

# ANNAPURNA IV 7525M EXPEDITION

**NAMAS**  
LIVE YOUR STORY

## ANNAPURNA IV EXPEDITION (7525M)

**Type:** Expedition (All inclusive) *International flight not included*

**Total no of days:** 32 Days

**Alpine grading / Difficulty:** TD+/4

**Price:** \$12950 P/P

### 1:1 GUIDE/CLIMBER RATIO

**Best season for Expedition:** March - May / September - October (Autumn)

## OVERVIEW

*Do you want to climb a 7500M+ extreme altitude peak to prepare for your Everest climb or climb a higher peak with less objective dangers similar to Manaslu but you are put off by the overly crowded climbers or you simply miss the thrill of climbing higher peaks and want to climb a less crowded 7500M peak in Nepal?*

**Annapurna IV 7527M** is the perfect mountaineering objective for climbers who wants just the above climbing needs. Annapurna IV is part of the great Annapurna massif range, standing tall between **Annapurna II 7937M/26040FT** on the western side and **Annapurna III 7555M/24787FT** to the eastern face. The climbing route has fewer objective dangers and is relatively a semi-technical climb. To clear out the confusion amongst the Annapurna massif range (**Annapurna I, II, III, IV, and Gangapurna**) IV is the least dangerous and least technical. This mountain is not climbed as often as other peaks in the region.

During the expedition, we will require 3 or 4 higher camps. The climbing route is a relatively safe route with impressive views, steep rocky vertical climbs, and some exposed ridge sections. Since Annapurna IV does not have many teams climbing the peak, a considerable workload will be upon us. Sherpa team members will be responsible for a fixed line to the summit (*under favorable weather/snow conditions*). Personal supplemental oxygen will be available to each team member and we encourage client team members to use it from the final camp (3 or 4). Additional personal oxygen cylinders can be arranged at additional cost.

***Pre-requisite requirements (at least one or more):*** Lobuche East & Island Peak, Chulu West, Khumbu 3 Peak expeditions, Ama Dablam, Cholatse, Aconcagua (Similar semi-technical 6000M peaks or higher), Denali, Cotopaxi or higher.

There is no question about the beauty and challenges of climbing this 7525M+ giant but this expedition is by no means a walk in the park. **Graded at AD+/4** the climbing route consists of some technical climbs as well as glacier routes, rocky vertical climbs, and steep exposed ridges. This mountain will shape you with the right experience to climb 8000M peaks or even Mt. Everest climb.

## NAMAS ADVENTURE

**History:** Annapurna IV was first climbed in 1955 by a German expedition led by Heinz Steinmetz via the North Face and Northwest.

### **The difficulty of Annapurna IV? How hard is it to climb Annapurna IV?**

You will need to be very comfortable climbing with crampons, ascending on jumar, and descending with packs on your back. Steeper rocky climbing sections are mostly between camps 1, 2, 3 & 4. Ascending and descending on fixed ropes are to be expected like most Himalayan expeditions. After this expedition, you can skip the entry-level 8000ers climb and consider yourself prepared for Everest Expedition.



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## **ANNAPURNA IV ITINERARY**

Day 1-2 Arrive in Kathmandu, Transfer to Hotel for expedition briefing.

Day 3 Drive Kathmandu to Besi Sahar (8 hours)

Day 4 Drive to Humde (6 hours)

Day 5 Acclimatisation trek to Manang and back to Humde

Day 6 Humde to BC (4800m)

Day 7 - 27 Climbing Period for Annapurna IV Summit (7,126m) (21 Days of climbing, Base Camp. Puja ritual ceremony, contingency day, Training, and preparation for a summit bid. We will aim 2 rotations between Camp 1 & 4)

Day 28 Base Camp to Humde

Day 29 Humde to Besi Sahar

Day 30 Besisahar to Pokhara

Day 31 Pokhara Sunrise and evening flight to Kathmandu

Day 32 Depart Kathmandu

## NAMAS ADVENTURE

### WHAT'S INCLUDED

- IFMGA or NMA certified Guide leader
- Namas Branded merchandise (Down Jacket, Cap, Buff)
- Personal Supplemental oxygen and regulator
- 1:1 Sherpa/client ratio. (Additional Sherpa Guide can be arranged, extra charges apply)
- Head chef and 2 kitchen helpers ( Helpers increase with the number of climbing team members )
- 2 nights before the expedition and 1 day after the expedition. Single room. Hotel in Kathmandu. *(Should clients return early from their expedition, clients will be responsible for their extra Kathmandu hotel bookings)*
- 1 Night in Pokhara hotel
- All trekking and climbing permits
- All internal-local transportation to and from the trekking trailhead
- Solo tent at BC, and 2 person tent at higher camps
- 40 kgs personal weight ***(Extra additional weight, clients will need to hire an additional porter. Estimated \$1000 USD for 27-28 days)***
- Meals during camping days (Chicken, mushroom, vegan options, etc)
- Burners and expedition equipment
- Walkie-talkie/ Satellite phone
- Breakfast, Lunch, and Dinner on trek and expedition days.
- Lodge accommodation during the trek
- Arrival pick-up and departure
- Internal flights
- Basic First aid kit
- Welcome or Farewell leave Dinner

### WHAT'S NOT INCLUDED

- Visas and travel insurance
- Summit Bonus (\$1000 per member)
- Entertainment and food (Kathmandu & Pokhara)
- Bottled drinks and beverages
- Evacuation (will be done in your account)
- Single supplement Charges
- Laundry, Phone services, Personal expenditure transactions
- Optional trips
- Tea breaks, chocolates or other snacks, and any meals besides breakfast, lunch, and dinner.
- Delay and cancellation because of natural phenomenon
- International flights to Kathmandu

**NAMAS ADVENTURE**

**TIPS FOR PERSONAL GUIDES**

**Additional Summit tips \$1000.**



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## NAMAS ADVENTURE

### Why choose Namas Adventure team. (More on about us)

- Client safety is our primary focus and is implemented in all decision we make on our expeditions.
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- We assemble best Sherpa, co-ordination and guiding team on all our expeditions.
- Use of highest quality gears and equipments on all treks and expeditions. ( i.e. Tents, ropes, climbing gears, base camp essentials)
- Best experienced team to help you achieve your one of the greatest adventure.
- Creating a fun memorable experience and target successful summit on all our expeditions.

### **Namaste - " Our soul recognises your soul "**

At Namas, core mission is to invoke sense of adventure, exploration and inspire human spirit through outdoor adventure activities.

### **Our Moto - Live Your Story**

Namas Adventure is a premier adventure activity service provider specialising in hand picked adventure activities with trekking, motocross and expeditions to the peaks. We aim to provide the best adventure tours around the globe. What makes us different is also our commitment to responsible, ethical and sustainable tourism. Our central aim is to help you attain your personal adventure/expeditions goals while experiencing the best of our planet, its unique cultures and environments. We aim to offer the highest quality adventure tours and expeditions at a great value while focusing on our primary goals: safety, success, and recreation. We hire only the best leaders and we don't cut corners on costs. Our adventures and expeditions strive to set the highest standards. We prioritize the wellbeing and safety of our teams, being responsible to the environments we operate in, respecting culture, contributing to local economies by employing regional partners and paying them higher than the industry standard or influencing higher pay when we feel the market has underpaid the working staffs and working in a self-sufficient and self-reliant way. We promote a sustainable/responsible approach to adventure travel by connecting people to the natural world and giving back to local communities. **(More on our about us website page)**

## NAMAS ADVENTURE

### ALPINE GRADING

1 or F: Easy These routes involve easy glacier travel and may require some rock scrambling. Except for the glacier sections, you can often climb rope less.

2 or PD: a little difficult. These routes involve some technical climbing sections and glaciers of higher difficulty. There may also be some short sections of steep terrain. They are good introductory climbs for beginners.

3 or AD : Fairly hard. These are physically demanding routes for experienced alpine climbers. They usually have steep and exposed climbing sections or snow/ice slopes over 50°. The descents are long and more complicated, and most of the route requires to be roped.

4 or D: Difficult. These routes involve sustained rock climbing, ice climbing or snow travel. They are considered a significant undertaking and demand a huge commitment.

5 or TD: Very difficult. Highly technical climbs that involve long distances, remote locations, and hard multi-pitch climbing sections. Besides, there are often other hazards like bad weather (extreme cold, strong winds) or poor protection on the routes.

6 or ED: Extremely difficult. These are extreme climbs (the most difficult in the world, actually!) with continuous difficulties. They take several days to be completed.

### FITNESS GRADING

A - Fitness level to be able to enjoy multi day walks of 6-7 hours per day. Should be able to carry 5-8kg of weight during the activity days.

B - Good level of cardio-vascular fitness and strength fitness needed. Can train by running or cycling 30+ min 3/4 times a week combined with some gym session of endurance or lower body straightening. Should be able to carry 10kgs during the activity day.

C - High level of fitness level required both in strengthening and endurance fitness level. Should be able to carry 8 -12 kgs of load. Training or gym sessions are required to attain this level of fitness. Previous experience of multi-day hill walking is essential.

D - Exceptional level of all round fitness will be required to cope with the exceptionally strenuous nature of these expeditions. Experience is required to be able to take on tours of this physical grading.

E - Exceptional level of all round fitness coupled with ability to cope and resist in highest of the altitude. A resistance to extreme weather conditions over extended periods of time. Heavy loads over multiple days may need to be carried. Previous experience is highly crucial in order to prepare your body endure the high level of mental and physical toughness from both altitude and terrains.



### **Expedition Fitness**

When it comes to expedition the more fitter you are and more stronger the better your chances of successfully climbing to the summit and most of all enjoying the expedition. The grading system gives you an indication of the level required for each expedition both technically and physically. It is very important that you train and build your level of fitness depending on your choice of expedition and whilst on expedition if your fitness is deemed to be inadequate our leaders would ask you to remain at camp. Please discuss with our guiding leaders on how you feel and weather you can actually make that push during all climbing/expedition, as we take your and staff safety seriously and would not want any unchecked incidents or miss out on your successful summit bid.

### **Adventure Travel – Accuracy of Itinerary**

It is on our best interest to operate our expeditions as printed in the itinerary but due to unseen circumstances it may be necessary to make some changes as a result of flight schedules, climatic conditions, limitations of infrastructure or other operational factors. As a consequence, the order or location of overnight stops and the duration of the day may vary from those outlined. We would ask for your patience in this case as a lot of these can be out of our hands and we will best decide to plan alternatives. Our assigned leader is responsible for the overall safety of the whole team during the expedition and will encourage the use of safe climbing practises during the expedition. They will ensure that every opportunity is taken to fulfil the objectives described in the trip's outline itinerary, but have the freedom to modify any plans subject to weather, delays or unforeseen circumstances which are deemed to be out of the control of Namas Adventure. The leader will maintain a good team spirit and attempt to keep morale high for the whole group. Wherever possible the leader will keep the Namas Adventure office informed of team progress and any emergency situations that may arise.

## NAMAS ADVENTURE

### Insurance

All our clients are required to have adequate insurance for their trip programs. When conducting research for insurance options, please look into the details of the policies covering the right requirements. Unexpected life events occur. Your travel plans might change due to illness while you are abroad or because of a family emergency even before you leave home. Our recommendation is that you protect your investment and welfare against these unexpected circumstances so you and your loved ones can prepare for your upcoming adventure with more peace of mind.

- **Cancellation or curtailment**
- **Helicopter rescue**
- **Repatriation**
- **The altitude that you are expected to attain**
- **Grade of trek/climb/expedition**
- **Medical cover**

### Namas Adventure X Global Rescue

#### Who Is Global Rescue?

Travel Protection, Namas Adventure partners with Global Rescue to offer the world's leading travel protection services. Medical and security emergencies happen. When they do, we rely on Global Rescue to provide our clients with medical, security, travel risk, and crisis response services. Without a membership, an emergency evacuation could cost over \$100,000. More than one million members trust Global Rescue to get them home safely when the unexpected happens. We highly recommend our clients enroll with Global Rescue. (*Insurance link - Click here*)

#### IMG Signature Travel Insurance

IMG Signature travel insurance is the perfect add-on to a Global Rescue membership, providing coverage against a variety of unforeseen expenses while you're traveling, giving you the added comfort of knowing the value of your trip is protected in case you need it.

**TRAVEL INSURANCE LINK**

## NAMAS ADVENTURE

### **Namas Adventure is a Global Rescue Safe Travel Partner.**

**Namas Adventure** is committed to excellence in every aspect of your trip experience, especially when it comes to safety.

That's why we are a **Global Rescue Safe Travel Partner**.

**Global Rescue** is an industry leader, providing medical and security advisory and evacuation services to travelers around the world. Global Rescue offers field rescue from the point of your injury or illness. With operations centers staffed 24/7/365 by experienced personnel, when you call Global Rescue you speak to a real person on the first call to get you the help you need.

Purchase a Global Rescue membership for your next adventure and travel with peace of mind. Single trip, annual and family options are available – just ask us to learn more. [*Click here*]

### **Few insurance provider which we recommend.**

#### **UK based clients**

**True Traveller:** [www.truetraveller.com](http://www.truetraveller.com) Treks upto 4500M (Check Ultimate pack with Nepal trekking Box)

**Austrian Alpine Club (UK)** [www.aacuk.org.uk](http://www.aacuk.org.uk) ( Expedition's mostly)

**Snowcard:** [www.snowcard.co.uk](http://www.snowcard.co.uk)

**World Nomads:** <https://www.worldnomads.co.uk/>

**Dogtag:** [www.dogtag.co.uk](http://www.dogtag.co.uk)

#### **For non-UK based clients:**

**Ripcord:** <http://www.ripcordrescuetravelinsurance.com/>

**Travelex Ins. Services:** [www.travelexinsurance.com](http://www.travelexinsurance.com)

**True Traveller:** [www.truetraveller.com](http://www.truetraveller.com) (Check Extreme pack or Ultimate pack with Nepal trekking Box)

**Austrian Alpine Club (UK):** [www.aacuk.org.uk](http://www.aacuk.org.uk)

These are some of the insurance companies that we trust but you are free to choose the one you have been using or trust during your travel. Please forward the details of your Insurance as soon as you have it: we need the insurance company's name, their 24 hour emergency telephone number and your insurance policy number –

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