Join a select group of travelers on a moderate lodge-to-lodge trek along Annapurna’s lowland circuit, in the shadow of the Himalayas. We will enjoy sweeping views and vistas of high peaks, some soaring over 20,000 feet above sea level. After an evening in Katmandu and a flight-seeing tour of Mt. Everest, we will spend the next days enjoying breathtaking sunrises and sunsets with coffee, tea, or a local drink, walk among terraced rice fields and mountain forests, and visit villages brimming with local lore and cottage industry. Our trek finishes with a 2-day relaxed raft trip downriver. Our trekking path keeps us below 7,500 feet and strives to maintain a moderate level of distance, pace, and elevation. We will carry only a daypack, local porters carry our duffels. Expert guides, descendents and former soldiers of the legendary Gurkha regiments, will direct each day’s journey. Our lodges and safari-style camp along the way are comfortably appointed, with attached bathrooms, warm beds, and dining facilities well stocked with local foods proudly prepared and served.

Annapurna or Everest Base Camp?

“Annapurna is a totally different side of the Himalayas. You still get huge, snow-capped peaks, but they’re more of a constant backdrop. The Circuit begins in the fertile lower foothills, winding through terraced rice fields, oak forests, and rhododendrons galore. And mountain-lovers, don’t worry, there are still the incredible sites of Machapuchare and the 8000m giant Dhaulagiri to keep you happy. Annapurna just has more diversity to go with its stunning views.” James Shackel, Intrepid Travel Blogger
Daily Itinerary

Your trip begins on October 23, 2021, the first day of scheduled activities in our country of travel) and ends on November 2 (the day our scheduled activities end). (This is a change in policy by AMC on when a trip begins.) To arrive in Katmandu no later than October 23, please ensure that you depart the US on a flight that will deposit you at this destination on the designated date. The AMC Leaders will assist you in choosing flights that will work for your travel plans.

Transfer to Yak and Yedi Hotel, a comfortable hotel located in the heart of Katmandu. Explore on your own - it is a short walk to the temples of Durbar Square and the backpacker shopping area of Thamel. We will have a welcome briefing and dinner at hotel or at local restaurant. Overnight Yak and Yedi Hotel. (D)

Day 2: Birethanti.
After breakfast, we travel to the airport for a flight-seeing tour to see Mt. Everest. Upon return we fly to the “cool little town” of Pokhara (Altitude: 3080 feet), a 30-minute flight from Katmandu. Followed by a 1-hour land transfer to Lumie, our trek starting point. Today’s trek follows a ridgeline in the lower foothills of the Annapurnas with surrounding views of the Pokhara Valley. The path then drops to the Modi River Valley, where Sanctuary Lodge is located, at the village of Birethanti, at an altitude of 3,570 ft. The lodge has magnificent views of the sacred and unclimbed Fishtail Mountain, locally known as Machhapuchhre. Lunch is at the lodge followed by an optional walk to the village of Birethanti. Or you may choose to spend the afternoon exploring the surrounding river valley (Trek time 3-4 hours). Overnight Sanctuary Lodge (B, L, D)

Day 3: Trek to Ghandruk (6,600ft)
After breakfast, we leave the lodge walking out through the outlying farms following the Modi River Valley. Soon we begin to climb out of the valley & up towards the mountains. The trail passes through jeep

“"The Annapurna Circuit passes through many rural settlements where small farming communities cling to the sides of valleys and life is pretty much the same as it was a hundred years ago."


tracks, small hamlets, terraced rice fields and forests with spectacular views of the surrounding valley. Snacks are provided along the trail. Hot lunch is served on arrival at the lodge in the early afternoon. (Trek time 5-6 hours). This lodge has magnificent close up views of the surrounding mountains. **Overnight Himalaya Lodge (B, L, D)**

**Day 4: Ghandruk**
We wake up this morning with tea and coffee served in the garden, and watch the sunrise over Annapurna South: Annapurna 1, Hiunchuli, Gangapurna, and the Fishtail. After enjoying a relaxing breakfast and the glorious views, our guide will take us on an exploration of this mountain village and the surrounding countryside. Ghandruk was once a major recruitment center for the famous Gurkha soldiers. The women of Ghandruk maintain a local industry of weaving traditional Nepalese rugs. **Overnight Himalaya Lodge (B, L, D)**

**Day 5: Trek to Landruk (5415ft)**
After enjoying a relaxing breakfast and the glorious views from the Himalaya Lodge, we start our trek to Landruk. After leaving the village of Ghandruk, the trail descends steeply to the banks of the Modi River. Here, we are at the base of the cliffs where the famed honey hunters of Nepal climb on ropes to collect the honey. We then cross a sturdy suspension bridge over the Modi river. From here it is about an hour’s trek up switchbacks and steps to reach the village of Landruk, where we will enjoy glorious views of the Annapurna range. Trek time about 4 hours. Arrive in time for lunch. After lunch, our guide will take us on an exploration hike of this mountain village. **Overnight La Bee Lodge (B, L, D)**

**Day 6: Trek to Gurung / Majgaon (4918ft)**
After breakfast, we leave the Bee Lodge & trek to Ker & Downey’s Gurung / Mala Lodge. Today’s trek contours the side of the hill, with small ups and downs, passing through villages and farmland. Trek time to the Lodge is about 4 hours. You’ll reach the Gurung / Mala Lodge in time for lunch with optional afternoon hikes to the surrounding villages. **Overnight Gurung or Mala Lodge (B, L, D)**

**Day 7: Pokhara**
After early morning tea and coffee served on the verandah, you’ll have the opportunity to photograph the stunning scenery of the Annapurnas from several different locations around the Lodge. After breakfast we trek through forests to the village of Chandrakot, with surrounding views of the valley and mountains. Chandrakot is at an altitude of 5200 ft. After a further 30 minute walk we arrive at the village of Lumle, 5300 ft. This is

“Along with the Buddhist chants that dominate the Everest region, there are traces of Hinduism and Animism in the Annapurnas.”

...
where we meet our vehicle to return to Pokhara, a 1-hour journey. After checking into our hotel, we transfer by vehicle (15 min) to visit Maya Devi rescue bird sanctuary. The late afternoon is free to explore the lakeside where most of Nepal’s Tibetan curio shops are located. **Dinner and overnight at the Fishtail Hotel. (B, L, D)**

**Day 8: Damauli**
After breakfast at the Fishtail Hotel, we transfer by vehicle to our raft start point, Damauli. [Transfer time 1.5 hours.] Raft for three hours to our safari-style tent camp. Altitude loss of 1000 feet. We will enjoy an evening fire, dinner, and relaxed sharing of the day’s adventures. **Overnight Seti Tent Camp (B, L, D)**

**Day 9: Seti River Camp.** We have several options to either stay at camp or take an easy trek to Khare village or a steeper route to Dharampani village. Lunch is back at the camp. The afternoon is free to explore the riverbank, swim, or relax at the campgrounds. Evening spent around a campfire of driftwood at this unique safari-style river camp. **Overnight Seti River Camp (B, L, D)**

**Day 10: Return to Katmandu.** After breakfast at our river camp, we raft another 2.5 hours and transfer to a vehicle for our 4 hour drive to Katmandu. Late afternoon exploration of the city. Farewell Dinner at the hotel or local restaurant. **Overnight at Yak and Yeti hotel. (B, D)**

**Day 11, November 2:** After breakfast, transfer to the airport for departure to the United States or further travel.

**Notes on the Itinerary:**
The guides and AMC trip leaders reserve the right to make changes deemed necessary, both before and during the trip, to ensure the safety of individuals and the group.

**Meals & Accommodations:**
It is our aim to provide you with good, locally sourced and prepared meals and a sound night’s sleep. We have chosen a company that can deliver not only a satisfying day’s activity, but also a restful and peaceful setting to begin and end each day.
Trekking lodges and the Seti River camp offer fixed meals (no ala carte). Each lodge has its own menu comprised of local & mixed cuisine.

Our Kathmandu hotel, mountain lodges, and Seti Tent camp are comfortable deluxe double occupancy twin bedded rooms. Attached bathrooms supply hot/cold running water, toilets and showers. Bed linens, towels, basic and toiletries are supplied, along with the loan of warm jackets, hats, mittens, and slippers/clogs when needed.

Electricity is generally available. While trekking, you can recharge your phone / batteries in the lodges. However, no electricity is available on the river. Solar powered table lamps & small fans are used in Seti River Camp. Hair dryers are provided in the lodges on trek on request only and are not kept in rooms due to power fluctuation. Cell phone coverage will be spotty, so a local SIM card is recommended. There is Wi-Fi in the lodges but it can be erratic at times.

**Passport, Visa And Trek Permit Requirements**

All travelers to Nepal must hold a valid passport. Your passport must be valid for at least six months beyond your expected date of departure from Nepal.

An entry visa for Nepal is also required. It can be obtained either online or at the airport upon arrival in Nepal. If you plan to obtain it in Nepal, be sure to bring the current visa fee in cash.

**Fitness Level & Equipment**

While our trekking is not extremely strenuous, you must be in reasonable health, as medical facilities are generally unavailable in trekking areas. The altitude in Kathmandu is 4500 feet (1400 meters). We trek between 3500 - 7500 feet (1000 - 2500 meters). Altitude sickness should not affect you at these heights. However, almost everyone suffers some shortness of breath on uphill sections. Anyone with breathing difficulties should consult a physician to determine their fitness for travel on this trip.

Our trekking itinerary is rated moderate (4 of 7 on AMC scale) and follows a leisurely pace. We will take midmorning, lunch, and midday breaks, as well as making frequent stops for photography and to explore the local countryside. The trails are winding and well worn, but are generally in good condition. We usually arrive at our night’s lodging around 3:00 PM. During the trek we walk 6 to 8 miles per day. While a considerable amount of the trek is downhill, this can sometimes be as tiring as uphill trekking. The highest ascent is in the middle of the trek, when we climb 3500 feet, from Birethanti to Ghandruk, which sits at at 7000 feet. Anyone in good health who enjoys hiking should find this trek

“Annapurna is a less taxing circuit than Everest Base Camp. There are fewer steep climbs and the average altitude is much lower. The descents on Annapurna are also a bit gentler, which can help the knees in the long run.”
enjoyable and should be able to accomplish it with ease, although somewhat of a
challenge at times.

Our two-day rafting trip is rated **relaxed**, for 3-4 hours duration and some white water.

To condition for the trek, we recommend a program of exercise at least two months prior
to arrival in Nepal. Step class and stairs prepare one for the hills as well as jogging or
bicycling on an incline; these exercises should be done in conjunction with proper
stretching. In addition, we have scheduled our trip for the end of autumn to give you
ample time to hone your hiking fitness on trail.

You will need to be in shape for achieving each day’s activities, where they are required
to get from one lodge to another. The trip is rated easy to moderate with a moderately
strenuous ascent on Day 5, and a steep downhill on Day 7. The river float will be
relaxed, with professional guides steering each craft.

You will require sturdy hiking boots with ankle support and good tread to navigate the
varying terrain we will encounter – sometimes slippery sometimes dry, on dirt trails,
steps, and occasional jeep trails. Though our outfitting company can loan day bags,
hiking poles, and a water bottle, you may wish to bring your own, especially if you prefer
to use a camelback-style hydration system.

When you participate in this trip, you should be in proper condition for the activities outlined in
this prospectus and equipped with the appropriate gear as stated. You should always be aware
of the risks involved and conduct yourself accordingly. You are ultimately responsible for your
own safety. Prior to your acceptance as a participant in this trip, you will be asked to discuss
your capabilities and experience with us. We may also request references to confirm your
fitness level and suitability for participating in trip activities.

This trip is designed so that everyone may experience our adventure in Nepal through shared
participation in activities and tasks in an organized group environment. AMC travelers are
known for their cooperative efforts, and expectations are that all participants will be considerate
of others sharing this AMC Adventure Travel experience.

It may happen on any trip that a trip member is or becomes unable to participate in one or more
of the planned activities. Leaders in their sole judgment have the right and obligation to refuse
participation in any activity to any group member for reasons of safety, whether it is of the group
or of the individual. Illness, injury, or lack of proper gear or fitness for a particular activity are
examples of some conditions that might result in a participant’s being unable to perform one or
more activity. Leaders may try to find a substitute activity for the trip member, but this may not
always be possible.

**TRIP PRICE: US$3,590** (a $100 surcharge will be assessed for those who are not
members at the time of their application. Payment of the surcharge does not constitute
membership. To join the AMC (2020 pricing $50 individual, $75 family) click [here](URL: www.outdoors.com/get-involved/join). If applicable, please include the $100 surcharge with your
application deposit.

**THE PRICE INCLUDES:**

- Airport transfers on arrival date (23 Oct), for Himalayan Flight seeing, Pokhara arrival,
departure date (2 Nov).
- 2 nights at Yak & Yeti, Katmandu on bed & breakfast (comfort room).
- 5 nights/6 days trek with lodging (comfort/twin occupancy) meals & happy hour*, 1 trekking guide, 1 asst. trekking guide, porters (1 porter between 2 clients with luggage allowance on trek - 13kg per person in supplied duffel), trek permits, trek transfers.
- 1 night at Fishtail Lodge (comfort room).
- 2 nights at Seti River Camp with all meals & happy hour.*
- 2 dinners in Kathmandu, 1 dinner in Pokhara.
- Everest Mountain flight in fixed wing scheduled flight including all taxes.
- Airfare KTM/PKR including all taxes.
- All local land transfers described in the itinerary (KTM airport transfers first and last days are not included).
- Loan of duffel bags, day bags, walking poles, souvenir hat & scarf and collapsible water bottle.
- Loan of down jackets, hats, mittens and slippers/clogs at lodges when needed.
- 2 days rafting, loan of dry bags, life jacket, helmet.
- Half day guided tour in Katmandu, entrance fees.
- Emergency medical insurance up to $5,000 and evacuation insurance up to $200,000. (Your personal insurance will be the primary claimant, AMC insurance secondary.)

*Local alcoholic/non-alcoholic drinks (rum/beer/local whisky/soft drinks) with tidbits are served free during happy hour between 6-7pm. However, any drinks outside happy hour + drinks not listed in happy hour will be payable directly.

NOT INCLUDED/EXCLUSIONS:
- International airfare.*
- Single supplement (may be available on request, inquire for cost).
- Drinks outside happy hour on trek, in Seti River Camp, hotels or during dinners
- Gratuities (at your discretion – information will be distributed closer to the trip dates).
- Personal expenses (souvenirs, etc.).
- Entrance fees and excursions not listed in the “Included” section.
- Lunch in Kathmandu.
- Travel insurance (trip cancellation or interruption, lost or damaged luggage, etc. – we highly recommend you purchase trip insurance to cover these aspects of traveling).

*While participant airfare is not included in the trip price, leaders will assist you in making suitable reservations. At a minimum, participants will be told when and where they must join the group for the official start of the trip’s planned activities. Once your air tickets are purchased they are your responsibility – do not make any non-refundable travel plans until told to do so by the leaders. If group airport transfers are not specified in the “inclusion” section above, leaders will also assist and advise you of the choices you have of transferring from airports to and from the start and end of the trip’s activities.

The price for this excursion is based on quotes or estimates obtained at the time the trip was submitted to the Adventure Travel Committee for approval. The final price of the trip will be adjusted in accordance with the best final arrangements we can make. If the trip’s financial position is strong enough at the start, the leaders may make partial refunds during the trip, in the form of payments toward some meals and/or free time activities, which would otherwise not be included. Trip participants will share any savings we achieve, as well as any cost increases we incur. Our cost estimates are conservative, and so a refund is considerably more likely than a price increase. All Adventure Travel trips are run on a non-profit basis and refunds, if any, are issued after the trip’s financial accounting is complete, unless the leader deems it risk free to do so prior to the trip’s final accounting. This trip will accommodate 14-16 participants.

APPLICATION AND DEPOSITS: To apply, you must complete and submit a Participant Application package including a health questionnaire and risk and liability waiver, and a
registration deposit of $1,500 (+$100 if you are not an AMC member). All applications will be screened, including contacting your references and conducting a brief phone interview with you. A spot on the roster is not assured until this process has been completed and you have been notified. Once your roster spot is confirmed, your check will be deposited and become subject to the full cancellation terms stated herein. The balance of $2,090 is due August 1, 2021. Please make payments by check payable to the “Appalachian Mountain Club”, write Nepal 2021 on the memo line, and mail the complete package to the address shown on the Participant Application.

CANCELLATION POLICY: The AMC Adventure Travel cancellation policy is based on the fact that your cancellation may not raise the cost to the other participants or to the leaders. Once you are notified the trip is declared to run as scheduled, the minimum cancellation fee is $100. If actual costs (expenses already incurred on your behalf and any unavoidable future expenses that will be incurred as a result of your registration and cancellation) are higher, they will be assessed instead, unless they can be applied toward another acceptable participant. Should the leaders be able to replace you, you may be charged a reduced penalty. This will generally not be determined until after the trip. Failure to make trip payment(s) in a timely manner will be considered a cancellation.

On rare occasions AMC Adventure Travel may need to cancel all or a portion of a trip due to force majeure [e.g. terrorism, local health conditions, natural disaster, changes in local regulatory environment, etc]. In the event of such a cancellation, your trip fee will be refunded less any trip expenses already incurred plus any non-cancellable future trip expenditures. AMC Adventure Travel is not responsible for additional expenses incurred by you in preparing for the trip (including non-refundable air tickets, visa fees, gear or medical expenses, etc).

Airline tickets are purchased separately and owned by the participant. Penalties and forfeitures will be in accordance with the terms of the tickets you purchase for international and domestic travel.

Please refer to the medical evacuation insurance information in the section above, “This Trip Includes.” This is the only insurance provided in your AMC trip price. You are advised to purchase additional travel insurance if you have any concerns about recouping your investment should your plans change. More information about included emergency medical and evacuation insurance, as well as about optional and recommended travel insurance, will be provided to participants when the trip is confirmed to run as scheduled.

Your AMC Leaders

Janis Stahlhut, a lifelong outdoors enthusiast, has been an AMC-AT leader since 2009 and a Connecticut Chapter hike and bike leader. She has led and co-led AT hiking and biking trips in the NE US, Alaska, Sicily, Spain, France, Italy, Finland, Norway, South America, New Zealand, Australia, and the South Pacific Islands. Having spent 15 years as a marketing and public policy specialist for global telecommunications firms, followed by 15 years as an exercise programming specialist and instructor, Janis now enjoys retirement: teaching exercise classes part time, writing, honing her golf game, and leading active travel excursions.

Merri Fox is a retired software specialist. Because she loves sharing her favorite outdoor destinations, over the past 22 years she has led hiking, snorkeling and cultural excursions in Belize, Paris, Hawaii, Arizona, the Tetons, Switzerland, California, Utah, New Zealand, and the Virgin
Islands. Merri leads local hikes in CT, participates in training programs for new leaders, and serves as secretary for the AMC’s Adventure Travel Committee. Merri lives with husband Rance in NW Connecticut, where she enjoys gardening, cooking, and entertaining guests.

As leaders our goals for the group are to have fun, utilize and enhance your skills, and savor a unique environment at reasonable cost in the company of other adventurers with similar interests. AMC Adventure Travel trips are run in a manner supportive of and consistent with the traditions, principles and mission of the AMC. Trip leaders encourage participant conduct consistent with Leave No Trace environmental and conservation principles and local regulations. Though AMC membership is not a requirement to participate in our trips, if you are not yet a member of AMC we hope that through your experience, you will be inspired to join and support an organization devoted to wilderness stewardship.

In accordance with AMC AT policy, you are subsidizing all or a portion of the leaders’ costs. Our leaders are not allowed to realize any profit from this or any AMC sponsored excursion. The trip price also includes an AMC administrative overhead fee to help cover the club’s costs of offering Adventure Travel excursions.

For more information or an application package please contact: Janis Stahlhut jstahlhut@icloud.com, 203-820-9275 or Merri Fox, rbfox1949@gmail.com, 860-485-1697. If telephoning, please call between the hours of 9am and 9pm.

About our guides and porters:
“Our entire Nepal operation is based on the strict principles and traditions of the legendary Gurkha regiments, as these attributes are wholly compatible with ours. It is only natural that we have made the Gurkhas, with their 200-year tradition of service, loyalty and excellence, a central part of our team. They are eager to share their profound understanding of the areas through which we travel. Together with our locally recruited lodge staff, our guests are assured a level of service and care essential to a safe yet exciting adventure.”