

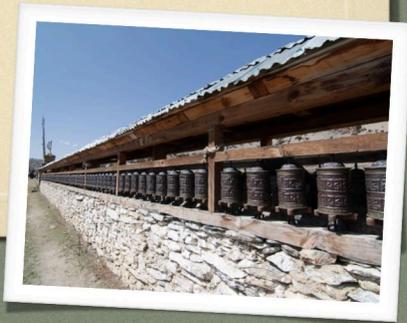
Nepal 2010

Trekking the Annapurna Circuit

ABOUT THIS BOOK

On March 17th 2010, 5 trekkers from 3 different countries set off on the Annapurna Circuit. The trek took 18 days moving through all the different geographies of the region. The highest pass crosses the Tibetan plateau at the Thorung La at 5416m.

We saw and experienced apple pies, nepali tea, dhal bhat, donkey trains, goat giving birth, prayer wheels and flags, tibetan culture, rhododendron forests and much much more...



Trekking in Nepal

For anyone who loves the mountains, life simply doesn't get any better than a trek through the Nepal Himalaya. The world's highest mountain range defines everything in Nepal, from its topography and its weather to its religion and trade. It's also home to the grandest mountain scenery you'll ever see. Nepal sets the global standard for spectacular, hassle-free trekking, especially in the teahouse trekking regions of the Annapurnas. Nowhere can you hike for weeks into the very heart of a mountain range, safe in the knowledge that at the end of the day you can count on a clean bed, a hot meal and a slice of warm apple pie. This is trekking at its most accessible.

The combination of physical exertion, natural beauty and fleeting moments of spiritual clarity makes Himalayan trekking an addictive pastime. Many of the joys of trekking are intangible. You'll have time to think, to breathe the mountain air and enjoy the sense of feeling fitter and stronger as each day passes. A highlight might be enjoying a section of the trail to yourself in the silent early morning light, surrounded by glorious mountain peaks. On a trek, the stripped down simple pleasures of life come into the fore.



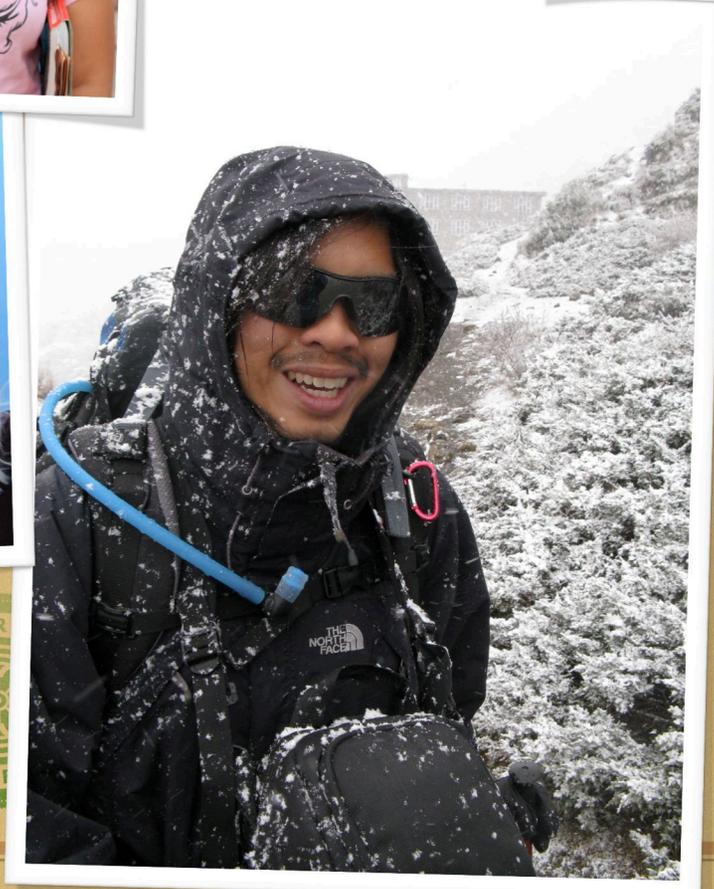
Annapurna Circuit

We flew into Kathmandu on 16th March 2010, the following day we got on a bus to Bhulbhule to start the trek. Crossed the world's highest pass, Thorung La, at 5416m on 28th March 2010.

Continued on the circuit to Poon Hill to catch the sunrise before making our way to Pokhara. Arrived in Pokhara 18 days later on 4th April 2010.

NEPAL





The Trekkers
Edwin, Gavin, Angela, Sarah, Jiayi (a.k.a Ting)

The Porters
Khoj & Dol

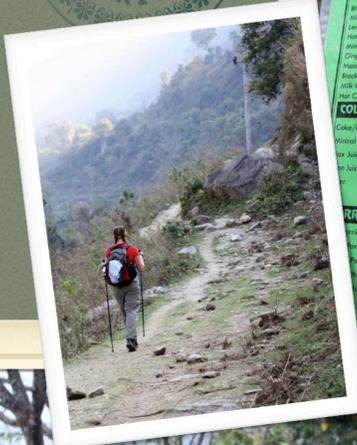




*Day we arrived in Kathmandu. The city was quite an experience in itself, the streets are extremely busy. The narrow streets accommodates traffic in both directions, pedestrians, push bikes and cows!
It was St Patrick's day, so after sorting our permits, getting whatever gear we need, we got ourselves a drink. Everest beers!*



Poon, the guide from Bhulbule



HOT DRINKS		
	Per Cup	Small Pull
Black Tea	15	45
Milk Tea	20	50
Lemon Tea	20	50
Hot Lemon	20	50
Hot Tea	20	50
Charger Tea	20	50
Masala Tea	20	50
Black Coffee	25	70
Milk Coffee	30	80
Hot Chocolate	30	80

COLD DRINKS	
Coke/ Fanta/ Sprite	40
Mineral Water	40
Ice Juice	40
Ice Juice (through Churn/Bottle)	75

EGG (2 Pcs.)	
Boiled Egg	85
Fried Egg	75
Plain Omelette	75
Veg. Omelette	95
Cheese Omelette	110
Scrambled Egg	100
Poached Egg	75

BRIDGE/MUESLI	
Porridge	110
Chapati with Jam/Honey	100
Chapati with Cheese	110
Tibetan Bread (Plain)	75
Tibetan Bread with Jam/Honey	100
Tibetan Bread with Cheese	110
Apple Milk	120
Pancake Plain	75
Pancake with Jam/Honey	100
Apple Pancake	110
Banana Pancake	110

SOUP	
Tomato Soup	95
Chicken Soup	95
Veg. Soup	95
Noodle Soup	100
Chaffle Soup	100
Veg. Noodle Soup	95
Mushroom Soup	95

RICE	
Dal Bhat Set	2000
Plain Rice	90
Veg. Fried Rice	165
Veg. Egg Fried Rice	165
Mixed Fried Rice	210
Chicken Fried Rice	200
Tuna Fried Rice	200

PASTA	
Veg. Fried Macaroni	155
Veg. Egg Fried Macaroni	165
Veg. Fried Macaroni	200
Chicken Fried Macaroni	200
Veg. Fried Noodles	165
Veg. Egg Fried Noodles	165
Spicy Fried Noodles	200
Spicy Fried Noodles	200
Mixed Fried Noodles	210

MOMO	
Veg. Momo	140
Meat Momo	170
Spicy Momo	160

SPRING ROLL	
Veg. Spring Roll	155
Veg. Egg Spring Roll	165
Veg. + Tuna Spring Roll	200
Veg. + Chicken Spring Roll	200

POTATO DISH	
Boiled Potato	100
Fried Potato	145
Veg. Fried Potato	155
Veg. Egg Fried Potato	165
Finger Chips	155
Mashed Potato + Cheese	175
Savory Buns	175

CURRY	
Veg. Curry	120
Egg Curry	130
Chicken Curry	165
Spicy Curry	130

DESSERT	
Rice Pudding	110
Chocolate Pudding	120
Custard Pudding	120
Apples Fritters	130
Apple Pie	130
Mars Roll (2 Pcs.)	185
Sandwich Roll (2 Pcs.)	185

ROOM CHARGE	
Single Room	150
Double Room	200
Triple Room	250

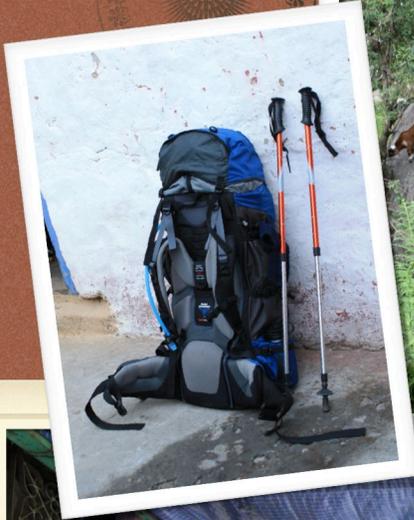


Gavin in Bhulbhule



[top] Dhal Bhat a local staple

[left] The Nepalis have incredible strength. They can carry huge amounts of load by strapping them across their foreheads.



Syange - On our second night on the trek



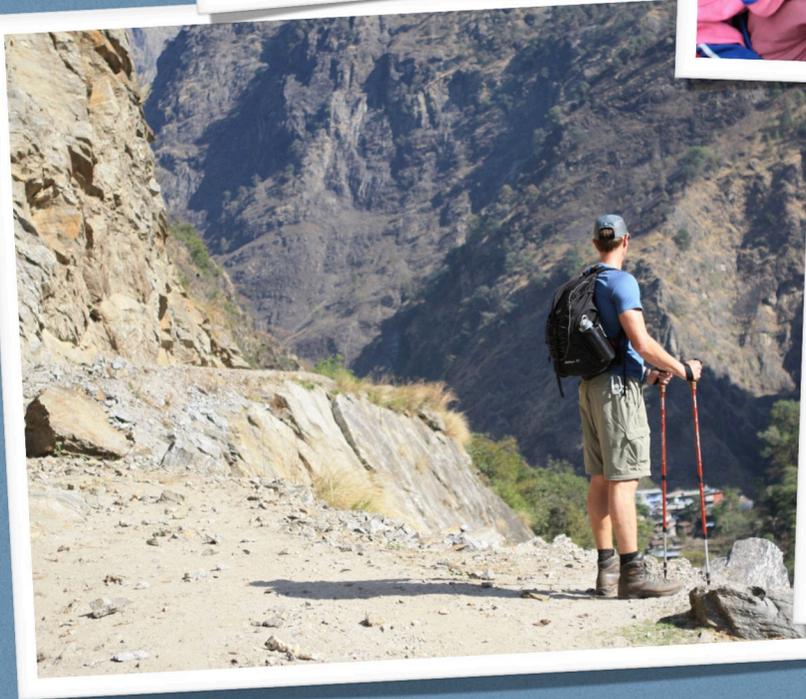
Donkey Trains

From Syange on, the villages are no longer accessible by vehicles. Donkeys are used from here onward to carry supplies to the villages and daily trips are made between Tal and Chame and Manang. When trekking here, you do not want to be caught between a donkey train and the edge of the cliff.

There were many occasions where we were caught on a steep narrow climb with donkey trains traveling in both directions...







The trek to Tal was long and tiring.
[top right] Gavin taking a shower.
[top middle] checking out the goods a
traveling salesman from Pokhara has to
offer.





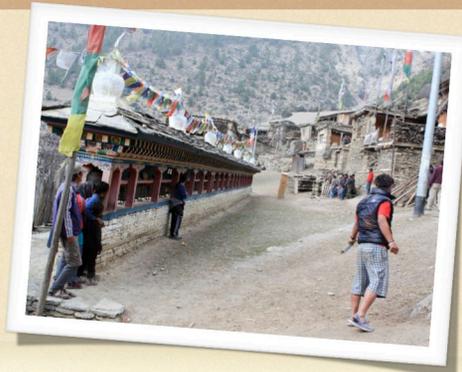
We saw a goat giving birth to two kids while trekking between Tal and Danakyu. It was quite amazing to watch. What was also amazing was that the little boy knew what to do and placed the kid in front of the mother when the baby goat came out. He had obviously done this before





Chame is the administrative headquarter for the Manang district. During the trek, it is not uncommon to have kids coming up to us, asking for sweets or “school pen”

Kid from Chame with “School Pens”



Angela and Gavin Walking to Upper Pisang







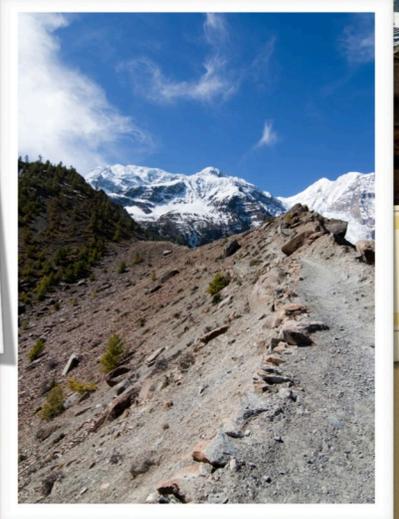
Day in Manang

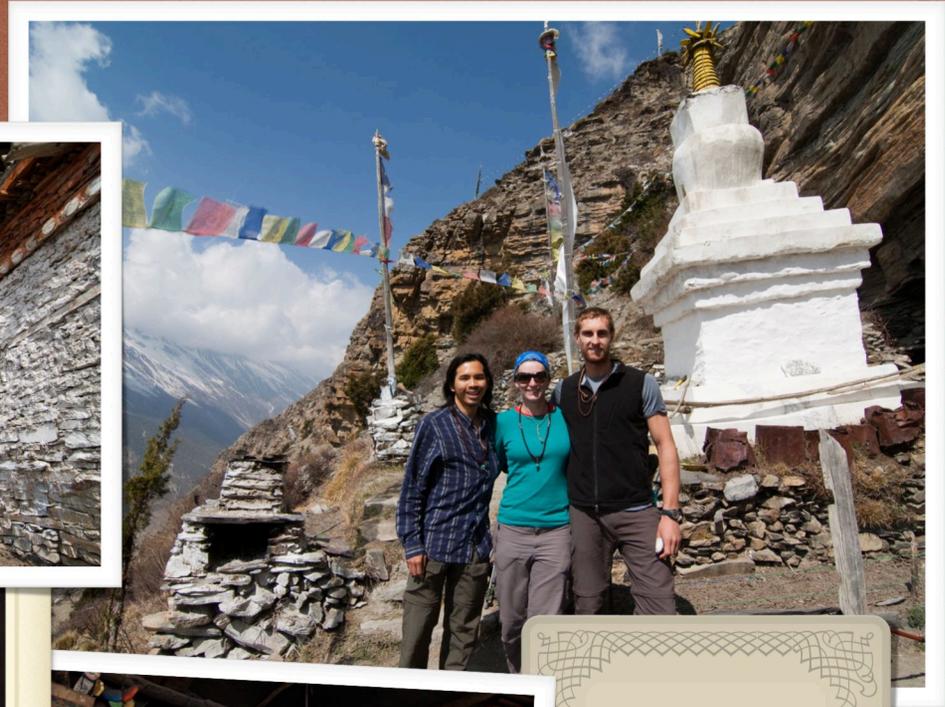
We arrived in Manang (3540m.) on day 7 (24th Mar). Here we spent an extra day to acclimate to the high altitude. The air is getting a lot thinner now...

[below] Enjoying Mexican on our acclimation day



Manang





Edwin with Lama Tashi



Lama Tashi is the 100 rupee Lama. As for that amount, he will bless your crossing of Thorung La pass.

[top left] Theatre where we saw "7 years in Tibet"



On the Trek

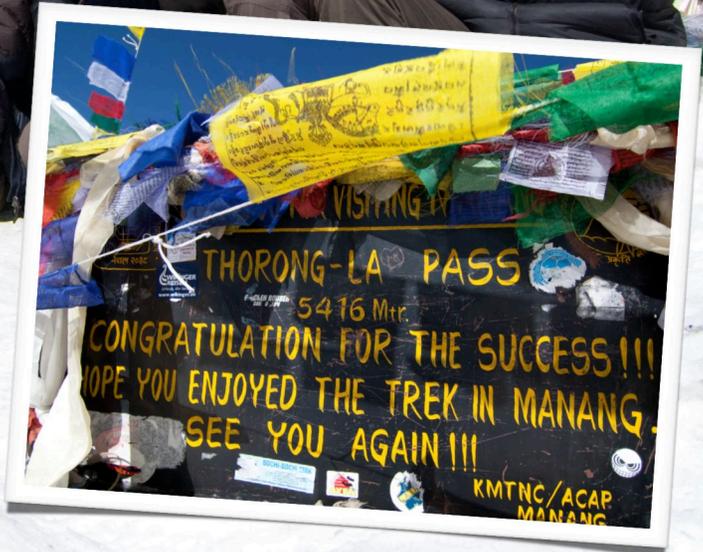




On the Trek to Thorung La

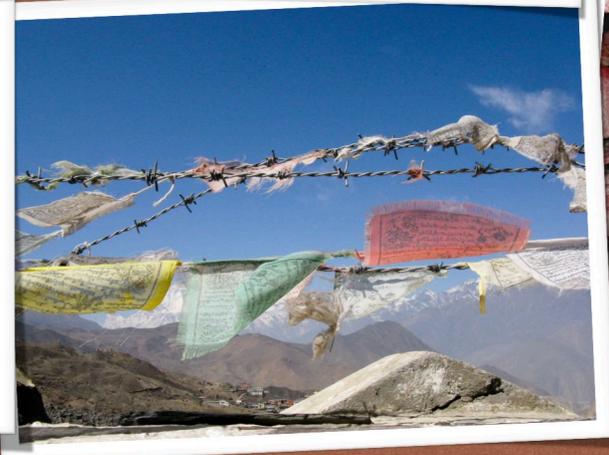
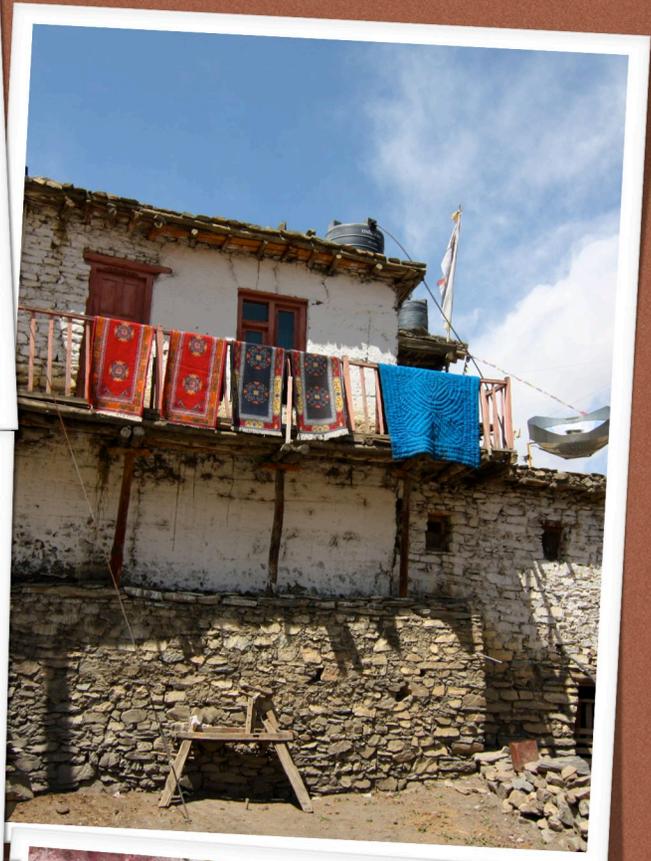
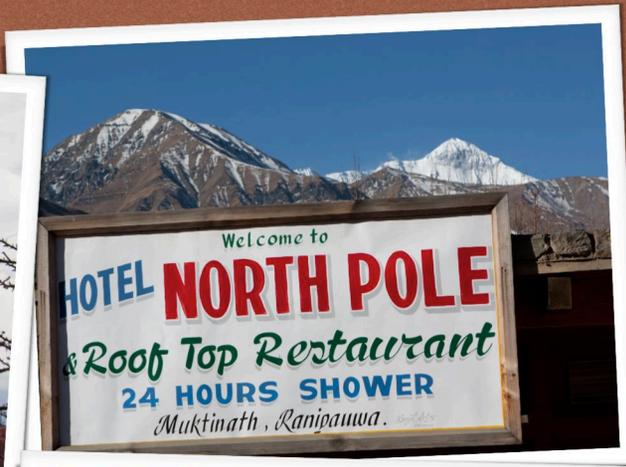


Day 11 (28th Mar) we set off from Thoroung Phedi at 4:25am in darkness towards high camp and then for the pass. Arriving at Thorung La (5416m) at 9:45am.

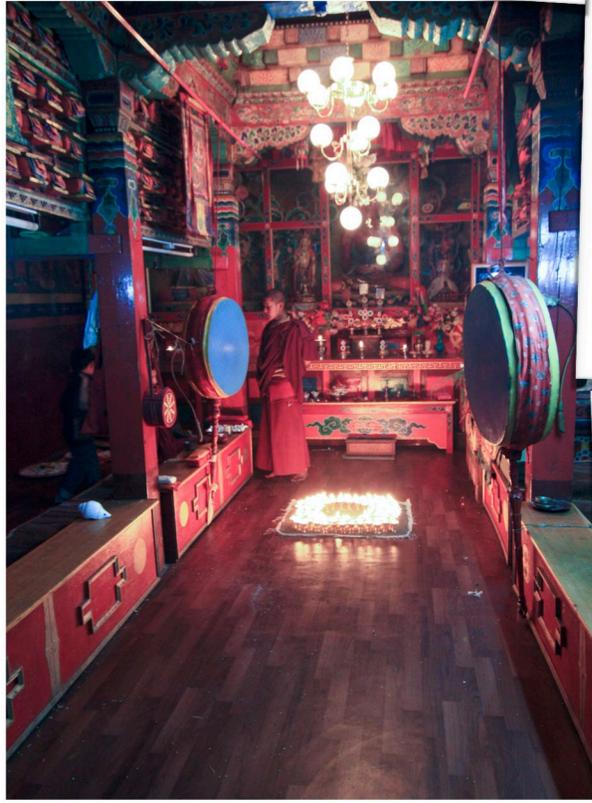
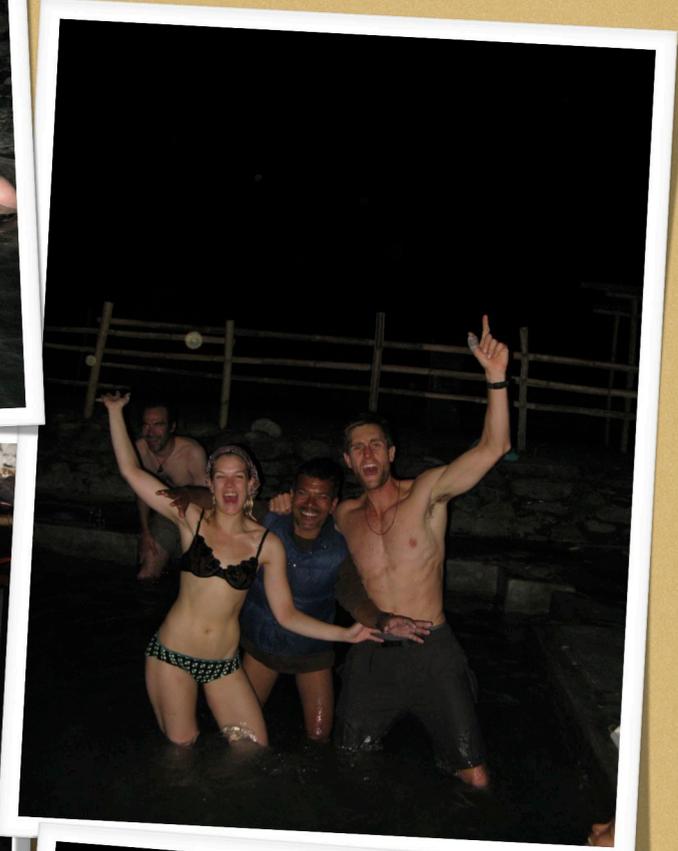




On route to Muktinath









Day 16 (2 Apr) the walk from Tatopani to Ghorepani was hard. The huge elevation increase makes this the steepest section of the walk. The Rhododendron Forest greeted us as we approached Ghorepani

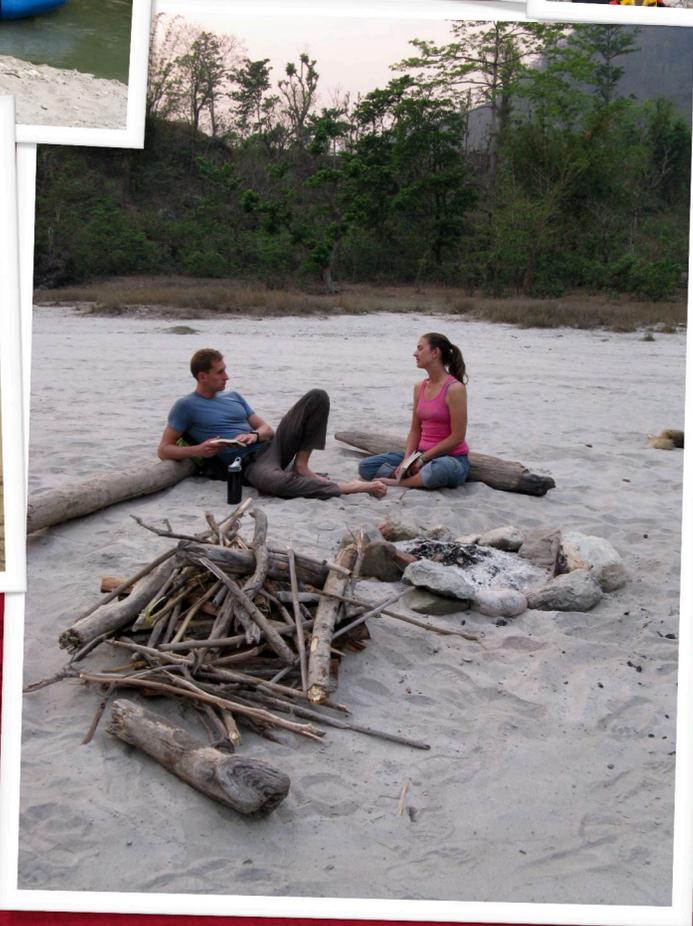


Sunrise at Poon Hill. We had to start walking at 5am to catch the sunrise. It was very cold that morning. [Photo L-R] Gavin, Edwin, Laura and Angela



Cows roaming on the street in Pokhara

Day 18 (4 Apr) the Annapurna Circuit ends in Pokhara. The first night, we all went out to Moon Dance, the town coolest pub. The next day we went shopping, Gavin had a shave, some had massages, we felt human again :)

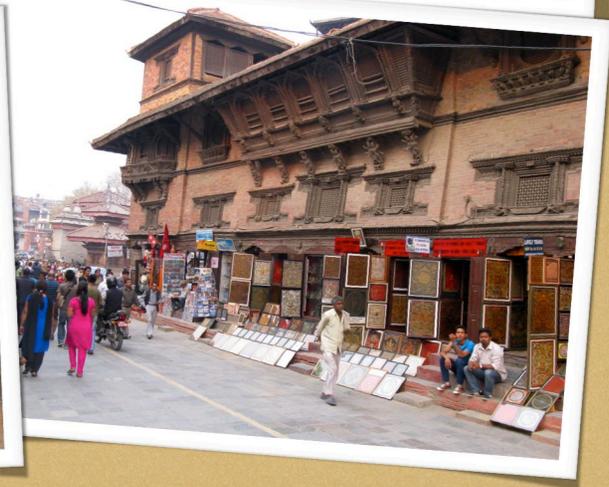
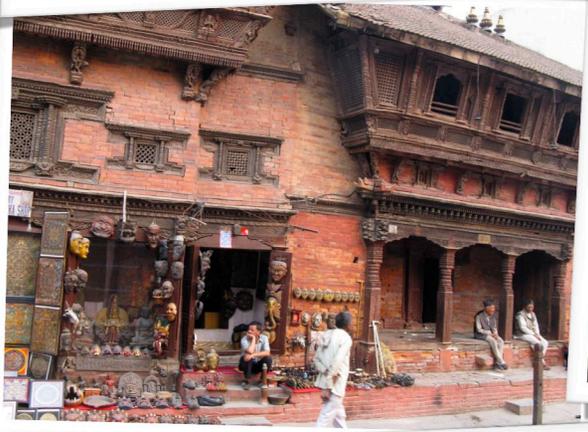
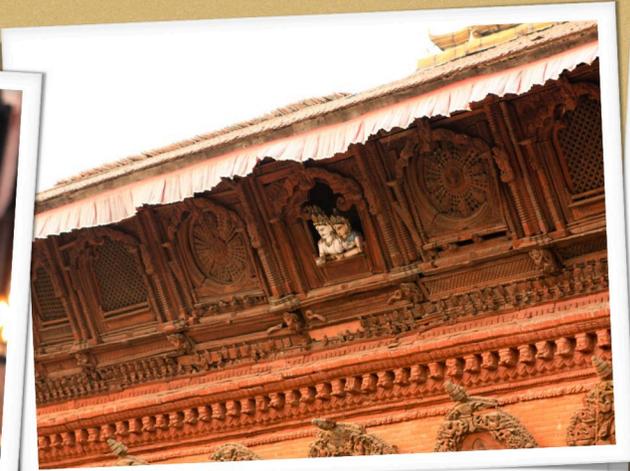


We spent two nights in Pokhara and then went on a White Water Rafting trip down the lower Seti River.





After the White Water Rafting trip, we took the bus back to Kathmandu. It was a 5hr bus ride and we got to sit on the roof top! It was all fun until we saw the buses which over turned and drove off the cliff...we got a bit nervous then...





NEPAL 2010

The Annapurna is a series of peaks in the Himalayas, with the Annapurna I (8,091m) being the 10th highest in the world. The area is home to several world-class treks, including the Annapurna Circuit.

It's hard to think of a better way to spend a couple of weeks of your life.

By: Edwin Kwan
<http://edwinkwan.com>



THE END OF THE TRAIL

“Whichever trail you choose, the end of your trek will be a bittersweet moment. The rush to check your emails and reconnect with the world become irresistible, while your first post-trek shower, shave and sizzling steak will feel and taste better than ever before.

Back at home weeks later, maybe in your office cubicle, you’ll long remember the place where the mountain air was crystal clear and the only traffic jams were the yak and mule caravans. Then it’s time to plan the next trip. Your first trek in Nepal is unlikely to be your last.” -Lonely Planet