
Mindful Adventures 2019

Annapurna Base Camp



Annapurna base camp at sunrise

Highlights

Mindfulness from the inside out, in the peace of the mountains, a way to learn what mindfulness is and how to practice as you learn to care for yourself and care for each other.

Annapurna Base Camp trek is one of the most beautiful treks in Nepal. Annapurna I is the 10th highest peak in the world at 8200 metres. This trek begins with green countryside, beautiful villages rich in culture, and dark green forest of rhododendron, oak

and many other plants. Once you reach Annapurna base camp you are in an amphitheater of hanging ice, surrounded by high peaks -- Annapurna South, Varsika, Annapurna I, the Gangapurna Range, Hichili and Machapuchare (fish tail). You see hanging glaciers all around and stand on the foot of the huge glacial moraine coming from Annapurna South.

Come and visit Nepal Mountain Adventures

Mountain Adventure - You will be experiencing the Himalaya led by Mingma Sherpa, a mountain born Sherpa group leader, fully trained as a high altitude guide in wilderness medicine. We will focus on taking in the mountains as well as the history, culture, and community of the indigenous people.

Mindfulness Practice – The focus will be on our own personal growth and you will learn much about mindfulness from the inside out. This is most often described as a life changing part of the travel. Each day we will spend time simply putting one foot in front of the other, taking in the scenery and villages. In the morning and at the end of each day, we will take in a formal mindfulness practice and discussions (except when the group is tired from walking). This practice will be lead by Louise Hayes, a peer reviewed ACT trainer; however the structure of our work will be collaboratively evolved. Louise works as a volunteer on these trips, she takes no salary and sees it as service to her values.

Not for profit Mindful Adventures Children's Charity – All profits are carefully calculated and used to support education of children in remote communities. This is carefully managed to ensure the money goes to the kids.

!!! Before you sign on !!!

Nepal faces significant challenges and does not have Western style living standards. Please be aware that sanitation is very basic with squat toilets and basic showers. Water is scarce on the plateau. Showers will be infrequent. Food will be healthy and fresh, but very simple — lots of potato, rice and dhal.

Cost:

Special price of \$1659 USD. Your tour includes permits plus internal flights. The trip includes accommodation, most meals, and your bags carried by porters. Everything is taken care of so you can relax and enjoy.

All profits going to support Mindful Adventures Needy Children. We pride ourselves on paying staff proper wages and feeding them good food (not all companies do this).

This is a very competitive price, with similar high quality, treks costing as much as \$500+ more.

Itinerary – 15 Days

Commencing 24 Nov, 2019

24-Nov	Day 1	Arrive in Kathmandu (1330m)
25-Nov	Day 2	Katmandu city tour
26-Nov	Day 3	Fly to Pokhara, drive to Kumi, 2hr walk to Ghandruk (1980m)
27-Nov	Day 4	Walk to Chhomrong (2130m), approximately 6-7 hours
28-Nov	Day 5	Walk to Bamboo (2295m), approximately 6 hours
29-Nov	Day 6	Walk to Deurali (3210m), approximately 5 to 6 hours
30-Nov	Day 7	Walk to Annapurna Base Camp (4150M), walk approximately 5 to 6 hours
1-Dec	Day 8	*Annapurna Base Camp glacial side walks and mountain sunrise. Walk down to Dovan (2590m), walk approximately 5 to 6 hours
2-Dec	Day 9	Walk to Chhomrong (2170m), walk approximately 5-6 hours
3-Dec	Day 10	Walk to Tadapani (2870m), walk approximately 5 hours
4-Dec	Day 11	Walk to Gorepani (2850m), walk approximately 6 hours
5-Dec	Day 12	Walk to Tikhedungha (1400m), walk approximately 6 hours
6-Dec	Day 13	Drive to Pokhara, 2 hours drive, overnight Pokhara
7-Dec	Day 14	Fly back to Kathmandu
8-Dec	Day 15	Trip finishes

*There is only one lodge in Annapurna Base Camp, in April 2019 it sunk into the glacier after heavy snow, we anticipate it will be rebuilt, but if not we will stay in Machapuchare Base Camp

Detailed itinerary

Day 1 Arrive in Kathmandu (1330m)

You will arrive in Kathmandu and be collected from the airport and taken to your hotel. You will have time to refresh and look around Kathmandu a little. In the afternoon we will meet to talk about the trip. Make your own arrangements for dinner at the many local restaurants. Meals: not provided

Day 2 Katmandu City tour

After breakfast there will be a sightseeing tour around Kathmandu. Visit heritage listed Boudhanath and then other places in Kathmandu, return to the hotel.

Afternoon is at your leisure, you can explore Kathmandu Durbar Square, Pashupatinath, Patan, Swayambhunath (Monkey Temple) or Bhaktapur. The area has an amazing range of fascinating highlights, whatever your interest. Extensive markets, plus novelty and handicraft shops contrast with imagery of a city full of cultural and spiritual significance. Kathmandu has more world heritage sites than any other city in the world. Meals: breakfast in hotel, lunch and dinner not provided.



Day 3 Fly to Pokhara, drive to Kumi, 2hr walk to Ghandruk (1980m)

We begin with a short flight to Pokhara, seeing the Annapurna range on the flight.



We then take a short 1.5 hour drive to the road head at Kumi, where we commence a short 2 hour trek. This is a peaceful way to begin trekking, we walk through forests of rhododendron and oak trees. You will see the sights of the entire Annapurna Range as we walk, spectacular views of Annapurna South, Machapuchare and many others. We stay overnight in the beautiful Gurung village of Ghandruk. Meals: breakfast, lunch, dinner included.

Day 4 Walk to Chhomrong (2130m), approximately 6-7 hours

We wake up to a sunrise over the snowy Himalayan ranges. Our walk takes us through more peaceful forests, where you will see flowers and hear birds. We go through many Gurung villages, where you will see local culture and traditions. We walk through farmland and jungle, and then cross the Modi River. We then have a steep ascent up stairs to lovely village of Juno. We walk through more forest, cross the river again at the beautiful flowered village of New Bridge, then climb up stone staircases to the village of Chhomrong (2170m). Chomrong is a village which offers spectacular views of Annapurna South & Machapuchare. Meals: breakfast, lunch, dinner included.



Day 5 Walk to Bamboo (2295m), approximately 6 hours

Today we walk through more green farmland, beautiful villages and forests. We climb stone stairs many times, eventually crossing the Chhomrong Khola. We rise high above the Modi Khola passing through dense green forests of bamboo, rhododendron and oak. As we walk you will see glimpses of Machapuchare and Annapurana South rising in the distance. Finally we ascend to Kuldighar and then descend to our overnight village of Bamboo. Meals: breakfast, lunch, dinner included.

Day 6 Walk to Deurali (3210m), approximately 5 to 6 hours

Today's destination is Deurali via the impressive limestone rock faces, with Machapuchare soaring in the distance. The path is undulating with a significant amount of stone steps. We climb steeply on zig-zagging stone paths to eventually reach Deurali and our camp for the night. Meals: breakfast, lunch, dinner included.

Day 7 Walk to Annapurna Base Camp (4150M), walk approximately 5 to 6 hours

In the morning we walk for 2 to 3 hours until we reach Machapuchare Base Camp. A huge amphitheater with Machapuchare and the Annapurnas, a wonderful view while we eat lunch. We then ascend slowly to Annapurna South Base Camp. This afternoon walk is simply spectacular as you watch Huchuli, Annapurna South, Annapurna I and Annapurna Fang coming closer and closer. We witness spectacular sunsets over the mountains. Our overnight accommodation is at the base camp Teahouse. Meals: breakfast, lunch, dinner included.

Day 8 Annapurna Base Camp glacial side walks and mountain sunrise. Walk down to Dovan (2590m), walk approximately 5 to 6 hours

Today we rise early to see the sunrise over the massive mountain ranges outside our window. A short walk allows us to stand on the edge of the glacier as the sun comes up. If you are feeling fit, you can enjoy some sidewalks around the glaciers. If we are lucky and get a clear sunrise, this is undoubtedly one of the most spectacular sights you will ever experience in the Himalaya. We then retrace our path, continuing to see Machapuchare and the lower rock faces. It is an easy pleasant walk through villages. We overnight stay in Dovan.



* There is only one lodge in Annapurna Base Camp, in April 2019 it sunk into the glacier after heavy snow, we anticipate it will be rebuilt, but if not we will stay in Machapuchare Base Camp and then walk to Annapurna in the early morning.

Meals: breakfast, lunch, dinner included.



Day 9 Walk to Chhomrong (2170m), walk approximately 5-6 hours

We descend a long, stone staircase through bamboo and rhododendrons forests through Kuldighar continuing through beautiful rhododendron forests and down to Sinuwa.

From Sinuwa, the trail leads downhill to the Modi Khola, closing the day with a steep climb to Chhomrung. Meals: breakfast, lunch, dinner included.

Day 10 Walk to Tadapani (2870m), walk approximately 5 hours

From Chhomrong, the trek heads back up to Tada pani down hill, winding through villages, farmland animals grazing and land and forest. We stay overnight at New Tada Bridgepani lodge, between rhododendrons forest with gardens, flowers, birds, a river walk, and if we are lucky some time we can see wild life (monkey, deer). We still continue to have views of the Annapurna South range and Machapuchare. Meals: breakfast, lunch, dinner included.

Day 11 Walk to Gorepani (2850m), walk approximately 6 hours

This morning watch sunrise from Poon Hill, spectacular chains of the Himalaya come into your views. We return to the lodge for breakfast. We enjoy walk through beautiful forest areas. The view changes as Dhaulagiri (8167m) comes in to views, this is the world's 7th highest mountain. Meals: breakfast, lunch, dinner included.



Day 12 Walk to Tikhedungha (1400m), walk approximately 6 hours

This day we will walk roughly 6/7 hours down to Tikhedungha. We start in the early morning and walk through a beautiful rhododendron forest and villages as we follow the Modi River. Most of the day we descend through Gurung and Mager cultural villages. We continue to have views of Machapuchare and the Annapurna range. At the end of the day we cross the Modi river and overnight we stay in a tea house.

Meals: breakfast, lunch, dinner included.

Day 13 Drive to Pokhara, 2 hours drive

This morning we enjoy breakfast, then drive back to Pokhara. Pokhara is a lovely lakeside village, where you will enjoy local shopping for crafts, many restaurants, health spas or a casual stroll around the lake.

Meals: Breakfast at teahouse. Lunch and dinner not provided.

Day 14 Fly back to Kathmandu

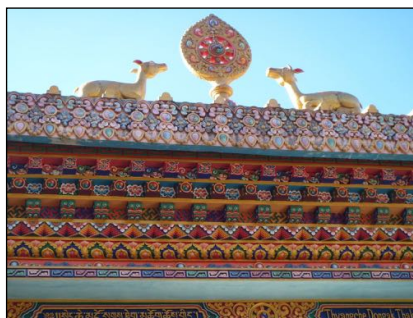
This morning we take a short flight with beautiful mountain views back to Kathmandu. On arrival, we transfer to the hotel. The rest of the day is at leisure.

Meals: Breakfast at hotel. Lunch and dinner not provided.

Day 15 Trip finishes

Breakfast at the hotel, and then you will be transferred to the airport. Meals :
Breakfast at hotel. Lunch not provided

Key Information



What is included

- All breakfasts, lunches and dinners while on the trek (regular main meal from teahouse menu, plus either tea, coffee or cordial with the meal).
Afternoon tea on trekking days.
- Boiled drinking water and bowl of washing water on trekking days.
- Airport transfers from Kathmandu.
- Flights to Pokhara.
- 15kgs luggage allowance on Kathmandu
- Accommodation on trek in teahouses
- Park entrance fees and special permits
- Our trek leader will carry a first aid kit for trekking needs.
- Salary for guides, staff and porters. We pride ourselves on giving staff good meals and care.

What is not included

- Tips for porters or guides – a tradition when visiting the Himalaya to trek is for guest to tip their guides and porters at the end of the trek. You can decide the amount, but around \$10 per day is a typical amount.
- Lunch & dinner in Kathmandu
- Kathmandu tourist activities - entrance to historical sites
- Personal drinks or foods - Bottled water, aerated & alcoholic drinks etc
- Items of a personal nature such as phone calls, laundry, etc.
- International flights

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- Visa's into Nepal – visas are easily obtained on arrival and are far cheaper, but do check your country's requirements
 - You will need to take your own travel insurance. With all adventure trekking there are risks, and travel insurance will cover helicopter flights out and medical costs in emergency

Trip cost and how to book

You can book and pay a deposit on the website.

Full payment is required 60 days in advance.

Places are strictly limited.

This is a special price, as a not for profit endeavour. You will find our service is premium and this cost well below trekking companies.

To book, go to <http://www.louisehayes.com.au/mindful-adventures/>

Further information about Mindful Adventures

Expert Sherpa Guide

You will be led by Mingma Sherpa. He is a Nepal Government Licensed Guide. He has lived his whole life in the mountains, he grew up in a Kanchenjunga mountain village, and has been a High Altitude Sherpa Guide for more than 12 years.

Fitness and Trip Difficulty

Trekking physical activity is between 5 and 7 hours each day. You will carry a day pack, and the mules will carry your luggage. At any stage of a moderate trek you can expect long steep climbs and descents and a wide range of weather conditions. An example of an average day on moderate trek could include several ascents and descents of 500 metres or more, level ground is rare in the mountains.

Preparation before your trek

To prepare for a trek you should begin training approximately three months before your departure. As a guide, an hour of cardio increasing exercise three to four times per week is needed. Try to include a few walks with steep ascents and descents carrying a day pack. Speed is not important, stamina, confidence and continuity are.

Equipment

- Upon booking we will provide you with a list of equipment you need.
- Some equipment can be hired cheaply in Kathmandu if you do not own it.
- Good boots that are worn in are essential.
- You will need a light daypack,
- We provide you with an overnight duffel bag that will be carried by porter or mule.
- We provide you with a good quality down jacket for the evening.

A typical day

You will be woken with a cup of tea brought to your room, usually between 6 and 7am and then head out to morning meditation. Breakfast will follow this in the teahouse. After breakfast we commence trekking, the idea is to enjoy the trail, not hurry to the next destination, so we will relax and enjoy the scenery, mountains, jungle, wildlife and wildflowers. We will stop for lunch at around 11 to 12pm, followed by a short rest. After lunch the walk is usually shorter, and we reach camp by 3 to 4pm. Once we have reached

camp you can settle into your teahouse room, have a rest, get washing water, and have afternoon tea. You can take care of personal needs, laundry, reading, your diary notes etc. Or you can take in the local village, take short walks, and enjoy the mountain culture, people, and scenery. Dinner is ordered from the teahouse menu usually around 6 pm to 7 pm. Trekking evenings are spent in the teahouse, and can be great memories of your trek, talking, playing cards, chatting with local people and other trekkers.

Accommodation on the trek

This is adventure trekking so expect basic. Teahouse accommodation includes a basic mountain style room, warm blankets and pillow. You will provide you with a warm sleeping bag. Teahouses usually charge extra for hot water, approximately 150 to 200 rupees. We will provide you with 2 rolls of toilet paper as this is a western item not used by locals. Electricity is expensive in the mountains; you can charge your electronics for an additional fee, depending on the teahouse.

Climate

Trekking in Nepal goes from September to the end of May (there is typically no trekking during the monsoon).

In trekking time, there are three seasons -- Autumn (September to November), Winter (December to February) and Spring (March to May).

Trekking in Autumn (September to November)

Morning at this time usually has very clear skies, it can become cloudy in the afternoon. Mountains views are seen most mornings, with clear blue skies and snow-covered mountains. Autumn flowers can be seen, deciduous trees can be very beautiful as their colours change. The temperature in the morning as we start walking can be quite cold, sometime below zero. During the day the temperature can rise as high as 20 degrees Celsius and you will be quite warm, the sun can be quite hot (hats and sunscreen is needed). In the evenings and night time, it can be very cold, often below zero at higher altitudes. In autumn snow can fall at anytime, but it rarely rains. This is a high season for trekking and the trails can be busy in popular areas like Everest.

Trekking in Winter (December to February)

Skies are very clear for much of the day and you will see beautiful mountain views. It can become cloudy in the afternoon. You will see beautiful snow covered mountains, frozen waterfalls and creeks, deciduous bare trees. It often snows in winter, occasionally

we see rain. Although it is very cold, it is a beautiful time to trek and the trails are quiet. The temperature in the morning as we start walking will be very cold, as low as minus 5 Celsius. We usually warm up quickly with walking. During the day it will be lovely and sunny, as high as 15 degrees Celsius so you can still end up walking in short sleeved t-shirts. A hat and strong sunscreen will be needed for the bright mountain sunshine. In the evenings and night time, it will be very cold, around minus 10 degrees. You will need a good sleeping bag, and layering clothes is the best way to keep warm. A good jacket will be needed too. A metal drinking bottle can be filled with boiling water and used as a hot water bottle.

Trekking in Spring (March to May)

Morning the skies are clear, and it will become cloudy every afternoon because the monsoon (July) is starting to build. The clouds against the mountains create their own beauty. Spring you will see trees in bud, bright green leaves, rhododendrons flowers, magnolias, peach blossom, and many spring flowers. The Himalaya is home to many of the world's best-known flowering plants and spring is the time to see them. You will also see many birds. The temperature in the morning is pleasant, usually above zero. During the day the temperature can rise as high as 25 degrees Celsius and you can walking in shorts and t-shirts. The sun can be quite hot; hats and sunscreen is needed. In the evenings and night-time, it can be very cold and you will still need a jacket and many layers. In spring it can rain, with occasional snow. This is the busiest trekking season and also the season for expeditions to climb the mountains. You will see hundreds of porters, yaks and donkeys loaded with expedition gear.

Mountain flights

Flights are fairly dependable, however at times mountain flights can be delayed due to weather. This may mean long drives by jeep to Pokhara or Kathmandu. From Lukla this can mean hiring a helicopter and claiming this on travel insurance. These are additional expenses to the traveller, so travel insurance that covers such delays is a must.

Acute mountain sickness

When we ascend above 2500 meters our bodies have to acclimatise to the decreasing amount of the oxygen available. To allow our bodies to adjust we have structured our treks so that you ascend slowly, allowing acclimatisation to occur. However, during the acclimatisation process, you may experience some of the following symptoms.

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- headache
 - tiredness
 - disturbed sleep
 - loss of appetite/nausea • shortness of breath
 - cough
 - palpitations
 - swelling of the hands and face

Symptoms may not indicate the onset of AMS and if you experience them it does not necessarily mean that you should not continue.

Individuals acclimatise at different rates. Your best strategy is to take your time and drink plenty of water. If you have health conditions of any kind, please speak to your doctor before signing on. With regard to diamox, some people take it and some don't, it is a personal choice. Mingma carries diamox in his kit just in case.

Mingma is a wilderness first aid trained and will help you monitor your symptoms. The only cure for acute mountain sickness is to descend.

Staff care

Guides and porters are the backbone of Nepal so we aim to treat them well. All porters are provided with meals, accommodation and insurance.

Unexpected Changes

Adventure travel in remote areas can be unpredictable. This itinerary is subject to change due to weather or climate, changes in community regulations, as well as governmental changes, and natural circumstances beyond our control.