



Annapurna Trekking

26 October - 13 November 2013

Itinerary

ANNAPURNA, NEPAL

itinerary

Day 1	Arrive Kathmandu by Thai airways then check in hotel in Kathmandu Trekking preparation day in Kathmandu
Day 2	Drive from Kathmandu to Besi Shahar then Bahundanda or Syange, stay overnight at Bahundanda or Syange
Day 3	Trek To Chamche 5-6 hours
Day 4	Trek to Dharapani. 5-6 hours
Day 5	Trek to Chame. 5-6 hours
Day 6	Trek to Pisang. 4-5 hours
Day 7	Trek Pisang to Manang (3540m) - 4 to 5 hours.
Day 8	Rest day. Explore day in Manang for Acclimatization.
Day 9	Trek Manang to Tare Gumba (3870m) - 4 to 5 hours.
Day 10	Trek to Tilicho base camp then visit Tilicho lake, back to stay overnight at Tilicho Peak hotel
Day 11	Trek Yak Kharka 5-6 hours
Day 12	Trek to Thorong Phedi 3-4 hours
Day 13	Trek to Muktinah via Thorong La pass 7-8 hours
Day 14	Trek to kagbeni in the afternoon after visiting temple and religious shrines in Muktinah. 3-4 hours. Stay overnight in Kagbeni
Day 15	Trek to Jomsom 3-4 hours. Stay overnight in Jomsom
Day 16	Fly to Pokhara early morning flight then visiting day trip in Pokhara. Take a late afternoon flight back to Kathmandu. Stay overnight in hotel in Kathmandu
Day 17	Two day White water rafting trip at Bhote Koshi river
Day 18	Come back from white water rafting trip and stay overnight in Kathmandu
Day 19	Fly back to BANGKOK

Note : Do not forget about the insurance.

my thought

My very first time that I got a persuasion from my friends to try my very first trek of 15 days through 2nd popular trail, Annapurna Circuit, I was just simply say 'yes' without hesitation. It was five months before the trip started. My friends kept telling me to exercise and the right one only. Running on the flat ground is not an option but walking up staircase could help to achieve the altitude trekking.

To confess, I was working 24/7 and at least 18 hours per day so forget about the exercise!! It was down to 7 days before the trip that I got myself up at 04.00 am to start on my elliptical machine. It was actually too late to be fit. Anyway...I made up my mind to do whatever I could. Like what Nike said....just do it!

When I arrived to Kathmandu, I love the vibe from all trekkers around the world arrival to the same place to prepare themselves for all the treks available in Nepal such as Everest Base Camp, Mustang, Langtang Valley and many more. I really impressed with the variety of cuisine, trekking gears and most important, the people. These all made up for the place, the excitement of all true mountaineers to achieve the summit. Some of them had done this several times to go all the way up to summit.

I for a different approach, would like to be able to take photograph. This is the main reason for my trekking. I was in tourism industry for 6 years and was so much in love when I travelled from place to place but unable to take the photo of the moment. I took this trip up and was considering changing my career from desk worker to photographer.

Without fail, I could not stop myself lifting up my camera, shooting everything. I have to confess that the last time I took the photo, I was in my last senior year. So this was my first time after the film camera, it was digital one. Things to learn and familiar with all the buttons of my new gadget. I was on learning stage. At least a total of over 2,000 images were taken.

It was so difficult to pick up photo to put into this book without making it overpowering with all the photos. Every image means a lot to me and it was my record of time. It reminded me of every step that I did while trekking Annapurna Circuit.

This book is a reminder of what I did. If you find that the information is good and can give you an idea of what to expect, please go ahead and use this information.





































