoy uninterrupted views of 7937m Annapurna II and 7525m Annapurna IV, amongst the best known of Nepal's mountains. After Siklis we head up our next ridge to reach 4000m before descending to the valley of the Marsayandi River. The last part of the trek takes us up the Bhara Pokhari Ridge to a cluster of sparkling lakes and an idyllic campsite. For a final challenge, those who wish may opt to climb further up the ridge for awe-inspiring views of Manaslu, Himalchuli and Peak 29.

Day 1

Arrive Kathmandu

Namaste! And welcome to Kathmandu, the colourful capital of Nepal where ornately carved balconies mingle with beautiful shrines and temples. Your adventure begins with a welcome meeting on arrival at the exit gate of Kathmandu airport. Our staff will welcome you with CAT's palm plate and take you to your hotel. For the rest of the day, you can relax at the hotel or take a short evening walk around the local markets on your own.

Day 2

Free Day in Kathmandu

Explore the fascinating city of Kathmandu, with its temples and markets, or take an optional excursion (can be booked locally through our Nepal office) into the Kathmandu Valley.

Day 3

Fly to Pokhara, drive to trailhead, trek to Ribban 1200m (4 hours walking).

An early flight to Pokhara and a short drive to the start of the trek at Hyanja 1100m. We set off, crossing the clear waters of the Mardi Khola, by a suspension bridge at the settlement of Mardi Pul. Our first day of trekking takes us up the valley to the Gurung village of Ribban.

Day 4

Ribban to Odane Hill 2511m (6-7 hours walking).

We make our way up the ridge from Ribban to Odane Hill where we have our second camp. We will be starting to enjoy some of the legendary views, which are a real feature of this trek.

Day 5

Odane Hill to Khumai 3000m (6-7 hours walking)

We now join the main ridge which we will see stretching ahead of us. We follow the crest of the ridge, passing various kharka (open pastures) from where there are stunning views in all directions. Annapurna South 7219m lies to the left, Annapurna II 7937m and Annapurna IV 7525m to the right, while up ahead and appearing to dwarf all three is the 'fishtail' peak of Machhapuchhare 6993m. After lunch at Simre Kharka, we climb steeply up the open grassy ridge to camp the next two nights at Khumai.

Day 6

Korchen Peak 3682m, return to Khumai (7+ hours walking)

We leave camp early for the walk up Korchen Peak 3682m to catch all the mountains in the early morning light. Here, some of the most magnificent mountains in the world are ranged in a 150-degree arc. If you are feeling strong, you can continue up the ridge towards Mardi Himal, before turning back to Khumai camp.

Day 7

Khumai Camp to Kharpani 1567m (6 hours walking)

We make our way back down the ridge to the valley of the Seti Khola, through patches of rhododendron forest, which in spring lends a splash of colour to the landscape. We camp at Kharpani.

Day 8

Kharpani to Ghalegaon 1800m (6-7 hours walking)

Crossing the Seti Khola, we pass through an area of fascinating geomorphology with canyons, eroded landforms and raging glacial torrents. We head for the village of Ghalegaon, a steep climb up out of the valley but with the reward of amazing views.





Day 9

Ghalegaon to Siklis 1980m (8 hours walking).

A long day with a steep climb over the next forested ridge with a 3000m descent to Chipli. During the day, clearings in the forest offer tantalising glimpses of the peaks. We continue to Siklis with a choice of route depending on the bridge over the Modi Khola. Like many of the villages of the region, the inhabitants of Siklis are Gurungs, a people of distant Tibeto- Burman origin, who live from sheep herding and cultivation of crops of maize, wheat, rice and millet. Many ex-Gurkhas live in the village and enjoy meeting trekkers. From the village there are excellent early morning and evening views of Lamjung, Annapurna II and Annapurna IV.

Day 10

Acclimatisation day at Siklis

We have an acclimatisation day at Siklis. This is a very important aspect of our trek and will undoubtedly assist with the success, as well as with our enjoyment of it. It gives us a chance to rest or explore the surrounds of the village at leisure.

Day 11

Siklis to Tanting 1580m (6 hours walking)

Leaving Siklis we head now for the most challenging part of the trek, which takes us higher into a wild and uninhabited area. We start with a descent and then climb up to Tanting.

Day 12

Tanting to Chotan Dharmashala 3360m (8-9 hours walking)

A strenuous and long day as we climb out of the valley on to the Karpu Danda ridge. We aim to reach the cluster of yak herders huts at Chotan Dharmashala, from where we get superb views across to the Annapurna's and Lamjung.

Day 13

Chotan Dharmashala to Telbrung Danda ridge 4050m (7-8 hours walking)

We continue up the ridge to the 4000m point where we contour across the head of the valley to join the Telbrung Danda ridge. Overnight camp on the pastures.

Day 14

Telbrung Danda ridge towards Ghimrang (5-7 hours walking)

A wonderful day with a long descent, punctuated by tantalising views down the ridge towards Ghimrang. Our camp tonight will be dictated by availability of water, which can be a problem on the ridges.

Day 15

Trek to Ngatti 980m (4 hours walking)

A three-hour descent to the valley floor and the village of Khudi, which lies on the banks of the Marsyangdi River. We then take a short walk up the valley to Ngatti.

Day 16

Ngatti to Chinu Khola 1580m (6-7 hours walking)

We climb out of the valley through the villages of Usta and Chinu Khola, surrounded by terraced fields and mandarin groves.

Day 17

Chinu Khola to Bhara Pokhari Ridge 4560m (6-7 hours walking)

We continue climbing and reach the main Bhara Pokhari Ridge where we make camp at one of the kharkas.

Day 18

Bhara Pokhari Ridge to Bhara Pokhari Lakes 3050m (6-7 hours walking)

Continuing up the ridge to the Bhara Pokhari lakes, lush forests give way to open terrain offering sensational views at key points along the route. A short descent leads to the lakes and an idyllic campsite for a two-night stay.

Day 19

Rest day or optional climb to 4100m

Those who wish may enjoy the surrounds of the camp but the climb further up the ridge offers wonderful views of Manaslu, Peak 29 and Himalchuli.

Day 20

Bhara Pokhari Lakes to Phurano Dhobar 1710m (6 hours walking)

A descent back down the ridge and then a different route to reach the village of Phurano Dhobar, where Community Action Nepal have installed a new water system for the local people. This is a great opportunity for you to see how CAN is making a significant difference to people's lives, through the proceeds of trekking.

Day 21

Trek to roadhead and drive to Kathmandu

During the last day of the trek, we descend through rice paddies and villages to the Marsayandi River and Phalek Sangu (700m) where the trek ends and transport will be waiting to take us back to Kathmandu. Overnight in our group hotel in Kathmandu.

Day 22

Free day in Kathmandu

A chance to shop or explore at leisure or take an optional excursion into the Kathmandu Valley.

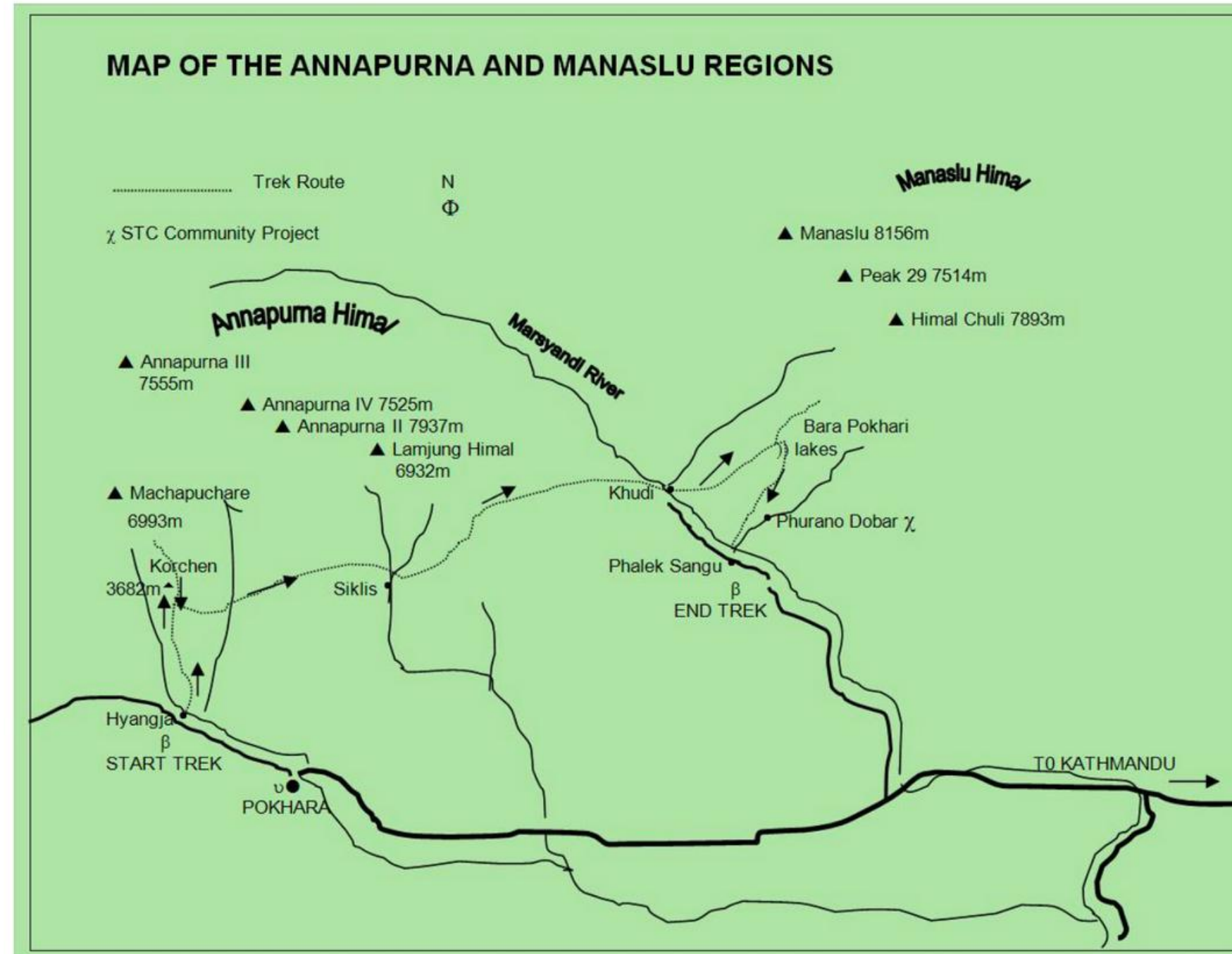
Day 21

Depart Nepal

Transfer to Kathmandu airport.



Map of the Annapurna & Manaslu regions





The price includes (on a full camping basis):

- Transfers between Kathmandu airport and hotel accommodation
- Flight between Kathmandu and Pokhara, including departure taxes.
- Accommodation for 4 nights in Kathmandu in rooms on sharing basis (single supplement extra) with shower and WC and inclusive of breakfast
- Ground transportation from Phalek Sangu to Kathmandu
- Participation in the trek as per itinerary inclusive of full board, camping equipment (not sleeping bags)
- Services of local porters on camping basis (15kg max per person), Sirdar (head guide), assistant guide (depending on group size) and kitchen staff.
- All Nepalese staff insurance as per Government regulations
- All Trekking permits & National Park Fees

Not included:

- International flights
- Nepalese visa - (please refer to our document "Preparing for your trek: Nepal" for latest prices).
- Meals other than breakfast in Kathmandu.
- Travel insurance.
- Tips.
- Items of a personal nature such as drinks, laundry, telephone calls and souvenirs (allow approximately £250 spending money).

Land only prices

The cost of international flights, particularly those to Nepal, are less predictable than they used to be. Airlines now request full payment upfront. As a result, we will quote you a land-only cost.

Options

Extra nights are available in Kathmandu in our group hotel, and in Pokhara in our choice of accommodation. Extension packages can also be organised in Nepal, Tibet or Bhutan.

Please refer to our Himalayan extensions guide for more details. Extensions should be arranged prior to booking international flights.

Contact us

for more information about any of our treks, please contact us and speak to our professional travel guides using the information below:

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Important Note

Whilst we expect that the trek will run as per the itinerary, participants should accept that there is a possibility of changes being necessary subject to local conditions.