Australian Camp Trekking : Easy Scenic Trek for Women

Annapurna Region

Trip Facts

REGION	DURATION
Annapurna	**2 Days**
DIFFICULTY	ACTIVITY
Easy	**Trekking**
MAX. ALTITUDE	BEST SEASON
2065m	**March, April, May, September, October, November**
ACCOMMODATION	MEALS
Tea-House (Lodges)	**Breakfast/Lunch/Dinner**
START/END POINT	GROUP SIZE
Pokhara - Pokhara	**2-30**
TOTAL DISTANCE	TRANSPORTATION
56 km/35 miles	**Private vehicle**

Group Prices and Discounts

USD 200 per person

No. of travellers	Price per person
1 Pax	USD 280
2 Pax	USD 240
3–6 Pax	USD 200
7–20 Pax	USD 165

Overview

Australian Camp Trek is a short hike in Nepal for a day and a half. This trek can be a perfect adventure for women of all ages whether you are travelling solo or with your fellow female explorers, guided professionally by a female trekking guide in

Nepal or a women trekking guide agency. It is a great way to be close to a range of peaks of the **Annapurna Himalayas** with the majestic Machhapuchare Himal. A scenic and serene country walk on the foothills of the great massif Annapurna Himalaya.

Australian Camp, also called Thulo Kharka, is a place for grazing domesticated cattle. A green meadow with a grassy field, in the past two decades as the influx of visitors increased then several good lodges have been built for the comfort of hikers and trekkers. A beautiful spot to enjoy a day, in the close harmony of a pristine natural environment. You can also relax and marvel at the incredible panorama of the Mid-Western Himalayas including the world's three highest peaks Dhaulagiri, Manaslu, and Annapurna Himal, with arrays of peaks as far as your eyes can reach. In the early 1970s, Australian Mountaineering Expeditions camped on this lovely spot **en route to Annapurna Base Camp,** hence the name Australian base camp hike or Australian base camp trek.

From then on, the name was tagged as Australian Camp and became popular instead of the local original name Thulo-Kharka. A beautiful place with nice green meadows, amidst the forest surroundings lined with oaks, blue pines, and rhododendrons tall trees with spectacular scenery of snow-capped peaks and rolling green hills. The Australian Base Camp Trekking itinerary is for a two-day walk with an overnight halt at lovely and picturesque surroundings.

A short drive leads to a hill village of Kande and then a few hours climb into the cool shade of the forest. Then reach Australian Camp for a pleasant day in the close backdrop of the Himalayan peaks. The next morning, catching a stunning sunrise as it reflects over the chain of white peaks and enjoying the sunrise views. After a wonderful moment of sunrise view, you will head to Dhampus. The walk slowly ends with a pleasant walk down to Dhampus Village. Another scenic viewpoint for the last look of **Annapurna Himalayan Panorama**. From Dhampus, a short drive brings you to Pokhara, after a marvelous experience on Australian Camp Trekking with the great services of Women Adventures, a female trekking guide agency guides and staff.

Highlights

- Head on an empowering journey to Australian Camp Trekking with your female friends creating a safe and inspiring environment pushing your limits and enjoying the beauty of the trek.
- Connect with local women of different areas and traditions.
- Refreshing trek amidst cool mountain air facing stunning views of snow peaks.
- Enjoy the harmony around serene picturesque surroundings at Australian Camp.
- Striking sunrise views over the chain of Annapurna and Manaslu Himalayan peaks.
- Lovely forest lined with rhododendrons, oaks and pine trees, and green meadows.
- Views of snow mountains on daily treks around lovely traditional farm villages.

Route Overview

Trekkers planning to join for Australian Camp Trekking or other adventures around the Nepal Himalayas should be aware that Nepal is a country of high land of mid-hill to higher mountainous landscapes and terrains. The trek involves a lot of uphill and downhill sections, with only a few gradual paths to enjoy along the way. The only flatland is the low sub-tropical Terai belt around southern Nepal.

En route to Australian Camp and Dhampus Village, the trek starts with steep ups for some hours from Kande farm village. Once you reach the top of Australian Camp, the highest point of the trek, the journey continues downhill to Dhampus village, where an exciting drive back to Pokhara awaits. The walk is mostly on forested paths, with some stone steps on leaving Kande village. The climb includes a few gradual sections, but more or less, it offers an enjoyable walk along with surrounding glorious scenery.

Trekkers joining this adventure can rely on the guidance of a female trekking guide or a women trekking guide in Nepal from a reputable female trekking guide agency, ensuring safety and enriching experiences throughout the trek.

Itineraries

Day 01: Morning drive from Pokhara to Kande 1,540 m, and hike to Australian Camp 2,050 m-03 hrs.

The morning after breakfast at the hotel in Pokhara, our guide receives you for a short drive beyond Pokhara Valley. An interesting drive for an hour offers stunning views of snow-capped peaks of the Annapurna Himalayan range. The drive then leads to a winding uphill to Nau-Danda, a small town, and little further up to reach Kande village. From Kande, we start our short hike of an hour or more and the path leads to climb into a forested path. We then reach a lovely scenic wide open field at Australian Camp, a small settlement with several nice lodges.

The area is also known as Thulo-Kharka, the grazing pasture field for local cattle, with tremendous views of Dhaulagiri Himal, Annapurna, and Manaslu Himalayan range of peaks. Upon arrival, we check into a good lodge. In the afternoon just relax and marvel at the beautiful surrounding scenery.

Day 02: Enjoy the sunrise and panorama of the Annapurna Himalayas and trek to Dhampus Village 1,650 m and drive back to Pokhara-04 hrs.

We will rise early morning to catch a stunning sunrise, as it reflects on white snow-capped peaks. After a glorious refreshing morning, enjoy breakfast with Himalayan backdrop. Then get ready for a short walk down to Dhampus Village for an hour. From Dhampus, we drive back to Pokhara for an overnight stop. You can enjoy the rest of the afternoon at leisure for individual activities or enjoy boating on the Phewa Lake. The walking distance is 4.7 km (2.9 miles), followed by a 26 km (16 miles) drive.

The schedule may change because of the weather and other conditions outside our control.

Cost Includes & Excludes

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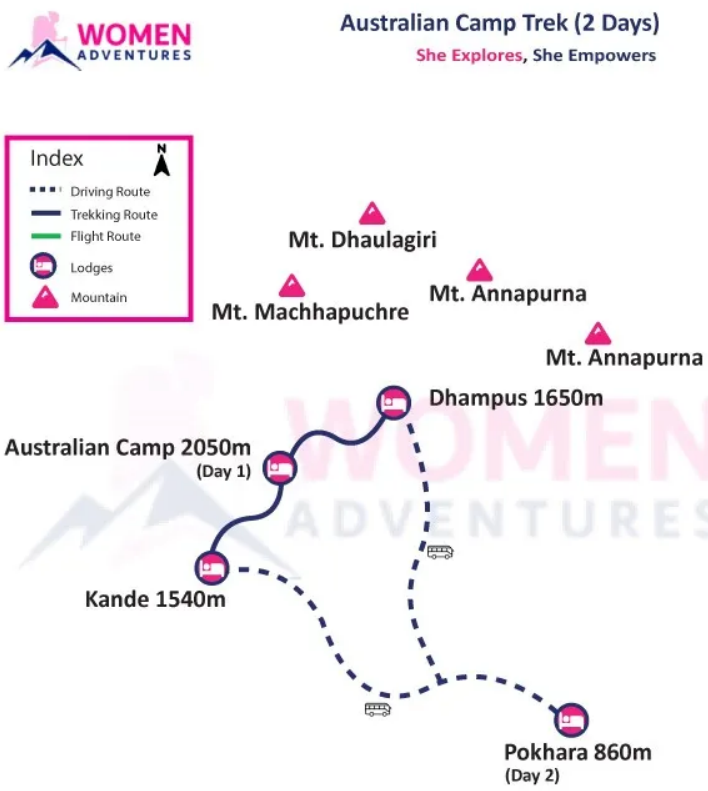
- Private car transfer from and to your Hotel in Pokhara.

- 1 Nights en-suite room at Australian camp
- Meals: 1 Breakfast, 1 Lunch and 1 Dinner.
- One experience local female hiking guide for 2 days Australian camp trek.
- Guide fee and all her expenses.
- All local taxes and office service charges.

Cost Excludes

- Bar and beverage drinks during the trip.
- Porter and horse drive if needed.
- Pre-trek and post-trek lodgings in Pokhara
- Sightseeing and monuments entrance fees in Kathmandu and Pokhara.
- Rescue operation in case of emergency.
- Tips for guide /driver.

Trip Map



Food and Culture

Food and accommodation are important, besides the best seasons for the **Australian base camp trek**. After staying in a nice tourist standard hotel in Pokhara, the food and lodge accommodations around villages are simple. En route to designated overnight stops, the lodge accommodation is nice and small providing a limited food menu to enjoy. In Nepal the favorite and common meal is Nepali Dal Bhat, boiled or steamed rice. It is served with mild seasonal vegetable curry, including Dal, a lentil bean soup with homemade pickles, and hot sauce as options. The food menu lists from breakfast, lunch, and dinner to snack items.

Breakfast from oats porridge, and cereals to cornflakes with toast/ chapattis, and pancakes includes a choice of egg variation. Lunch and dinner options include a variety of main courses from Continental, Chinese, Indian, Nepali, and Tibetan cuisines, along with a selection of soups. The most common food for snacks and main course is the Nepali Dal, Bhat with vegetables which include meat curry where available, mostly buffalo dry meats and fresh chicken are rare sometimes. The most available food besides Dal, Bhat is noodles, fried with vegetables or eggs. Another item is Tibetan Bread which is made from wheat, millet, or barley flour. Sometimes vegetable dumplings are also available, along with fried or boiled potatoes.

Fresh bakery bread is rare around most villages en route to Australian Camp, but one can order pancakes or chapattis. It goes well with fresh country honey, jams, and pickles or butter to add along with refreshing hot drinks. In hot drinks, you can order Nepali Tea, coffee, and drinking chocolate where available. All lodges have large dining rooms with a fireplace to heat the rooms while you enjoy the meals.

Rooms with attached Bathrooms and Toilets are available in Australian Camp only in a few standard lodges. The lodges have electricity for the dining room powered by local hydro or solar power. Trekkers can charge electronic items at an extra cost per hour and for each gadget. Internet and Wi-Fi are available but slow and disturbing in some places due to weather and conditions of landscape terrains.

Nepal is a country of great diversity of landscape and people with their age-old religions, cultures, and heritage. The mid-hill people around the Annapurna Himalayas and Mid-West Nepal are Gurung hill tribes. The Gurung are the main inhabitants around the southern hills of the Annapurna Himalayas. The main Gurung villages on this trek at Kande, Australian Camp and **Dhampus villages** are inhabited by the Gurung ethnic tribal. The Gurung are predominantly farmers and cattle herders with livestock. The Gurung menfolk are also famous as Gorkha Soldiers in the Indian, Nepal, and British Army Regiments. The Gurung tribes follow both Hindu and Buddhist religions and cultures and celebrate their tribal festivals and events. The Gurung also practices ancient Bon sect of pre-Buddhism, a worship of nature and mountain spirits.

Equipment List

General

- Down sleeping bag (you can borrow with us if required).
- Duffel or Rucksack bag (you can borrow with us if required).

Daypack

- Down Jacket (you can borrow with us if required).
- Fleece liner (you can borrow with us if required).
- Walking poles (Walking poles are optional but recommended, and you can borrow with us if required).
- Water bottle with purification tablets.
- Hand wash liquids.
- Lip guard.
- Sun-block cream.
- Toiletry kit. Be sure to include toilet paper stored in a plastic bag, hand wipes, and liquid hand sanitizer, towel, soap, etc.

Upper Body - Head / Ears / Eyes

- Cap and ears covering hat.
- Ear-muffs and neck warmer is another piece of gear for extra warmth (optional)

Hand

- Hand gloves (One light pair and One warmer pair)

Body

- T-shirts – few.
- Light and weight thermal tops and warm thermal top.
- Light jacket and vest.
- Wind and rain jacket.
- Shirts and warm shirts.

Lower Body – Legs

- Long and short hiking pants.
- Lightweight and warm long underwear.
- Rain and windproof trousers and warm trekking trousers.

Feet

- Thin and thick socks.
- Trekking boots, light shoes, and sandal.
- Trekking Gaiters.

Medicines and First Aid Kits

(Our guide will carry first aid kit bag during the trek. We still recommend you to bring your personal first aid kit as you feel it necessary).

- Headache and fever medicine.
- Ibuprofen for general aches and pains.
- Burnt cream.
- Imodium or Pepto Bismol capsules for upset stomach and diarrhea.

Antibiotics.

- Blister treatments such as moleskin, hand plants and-aids, some waterproof tape, anti-infection ointments, etc.

Miscellaneous

- Passport and extra passport photos (2 copies).
- Durable wallet/pouch for travel documents, money and passport.
- Pocket knife.
- Bandanas.
- Favorite snack foods and energy bars
- Paperback books, cards, mp3 player. Avoid players with moving hardware as it may not function. Remember, keep these items lightweights
- Binoculars.
- Camera.

Women's Health Essentials

- Sanitary pads / tampons / menstrual cup
- Biodegradable disposal bags
- Extra underwear
- Pain relief medication (for cramps)

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