

Following the 4-week clinical part of the trip with the Bicol Foundation, all of us spent time trekking in the Annapurna region. We did different trips based on the time we were able to trek before we needed to be back home. June-September is monsoon season in Nepal, but the central region of northern Nepal sits in a “rain shadow” and experiences much less rain even during this time of the year. The Annapurna circuit, a 200 km trail around the Annapurna Conservation Area in northern Nepal, largely resides in the rain shadow and made it the perfect trekking option for us (whereas the Everest region, which borders Tibet in the northeastern region of Nepal, typically has poor weather this time of year).

Words don’t do justice to the experience. So below are itineraries of the hikes we did along with several pictures. And we’re all happy to talk about the treks to anyone who might be interested in learning more about them!

Clara’s Trek:

- Day 1: Nayapul to Ghorepani
- Day 2: Ghorepani to Kopra Danda
- Day 3: Day hike to Khayer lake
- Day 4: Kopra Danda to Ghandruk

Ben, James, and Scott’s Trek:

- Day 1: Besisahar to Tal
- Day 2: Tal to Upper Pisang
- Day 3: Upper Pisang to Manang
- Day 4: Manang to Shree Kharka
- Day 5: Shree Kharka to Tilicho Base Camp
- Day 6: Tilicho Base Camp to Tilicho Lake to Shree Kharka
- Day 7: Shree Kharka to Yak Kharka
- Day 8: Yak Kharka to Thorung Phedi to Thorung High Camp
- Day 9: Thorung High Camp to Thorung La Pass to Kagbeni
- Day 10: Kagbeni to Tlri to Kagbeni
- Day 11: Kagbeni to Jomsom to Marpha



Manasalu (26,781 ft.) across the valley



Annapurna II (26,040 ft.)



Annapurna III (24,787 ft.)



Town of Muktinath in the shadow of Dhaulagiri (26,795 ft.)



Lake Tilicho (16,138 ft)



Yak Kharka at sunrise