

Trip Name : Chulu East And Annapurna Circuit Trek

Starting Point	Drive in KTM to Besi-Sahar
Ending Point	Fly out Jomsom-Pokhara
Type	TeaHouse/Camping Trek
Grade	Difficult
Duration	21 Days
Daily Walk	5-6 hours
People in Group	Minimum 2 and Maximum 12
Best Time	April to May and September to November
Max. Elevation	6584 mt.

Trip Details:

Chulu East (6,584m/21,602ft) is regarded as technically straightforward and challenging peak. It lies in the Annapurna region of Nepal. The summit of Chulu East provides the most breathtaking views of Annapurnas, Gangapurna, Dhaulagiri, Tilicho Peak and Manaslu. Our Chulu East expedition with Annapurna Circuit trek is prepared to supply the demand of more challenging treks in the Annapurnas.

The trek starts at Besi Sahar, about 175km far west from the capital city Kathmandu. The Climbers of Chulu East will get an interesting journey passing along varied ecosystems, diverse cultures, amazing landscapes, stunning waterfalls, lush green paddy fields and arid deserts. The trail ascends gradually along the Marshyangdi river valley and eventually leads to the village of Pisang where we leave the main trail and head up the Chulu East Base Camp. The peak demands you physically fit and acclimatized before attempting the Chulu East. We rejoin the main Annapurna Circuit trail and continue over the Thorung la pass (5,416m/17,769ft). Thereafter, we make final descent to Jomsom and take a flight to Pokhara.

How We Make This Trip Responsible?

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

Cost Includes:

- Permit fees for Chulu East Peak 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 one night
- 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-Besi Sahar overland transfer by a private vehicle and Pokhara-Kathmandu transfer by Tourist bus [*Private vehicle or flight Pokhara-Kathmandu available on request and extra*]
- Regular flight for Jomsom to Pokhara and ground transfers
- 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
- Refundable Garbage Deposit of US \$500
- 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 Changunarayan 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.

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

Bhote Koshi 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 Besi-Sahar (823m/2,700ft).

Today we drive for 175km (109 miles) by bus or car to the small township of Besi-Sahar, the starting point for

our Annapurna Circuit trek. Here we will have to present our entry permits at the check post. This is a scenic drive on the bank of the Trisuli and Marshyangdi Rivers. We pass through the beautiful villages along the way.

Day 02 : Trek Besi-Sahar to Bahundanda (1,310m/4,298ft).

After an overnight stay in Besi-Sahar, we start the trek to Bahundanda passing through the villages of Bhulbhule (840m/2,756ft) and Ngadi (930m/3,051ft). It should take around 5 to 6 hours from Besi-Sahar to Bahundanda.

Day 03 : Trek Bahundanda to Chamje (1,433m/4,701ft).

We continue our trek and after approximately 3 to 4 hours we reach the village of Jagat (1,314m/4,311ft) having passed through three other villages: Khanigaon (1,170m/3,839ft), Ghermu Phant (1,180m/3,871ft) and Syange (1,100m/3,609ft). From the village of Jagat which is tightly packed on a natural shelf among huge boulders and a few banana trees, it will take us approximately an hour to reach our overnight stop, the small paved village of Chamje. On this last stage of the day's trek we will get views of a very fine waterfall on the Chhahare Khola tributary on the eastern side of the valley. Trekking time 5-6 hours.

Day 04 : Trek Chamje to Dharapani (1,860m/6,100ft).

Today's trek starts through a gorge and goes downhill to a suspension bridge which crosses the Marshyangdi river to the east bank, then climbs steeply and it proceeds to Tal (1,700m/5,577ft) with its safe drinking-water station. After some downs and ups, we re-cross the river and enter Dharapani village for our overnight stay. Trekking time 5-6 hours.

Day 05 : Trek Dharapani to Chame (2,670m/8,760ft).

Today, proceeding on from Dharapani, we pass through the village of Bagarchhap (2,164m/7,100ft) – also with a safe drinking-water station – then on to Danaqyu (2,300m/7,546ft) from which there are good views of the Mt. Manaslu peak (8,163m/26,782ft). From here we proceed to Lata Manang (2,454m/8,051ft) and then pass through some landslide areas and pine forests to arrive at the two-part village of Koto (2,600m/8,530ft). A further easy half-hour stroll takes us into the town of Chame – with a safe drinking-water station – led in by a long mani (a Buddhist prayer wall) studded with prayer wheels. Snow-capped Annapurna II (7,937m/26,040ft), which overlooks the town, is a striking picture in the morning sunshine. Trekking time 5-6 hours.

Day 06 : Trek Chame to Lower Pisang (3,200m/10,499ft).

Today's trek takes us through the villages of Talekhu (2,720m/8,924ft), Bhratang (2,850m/9,350ft) and Dhikur Pokhari (3,185m/10,449ft) en-route. The entrance to Tibetan-style Bhratang has a long mani wall and many prayer flags, likewise Dhikur Pokhari, which also has cairn-shaped Buddhist shrines known as "chortens". The trekking route then takes us directly to Lower Pisang, from which if desired a diversion can be made to Upper Pisang, the original village. Lower Pisang also has a long mani wall in its centre and a safe drinking-water station. Looking to the northwest from Lower Pisang, one can see the snow-capped "Trekking Peak" Chulu East (6,584m/21,602ft). Trekking time 5-6 hours.

Day 07 : Trek Lower Pisang to Julu (3,550m/11,647ft).

From the village of Pisang, we ascend through the scattered chortens, scrub juniper and stunted pines and reach Julu. It is a small village sitting on the west bank of the river. Julu offers the excellent views of majestic Himalayas. We set up our camp for overnight stay. Trekking time 5-6 hours.

Day 08 : Rest day for acclimatization.

Today we explore the village of Julu and enjoy with the cultural aspects of Julu. The exploration helps us to get acclimatized before the expedition.

Day 09 : Trek Julu to Yak Kharka (3,800m/12,467ft).

From the village of Julu, we ascend gradually which takes us across sheep and yak pastures and finally we reach Yak Kharka. We set up our camp there and take a leisurely lunch. We have now the stunning vistas of snow capped peaks. We stay overnight at Yak Kharka. Trekking time 5-6 hours.

Day 10 : Trek Yak Kharka to Chulu East Base Camp (4,500m/14,764ft). Basic training for climbing.

As we follow the trail through steep pastures, soon we come to a place of rock and scree. Little further we set up our Base Camp for Chulu East climbing. The Annapurna Himalayan range stretches just before our eyes. Trekking time 4-5 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 11 : Climb Chulu East Base Camp to High Camp (5,300m/17,389ft).

Climbing day: Today we climb from base camp to the high camp. The path up to the high camp follows scree and snow slopes. Our guide will lead us to reach the high camp. We stay overnight at high camp. Climbing period 4-5 hours.

Day 12 : Climb Chulu East High Camp to Summit (6,584m/21,602ft), trek back to Chulu East Base Camp.

Summit day: Now we are ready for the summit. We start our climbing 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 enjoying with the successful summit and taking enough pictures, we descend back to high camp along the steep. After refreshment and some rest, we head back to base camp and celebrate this glorious victory. Total climbing period 8-10 hours.

Day 13 : 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 acclimatizing well enough to make the ascent.

Day 14 : Trek Chulu East Base Camp to Manang (3,540m/11,614ft).

Today we continue trekking along the cultivated fields and soon we reach the village of Braga (3,360m/11,024ft) which has a splendid monastery about 500 years old. While we descend down, we are rewarded with the heavenly vistas of Annapurna range - Annapurna II, Annapurna III, Annapurna IV, Gangapurna and Tilicho Peak. Braga, also known as Bhraka, contains a number of Tibetan-style houses and the "gompa" (Buddhist temple) in the village is one of the most distinguished on the Annapurna circuit – well worth a visit. Finally, we arrive in Manang, the main village of the upper valley and one in which the majority of the inhabitants are more closely related to the people of Tibet. Trekking time 5-6 hours.

Day 15 : Rest and acclimatisation day in Manang.

Manang - the main village of the upper valley has a safe drinking-water station, a museum, surprisingly a cinema hall, and most importantly a Himalayan Rescue Association health post. Here at 3pm every afternoon, a volunteer doctor gives a speech on high altitude sickness. We may spend our day with excursions around the Manang village.

Day 16 : Trek Manang to Yak Kharka (4,018m/13,182ft).

Today's trek heads out of Manang via an old "kani" (a covered Buddhist archway) and after 30 minutes or so takes us through the village of Tangki (3,642m/11,949ft). After which the trail heads north-west with a view of Tilicho Peak (7,134m/23,406ft) in the west. Then we reach the small settlement of Gunsang (3,900m/12,795ft). Proceeding from here to Yak Kharka, there are very few steep ascents, but some magnificent views both fore and aft and interestingly, herds of blue sheep (Jharal) may sometimes be observed on the hillsides. As its name suggests Yak Kharka is located on a yak pasture – yak being a species of Tibetan ox. We stop at Yak Kharka for our overnight stay. Trekking time 3-4 hours.

Day 17 : Trek Yak Kharka to Thorung Phedi or High Camp (4,925m/16,158ft).

Starting off today the trail crosses a broad yak pasture, then having dropped into a gully to cross a side stream it makes a short steep climb into the settlement of Ledar (4,200m/13,780ft), also situated on a yak pasture and with a safe drinking-water station. From here there is a superb view of the Trekking Peak of Chulu West (6,419m/21,060ft) and other peaks in this range. After a short walk from Ledar the trail forks right, to the east flank of the valley, on a new route created by ACAP, because the west bank trail has become dangerous. We arrange our stay either at Phedi (bottom of the mountains) or climb a little to high camp. Trekking time 3-4 hours.

Day 18 : Trek Thorung Phedi or High Camp to Muktinath (3,760m/12,336ft) crossing over Thorung la pass (5,416m/17,769ft).

Today we start our trek very early in the morning and shortly after setting off from Thorung Phedi or High Camp and traversing a steep scree slope, the trail enters a valley with a big moraine wall on the right ("moraine" being a ridge – like mass of earth, rock and stones deposited by a glacier in times past), crosses a stream and then continues to a simple teahouse at 5,100 meters (16,732ft). From this point the trail winds along among a series of moraine hillocks and then approaches the Thorung La Pass on a broad comparatively gentle slope. The pass is reputedly the world's highest, with the track peaking at 5,416m (17,769ft) – the highest point on the Annapurna circuit trek. In the pass there is another simple teahouse, which to quote, "can be a life-saver". After the long downhill trek from this point en-route to Muktinath (3,760m/12,336ft), one eventually reaches a simple lodge. This is the only point west of the pass where refreshments are available before reaching Muktinath, a village set in a grove of poplars and which is revered by both Hindus and Buddhists, attracting large numbers of pilgrims from all over the world. Trekking time 7-8

hours.

Day 19 : Trek Muktinath to Jomsom (2,720m/8,924ft).

On today's trek we first of all pass through the impressive medieval village of Jharkot (3,550m/11,647ft), built around the ruins of a mud-brick fortress. In addition to a Buddhist temple (gompa) and a covered archway (kani) and a Buddhist prayer wall (mani) the village has a post office, a traditional medical centre and several lodges. Continuing on through the picturesque valley of the Jhong Khola (River) we pass the small settlement of Khingar (3,280m/10,761ft), which boasts some lodges. A short distance further on we come to the "Romeo and Juliet" lodge. From this point the trail crosses a broad open scrub plain which is as wide as a jeep track and very easy underfoot. About a couple of hours after leaving Muktinath the route forks and we take the right-hand path for Kagbeni (2,800m/9,186ft), a medieval Tibetan – style village which has a few shops, a health post, post office, a police check point, an ACAP information centre and a safe drinking-water station. Kagbeni is the entry point for Upper Mustang region. From Kagbeni, we continue our trek further to Jomsom passing through the village of Ekle Bhatti (2,740m/8,990ft). Jomsom (also known as New Fort) contains facilities, including shops, banks, police check post, ACAP information office, a hospital, safe drinking-water station, post office, airline offices and even an airstrip. Trekking time 4-5 hours.

Day 20 : Fly Jomsom to Pokhara.

We take a regular flight from Jomsom to Pokhara in the morning. It is a short scenic flight for about 20 minutes. Then transfer to hotel. Pokhara is 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). We have now free time for relaxation in Pokhara.

Day 21 : 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.