

**Lama Adventures Pvt. Ltd.**

# **Annapurna Expedition**

| <b>Difficulty</b> | <b>Duration</b> | <b>Region</b>    | <b>Max. Altitude</b> | <b>Type</b>       | <b>Group Size</b> |
|-------------------|-----------------|------------------|----------------------|-------------------|-------------------|
| <b>Extreme</b>    | <b>49 Days</b>  | <b>Annapurna</b> | <b>8091m</b>         | <b>Expedition</b> | <b>2-14 pax</b>   |

## **Overview**

Annapurna is a section of the Himalayas in the northern part of Nepal which includes Annapurna I, Annapurna II, Annapurna III, Annapurna IV, ten peaks over 7000 m and additional 16 peaks over 6000 m. The whole section comprises 55 km long massif. The highest in the Annapurna Massif is the Annapurna I standing at 8091 m, which is also the tenth highest mountain in the world. The Annapurna I rises east from the Kali Gandaki gorge, the world's deepest gorge, separating itself from the Dhaulagiri massif which lies 34 km to the west. The local people consider Annapurna massif as 'goddess of harvest'.

In Hindu religion, however, Annapurna is 'the universal kitchen goddess', without her there will be starvation is their belief. The first expedition to Annapurna was done by Maurice Herzog and Louis Lachenal on 3 June 1950. Since then, scaling the peak has been infamous for its incredibly high fatality rate which has caused the decline in the number of ascents as compared to other similar mountains. A combination of the steep and difficult terrain, harsh weather conditions and unpredictable at the same time makes Annapurna expedition one of the most challenging expedition in the Himalayas, despite only being at a height of 8091 m.

For climbing Annapurna, you have to be a really experienced mountaineer and need to show high levels of fitness and motivation. It is seriously not recommended for immature climbers and requires a high level of logistics and preparations. The standard route for scaling the Annapurna peak is the west face and the northwest ridge. It is usually done in 3 camps but the itinerary can be customized depending on the fitness and experience of the climber.

To ensure safety along with providing the highest quality service in the high altitude, Lama Adventures offers experienced and trained climbing guides who make sure you reach the summit maintaining your physical fitness all along the way. No compromises when it comes to your well-being, so our itinerary is flexible according to your needs and also for some unforeseen circumstances.

# Itinerary

## **Days 1: Arrival in Kathmandu**

On your arrival in Kathmandu, Tribhuvan International Airport, our representative will welcome you & drive you to the hotel. It's a free day/evening. You can walk around Thamel for shopping.

## **Days 2-3: Sightseeing around Kathmandu**

Kathmandu is the historical and cultural heart of Nepal and has been a popular destination for tourists ever since Nepal opened its doors to visitors. The city presents a wonderful mix of Hinduism, Tibetan Buddhism and Western influence. There will be a guided tour to the largest Buddhist stupa in Nepal Boudhanath and after that to the most popular Hindu shrine dedicated to Lord Shiva- Pashupatinath. We take a tour to Patan or Lalitpur (the City of Artisans), which is 5km away from Kathmandu. We walk through Patan Durbar Square, and delight in the architectural wonders of the Malla era. Mahaboudha Temple, Kumbeshwor Temple, Krishna Temple and Golden Temple are the major attractions at the square.

## **Day 04: Fly to Pokhara**

After breakfast, we will take a picturesque flight with beautiful hills and towering peaks. Once in Pokhara, you can either choose to explore Pokhara or rest at your hotel. You will be staying overnight at the beautiful lake city of Pokhara.

## **Day 05: Drive to Tatopani and Lete**

We drive from Pokhara to Tatopani early in the morning passing through Phedi, Naudada, Nayapul and Beni. After reaching Tatopani, you get your permits checked and stop for lunch. There is a hot natural spring at Tatopani, where people relax and take a hot bath. Most of the trekkers here are people doing the Annapurna Circuit Trek. After lunch at Tatopani, we continue our drive to Lete. Overnight in tent at Lete.

## **Day 06: Trek to Thulobuging**

After having breakfast at Lete, we start our trek to Thulobuging. Today's trek takes about 4-5 hours. It is a scenic camping site after 4-5 hours of walking from Lete. Stay overnight at camp.

## **Day 07: Trek to Hum Khola**

Trek to Hum Khola.

Tent Camp - Breakfast / Lunch / Dinner.

### **Day 08: Trek to Miristi Khola**

Trek to Miristi Khola.

Tent Camp - Breakfast / Lunch / Dinner.

### **Day 09: Trek ABC**

Trek Annapurna Base Camp.

Tent Camp - Breakfast / Lunch / Dinner.

### **Day 10-41: Annapurna I 8091m Climbing period**

Annapurna I 8091m Climbing period.

Tent Camp - Breakfast / Lunch / Dinner.

### **Day 42: Trek to Miristi Khola**

Trek to Miristi Khola.

Tent Camp - Breakfast / Lunch / Dinner.

### **Day 43: Trek to Jungle Camp**

Trek to Jungle camp.

Tent Camp - Breakfast / Lunch / Dinner.

### **Day 44: Trek to Lete**

Trek to Lete.

Tea House Hotel - Breakfast / Lunch / Dinner.

### **Day 45: Drive to Pokhara**

Drive to Pokhara.

Hotel - Bed / Breakfast.

#### **Day 46: Fly to Kathmandu**

Fly to Kathmandu.

Hotel - Bed / Breakfast.

#### **Day 47: Free Day/Souvenir shopping**

Just relax at your luxurious hotel room and travel around the beautiful cultural city of Kathmandu, Patan and Bhaktapur.

Souvenir shopping.

Hotel - Bed / Breakfast.

#### **Day 48: Free Day/Souvenir shopping**

Just relax at your luxurious hotel room and travel around the beautiful cultural city of Kathmandu, Patan and Bhaktapur.

Souvenir shopping.

Hotel - Bed / Breakfast.

#### **Day 49: Final Departure**

Travel back home from Kathmandu.

## **Inclusion / Exclusion**

## Cost Includes

Arrival in International Airport and Departure.  
4 Night's 3 star hotel in Kathmandu with Bed & Breakfast.  
Kathmandu Sightseeing with Tour Guide.  
Entrance fee  
Climbing Permit  
Professional Mountain Guide between 2 client 1 Guide Climbing Period,  
Round Domestic Air Ticket  
Domestic airport departure taxes.  
Tea House Accomodation, brekfast lunchand dinner.  
All camping Equipment, two men tents, Dining tent, Kitchen Tent, Toilet Tent, Table & chairs.  
Breakfast, lunch, dinner climbing period.  
Guide, Cook, Kitchen staffs and porters/mules.  
High food and Tent  
Accident and emergency rescue Insurance and Equipment for Climbing Guide, cook, and staff.  
Group Climbing Equipment  
Base camp Charge  
Liaison officer

## Cost Excludes

Personal Climbing Gear and equipment  
International roundtrip airfare to and from Kathmandu  
Nepal Visa fee  
Lunch and Dinner in Kathmandu  
Extra night accommodation in Kathmandu because of late departure, early return from mountain(due to any reason) than the scheduled itinerary  
Excess baggage charges if you have more than 30KG luggage  
Personal Bill/Expenses  
Bar Bill and Drinking water during the Tea House Period  
Personal communications (Satellite phone, phone, fax, email)  
Personal Climbing Sherpa (must be arranged before the expedition)  
Sleeping bag -30  
Travel/rescue insurance  
Summit Bonus for climbing guide  
Any rescue costs or costs of early departure from the expedition  
Helicopter or charter flight  
Tipping for staff and guide