

Himalayan Adventure Labs

Quick, Light, Self-supported, and usually Dirty

Are you a long distance trail runner who wants to visit Nepal? Join us on a small group fast pack as we explore rarely used trails and high altitude passes. We will put in long days while also stopping to smell the tea and visiting temples, monasteries, museums, schools, and more along the way.

Langtang Circuit Exploratory Fast Pack via Kanja Pass (16,830 feet) v1

April 9th-22nd, 2017 (includes arrival/dept)

8 Stages with 3 acclimatization days and 1 buffer day.

Total Distance: 186 kilometers/115 miles, Total Gain: 14,198m/46,581ft

Max Elevation: 5,130m/16,830ft on Kanja La.

Max Participants: 7. Co-leads: Sudeep Kandel and Seth Wolpin

Cost: \$1,300 USD all inclusive except beer, candy, snacks etc.



Annapurna Circuit Fast Pack via Thorung Pass (17,728 feet) v4

September 16th-30th, 2017 (includes arrival/dept)

10 Stages with 2 Acclimatization Days.

Total Distance: 228 kilometers/142.6 miles, Total Gain: 11,846m/38,863ft

Max Elevation: 5,405m/17,728ft on Thorung La (possible scramble up to 18,000ft)

Max Participants: 15. Co-leads: Sudeep Kandel and Seth Wolpin

Cost: \$1,500 USD all inclusive except beer, candy, snacks etc.



Thorung Pass (5,405m/17,728ft)

Discounts available for veterans of Rainshadow Running and Trail Running Nepal races, medical professionals, humanitarian workers, and fundraisers.

www.himalayanadventurelabs.com | www.annapurnafastpack.com