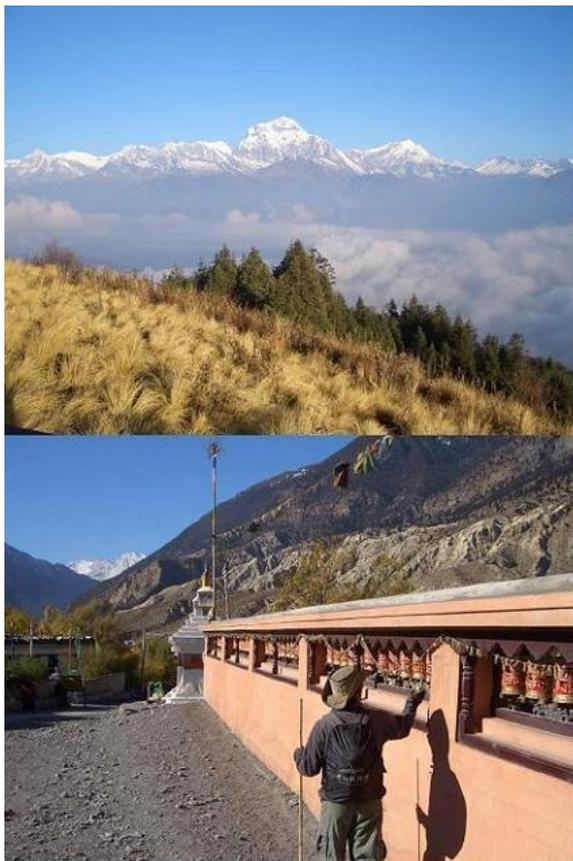


Annapurna Jomsom Trek

11D10N NEPAL with 4x4 trip to Muktinath

including Jomsom to Pokhara flight, 2 nights Kathmandu & 1 night Pokhara



HIGHLIGHTS: Sunrise over mountains from Poon Hill; typical Magar village in Ulleri; Hot springs at Tatopani; Kali Gandaki Gorge (World's deepest); typical Thakali village in Tukuche & Marpha; Jomsom (Mustang district main town) and Muktinath, pilgrimage destination for Buddhists & Hindus.

DAY 1: Kathmandu arrival



11.50am Air Asia departure from KLIA2; arrival 2pm at Kathmandu airport. Transfer to check in hotel. At leisure to explore Kathmandu (dinner on your own). Overnight in Kathmandu.

DAY 2: Kathmandu - Pokhara (B)



After breakfast, transfer to Pokhara. Arrive in the afternoon and check in hotel. At leisure to relax and prepare for tomorrow's trek. (lunch & dinner on your own) Overnight in Pokhara

DAY 3: Pokhara – Naya Pul (start of trek) - Birethati – Tirkhedunga (4 hrs trek) (B/L/D)

From Pokhara, start by driving to the roadhead at **Naya Pul** where we begin the trek. From here it is a 20 minute walk along the bank of the Modi Khola to **Birethanti** (1065m). From here the trail continues through the village and then follows the north bank of the Bhurungdi Khola. The trail climbs steadily up the side of the valley to **Hille** at 1495m and shortly after reaches **Tirkhedhunga** at 1525m. This is a short, relatively easy day to get you used to the trekking over the next few days. Overnight in Tirkhedhunga.

DAY 4: Tirkhedunga – Ghorepani (6 hrs trek) (B/L/D)

After yesterday's gentle introduction, today is a hard day with a long climb up to Ghorepani at 2775m. However we take it slowly, rest often, and enjoy the beautiful scenery. The trail continues upwards on a steep stone staircase to **Ulleri** at 2070m, a **Magar people's village**. The Magar people are believed to have migrated from Tibet and are the 3rd largest ethnic group in Nepal, forming approx 7% of the country's population. From here the trail leads through thick forest to **Banthanti** at 2250m, and then continues through oak and rhododendron forest to **Nangathanti** at 2460m. The trail continues to rise and after approx. one hour reaches **Ghorepani**. We continue to the main concentration of tea-houses at **Deorali** (2834m), a further 10 mins walk, where we obtain **fantastic views of the surrounding peaks including Annapurna and Dhaulagiri**. Overnight in Ghorepani.



DAY 5: Ghorepani – Poon Hill sunrise hike (2 hrs) - Tatopani (5 hrs trek) (B/L/D)

Today is an easier mainly downhill walk to Tatopani. However before we set off, we make an ascent of **Poon Hill** (3210m) to obtain **magnificent, unobstructed views of the surrounding mountains**. The walk up to the top of Poon Hill takes approx two hours but is well worth the effort. Then the trail descends through rhododendron and magnolia forest, to **Chitre** at 2390m, and continues down to **Sikha** at 1980m, and then **Ghara** at 1705m. From here it is a steep descent of 500m to the Ghar Khola, where the trail then climbs briefly before crossing the Kali Gandaki on a large suspension bridge. It is then a short walk to **Tatopani** at 1180m. Tatopani is a large village with many well-appointed tea-houses and takes its name, "**hot water**", from the **hot spring bathing pools** on the banks of the river. Overnight in Tatopani.

DAY 6: Tatopani – Ghasa (6 hrs trek) (B/L/D)

Continues up the **Kali Gandaki gorge**. Located between the mountains **Dhaulagiri (8167m, 7th highest in the world)** and **Annapurna I (8091m, 10th highest in the world)**, the Kali Gandaki river carves this steep gorge. If one measures the depth of a canyon by the difference between the river height and the heights of the highest peaks on either side, **this gorge is the world's deepest**. The trail rises gently to reach **Dana** at 1400m, and on to **Rupse Chhahara** at 1550m, where there is a **stunning waterfall**. Cross to the eastern bank of the river to reach **Kopchepani**, but then crosses back to the western side on a suspension bridge at 1935m. Lastly, a short climb to **Ghasa** (2080m). Overnight in Ghasa.

DAY 7: Ghasa – Tukucho (6 hrs trek) (B/L/D)

From Ghasa, continue to ascend and pass through **Lete** at 2470m, shortly before arriving at **Kalopani** at an elevation of 2560m. From here we obtain **superb views of the Nilgiri peaks to the east**. We start by crossing to the eastern side of the river, but cross back again further up the trail before entering **Larjung** at 2560m. We then continue on a short distance to the interesting **village of Khobang with its narrow alleyways**. Arrival at the **ancient Thakali village** of **Tukucho** at 2590m. The Thakalis are ethnic Tibetan, ethnolinguistic group originated from the Thak Khola region of Mustang District. Overnight in Tukucho.



DAY 8: Tukuचे – Jomsom (last day of trek - 4 hrs trek) (B/L/D)

From Tukuचे we continue up the Kali Gandaki, with the terrain becoming much more barren and the breeze increasing as it passes through the gorge. We continue towards **Marpha** at 2665m passing a Tibetan refuge settlement & then a horticulture research station. Marpha is a large **Thakali village**, still retaining the typical architectural features of narrow alleyways, flat roofs, & whitewashed buildings. Visit the superb **Nyingmapa Buddhist gumpa**. Finally after climbing along the side of the valley, we arrive in **Jomsom** at 2800m (also known as Dzongsam or New Fort), the **main town of Mustang District** and is has an **airport**. It extends over both the banks of the Kali Gandaki River, with the soaring peaks of Dhaulagiri and Nilgiri forming a backdrop. Overnight in Jomsom.



DAY 9: Jomsom – 4x4 Day trip to Jharkot, Kagbeni and Muktinath - Jomsom (B/L/D)

Start **4x4 day trip** by driving to **Kagbeni** village at 2810m. This is the northernmost Tibetan village that can be visited without a permit to continue on to Mustang. Then continue to **Jharkot**, an imposing village at 3500m which is well worth exploring. Finally continue to **Muktinath** at 3800m, **the pilgrimage center for Buddhists and Hindus**. Look out for Tibetan traders as well as holy men from as far as South India. There are shrines in a grove of trees including a Buddhists gumpa & the Vishnu temple of Jwalamai. An old temple nearby shelters a **spring** and **natural gas jets** that provide **Muktinath's famous eternal flame**. It's the **earth-water -fire combination** that accounts for Muktinath's great religious significance. Return back to Jomsom to overnight.

DAY 10: Jomsom – flight – Pokhara – Kathmandu (B)

Morning, take flight from Jomsom to Pokhara. Transfer by road to Kathmandu. At leisure in Kathmandu (lunch & dinner on your own). Overnight in Kathmandu

DAY 11: Kathmandu departure (B)

At leisure until transfer to airport for 3.15pm Air Asia flight home. Arrival at KLIA2 at 10.15pm.

RATES: per person, on twin sharing basis, based on group sizes as below, valid for year 2015.

4 to 7 paxs: RM 3685

8 to 11 paxs: RM 3250

12 to 15 paxs: RM 2995

Single Supplement: RM 1120

For year **2016**, add surcharge RM 190 /person.

Rates and itinerary subject to changes to FOREX rates, unforeseen surcharges, weather, domestic flight schedule, local conditions, etc

INCLUSIVE:

- a) Kathmandu airport & Pokhara airport transfers, transfers between Kathmandu & Pokhara and transfer from Pokhara to Birethati (trekking start point) using private air-con van/mini-coach.
- b) Domestic flight DAY 10 Jomsom to Pokhara
- c) Accommodation:
 - Kathmandu: Thamel Eco Resort (3 star) or similar
 - Pokhara: Temple Tree Hotel (3 star) or similar
 - During Trek: Trekking lodges along the Annapurna Jomson trail
- d) Meals as per listed in itinerary above at tea house trekking stops
- e) English speaking trekking guide and porters (1 porter to every 2 paxs)
- f) ACAP (Annapurna Conservation Area Project) Entrance fees and TIMS (Trek Information Management System) fees for the trek
- g) Complimentary Duffel bag for your trekking kits

EXCLUDING:

- a) Airtickets, Airport taxes and Airline fuel surcharges
- b) Nepal visa – Visa On Arrival USD 25 (15 days) – pay direct at airport
- c) Travel insurance – can be arranged separately – RM 99 /pax
- d) Tipping (recommended minimums):
 - Kathmandu-Pokhara tour guide (Day 1-3 and Day 10-11): USD 20 /day/group
 - Driver (Day 1-3 and Day 10-11): USD 30 /day/group
 - Trekking Guide: USD 50 to USD 70 from whole group for the whole trek
 - Trekking Porter: USD 30 to USD 40 per porter from whole group for the whole trek
- e) Lunch & Dinner on Day 1, Day 2, Day 10 and Day 11
- f) Expenses of personal nature like drinking water during trek/transfers, activities not part of itinerary, laundry charges, mini bar charges, etc.