

# 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

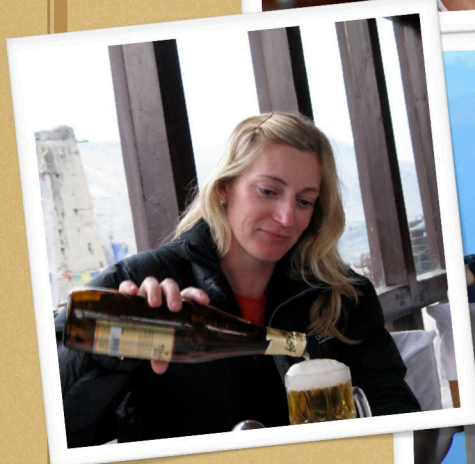
We flew into Kathmandu on 16th March 2010, the following day we got on a bus to Bhulbhule to start the trek. Crossed the world's highest pass, Thorung La, at 5416m on 28th March 2010.

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 Pot	Big pot
Black Tea	15	45	90
Milk Tea	20	50	120
Lemon Tea	20	50	120
Hot Lemon	20	50	120
Hot Tea	20	50	120
Orange Tea	20	50	120
Masala Tea	20	50	120
Black Coffee	25	70	150
Milk Coffee	30	80	180
Hot Chocolate	30	80	180
COLD DRINKS			
Coke/Pepsi/Sprite	40		
Mineral Water	40		
Ice Juice	40		
Ice Juice (through Oxygen Bottle)	75		
	250		
EGG (2 Pcs.)			
Boiled Egg	85		
Fried Egg	75		
Plain Omelette	75		
Veg. Omelette	95		
Cheese Omelette	110		
Scrambled Egg	100		
Poached Egg	75		
EGG (2 Pcs.)			
Plain Chapati (2 pcs.)	70		
Chapati with Jam/Honey	110		
Chapati with Cheese	110		
Tibetan Bread (Plain)	75		
Tibetan Bread with Jam/Honey	100		
Tibetan Bread Cheese	110		
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	95		
Curry Soup	100		
Veg. Noodle Soup	95		
Mushroom Soup	95		
RICE			
Hot Bhat Set	2000		
Plain Rice	90		
Veg. Fried Rice	155		
Veg. Egg Fried Rice	165		
Mixed Fried Rice	210		
Chicken Fried R. e	200		
Tuna Fried Rice	200		
PASTA			
Veg. Fried Macaroni	155		
Veg. Egg Fried Macaroni	165		
Mixed Fried Macaroni	210		
Chicken Fried Macaroni	200		
Veg. Fried Noodles	155		
Veg. Egg Fried Noodles	165		
Chicken Fried Noodles	200		
Mixed Fried Noodles	210		
MOMO			
Veg. Mama	140		
Chicken Mama	140		
Veg. Mama	170		
Chicken Mama	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		
Sales Batti	175		
CURRY			
Veg. Curry	120		
Egg Curry	130		
Chicken Curry	165		
Paneer Curry	130		
DESSERT			
Rice Pudding	110		
Chocolate Pudding	120		
Custard Pudding	120		
Apple 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		



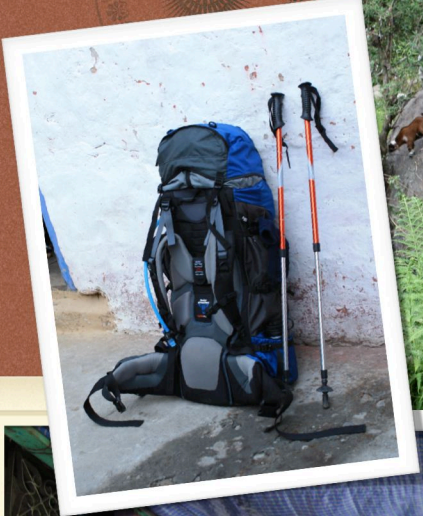
Gavin in Bhulbhule



[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*









*Kid from Chame with "School Pens"*



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"





*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*

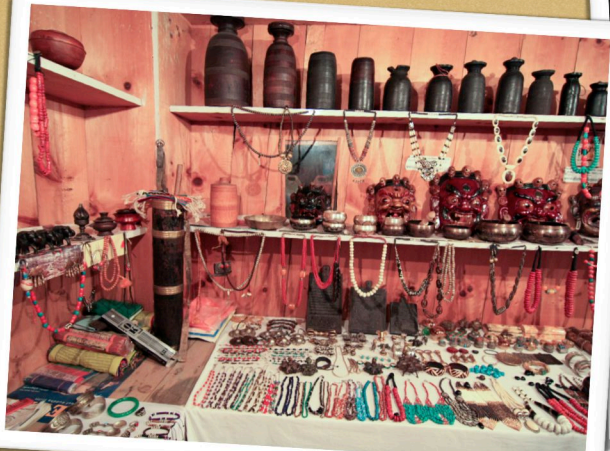
















Day 16 (2 Apr) the walk from Tatopani to Ghorepani was hard. The huge elevation increase makes this the steepest section of the walk. The Rhododendron Forest greeted us as we approached Ghorepani





*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*

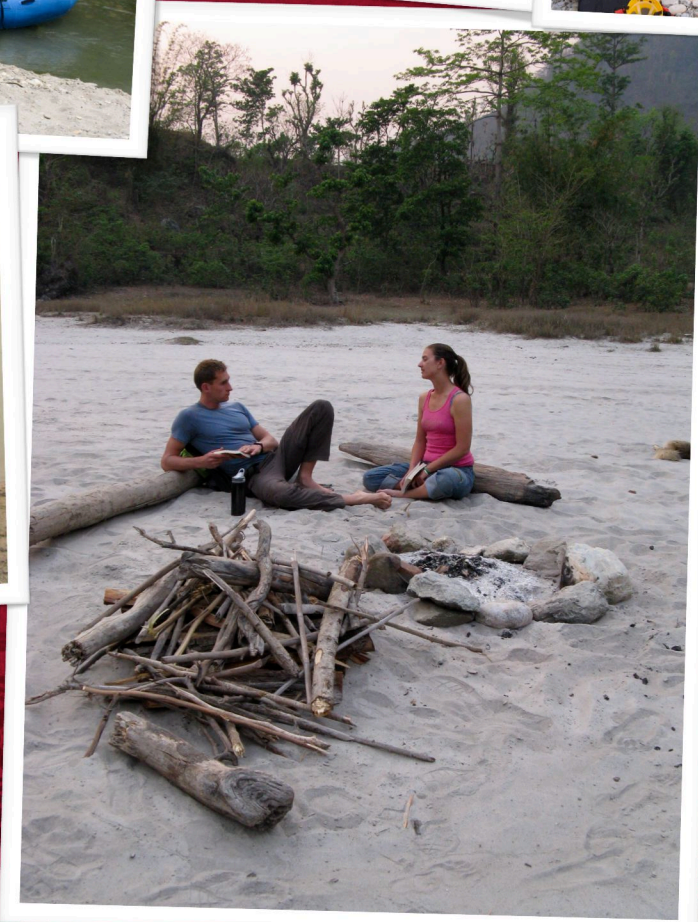




*Cows roaming on the street in Pokhara*

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 :)





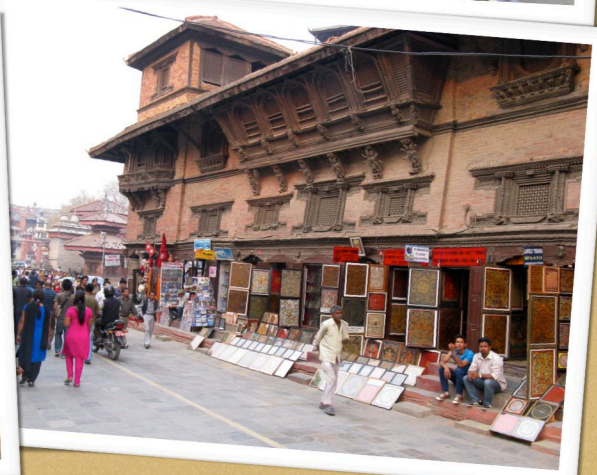
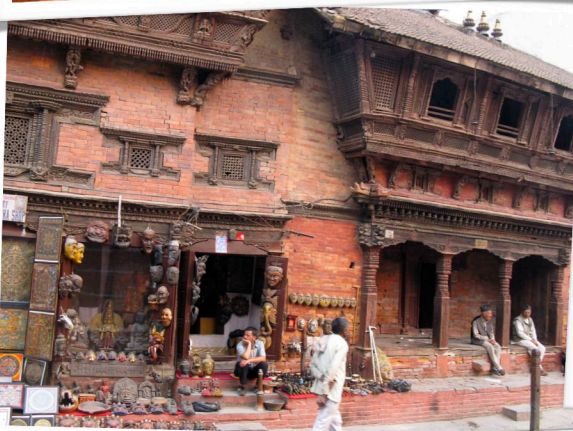
We spent two nights in Pokhara and then went on a White Water Rafting trip down the lower Seti River.





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