



## Annapurna Sanctuary Trek

Also known as Annapurna Base Camp trek, this is a spectacular trek to south face of Annapurna one (8091m) with breathtaking views of Fishtail peak(6993m), Dhaulagiri (8107m) and the Annapurna range.

The trail up to the Annapurna Base Camp is a classic walk that starts from the paddy fields, leads through traditional Gurung villages, rhododendron forests, gorge of bamboo forest and ends at the point where you are surrounded by soaring peaks and glaciers. The trek starts after a 41 km drive from Pokhara to Nayapul. From here it is a pleasant hour walk to Birethati alongside Modi Khola (river) with a wonderful view of Fishtail peak and to Tikhedhunga. The second day is the strenuous part of the trek with more than 3000 stone steps to be climbed before reaching Ulleri. The reward of scaling these 3000 steps is the good views of Annapurna south and Hiuchuli. Ghorepani, Poonhill, Chhomrong are all renowned for its spectacular views. From Chhomrong the trail first drops down and climbs up through rhododendron forests to Khuldi(2470m). After Dovan the trail passes through dense bamboo forest and then climbs up to Machhapuchare base Camp after crossing few avalanches. The trail returns back to Chhomrong and from here we take a next route via Landruk, a Gurung village which stretches 500m up the hillside upto Phedi, a few kilometers from Pokhara.

### Trip features

Trek duration: 16 days

Max elevation: 4130 m

Grade: Moderate

Trek style: Lodge-to-lodge (Teahouse)

Walking time: 4 to 6 hrs per day;

Best season: March-May, September-November

Nepal

### Itinerary:

Day1:	Arrival in Kathmandu(1,350m). Transfer to Hotel.
Day2:	Trek Briefing and Sightseeing around Kathmandu.
Day3:	Drive/Fly to Pokhara(800m)
Day4:	Drive to Nayapul(1,010m) and trek to Tikhedunga (1,570m)
Day5:	Tikhedunga to Ghorepani(2,840m)
Day6:	Hike up to Poon Hill(3,210m) and trek to Tadapani (2,610m)
Day7:	Tadapani to Chomrong(2,170m)
Day8:	Chomrong to Dovan(2,500m)
Day9:	Dovan to Macchapuchare Base Camp(3,700m)
Day10:	Macchapuchare Base Camp to Annapurna Base Camp(4,130m)
Day11:	Annapurna Base Camp to Chhomrong(2,170m)
Day12:	Chhomrong to Landruk (1,570m)
Day13:	Landruk to Dhampus (1,650m)
Day14:	Dhampus to Phedi and Drive back Pokhara.
Day15:	Rest day in Pokhara.
Day16:	Drive back Kathmandu

### Costs:

Complete Package: Starting from €749,-

Trek Only: Starting from €649,-

### Highlights:

- Annapurna Range
- Annapurna Basecamp
- Dovan





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## Annapurna Sanctuary /Annapurna Base Camp

### Day One Arrival and Transfer to Hotel

On the day of your arrival in the Tribhuvan International Airport, Kathmandu, you will be picked up by our airport representative at the airport and transferred to your hotel. The drive from the Airport to the hotel will be of less than an hour. In case you will arrive early in the morning we can arrange a day programme. This however is optional.

### Day Two Trek Briefing and Sightseeing around Kathmandu

Your trekking guide will visit you in the hotel to brief you about the trek after your breakfast. After a short briefing you will be accompanied by our city guide for a sightseeing tour of Kathmandu Valley. We will visit places such as Kathmandu Durbar Square, Pusipatinath Temple and Baudhanath Stupa.

### Day Three Drive/ Fly to Pokhara(850m)

After breakfast, there will be some free time to look around in Thamel, the heart of tourism in Kathmandu. Later in the morning we will commence our trip to Pokhara. You will have a scenic mountainside drive of approximately 5 till 6 hours. On the way there will be plenty of time to stop in local villages and to take a look around. It is always possible to request a stop as a sight which may seem interesting to you. In the evening we have arranged a traditional Nepalese dinner with a cocktail night after. This night we will stay in Pokhara.

### Day Four Drive to Nayapul(1010m) and Trek to Tikhedhunga(1570m)

Nayapul is the starting point of our trek. From here we walk down to the Modi Khola(river) from the road. It is then a pleasant 20 minutes walk to Birethanti Village(1025m). After lunch we move on along the Bhurungdi Khola passing a small water fall and suspension bridges which will bring us to Natathati. The trail to Hille(1500m) climbs gently . Another 15 minutes walk we will arrive in Tikhedhunga village (1515m).

### Day Five Trek to Ghorepani(2840m)

After crossing a suspension bridge over Bhurungdi Khola we start a steep ascend to Ulleri(2070m) using stone steps. This is on of the most difficult parts of the trek with more than 3000 steps to climb. The reward for scaling the 3000 steps to reach Ulleri is the splendid view of the Annapurna South and Hiuchuli(6441m) peaks as well as Bhurungdi valley below. Ulleri is a pretty village largely comprised of Magar people. After Ulleri the trail climbs less steeply and we soon reach the settlement of Banthati(2300m). Then passing through the Rhododendron forest, which is spectacular between March and April, we reach Ghorepani(2750m).

### Day Six Optional Hike to Poonhill and Trek to Tadapani(2610m)

Early in the morning, if the weather is fine, we hike up to the sunrise point Poonhill. It is around an hour hike up there. From Poonhill the view is literally breathtaking, a wide range of Himalayan Panorama from Dhaulagiri(8167m) to Manasalu(8156m) and the Annapurna range in between. After the sunrise view we walk back to Ghorepani for breakfast and continue the trek to Tadapani. From Ghorepani the trail climbs steeply through the Rhododendron forests, climbing above 3000m before descending down to Deurali(2987m). From Deurali the trail descends down into the impressive river gorge and to a small village called Banthati, our lunch point. Langur monkeys are often visible on the trees in this area. After lunch the trail descends down to a second bridge and from here we climb up to Tadapani(2595m). There is quite a superb view of Annapurna(8091m) from here. It is around 5 hrs walk.



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## Day Seven Trek to Chhomrong(2170m)

After a short distance, the trail drops steeply through the rhododendron and oak forest to the bank of Modi Khola for around one and a half hour. Then the trail ascends to Gurjung, our lunch spot. After lunch some ascend and descend of around two hours will take us to Chhomrong. Chhomrong offers spectacular a view of the Annapurna(8091m), Fishtail(6993m) and other peaks.

## Day Eight Trek to Dovan (2500m)

From the lower part of the village we descend to the suspension bridge over the Chomro Khola(river) and climb steeply at first. Passing through Tilche, a steep climb brings us to Bhanuwa. A little further up is Slinuwa, which is the perfect place to stop and admire the view back down the Modi Khola behind you. About an hour beyond Sinuwa lies the Annapurna Conservation Area Project(ACAP) check post at Khuldigar(2540m). From here the path to Bamboo (2335m) is steeply downhill and we enter the dense bamboo forest, from where the place takes its name. After lunch at Bamboo the trail climbs steadily, crossing first the Bamboo Khola and then several small streams, until eventually it reaches Dovan(2505m).

## Day Nine Trek to MBC(3700m)

About an hour walk from Dovan stands a holy shrine and it is traditional to leave flowers and strips of colored cloths here. After crossing some streams across Modi Khola, we move on to place called Himalaya(hotel)(2900m). Around 45 minutes or so from Himalaya stands the huge rock that is known as Hinku cave(3170m). This area is prone to avalanches during the time of snowfall and there have been disasters. If there is no snow on the upper part of the rock face, there is no problem. From here we soon reach Deurali(3230m). From Deurali, we go to the riverbank, follow the path until we come to Bagar (3300m). We head to Machhapuchhare Base Camp, which is about 400m higher.

## Day Ten MBC- ABC(4130m)- Himalaya

We start early in the morning to view sunrise from Annapurna Base Camp, if the weather is clear. This is a rather pleasant stretch from the Annapurna Base Camp, if you are not suffering from altitude sickness. If you begin to suffer altitude sickness soon descend back to Macchapuchhare Base Camp. After an hour excursion at the base camp we descend down to Macchapuchhare Base Camp and have lunch there. After lunch we will continue down to Himalaya.

## Day Eleven Trek to Chhomrong (2170m)

We take the same route back to Chhomrong as we went up last week.

## Day Twelve Trek to Landruk(1570m)

From here we change the route and walk down around one and a hour to Jhinu. After short rest we walk down to the hot spring and come back to Jhinu for lunch. From here to the hot spring and back takes around one and a half hour. Here we have our lunch and move forward. First, we move down an hour to the bridge and around two hours up to Landruk(1565m). This is a large Gurung village, directly across the valley from Ghandruk, stretches 500m up the hillside. There are good views up the Modi Khola(river) to the Annapurnas from here.

## Day Thirteen Trek to Dhampus(1650m)

An hour slight ascend will take us to Thorika and another one and a half hour walk to Bhichowk and mostly through the jungle to Deurali for about 1 and a half hours. Descend down and slightly straight for about an hour to reach Pothana. From here it is 1 hour to reach Dhampus. Some tourists come over from Pokhara to Dhampus to spend a night, specially to see the sunrise over the mountains.



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## Day Fourteen Trek to Phedi and Drive back to Pokhara

After a last few hard days, today is a short, comfortable walk steeply descending off the ridge towards the road. At the bottom by the road is Phedi. It is around one and a half hours walk. From here Pokhara is around 45mins drive.

## Day Fifteen Rest Day in Pokhara

Today we will have a rest day in Pokhara. this day gives you the chance to relax at the lake, or rest as much as needed. If wished we can also arrange a full day excursion. This full day excursion is optional and not included in this tour package.

## Day Sixteen Drive / Fly back to Kathmandu

Today we will drive back to Kathmandu. In Kathmandu we'll organise a farwell dinner. If wished we can also book your hotel for the night.



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