Trekking Nepal
Rocks and Does on the Annapurna Circuit
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. Dhalagiri, Annapurna II, and the Himchuli Himalsas 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 Pokara 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.

**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)

**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.
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.

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<th>PROGRAM PRICING</th>
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<td><strong>MAIN PROGRAM</strong></td>
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<td>$3,995 per person, double occupancy</td>
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<td>$500 single supplement</td>
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<td><strong>CHITWAN EXTENSION</strong></td>
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<td>$450 per person, double occupancy</td>
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<td>$100 single supplement</td>
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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 Expedition 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

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<td>Name (as it appears on your passport)</td>
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Address:

- Street Address
- City
- State
- ZIP Code
- Home Phone: ( )
- Alternate Phone: ( )
- 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 date
3- 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 ____________
COST AND CANCELLATION POLICIES

Land Costs

Your trip includes airport transfers, accommodation and meals (as specified on your itinerary), a trip leader, guides, porters, drivers and cooks. Please see your itinerary for what equipment and gear is supplied and what you are expected to bring. Items that are typically not included in your trip price are International airfare, charter flights or internal airfare, park fees, insurance, gratuities, excess baggage charges, airport taxes (if any), immunizations, and items of a personal nature (sodas, alcoholic beverages, laundry, phone calls, room service, mini bar etc.).

Additional Charges

- Single Supplement
  All prices are based on double occupancy. If you are traveling alone a Single Supplement surcharge will be applied to the total cost of your trip if we are unable to match you with a roommate of the same gender. This charge depends on your itinerary and number of nights spent in hotels or lodges. We will not know if this charge will apply until 30 days prior to the departure date. You may also, of course, request to room alone and pay the Single Supplement.

- Extra Accommodation
  If you fly in early or stay late, we are happy to book you extra nights at available hotels. This is not included in the trip cost.

- Trip Extensions
  We are delighted to arrange extensions to your Bio Bio tour. Depending on the destination, this may be a week at the beach, an extra hiking tour or a few days touring a city.

- Airport Transfers
  We can arrange special airport pick-ups / drop-offs if you arrange a trip extension or if you arrive early or stay late. As you are not traveling with the group, this is not included in the trip cost.

Payments

- $600 deposit due at the time of booking
- Trip Balance due 60 days prior your departure date

(A 3% credit card processing fee will be charged to all balances. To avoid this fee, you have the option to send in a check. No credit card fee will be applied to your $600 deposit.)

Cancellation Policy

Non-refundable booking fee = $300
Notice given 2 - 4 months prior to departure = $600 retained
Notice given less than 60 days prior to departure = No Refund

We strongly recommend that you purchase Travel and Trip Interruption Insurance to protect yourself.
LIABILITY POLICY

Bio Bio Expeditions World Wide, its owners, agents, outfitters, and employees give notice that they act only as agents for the said company and assume no responsibility for injury, loss or damage to person or personal property resulting from the expedition or connected activities other than through gross negligence on behalf of Bio Bio Expeditions World Wide, its owners, agents, outfitters and employees. On advancement of deposit, the depositor agrees to be bound to aforementioned terms and conditions. (Indemnity form)

Bio Bio Expeditions Inc. shall not be liable for: (a) expenses such as additional hotel nights and meals not specified in the individual trip itineraries that may be required either en route, prior to, or following a trip, when caused by individual clients’ travel arrangements, by airline scheduling or airline schedule changes, canceled flights, missed flight connections, or by other factors not under Bio Bio Expeditions control; (b) expenses incurred in recovering luggage lost by airlines, belongings left behind on a trip, or in shipping purchases or other goods home from abroad; (c) bodily injury or property damage for any reason, including but not limited to acts of God, weather, quarantines, strikes, civil disturbance, theft, default, detention, annoyance, changes in government regulations, terrorism, war, or failure of conveyance to arrive or depart as scheduled, etc., over which it has no control.

Bio Bio Expeditions Inc. reserves the right to take photographic or film records of any of our trips, and may use any such records for promotional and/or commercial purposes.

Cost of Delays
The cost of delays is not included if any trip is delayed due to bad weather, trail conditions, river levels, road conditions, transportation delays, government intervention, sickness or other contingency for which Bio Bio Expeditions or its agents cannot make provision.

Cost Increases
Trip Costs and/or Land Costs are subject to increase without prior notice, even after you have signed up on the trip. We often publish our prices more than a year in advance. Between that time and the time of the trip’s actual departure, we are occasionally faced with significant cost increases that we cannot absorb, i.e. international currency fluctuations, fuel surcharges, or increases in cost of services. We regret this situation, and we do everything we can to avoid raising prices, but sometimes it is unavoidable. We will do our best to limit such increases and will notify you at least two months before departure.

Flexibility of Itinerary
The itinerary as stated for each tour must be taken only as an indication of what each group may accomplish, and the client acknowledges that the nature of this type of travel requires significant flexibility and should allow for changes. As such, the stated itinerary is not a contractual obligation on the part of the company. The client understands that the amenities, type of transport, route, schedule, and itineraries may change without prior notice due to local circumstances or events. Events causing these changes may include mechanical breakdown, flight cancellations, illness, strikes, political disputes, weather, border crossing problems, and other unforeseeable factors.

Bio Bio Expeditions Inc. reserves the right to substitute both trip leaders and hotels from those listed on our itinerary without notice.

Trip Cancellations
Bio Bio Expeditions reserves the right to cancel trips that are below the trip minimum (usually 6 persons). All trip members will be notified a minimum of 30 days before the trip departs and will receive a full refund. In the event of trip cancellation, Bio Bio Expeditions is not responsible for additional expenses incurred by trip members (e.g. nonrefundable “advance purchase” air tickets, medical expenses, and passport and visa fees).