

Trip Name : Annapurna Base Camp With Tent Peak

Starting Point	Drive in Pokhara-Phedi
Ending Point	Drive out Nayapul-Pokhara
Type	TeaHouse/Camping Trek
Grade	Difficult
Duration	15 Days
Daily Walk	5-6 hours
People in Group	Minimum 1 and Maximum 12
Best Time	April to May and September to November
Max. Elevation	5663 mt.

Trip Highlights:

- One of Nepal's most popular easy trekking peaks
- Spectacular Mountain views from Annapurna and Machhapuchhre Base Camps
- Impressive Sunrise and Panoramic views from Poonhill
- Scenic Mountain views along the route
- The green lush and rhododendron forest

Trip Details:

Tharpu Chuli is also known as Tent Peak whose name is obvious when viewed from Annapurna Base Camp. This Peak was first climbed in 1956 by a Japanese expedition team. Tent Peak is a popular trekking peak and the views from the summit are truly magnificent. Annapurna South, Baraha Sikhar, Annapurna I, Gangapurna, Annapurna III, Annapurna V, Khansar Kang and Tarke Kang are the major peaks seen from the summit. Mt. Machhapuchhare or Fishtail also known as the Holy Mountain at a height of 6,997 meters (22,957ft) is perhaps the most beautiful peak in the region.

Tent Peak is situated in the popular Annapurna region and can be reached following the Annapurna Base Camp trail. Annapurna Base Camp is a natural amphitheater and has been sacred to the local person which is also known as Annapurna Sanctuary. Our trek starts at Phedi, about half an hour scenic drive from Pokhara. Tent Peak is considered as an easy climbing peak suitable for beginners. However, some technical skill is required for this expedition too.

How We Make This Trip Responsible?

Trekking Encounters promotes Responsible Tourism and strictly follows the responsible travel guide lines.

Cost Includes:

- Permit fees for Tent Peak (Tharpu Chuli) and Annapurna Conservation Area (ACAP)
- Three meals a day (B/L/D) served at teahouse/lodge and at our own kitchen during climbing period
- Accommodations in the mountains at teahouse/lodge/tents
- A City Hotel in Pokhara for two nights
- An English speaking Trekking Guide
- Experienced NMA registered Climbing Sherpa Guide
- An experienced Cook and kitchen crew for camping period

- Necessary porters
- Necessary climbing equipment including Top quality high mountain Tents, Fixed and Main ropes, Ice-screws, Safety ropes, Jumars, Karabiners, etc.
- Staff insurance, salary, food, accommodation and their transportation
- Kathmandu-Pokhara-Kathmandu overland transfers by Tourist bus [*Private vehicle or flights available on request and extra*]
- Satellite phone support for expeditions and trekking peaks (on demand)
- Emergency co-operation service and first aid kit box
- A certificate by Nepal Mountaineering Association (NMA) on successful summit of peak climb

Complimentary:

- A Trekking Encounters T-shirt
- A farewell Nepali dinner with live culture program

Cost Excludes:

- Hotel and meals in Kathmandu, meals in Pokhara
- Bar and beverages bills, bottled water
- Nature of personal expenses
- Personal cloths and equipment such as sleeping bag, jacket, boots etc.
- Personal climbing equipment such as Plastic Boots, Ice-axe, Gaiters, Crampons, Harness, etc.
- Insurance for accidental, medical and evacuation
- Tips to the staff
- International Airfare and Taxes

Add-Ons:

Kathmandu City Tour

Activity: Cultural tour to the World Heritage Sites.

Major sites: Swoyambhunath, Boudhanath, Pashupatinath, Kathmandu/Patan/Bhaktapur Durbar Square and Changuarayan Temple.

Duration: Full/Half day.

Frequency: Tour can be organized in any day and at your suitable time.

Cost: US\$ 50 per person. Group discounts available.

Ground transfer: Included by a private vehicle as per group size (Car/Van/Bus).

Guide: English Speaking City Tour Guide included. Additional language Guides are also available on demand.

Meals: Not included.

Entrance fee: Applicable and not included.

Mt. Everest Flight

Activity: Mount Everest sightseeing flight.

Duration: One hour.

Frequency: Everyday in the morning between 6am to 9am.

Cost: US\$ 224 per person. Group discounts available.

Ground transfer: Included by a private vehicle. Two persons minimum needed.

Airport tax: Included.

Airline: Buddha Air, Simrik Airlines and Yeti Airlines.

Jungle Safari in Chitwan National Park

Activities: Jungle safari on elephant-back, jungle walk, canoe ride, jeep drive, experience of Tharu culture.

Accommodation: Resorts, Hotels and Lodges.

Transportation: Private Car included (Kathmandu/Pokhara-Kathmandu).

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 225 per person.

Jungle Safari in Bardia National Park

Activities: Jungle safari on elephant-back, jungle walk, boat ride, jeep drive.

Accommodation: Jungle lodges.

Transportation: Not included.

Meals: Included.

Duration: 4 days and 3 nights.

Cost: Starts from US\$ 475 per person.

Bird Watching in Koshi Tappu Wildlife Reserve

Activities: Bird watching, boat ride and wildlife viewing on jeep drive.

Accommodation: Resorts, Tented camps.

Transportation: Not included.

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 480 per person.

Rafting in Nepal

Trishuli River: 2/3 Class – 1 Day – 17 Kilometers – Cost starts from US\$ 30 per person.

Seti River: 3 Class – 2 Days – 32 Kilometers – Cost starts from US\$ 80 per person.

KaliGandaki River: 4 Class – 3 Days – 56 Kilometers – Cost starts from US\$ 140 per person.

BhoteKoshi River: 4/5 Class – 2 Days – 18 Kilometers – Cost starts from US\$ 85 per person.

- **Cost includes:** Top quality Rafting equipment, Highly trained Crew, Well organized camping, Hygienic food.

- **Transportation:** Bus transportation included and depends.

Bungy Jumping / Canyoning / Paragliding / Ultralight Flight

We can check and deliver information and cost as per your interest received for Bungy Jumping, Canyoning, Paragliding and Ultralight Flight. Bungy and Canyoning can also be customized together.

Shopping Tours

Package available on demand.

Shopping items: Pashmina items, Paubha/Thangka, Woolen Carpets, Root Art, Ceramics, Shaligram (Holy Rocks), Masks of deities, Khukuri, Tea, Spices, Garments and Knitwear, Musical Instruments and Music, Glass Ornaments, Jewelry and Gems, Metal Wares, Sculptures, Wood Carvings, Rudraksha (Rosary), Incense, Natural Buttons, Fiber Products, Wood Game Boards, Fancy Hats, Bamboo Crafts, Bags and Accessories, Leather Articles, Lokta Paper and items made by Lokta, Nepali Dolls, Home Decors, Books and Maps and innumerable other unique items which are found nowhere else.

Trip Itinerary:

Day 01 : Drive from Kathmandu to Pokhara (884m/2,900ft).

Today we have a 200km (124 miles) drive (6-7 hours by bus or car) from Kathmandu to Pokhara. This is a scenic drive along the bank of the Trishuli River with great country side. Alternatively one can also fly between Kathmandu and Pokhara.

Day 02 : Drive from Pokhara to Phedi (1,130m/3,707ft) and trek to Tolka (1,700m/5,577ft).

Today we travel by bus or taxi to the small settlement of Phedi – which literally means “foot of the hill” where our trek starts by climbing steps through forest and then continues steeply to reach some small Lodges where the gradient eases and the paved trail leads round rice terraces. About two hours from the road we reach the strung-out village of Dhampus (1,650m/5,413ft) which has an ACAP check-post. From this point the way becomes a stone-paved trail through a rhododendron forest, climbing steeply to reach the village of Pothana (1,890m/6,201ft), with a superb view of Mt. Machhapuchhare “Fishtail”. From a clearing in the wooded ridge above the village there are also great views of Mt. Dhaulagiri and Mt. Annapurna South. Then we trek further on a stone-paved trail and reaches Bhichok Deurali (2,080m/6,824ft) on the crest of a ridge and then descends the north slope, still in rhododendron forest, passing several teahouses before arriving at Bheri Kharka, with more of the same. After crossing a stream the trail then emerges on to a broad terraced hillside and comes to the small village of Tolka with lodges and a school, our next overnight stop. Trekking time 5-6 hours.

Day 03 : Trek Tolka to Chhomrong (2,170m/7,119ft).

We cross a suspension bridge below Tolka, then rise over a wooded ridge to catch our first sight of the larger village of Landruk also known as Landrung. This is a Gurung settlement, with a paved street and a number of circular thatched houses and it is set on a steeply sloping hillside, from which there are magnificent views of Annapurna South (7,219m/23,685ft) and Hiun Chuli (6,331m/20,771ft). Then we proceed north up the east bank of the Modi Khola (River) via Himalpani, Namildung and Siuli and arrive at the settlement of New Bridge (1,340m/4,396ft), so called because of the adjacent suspension bridge constructed in the mid-1980's. We now cross the bridge continue north to the west bank of the river through an area of huge boulders and then carry on to reach Jhinu Danda (1,780m/5,840ft), where there is a natural hot spring pool. We then continue our trek uphill (steep trail) to arrive at Chhomrong. Trekking time 5-6 hours.

Day 04 : Trek Chhomrong to Dobhan (2,600m/8,530ft).

Today we start off by navigating down the steep stairway which consists of over 2,000 stone steps to reach the valley bottom an altitude difference of more than 300 meters before a steep climb up the other side of the valley. Trekking time 5-6 hours.

Day 05 : Trek Dobhan to Machhapuchhre Base Camp/MBC (3,700m/12,139ft).

Our trek winds up through bamboo forest to Hinku where we descend to cross a ravine and climb over the other side. This is a classic avalanche trap and on occasions the gorge is virtually blocked here and is often necessary to climb over the debris. We continue to the village of Deurali (3,230m/10,597ft) and continue up to Machhapuchhare Base Camp for the overnight halt. Trekking time 5-6 hours.

Day 06 : Trek MBC to Annapurna Base Camp/ABC (4,130m/13,500ft).

Today we start the steady climb to ABC, never very steep yet the altitude is likely to make you feel tired. Take a slow pace and enjoy the expanding panorama before you. It will take us about 1-2 hours to reach the base camp where we can take a well earned rest and enjoy a cup of hot tea before we explore the surrounding area and view the glacier at the heart of the Sanctuary. The exploration helps us to get acclimatised. We stay overnight at Annapurna Base Camp.

Day 07 : Trek ABC to Tent Peak (Tharpu Chuli) Base Camp (4,500m/14,764ft). Basic training for climbing.

Today we trek through the glaciers and follow the cairned trail across the surface on the ice. We climb the moraine on the opposite bank of the glacier to reach the flat camping area, the Tent Peak Base Camp. Trekking time 5-6 hours. After lunch, we will also take the opportunity to get familiar with our equipment; using crampons and ice axe, walking in plastic boots, fixed ropes will be set by our guide so that we can put into practice ascending using a "Jumar" and descending using a "figure-of-8" or belay device.

Day 08 : Climb Tent Peak Base Camp to High Camp (5,200m/17,061ft).

Climbing day: Today, we make a steep ascent to the Tent Peak High Camp. We have great panoramic views of Hiunchuli, Annapurna South, Annapurna I, Fishtail and other snow-capped high mountains while ascending en-route. The high camp is like a glacial bowl. Our guide will lead us to reach the high camp. We stay overnight at high camp. Climbing period 5-6 hours.

Day 09 : Climb High Camp to Tent Peak Summit (5,663m/18,580ft), trek back to Annapurna Base Camp.

Summit day: We get ready for the summit at around 1-2am so that we finish the expedition in the best part of the day and before the snow melts. We follow our guide on the fixed ropes he set for our successful climb. After the summit and taking enough pictures, we descend back to Annapurna Base Camp the same route and celebrate this glorious victory. Total climbing/trekking period 7-9 hours.

Day 10 : Spare day for weather.

The spare day is for smooth journey. We can use this day if the weather gets worse and we are unable to complete the summit on the planned day. This day can be useful if someone gets problems in acclimatising well enough to make the ascent.

Day 11 : Return trek ABC to Bamboo (2,310m/7,579ft).

We now have the enviable task of retracing our trek to Bamboo. Trekking time 6-7 hours.

Day 12 : Return trek Bamboo to Chomrong (2,170m/7,119ft).

Return trek continues to Chomrong. Trekking time 4-5 hours.

Day 13 : Trek Chomrong to Ghandruk (1,940m/6,365ft).

Today we trek to Ghandruk, the second largest Gurung settlement in Nepal, an important and prosperous place, many of whose residents are retired Gurkha soldiers. Ghandruk or Ghandrung has an impressive location, is built in two parts and has a Gurung museum, a gompa (Buddhist temple), a police post, telephone facilities, post office, health post, several small shops and an ACAP visitor centre. It also has a stunning backdrop dominated by Annapurna South, Hiun Chuli and Machhapuchhare. We stay overnight in Ghandruk. Trekking time 3-4 hours.

Day 14 : Trek Ghandruk to Nayapul via Birethanti and drive to Pokhara.

Today is our final trek and we set off southward from Ghandruk passing through a kani then down steps. Shortly after this we come to a junction where we keep to the right and head straight on, coming to Chane, where there are a few teahouses. From here the trail descends steeply with paved steps for much of the way, until we reach the multi-level village of Kimche (1,640/5,380ft) in which there is an altitude difference of about 250 meters (820ft) between the upper and lower sections of the village. Proceeding on downhill we first come to the village of Syauli Bazaar (1,220m/4,003ft) and then Chimrong (1,140m/3,740ft) with a flagstone trail on part of the way between the two villages, of which the former has several lodges and the latter a group of teahouses. En-route between the two settlements we will pass between fields of rice and millet. From Chimrong we continue to the large attractive village of Birethanti (1,040m/3,412ft). After a farewell rest and refreshment break in Birethanti, we have a short trek to Nayapul where we board our transport for the one hour drive to Pokhara, Nepal's biggest tourist town. It has all the facilities and places of interest that one could possibly want and it is situated on the eastern shore of the gorgeous Phewa Tal (Fewa Lake) and the skyline is dominated by the perfect pyramid of Mount Machhapuchhare (6,997m/22,957ft). Trekking time 4-5 hours.

Day 15 : Drive/fly from Pokhara to Kathmandu.

We are more relaxed in Pokhara with the beautiful morning and later we drive or fly back to Kathmandu. Regular tourist buses leave at 7am.

Option available for extending your trip with Jungle Safari adventure, white water rafting or a trip of your choice.