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**Trekking in Nepal:
Rocks and Docs in the Annapurna Sanctuary
May 5-22, 2012**

Princeton Journeys is proud to partner with Outdoor Action to offer active travelers the chance to explore the majesty of the Himalayas and to learn about the challenges inherent at high-altitudes and the geology of this amazing landscape. On this unique Nepal trek, join father-son team Robert “Brownie” Schoene ’68, a world expert in high altitude physiology and medicine, and Blair Schoene, Assistant Professor Geosciences at Princeton, along with Rick Curtis ’79, Director of the Outdoor Action Program.

The Annapurna Sanctuary trek is one of the classic treks in the Himalayas and a great trek for the novice or intermediate hiker. Starting in lowland villages this non-technical hike wends through thick forests of bamboo, rhododendron and oak into higher elevations and while the trek itself attains maximum elevation of only 13,550 feet, it offers outstanding views of one of the most spectacular mountain ranges in the world and a unique opportunity to immerse yourself in the Himalayan peaks and the culture of Nepal. Travelers should expect 4-6 hours of hiking a day carrying a 10-15 pound pack. The trails themselves are moderate but at these altitudes hiking will feel more strenuous so everyone should be in good physical shape.

After exploring in Kathmandu for a day, fly to Pokhara and begin the trek. The trail climbs through lush subtropical forests and farming villages as it winds its way along the Modi Khola river valley. Take in the panoramic vistas of Mt. Dhaulagiri, Annapurna II, and the Himchuli Himalayas as you pass through the villages of the Gurung people of Nepal. While in the Sanctuary, take a hike to the Annapurna South Base Camp at 13,550 feet, below the near-vertical south face of Annapurna towering more than 10,000 feet above base camp. Return to Pokhara for flights back to Kathmandu and homeward.

On this Journey, Blair will provide the overview of mountain formation and give all trekkers a perspective on the amazing geology that will surround them on the trek. Brownie will be conducting daily medical seminars on the physiology of high altitude in wilderness medicine, covering topics such as adaptation, high altitude illnesses, extreme altitude, high altitude natives, exercise and training, hypothermia, and expedition medicine, to name a few. Travel medicine, prevention and treatment of gastro-intestinal illnesses will be covered in the Chitwan portion of the trip. For physicians and health care professionals Continuing Medical Education units (CMEs) will be offered, for an additional fee, through the Wilderness Medical Society.

An optional post-trek extension is offered (5/21-25) to Chitwan National Park in the tropical region of southern Nepal known for its elephant safaris, bird watching, and jungle walks.

ITINERARY AT A GLANCE

Saturday, May 5

Depart the U.S. on flights to Kathmandu, Nepal. Cross the International Date Line for arrival on Monday morning.



Annapurna South Face

Monday, May 7

Arrive at Kathmandu airport and transfer to the group's hotel. Relax and begin acclimatization through a pre-trek briefing and welcome dinner. Overnight: *Yak n Yeti (D)*

Tuesday, May 8

Spend the day seeing the wonders of Kathmandu. Overnight: *Yak n Yeti (B, D)*

Wednesday, May 9 – Saturday, May 19

Spend eleven nights on the trail, with porters, cook, and guide. Breakfast, lunch, and dinner are included each day and prepared for you throughout the trek.

Day 1: Fly to Pokhara and take an auto-transfer to New Bridge to start the trek to Ulleri (1960m)

Day 2: Ulleri to Ghorepani (2600m)

Day 3: Ghorepani to Tadapani (2630m); see the amazing views from Poonhill (3193m).

Day 4: Tadapani to Ghandrung (1940m)

Day 5: Ghandrung to Chomrung (2170m)

Day 6: Chomrung to Bambu (2310m)

Day 7: Bambu to Dheurali (3230m)

Day 8: Dheurali to Annapurna Base Camp (4130m)

Day 9: Annapurna Base Camp, by way of the Machhapuchhre Base Camp (3700m), to Himalaya Hotel (2920m)

Day 10: Himalaya Hotel to Chomrung (2050m)

Day 11: Chomrung to Pothana (1990m)



Tadapani with Himchuli looming

Sunday, May 20

One last morning on the trail leads from Pothana to Pokhara, where the group will transfer to a hotel and freshen up before a celebratory farewell dinner. *Pokhara Hotel (B,L,D)*

Monday, May 21

In the morning, fly from Pokhara to Kathmandu to connect to flights homeward. (B)

Tuesday, May 22

Most flight connections arrive in the U.S. on Tuesday.



Kathmandu

Optional Post-Trek Extension: Chitwan National Park

Monday, May 21

In the morning, travel overland by auto from Pokhara to Chitwan National Park. Arrive at the group's lodge in time for lunch and an orientation to the park, and an evening at leisure. *Island Jungle Resort (B,L,D)*

Tuesday, May 22

Options for activities abound at the park, including an elephant safari, a jungle walk, a visit to an observation tower, a bird watching expedition, or a boat ride with a naturalist. *Island Jungle Resort (B,L,D)*

Wednesday, May 23

Continue your explorations of the park before flying in the late afternoon to Kathmandu. *Yaki n Yeti (B,L,D)*

Thursday, May 24

Fly from Kathmandu homeward. (B) Depending on schedules and your final destination you may arrive home either Thursday or Friday.

PROGRAM PRICING

MAIN PROGRAM

\$3,995 per person, double occupancy
\$500 single supplement

CHITWAN EXTENSION

\$3,150 per person, double occupancy
\$100 single supplement

Main Program Rates include:

All meals during the trek; internal flights from Kathmandu to Pokhara; 4 nights Kathmandu hotel accommodations and 1 night Pokhara hotel accommodations; trekking permit & ACAP entry fees; welcome dinner & farewell dinner; ground transport and domestic airfare as per the itinerary; trekking guide, cook and porters and their insurance, foods, salary and accommodation; basic emergency medical and evacuation insurance; services of Bio Bio Expeditions tour manager. **Please note:** Accommodations will be in basic hotels, lodges, and tents. All major

trekking equipment will be provided, carried, and managed by expert handlers. **All participants will be required to both sign a release/waiver of liability and obtain a doctor's medical release before final documents can be processed.**

Program Rates do not include:

International airfare; airport departure tax; on tour beverages; personal hiking equipment such as sleeping bag/pad, first aid kit and toiletries (recommended packing list will be provided); trip cancellation or baggage insurance; any other expenses of a personal nature not expressly stated as included.

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Please note that the University does not conduct tours, nor does it act as an agent for guests interested in tours. Princeton Journeys acts as a facilitator with tour operators, with whom tour participants make arrangements for completing travel, and is pleased to act as a liaison with tour operators should you have any questions or concerns that may arise before, during, or after your tour. Princeton Journeys encourages you to familiarize yourself thoroughly with the tour operator's cancellation and

refund policies, and also to investigate available services such as trip cancellation insurance. The University is not responsible for changes to trips or travel arrangements or for losses or additional expenses resulting from travel.

About the Study Leaders

Robert "Brownie" Schoene '68, M.D. and **Blair Schoene PhD**, Assistant Professor of Geosciences at Princeton University, will serve as Study Leaders on this program. **Rick Curtis '79**, Director of Outdoor Action, will serve as Princeton Staff Host.



After his undergraduate years at Princeton, "Brownie" turned his energy from intercollegiate sports to the mountains. While in medical school at Columbia, he learned technical climbing on rock and ice in New England. He continued his medical training in Seattle at the University of Washington in internal Medicine and Pulmonary and Critical Care Medicine while climbing avidly in the nearby mountains. Climbing took him to the Himalaya, and during his research fellowship, he was chosen as a climber-scientist for the 1981 American Research Expedition to Everest. High altitude physiology fit well with his clinical and research interests and throughout his academic careers at the University of Washington and University of California San Diego. He has studied high altitude pulmonary edema on Denali and high altitude natives in the Andes of Chile and Peru. He has co-authored and co-edited two books and written scores of research papers and reviews on high

altitude physiology and medicine. Past President of the Wilderness Medical Society, he is presently practicing critical care medicine with his wife, Kim Marquis, in Bozeman, Montana.

Blair Schoene has been on the faculty in the Department of Geosciences at Princeton since the fall of 2009. He finished his PhD at the Massachusetts Institute of Technology in 2006, where he studied plate tectonic and mountain building processes in a 3.6 billion year old Southern African continent. While doing a three-year postdoc in Geneva, Switzerland, he studied mass extinction events in Earth history and their relationship to volcanic events and magmatic processes and spent a lot of time playing in the Alps.



Rick Curtis '79 has been the Director of the Outdoor Action Program at Princeton for the past thirty years. During that time the program has grown significantly with over 800 freshmen and 200 student trip leaders participating in the annual Frosh Trip outdoor orientation program. Rick is an experienced backpacker, backcountry skier, and kayaker and is author of *The Backpacker's Field Manual*, a best-selling book on hiking and backpacking. Rick participated in OA's "Nepal: The Mountain Kingdom" program in 1992 that trekked the Annapurna Circuit up to 17,700 feet.



Enclosed is my/our deposit for \$_____ (\$600 per person) for a party of ____ on this program. I/we understand that the final payment is due at least 60 days prior to departure. Please send form and payment information to Princeton Journeys, P.O. Box 291, Princeton, NJ 08542-0291 or via fax to (609) 258-5561. For information, please contact the Princeton Journeys team by phone at (609) 258-8686 or email journeys@princeton.edu.

PERSONAL INFORMATION

Participant #1

Name (as it appears on your passport)

Princeton Affiliation

Date of Birth

Participant #2

Name (as it appears on your passport)

Princeton Affiliation

Date of Birth

Address:

Street Address

Apartment/Unit #

City

State

ZIP Code

Home Phone:

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Alternate Phone:

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E-mail Address:

ACCOMMODATION PREFERENCE

Hotel Room
Preference:
☐ Two Bedded Double
 ☐ One-bedded Double
 ☐ Single
For Single
Travelers:
☐ I prefer to have single accommodations
 ☐ I wish to share a cabin with _____
 ☐ I would like to know about potential roommates (if one cannot be found, I agree to pay the single supplement)

PAYMENT AND TERMS

☐ Enclosed is my check (payable to *Bio-Bio Expeditions*)

☐ Please charge my credit card for the appropriate deposit amount.

☐ Visa ☐ MasterCard ☐ American Express

Name as it appears on credit card

Credit card number

Expiration
date3- or 4-digit
security code

Cardholder signature

Date

PLEASE NOTE: Each participant must sign below. I/We confirm that I/we have carefully read and agree to the *Terms & Conditions* of this program.

Participant #1 Signature

Date

Participant #2 Signature

Date