

## Tharpu Chuli (Tent Peak) Climbing



Tharpu Chuli (5663M) known as Tent peak is one of the most climbed trekking peak situated at above the Annapurna base camp of Nepal. The highlights of the climbing trip are the exclusive exploration of the Annapurna sanctuary. The summit of Tent peak offers a great panoramic view of the surrounding mountains with Annapurna massif at 360 degrees panorama.

The trek starts from Nayapul after one hour drive from Pokhara. The trail follows westwards following a high ridge which eventually leads to Ghorepani and Poonhill. From Poon Hill, we experience the sunrise view and breathtaking views of Annapurna and Dhaulagiri ranges.

The ridge trail leads to Tadapani and a big village of Chhomrong which takes us to the Modi Khola valley which is the most spectacular high mountain valley through bamboo and rhododendron forests. The route continues to the Annapurna Base Camp and after ABC you will be crossing left and descend to the Annapurna glacier.

Struggling against the glaciated area and climbing through a river gully, we reach a flat grassy area. Then we continue the walk on steep grassy slope finally reaches our camp. Then the next day you have a short walk continues the ascent to the high camp which is situated below the glacier of Tharpu Chuli. Early in the morning, you begin the ascent of the Tent peak.

The route goes through the rocky trails left to the glacier then crossing right a big snowfield. Soon as you finish the walk on the snowfield it appears a steep gully on the left where we need the fix lines. Then follow the northwest ridge of the peak towards the summit of Tharpu Chuli.

From an altitude of 5663m, you can capture the views of 360-degree panorama. Then descend same way back to high camp and after lunch continue to walk to Tharpu Chuli base camp. The trail will descend to the Annapurna glacier then climb back to moraines and following the main trail, reach MBC.

This is challenging climbing but someone who is physically fit with an adventurous spirit and proper acclimatization can be done at any time of the year except winter season.

Duration: 19 days

Price: \$2255

Rating: 5 Star

Group Size: 02-15 Person

Grade: Strenuous

Destination: Nepal

Activity: Peak Climbing in Nepal

Region: Annapurna Region

### Date & Prices:

Start Date	End Date	Price
20th Apr, 2019, Saturday	08th May, 2019, Wednesday	\$2255
12th Oct, 2019, Saturday	30th Oct, 2019, Wednesday	\$2255

### Equipment Lists:

1. Snow Goggles
2. Warm hat (Either wool or synthetic)
3. Liner Gloves (wool or Synthetic)
4. Over Gloves (Gore-Tex)
5. Long underwear (Lightweight or mid-weight tops and bottoms made of synthetic material)
6. Warm insulating Upper and Lower body Layers (fleece)
7. Gore-Tex Suit
8. Heavy Socks
9. Climbing boots (Plastic boots/leather boots with Waterproof or snow seal)
10. Snow gaiters
11. Crampons
12. Ice Axe
13. Jumar
14. Figure 8(Descender)
15. Harness
16. 02 Lock Carabiners (Similar size)
17. 02 Snap Carabiners (Non-Locking)
18. 6 mm Rope (Prussic slings and safety ropes)
19. Pocket Knife

The gears we can rent from Kathmandu are as following...

1. Climbing boots (Plastic boots)
2. Crampons
3. Ice Axe
4. Jumar

5. Figure 8(Descender)
6. Harness
7. 02 Lock Carabiners and 02 Snap Carabiners (Non-Locking)
8. 6 mm Rope (Prussic slings and safety ropes)

## **Other Informations:**

### **Nepal Entry Visa Procedures**

Foreigners who intend to visit Nepal must hold a valid Passport (6 months) or any travel documents equivalent to a passport issued by the government for visiting a foreign country.

You can obtain the Nepal visa upon arrival at Tribhuvan international airport, Kathmandu. And you can apply for the Nepal visa online now. The application for the tourist visa has to be filled and submitted through this link of Nepal Immigration, [www.online.nepalimmigration.gov.np/tourist-visa](http://www.online.nepalimmigration.gov.np/tourist-visa).

Please bring the printed copy and show them at the immigration in Kathmandu with the visa fees and 2 copies of passport sized photos. US\$ 30 or equivalent foreign currency for 15 days multiple entry visa, US\$ 50 or equivalent foreign currency for 30 days multiple entry visas.

We suggest you take cash in hand. If you haven't applied for the online visa then visa form will be provided during your flight to Nepal.

Note: Free Visa for Chinese citizens including HKSAR Passport holders.

### **Nepal Trekking Season's**

The two most pleasant seasons for trekking in Nepal are spring and autumn. The spring season is considered to be March to May. During the spring months, flowers are in bloom in the forests so it can be quite beautiful though it can also be a bit cloudy, especially in the afternoon.

Autumn season is considered September through November. In autumn season you will get the best mountain views, with clear skies usually all day long. The fall season is slightly cooler with average temperatures.

December is also generally the driest month of the year. Trekking in Nepal is possible at any time of the year. It is worth remembering that we will get 75 percent of annual rainfall from the mid-June through August.

This period is considered as the monsoon season. Winter in Nepal is considered December through February. These months are the coldest in temperatures depending on where you are.

At higher altitudes in the Himalayas temperatures will drop below freezing and it can be extremely cold at night.

### **A Typical Day of the Trekking**

The trekking day begins early at around 6.30AM in the morning with a cup of wake up tea. Before breakfast, pack your duffel bag which is carried by porters by keeping some essential things in your daypack.

After breakfast, we are usually starting a good morning walk. After 3-4 hrs walking, we stop for lunch. Allowing about 1 - 2 hours for lunch break then we continue the walk to the destination where we stay overnight.

We reach the teahouse/camp by afternoon, as the afternoon walk is generally shorter than the morning. Check in the room and having afternoon tea, side trips or other activities are generally organized. You can spend the afternoon as you wish then meet for dinner around 7 PM and sleep.

### **Geography of Nepal**

Nepal covers the land area of 147,181sqkm, stretching 800 km from east to west and 90 to 230 km from north to south. Nepal is land-locked between China (including the Chinese autonomous region of Tibet) and India.

Nepal has three geographic regions; the mountainous Himalayan belt (including 8 of the 14 highest mountain peaks in the world), the hill region and the plains region.

Nepal contains the greatest altitude variation on earth, from the lowland Terai, at almost sea-level to Mount Everest at 8848 meters. Nepal is divided into seven states and seventy-seven districts. Where the high Himalayas occupy 16% of the total land area of Nepal with elevation ranging from 4,000 m to above 8,848 m.

This region accommodates the eight of the highest peaks in the world; Mt. Everest (8848m), Kanchenjunga (8586m), Lhotse (8516m), Cho-Oyu(8201m), Dhaulagiri (8167m), Makalu (8463m), Manaslu (8163m) and Annapurna I (8091m).

### **Currency in Nepal**

Nepali Rupee notes come in Rupees 5, 10, 20, 50, 100, 500, 1000 denominations. Coins come in Rs. 1, 2 and 5 denominations. Foreign currencies must be exchanged only through banks or authorized money exchangers.

Banks are usually open from 09.30 am to 3:00 pm Sundays through Thursdays and from 10.00 am to 1:00 pm on Fridays. Saturdays are closed.

Credit Cards: All major cards are accepted for tourist services. There is usually a 4% mark-up on top of the price.

### **Effects of Global Warming & Climate Change**

Nepal is one of the most vulnerable countries in South Asia to climate change, yet it has limited capacity to address the impacts of climate change or to take advantage of the opportunities. It has a highly variable climate and fragile ecosystems.

The Himalayan glaciers are retreating faster than any other major body of ice. With climate change, climate variability, a driver of poverty in a country where 60% of the population is reliant on agriculture, will only increase.

The monsoon rains are already more intense, but of shorter duration, and are arriving later, which has a devastating impact on the rice fields. The Greater Himalaya region is the water tower of Asia.

Nepal sits at a strategic point, in the headwaters of the Ganges basin. 500 million people live in this basin, which is one of the most flood-prone in the world. Currently, Nepal's Himalayan Rivers supply 70% of the dry season water in the Ganges and 30% of the peak flood waters.

Nepal's potential for hydropower is 100 times its existing energy use. Current development of rivers is sub-optimal, focusing solely on hydro rather than also storing water in the summer to use for irrigation during the rest of the year and reduce flooding.

### **Clothing in Nepal**

From April to the end of September, it is warm in Kathmandu. In Nepal clothing for traveling purpose should be comfortable and lightweight. You can also wear longer shorts provided that it is weather-friendly. In the months of October to the end of March, days are usually warm and evenings are cool.

Put on your summer clothes during the day time but in the evening and night, it is advisable to carry a light jacket. Winter season starts from December to February. One must be equipped with sufficient winter wears like down jackets, sweaters, trousers, etc to stay protected from the cold.

In accordance with Nepali weather, you can have your clothes well-packed in your luggage or you can also purchase clothes of your choice and needs from the clothing stores in Kathmandu.

### **Health Issues Regarding Altitude Sickness**

Those in good health should have no difficulty traveling to Nepal. But people with health conditions including asthma, diabetes, high blood pressure, epilepsy, and cardiac problems should seek a doctor's approval before planning a trip to Nepal.

Trekking and Climbing in Nepal involve high altitude and can be strenuous. A simple headache, fever, loss of appetite or stomach disorders can happen before the acclimatization. Altitude sickness, if not treated when symptoms first appear, can lead to death. Often known as AMS or Acute Mountain Sickness, it can ruin a Treks and Climblings and should be treated very seriously.

The Himalayan Mountains begin where other mountain ranges end. As altitude increases, especially above 3,000 meters, the air becomes thinner, creating certain difficulties for the human body. Youth, strength, and fitness make no difference here.

The only prevention is to give ones body time to adjust to high altitude. Those who go too high too fast are liable to be victims of Acute Mountain Sickness. To minimize its threat, we recommend following this advice:

01. Drink adequate fluids. At 4,300 meters, for example, the body requires 3 to 4 liters of liquid a day. At low altitudes try to drink at least 1 liter a day.

02. Accept the fact that you cannot go very high if your time is short.

03. Learn to recognize the symptoms of AMS: a headache, nausea, loss of appetite, sleeplessness, fluid retention and/or swelling of the body. The cure is to climb no higher until the symptoms have disappeared.

04. Do not expect everyone in your group to acclimatize at the same rate. If you experience such discomforts, tell the accompanying Best Nepal Trekking facilitators immediately.

05. For the sake of safety, if the trek leader deems it necessary to ask a participant who is suffering from AMS to descend, he will have the authority to do so even though it may go against the will of that participant.

### **People and Religions of Nepal**

Nepalese people are mainly divided into two distinct groups, the Indo-Aryans and the Mongoloids. Since 2008AD, Nepal has been declared a secular country. The Hindu Temples and Buddhist Shrines are scattered all over the Kingdom.

Nepal is the birthplace of Lord Buddha, Herald of Peace, The Light of Asia. Hindus, Buddhists, Muslims, and Christians live together in harmony. And other nature worshippers, too, exist here.

Ethnic diversity and custom of Nepal make Nepal the most fascinating tourist destination in the world. Official statistics indicate that the Nepali population of around 35 million includes more than 90 ethnic groups speaking 100 different languages and dialects.

### **History of Nepal**

Nepal has witnessed many rulers and dynasties play contributing roles in molding Nepal to present day's Modern Nepal. Karin's ruled Nepal from 9th century BC to 1st century AD Later Lichchhavis took over Karin from 3rd to 13th century and then were followed by Thakuri belonging to Malla dynasty.

Then the Shah Dynasty held the reign. Prithvi Narayan Shah is solely responsible for today's modern day Nepal for he is the one who united different kingdoms into one single nation in 1769. In 1846, the Kot massacre led by Jung Bahadur Rana back seated the power of the monarchy and made Rana regime more powerful. In 1950 Tribhuvan with the support from India restored monarchy.

A coalition government comprising the Nepali Congress party and the Ranas was thereafter installed with the promise of free elections in 1952. In 1960, Mahindra, son of Tribhuvan tactically established Panchayat system, meaning 'five councils system,' by engineering a coup, declaring a new constitution, imprisoning all the leaders of the then government and enforcing a ban on all political activities.

People's movement of 1990 opened up a new chapter for a decade of democracy in Nepal which led to multiparty democracy with a constitutional monarchy. Democracy came with heavy price leading to incompetent political leaders, political conflicts, Maoist insurgency, corruptions and downfall in the national economy.

Royal family massacre in 2001 left the whole world in complete shock. Gyanendra was crowned Nepal's king after his brother, Birendra's assassination. With the advent of 2006, all major political parties committed to reform their past mistakes and Maoist rebels came together with the support from Nepali people and jointly went on several days strikes to restore democracy.

Finally, Gyanendra Shah handed over the political power to Nepali people and democracy was once again restored in Nepal. Then Maoists has been the biggest political party of Nepal 2008 election. Nepal recently(September 2015) declared the new constitution for the country.

### **Shopping in Nepal**

In the major cities of Nepal, like Kathmandu, Patan, Bhaktapur, Pokhara, you will find well-resourced shopping malls. From clothes, shoes, accessories, sportswear, electronic goods, cosmetics, food and decoration items to kitchen wares you can purchase any goods.

In Nepal shopping of both local and imported goods are possible. Most shops and clothing stores have fixed price tagged along with their goods. But in the case of small shops, you can bargain the prices for purchasing goods.

While shopping in Nepal it is advisable to carry Nepali currency in cash as most of the shops only accept cash. In Kathmandu, Thamel, New-road, and Durbar-Marg are the most popular Shopping centers.

### **What Foods You Will Expect In Nepal**

Kathmandu is a paradise for food lovers. Besides Nepali food, Nepal restaurants here serve varieties of hygienic delicacies from Indian, Chinese, Tibetan, Japanese, Italian, Australian, Russian, Korean, Mexican, Thai, etc to continental at the remarkably reasonable price. I

f you desire to lead a Nepali lifestyle during your stay in Nepal, then there are also some restaurants serving pure Nepali cuisine (Dal Bhat) which comprises of steamed rice, lentil soup and varieties of vegetable/non-vegetable curries.

Thamel, the tourist hub of Kathmandu, is well known for many excellent restaurants, cafe's, and pubs. Pokhara also has numerous restaurants that serve every kind of delicacies complementing your taste. The foods in the mountains (trekking routes) also fresh, hygienic and delicious.

### **Travel Insurance For Traveling in Nepal**

Travel insurance is not included in the trip price. It is essential that you take out comprehensive travel insurance prior to your trek. Your travel insurance must provide cover against personal accident, medical expenses, emergency evacuation (including helicopter rescue) and personal liability.

We also recommend that it cover trip cancellation and loss of luggage and personal effects.

### **Hotels in Nepal**

Nepal offers a wide range of accommodation, from 5-star luxury hotels to budget-priced guesthouses. Top hotel in Nepal gives you high-quality services. Whatever your requirements are, Nepal hotels can meet them all.

Best Nepal Trekking P(LTD), is always recommend the best Hotels in Nepal for your holidays.

### **Itinerary:**

#### **Day 01:** Arrival in Kathmandu (1340m)

Arrival in Kathmandu and transfer to the Hotel, which is close to the multitude of shopping centers and restaurants.

#### **Day 02:** Kathmandu to Pokhara (850m)

Fly to Pokhara (western part of Nepal) 25 Minutes by flight and half day sightseeing tour in Pokhara valley including a visit of Devis falls, Gupteswor cave and International Mountain Museum). Overnight in the hotel.

#### **Day 03:** Pokhara to Tikhedhunga (1540m) 4-5 hrs walking.

After Breakfast, drive an hour to Nayapul and start trekking following the left bank of Burungdi Khola. We walk through 2 rocky areas and crossing a suspension bridge just before Matathanti then Arrive Ramghai village to a steady climb along a stone wall to Sudame. We leave the Burungdi Khola and the trail climbs high along the upper edge of the terraced fields to Hile village. Then continue half an hour to reach Tikhedhunga. Overnight in lodge.

**Day 04:** Tikhedhunga to Ghorepani (2855m) 6 -7 hrs walking.

Cross the suspension bridge over the Burungdi Khola, resume trek ascending the long steep hill with stone stairs to Ulleri village. Then it is gradually climbing up to the ridge crosses the Banthanti and the trail becomes forested. Walk through the dense Rhododendron forest to Nangethanti. The forest continues as you ascend to Ghorepani passing few Lodges. After 10 minute climbs to the Ghorepani pass, you can see the wide valley to the north. Stay overnight in the lodge.

**Day 05:** Ghorepani to Tadapani (2680m) 5-6 hrs walking.

Early morning you need to wake up and hike for an hour and a half up to Poon Hill to observe the sunrise view and a magnificent mountain panorama. Then walk back to Ghorepani for breakfast and start trekking to Tadapani following the high ridge of Ghorepani, Deurali and passing through Banthanti as we arrive at Tadapani. Overnight in lodge.

**Day 06:** Tadapani to Chhomrong(2150m) 5-6 hrs walking.

Early morning observe an excellent view of Annapurna South and Machhapuchhre mountains. After breakfast walk on the left side mountain trail from Tadapani; through dense forests and descend to Kimrong Khola. Passing the teahouses and Gurjung village then ascent gently along zigzag trails which continues the walk to Chhomrong.

**Day 07:** Chhomrong to Dhovan (2500m) 5-6 hrs walking.

Descend through the stone stairs along the Chhomrong village and then cross the suspension bridge over Chhomrong Khola as we continue to walk through steep stone stairs. The trail passes by rhododendron-covered ridge path, mountainous terrains, and forests of bamboo. As we savor awe-inspiring views of Annapurna ranges and Machhapuchhre (Fishtail mountain) from Sinuwa village as we gather more energy and enthusiasm to explore further. We take lunch at Bamboo village then continue to walk to Dhovan. Overnight in lodge.

**Day 08:** Dhovan to Machhapuchhre base camp (3700m) 6-7 hrs walking.

As we climb steeply through mixed dense forests passing some beautiful streams and waterfalls. We soon reach the Himalaya lodge for a short break and tea. The path winding up as we get at Hinku Cave where we find a fire-blackened overhang cave being walled in to make a small lodge. Further ahead, the walk crosses a river as we reach at Deurali for hot lunch and rest. Then we walk by several ascents eventually leading to the Sanctuary where we arrive at the level and grassy moraine platform known as Machhapuchhre Base Camp.

**Day 09:** MBC to Annapurna base camp (4130m) 3 hrs walking.

Early morning you can see the beautiful sunrise over the Annapurna mountains. After breakfast ascends gently through the tranquil meadows to get to Annapurna Base Camp. As the trail skirts along the steep slopes, we can view the spectacular sight of majestic Himalayan peaks. After having trekked for 2-3 hours, we reach the Annapurna base camp, the ultimate destination. We can now capture the fantastic views of the south face of Annapurna I, Annapurna South, Hiunchuli peak, Tent peak and Machhapuchhre(Fishtail).

**Day 10:** Rest day for acclimatization at Annapurna Base camp.

We spend the entire day taking complete rest, preparing for forthcoming adventure towards Tharpu Chuli in the next days.

**Day 11:** ABC to Tharpu Chuli Base Camp (4700m) 4-5 hrs walking.

We walk back for a while after ABC then crossing left and descend the Annapurna glacier. Struggling against the glaciated area and climbing through a river gully, we reach a flat grassy area. Then we continue the walk on steep grassy slope finally reaches our camp. The views from the Base camp is stunning. Overnight in camping

**Day 12:** Base camp to Tharpu Chuli high camp(5050m) 3-4 hrs walking.

Today we have a short walk but it continues the ascent to the high camp which is situated below the glacier of Tharpu Chuli.

**Day 13:** Summit Tharpu Chuli (5663m) and trek back to Base Camp.

Early in the morning, we begin our ascent of the Tent peak. We walk through the rocky trails left to the glacier then crossing right a big snowfield. Soon as we finish the walk on the snowfield it appears a steep gully on the left where we need the fix lines. Then we follow the north west ridge of the peak towards the summit of Tharpu Chuli. From an altitude of 5663m, we capture the views of 360-degree panorama. We descend same way back to high camp and after lunch continue to walk to Tharpu Chuli base camp. Overnight in Camping.

**Day 14:** Trek to Machhapuchre base camp(3700m) 4-5 hrs walking.

We will descend to the Annapurna glacier then climb back to moraines and following the main trail we reach MBC. Overnight in lodge.

**Day 15:** MBC to Sinuwa(2340m) 6-7 hrs walking.

Trek back same way towards Deurali, Dhovan, Bamboo and finally reach Sinuwa. Overnight in lodge.

**Day 16:** Sinuwa to Jhinudanda(1750m). 4-5 hrs walking.

Walk down to Chhomrong khola then climb back to Chhomrong village through the steep stone stairs. After the village, you turn left leading the steep downhill walk and reach to Jhinudanda. You can also visit the hot-spring there.

**Day 17:** Jhinudanda to Pokhara (850m) 5-6 hrs walking.

Walk along the Modi Khola river valley, through terraced fields and passing several small villages, the trail continues to Nayapul. Then we will drive back to Pokhara.

**Day 18:** Drive back to Kathmandu(1340m) 6-7 hrs walking.

Early morning transfer to the bus park for your journey back to Kathmandu which will take 6-7 hrs. Then transfer to the hotel in Kathmandu.

**Day 19:** Departure back to home.

Today we will transfer you to the Kathmandu international airport for your departure flight back home.

**Cost Include:**

- Airport transfers to/from by private vehicles.
- 2 nights accommodation in Kathmandu, 3 star hotel(twin sharing deluxe room) with breakfast and all govt. taxes.
- Transportation Kathmandu/Pokhara by scheduled flight including airport taxes.
- All meals and all drinks(Tea/coffee/Chocolate) during the trek and climbing period.
- Annapurna conservation area permit fee.
- Service of Guide, Climbing sherpa and porters during the trek and also their wages, foods ,insurance.
- All necessary climbing equipment (tents, mattress and cooking/eating utensils).
- Transportation cost for the trek staffs.
- Pokhara to Kathmandu by tourist bus.
- Climbing sherpa's equipment charges.
- All necessary equipment for climbing such as ropes, Snow bars, Epi gas, Ice screws etc.
- Tims cards arrangement.
- 2 nights accommodation at 3 star hotel in pokhara(twin sharing deluxe room) with breakfast and all govt. taxes.
- Agency service charges and all govt. applicable fees.

**Cost exclude:**

- All meals (lunch/Dinner) during staying in Kathmandu.
- Air travels to and from Nepal.
- Visa fee US\$ 40.00 per person.
- All personal expenses, travel insurance, rescue charge in emergency.
- Extra cost due to flight cancellation/road conditions.
- Purchases of bottled water while on the trek, gifts and alcohols.
- All personal clothing and climbing equipments including sleeping bag.
- Tips for trekking staffs.

**Other Features:**

- Max. Altitude: 5663m
- Trip starting point: Pokhara
- Trip ending point : Pokhara
- Accommodation: 3 star hotel, lodge & tent
- Transportation: Private vehicles & flights