

## SPECTACULAR ANNAPURNA SANCTUARY TREK - 14 DAYS



This unique trek in the foothills of Annapurna South offers you an experience of the high Himalayas without the difficulties of life at extreme altitudes. The trek can be enjoyed as a gentle walk into the heart of the mountains, offering breathtaking views of Annapurna and the surrounding snow-capped peaks. On the way, you will encounter several ascents and descents, but these are not too challenging for the inexperienced walker and there are several alternative trails that eventually meet at the Gurung village of Chhomorong, the gateway to Annapurna Base Camp.

The Annapurna Sanctuary is a vast natural amphitheater surrounded by the high peaks of Annapurna 1, Gangapurna, Glacier Dome, Fang and Machhapuchhare. Several of these peaks rise above 7000m. The trek takes you through a landscape of bamboo and rhododendron forests, mountain villages, terraced hillsides and river valleys, to the open country above the tree line. Here the trail leads across rocky slopes and high moorland, offering continuously changing views of the peaks and high valleys leading up to the Sanctuary, where the trek ends, surrounded by the magnificent, soaring peaks of some of the highest mountains in the Himalayas.

On the Annapurna Sanctuary trek, you will experience the thrill of trekking in the high Himalayas and seeing some fascinating glimpses of the rich Nepalese culture in the villages on route. Arriving at Pokhara airport, you will be picked up by your guide, who will drive you up to the village of Nayapul where the trail begins. The first part of the trek takes you along the banks of the Modi Khola to the village of Birethanti, then along Bhurungdi Khola and up the valley to your first stopping point at Tikhedhunga. After a welcome night's rest in the guest house, the trail continues its gradual ascent, with overnight stays at Ghorepani, Tadapani, Chhomorong, Dovan and Deurali. One of the high points of the trip is the excursion to Poon Hill on day four. From here you will enjoy a magnificent panoramic view of Annapurna and Dhaulagiri—rising majestically through the clouds or tinged with gold in the early morning sun.

**Type:** 

**Trip Duration:** 14 days

**Maximum Elevation:** 4320 meter

**Best time to trek:** March through May and October through December

**Group size:** Min. 01, Max. 14

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## HIGHLIGHTS

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- Experience 14 days Annapurna Sanctuary Trek with gorgeous mountain views with our experienced guide.
- Enjoy mesmerizing view of sunrise and Annapurna Himalaya ranges from Poon Hill (3210 meter above the sea level).
- Explore the Annapurna Base camp; truly a hidden treasure.
- Enjoy natural hot spring at Jhinu Danda after your visit to Annapurna Base camp.
- Typical gurung village at Landruk, Ghandruk and Chhomorung.

## ITINERARY

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**Day 01:** Your arrival to Tribhuvan International Airport (TIA), you will be met by our Airport Representative, and transfer to hotel. *Overnight at hotel. B.B.*

**Day 02:** Fly to Pokhara; drive to Nayapul and trek to Tikhedhunga.

After breakfast at your hotel in Kathmandu, we transfer you to the airport to board a 30 minutes exciting flight to Pokhara. Upon arrival at Pokhara airport, our guide will pick you up and drive to Nayapul (45 minutes, 1 hour car drive) from where the trek starts!

After 15 minutes short walk along the bank of the Modi Khola, we reach Birethanti (1065m) a large village that has many shops & teahouses. From there, the trail continues through the village. The trail follows the north bank of the Bhurungdi Khola.

From there, the trail climbs steadily up the side of the valley to Hille at 1495m & after the short climb, we reach Tikhedhunga at 1525m. This trek offers a short & relatively easy day, during journey & allows us to become used to the experience of trekking in Nepal. *Overnight at Guest House. B.L.D.*

**Day 03:** Trek to Ghorepani

Leaving Tikhedhunga, we begin our journey with steep climb to Ulleri. Ulleri is a large Magar village at 2070m. Then the trail continues to ascend more gently, through fine forests of oak & rhododendron towards Banthanti at 2250m. Then we make our trek towards Nangethanti at 2460m. After an hour gentle walk from Nangethanti, we will reach at Ghorepani at 2775m. *Overnight at Guest House. B.L.D.*

**Day 04:** Hiking to Poonhill - back to Ghorepani, and trek to Tadapani.

This morning, we will get up early in the morning, and go for hiking to Poon Hill. From here we will see superb view of sunrise, and panoramic view of Himalayas, including Mt. Dhaulagiri, Mt. Annapurna South, Mt. Annapurna I, Mt. Fishtail, and many more. After excursion to Poon Hill, we will go back to our hotel; take a hot breakfast, and continue walking to Tadapani. *Overnight at Guest House. B.L.D.*

**Day 05:** Trek to Chhomorung

The day starts with steep downhill. Leaving Tadapani, we descend steeply through forests and then the trail eases as we reach Gurjung which is the village of Gurung people. We then take an easy walk to Chhomorung (2020m). *Overnight at Guest House. B.L.D.*

**Day 06:** Trek to Dovan

Today the trail drops down to the Chhomorung Khola & again we continue climbing to Khudighar at 2380m where there is an ACAP Check post, and continuous walking to Dovan. *Overnight at Guest House. B.L.D.*

**Day 07:** Trek to Deurali

The day begins with the climb through bamboo, then rhododendron forests to Dovan, Himalayan hotel and on to Hinko at 3020m. The accommodation will be in Deurali, on the ridge above Hinko & is the stretch of trail that is most subject to avalanche. *Overnight at Guest House. B.L.D.*

**Day 08: Trek to Annapurna Base Camp (Annapurna Sanctuary)**

Today the trail climbs on past the Machhapuchhare Base Camp (which isn't really a base camp since climbing the mountain is not permitted) to the Annapurna Base Camp.

Since it is totally surrounded by mountains, this area is known as the Annapurna Sanctuary.

we can either end the day at Machhapuchhare Base Camp or trek two hours on to Annapurna Base Camp. There, we will view the mountain scenery which is even more spectacular. *Overnight at Guest House. B.L.D.*

**Day 09:** Explore the hidden Valley in the morning and track back to Dovan. *Overnight at Guest House. B.L.D.*

**Day 10:** Trek to Jhinu Danda (hot spring). Enjoy the evening at hot spring. *Overnight at Guest House. B.L.D.*

**Day 11:** Trek to Pothana via Landruk

On this day, we will enjoy the views of waterfalls, landscapes, Annapurna South, Himchuli, Fishtail and many more. *Overnight at Guest House. B.L.D.*

**Day 12:** Trek to Phedi and drive to Pokhara

Early morning we can enjoy the view of Sunrise, Annapurna South, Himchuli, Machhapurchre & the countryside. After breakfast, we take a 2 hours easy downhill walk to Phedi where the road links to Pokhara. It is simply half an hour drive to Pokhara from Phedi. Afternoon relaxing or shopping on your own in Pokhara. *Overnight at hotel. B.B.*

**Day 13:** Drive back to Kathmandu by car / van. *Overnight at hotel. B.B.*

**Day 14:** Transfer to Airport for your onward Journey. *Farewell!*

**Abbreviation:** B.B>Bed and Breakfast, B.L.D> Breakfast, Lunch and Dinner.

## COST DETAILS

### Cost Includes

- Airport / Hotel / Airport pickup & drop-off by car / Van.
- Tourist standard accommodation (twin sharing) in Kathmandu & Pokhara inclusive of breakfast.
- Meals (breakfast, lunch and dinner) with tea or coffee in each meal during the trek.
- Accommodation at guest houses / lodges during the trek.
- 1 highly experienced, helpful and friendly Guide, porters (2 members = 1 porter ratio), their food, accommodation, salary, equipments, insurance (We have insured our staffs by Neco Insurance Company Nepal).
- Flight from Kathmandu to Pokhara and private car transfer from Pokhara to Kathmandu.
- Permits (ACAP & TIMS).
- First Aid medicine (You are also advised to bring your own).
- Government tax & office service charge.

### Cost Excludes

- Personal expenses.
- International flight to and from Kathmandu.
- Any meals in Kathmandu other than breakfast.
- Travel insurance.
- Nepal visa.
- Lunch and dinner in Kathmandu.
- Staff Tipping.

**NOTE:** *Tipping is expected not mandatory.*