



The Trek of **Your Life**®  
SYDNEY FRYMIRE & ASSOCIATES



## Annapurna Trek

**March 28-April 12, 2024**

**COST: \$2955.00** double occupancy additional \$395.00 for single occupancy. This itinerary is subject to change because of unforeseen events, usually caused by weather. 10% of the trip cost is donated to grassroots projects we support in Nepal.

This is a 10-day moderate level trekking experience located in the Annapurna Himal massif of the [Himalayas](#) in north-central [Nepal](#). It



## The Trek of **Your Life**<sup>®</sup> SYDNEY FRYMIRE & ASSOCIATES

forms a ridge some 30 miles (48 km) long between the gorges of the Kali (Kali Gandak; west) and Marsyandi (east) rivers north of the town of Pokhara. The massif contains four main summits, two of which—[Annapurna I](#) (26,545 feet) and II (26,040 feet)—stand at the western and eastern ends of the range, respectively; Annapurna III (24,786 feet) and IV (24,688 feet) lie between them.

The trail passes through other Gurung villages, Bhujung, Pasgaun, Pakhrikot, Nangidhar finally ending at Pokhara. Visitors can see spectacular panoramic views of Annapurna range, Dhaulagiri, Manaslu, Lamjung and Hiunchuli, if weather permits.

The local communities in these villages perform cultural shows for visitors on request. Accommodation is available at community-run home-stays. The local people also perform traditional Ghatu, Ghaybru, Krishnacharitra, Jhankri/lama and many local cultural dances for visitors dressed in traditional attire.



There are many interesting traditional places like Buddhists Gompas, Temples, and Gurungs Museum where the visitors can get brief information of their life style and culture.

There are three different ways to reach the village, each trail passes through the Friendly villages, terraced field, green pasture of grassland and rich in fauna including medical herbs, rhododendron forests. Visitors can also visit honey-hunting place in Ghanpokhara village. So, we recommend our clients to visit these places for a life time memory. The Village Development committee, Nepal Tourism Board, Annapurna Conservation Area project (ACAP) and many non government organizations are contributing to rural tourism.

Hospitality of the people out there is overwhelming. The villagers welcome with red tika and garlands. The concept of "Atithi Devo Bhawa" is completely followed by the habitat of



## The Trek of **Your Life**®

SYDNEY FRYMIRE & ASSOCIATES

this village. Ghalegaun is famous for its home stays. The visitors are provided with accommodation in the villagers' houses with home cooked meal and are treated as family members. The accommodations are simple but comfortable with good bedding as well as clean toilet facilities.

Annapurna I is the world's 10th highest peak. Although climbers had reached 28,150 feet (8,580 metres) on Mount Everest by 1924, Annapurna I became famous in 1950 as the first peak above 26,000 feet (8,000 metres) to be ascended to the summit. The feat was achieved by a French expedition led by Maurice Herzog, who with Louis Lachenal reached the top on June 3. Annapurna IV was climbed on May 30, 1955, by a German team of Harald Biller, Heinz Steinmetz, and Jürgen Wellenkamp; and Annapurna II on May 17, 1960, by the British climbers Richard Grant and Chris Bonington and the Sherpa Ang Nyima in an expedition led by James O.M. Roberts. In 1970 an all-women Japanese climbing team scaled Annapurna III.

This article was most recently revised and updated by John M. Cunningham.



Spring is a beautiful time for trekking here because many varieties of flowers and rhododendron flowers are blooming. We'll support the local villages around Pokhara and have views of the mountains. Niru and Buddhi will go to check the trail and send photos to us in May 2023. Niru thinks there aren't any roads on this trek once we start to trek. He told me it is very peaceful, full of flowers and panoramic views.

Please note, this itinerary is subject to change depending on the pace of our group, weather conditions, and unexpected events. Most nights we will be camping and all meals are provided. Depending on where we are, we may stay in rustic hotels. Often we camp by lodges where we can recharge batteries and the cooks use the kitchen.

Day 1: Arrive Kathmandu (4,593 feet)

It's a panoramic thrill flying into Kathmandu on a clear day. If you sit on the left side of the plane you'll have views of snow-capped mountain peaks. This is the beginning of many memorable



The Trek of **Your Life**®

SYDNEY FRYMIRE & ASSOCIATES

experiences. And as your plane hits the tarmac, our waiting support team will meet and greet you at the airport and escort you to your hotel.

Welcome drinks will be served and over night at Kathmandu Guest House. <https://ktmgh.com/kathmandu-guest-house/>

Day 2: After breakfast at the hotel. An experienced guide will meet us for a sightseeing tour around Kathmandu. (Please bring \$5.00 to tip the guide and \$3.00 to tip the driver). We'll visit several World Heritage Sites- to be determined. Favorite sites are Pashupatinath-Patan, Durbar square, Boudhanath and overnight in KMG. Lunch is not provided. <https://www.kimkim.com/e/explore-kathmandu-swayambhunath-pashupatinath-and-patan-durbar-square> Geo Trek will provide a welcome dinner for all of us and a trek briefing. This is a good time to ask questions;

Day 3: After breakfast, we'll drive to Lig Lig Kot by private bus and overnight Camping or Home staying in Lig Lig kot overnight. On our way we will have views of the foothills, terraces, fields,



The Trek of **Your Life**®

SYDNEY FRYMIRE & ASSOCIATES

and rivers. Last year before our trek, the music therapist who used to manage Sarangi, urged me to visit his village. I found this description of Lig Lig Kot. <https://www.wondersandmarvels.com/2014/01/liglig-kot-an-archeologists-dream-in-nepal.html>

Day 4: from Lig Lig Kot we'll take our van to kalika sthan by private transportations 5-6 hours drive and overnight Lodge or Camp.

Kalikasthan is a village in Achham District in the Seti Zone of western Nepal. At the time of the 1991 Nepal census, the village had a population of 2675 living in 508 houses.<sup>[1]</sup> At the time of the 2001 Nepal census, the population was 3476, of which 32% was literate.<sup>[1]</sup> The village is undeveloped, although in recent years local villagers have become aware of outside conditions and are engaging in communal-based local development. It's one of the more peaceful villages of Nepal.

Day 5: Pokhara/Kalikasthan - Yangjakot trek (1440m) home stay or camp.



The Trek of **Your Life**®

SYDNEY FRYMIRE & ASSOCIATES

Day 6: Yangjakot - Tanting trek

(1580m) Yangjakot is a big gurung village on top of the north hill from Pokhara. After reaching Yangjakot if time permitted you can visit Kot danda side trip as well. Dinner and over night stay in Yangjakot community home stay.

View from Yangjakot – Annapurna II 7,937meters, Annapurna IV 7,525 meters, Lumjung Himal 6,920 meters, Fishtail 6,993 meters, Annapurna South 7,219 meters, Himchhuli 6,441 meters as well as valley views. home stay or camp

Day 7: (2,950m.) 4-5 hours and Camp.

Day 8: Deuraly to Tapren Dharma shala

(3395m.) 4-5 hours and camp. <https://fulltimeexplorer.com/deurali-nepal-abc-village-guide%EF%BF%BC/>

Day 9: Rest day or excursions and over night in the same camp.

Day 10: Trek to Taljunu or Bhurjung (1650m.) 5-6 hours and Camp. <https://www.lonelyplanet.com/>





The Trek of **Your Life**®

SYDNEY FRYMIRE & ASSOCIATES

[nepal/kathmandu/attractions/taleju-temple/a/poi-sig/387081/357144](https://www.google.com/maps/place/nepal/kathmandu/attractions/taleju-temple/a/poi-sig/387081/357144)

Day 11: Trek to Ghan Pokhara Ghanpokhara, where is big Gurung village. See previous links for opportunities in this village. Camp

Day 12: Trek to Ghalegau 3-4 hours and after lunch visit to Honey hunting views point and overnight Camping.

Day 13, Drive back to Kathmandu 7-8 hours and overnight Hotel..

Day 14: after Breakfast final departure according your flight time.

### **SERVICE INCLUDES:**

- Arrival pickup from international airport at your arrival time, meet and greet with flower and private transportation transfer to Your Hotel.
- Welcome in Kathmandu.
- All necessary Trekking permits.



## The Trek of Your Life®

SYDNEY FRYMIRE & ASSOCIATES

- Kathmandu Hotel with breakfast in double room basis according to the program (KGH Garden Facing or Moonlight)
- Kathmandu to Lig Lig Kot, Bus drive private transportations.
- All on the way and in Kathmandu sight seeing tour private transportations.
- A very experienced, good English speaking guide, helpful guide, cook, kitchen helpers, etc.
- Necessary support with good equipment 15/20 kg of luggage per Trekker);
- Porter equipment (windproof and waterproof pants and warm jacket, warm woolen cap, sunglasses, woolen gloves, woolen socks, shoes)
- The entire luggage transport by the team
- First aid equipment for the staff team.
- All camping equipments.
- All camping fees and grass land rents
- Three hot meals a day during the trek: breakfast, lunch and dinner; various tea, coffee sugar, cocoa powder, milk powder, boiled Water for their water bottles, drinking chocolate, etc
- Hot water bag for bed & Inner lines.



# The Trek of **Your Life**<sup>®</sup>

SYDNEY FRYMIRE & ASSOCIATES

- Lig Lig Kot to Pokhara kalika sthan private transportations.
- Ghalegau to Kathmandu Bus transportations.
- Inlet for the sleeping bag
- Foam rubber mattresses
- Tents and camping equipment for the leaders
- Tents for the carrier and carrier-Sleeping
- Kitchen tent with the necessary kitchen utensils
- Dining tent with folding tables and folding chairs, and lighting, Toilet tent with toilet seat and toilet paper
- Shower tent with groundsheet, bucket with hot water, pitcher, disinfecting soap and towel
- Farewell dinner
- Return transfer from the hotel to the departure time to the International Airport in Kathmandu
- all necessary Government taxes.
- during sight seeing trip all necessary entrance fee.
- special Tour guide.
- Hotel on the trip according the program.

## **SERVICE EXCLUDES:**

- Nepal entry visa fee
- All personal expenses & travel insurance
- Lunch and dinner in Kathmandu Hotel



# The Trek of **Your Life**<sup>®</sup>

SYDNEY FRYMIRE & ASSOCIATES

- Coke, Fanta and mineral waters
- All alcoholic drinks
- TIPS for staffs
- International airfares
- Personal Trekking Equipment
- Lunch and dinner during your stay in Kathmandu
- Any type of personal expenses, such as alcoholic beverages and drinks, phone and laundry
- Your rescue & travel insurance, trip cancellation costs, accident or health emergency
- Loss, theft or damage to baggage and personal effects.



The Trek of **Your Life**<sup>®</sup>  
SYDNEY FRYMIRE & ASSOCIATES