

# Annapurna Sanctuary Trek

<b>Trip code</b>	0
<b>Package name</b>	Annapurna Sanctuary Trek
<b>Duration</b>	14
<b>Max. elevation</b>	4130 m
<b>Level</b>	BEGINNER
<b>Transportation</b>	Kathmandu - Pokhara - Kathmandu by ( Tourist coach Bus ) Pokhara to Nayapul - Phedi to Pokhara ( private car )
<b>Accommodation</b>	3***Hotel in Kathmandu and Pokhara, Lodge twin sharing bed basis during the trekking
<b>Starts at</b>	Kathmandu
<b>Ends at</b>	Kathmandu
<b>Trip route</b>	Kathmandu - Pokhara - Nayapul - Ghorepani - Poonhill - Chhomrong - Machhapuchhre Base camp - Annapurna Base Camp - Jinu dada - Landruk - Phedi - Pokhara - Kathmandu .
<b>Cost</b>	USD 1,050 per person

## Highlights

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Spectacular Sunrise views of Annapurna ranges - including Dhaulagiri I (8,167m / 26,795ft) , Annapurna I (8,091m / 26,545m), Nilgiri (7,061m / 23,166ft) from the Poon Hill viewpoint.

- Annapurna Base Camp (4,130m)
- Rich flora and fauna.
- Natural Hot springs at Jhinu Danda.
- panoramic mountain views from poonhill 3210m.
- Exploring Gurung culture & community .
- Tourist Hub in Pokhara.

## Overview

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[Annapurna Base Camp Trekking](#) is one of the best trekking routes so far left untouched by the modern civilization. Comparing to other trekking areas of Nepal, Annapurna Base Camp Trekking areas in Nepal is the only Trekking route so far not disturb by the road construction. Some years before, Annapurna Circuits trekking was one of the top 20 long trekking routes in the world that one shouldn't miss. But unfortunately, however this is my personal opinion, is no more because of the rough road built up to Jomsom from Pokhara, and Benshisahar to Managing village respectively. Thus, Annapurna Base camp is an alternative choice to replace the gap.

In general Annapurna Base Comp Trekking required 14 days to complete starting from Pokhara and end at Pokhara. This two weeks trek commences from Nayapul, which is an hour's scenic drive from Pokhara with some fabulous views of Annapurna (South) and Machhapuchhre (Fishtail) en route. From Nayapul, a half an hour's walk brings you to Birethanti, situated at the confluence of Modi and Bhurung rivers, from here the route divides.

Annapurna Base Camp, the west trail towards Ghorepani, a trading village situated at an elevation of 2750 m., where there is a tremendous vantage point (Poon hill 3210 m.) to view both the Dhaulagiri and Annapurna Himalayan Ranges. The views at sunrise from Poon hill are simply stunning. From Ghorepani, the trail leads East to the hamlet of Tadapani and on towards Chhomrong, from where we commence our journey into the [Annapurna Sanctuary](#) and further to Annapurna Base Camp. After Base Camp, you might return following different routes after following the same route up to Jhinu Danda (1780m), From here, you will have some choices of route you like to take ending trek at Nayapul or Phedi and drive to Pokhara. The journey to base camp follows the valley in between the huge walls of Himchuli & Machhapuchhre, eventually emerging into an awesome arena, where a labyrinth of mountains and Annapurna I tower almost upright above us.

The peaks of the western portion of the great Annapurna Himal, including Hiunchuli, Annapurna South, Fang, Annapurna, Ganagapurna, Annapurna 3 and Machhapuchhare, are arranged almost precisely in a circle about 10 miles in diameter with a deep glacier-covered amphitheater at the center. Annapurna Base Camp Trekking also equally knows as Annapurna Sanctuary Trekking • or ABC Trekking, and it has involve some detouring/trekking as well.

## Trip Itinerary

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**Day 1 : Drive from Kathmandu to Pokhara (820m), (6 hours drive). Overnight stay at hotel.**

Early morning, after breakfast, board a bus and drive to Pokhara. It's a drive of about 8 hours through lush green forest, meandering road through the hills and gracefully flowing riversides. You will also come across lively markets and clusters of villages on the way. Lunch will be taken in one of the road side restaurants. Upon reaching in Pokhara, you will be received and driven to

the hotel. Check into hotel.

## **Day 2 : Drive to Nayapul and start trek to Ulleri – 4 to 5 hrs walk**

Morning after breakfast, we drive to Nayapul and start our trek to Ulleri. For an average trekker, it is a 5 hours trek. The journey will take about 2 hours over the hill to Chandrakot from where we start walking. Cross the river at Birethanti and head left along the gentle slope to Tikhedhunga where we cross the Bhurungdi Khola to start the long steep climb to Ulleri. There we find a lodge to spend a night (full board)

## **Day 3 : Trek Ulleri to Ghorepani – 5 to 6 hrs walk.**

We continue to walk, making sure that we're always on the inside of the path, thereby allowing the donkeys to pass. Occasional views of the peaks give way to a narrower valley. We then proceed to pass through Rhododendron forest and eventually reach Ghorepani. It is a beautiful place from where we can enjoy the most panoramic views of Dhaulagiri and Annapurna range (full board)

## **Day 4 : Excursion to Poon hill and trek to Tadapani - 6 to 7 hrs walk.**

Early morning, we will climb for one hour to Poon hill. It is one of the most popular vantage points of this trek. It is situated at an elevation of 3210 meters from where we can see the tremendous views of giant Dhaulagiri and Annapurna range. After admiring the views and taking a good pause, we come down to Ghorepani village and have breakfast and proceed to Tadapani.

From Ghorepani the trail climbs south following a path through deep forests. It finally emerges on a grassy knoll which offers good mountain views, including sight of Machhapuchhare (not visible from Ghorepani) and a panorama all the way south to the plains of India. The vantage point is quite similar to that of Poon Hill. Keep climbing along the ridge through pine and rhododendron forests to a crest at 3030 m, then descent to two inns, a second pass, also called Deurail, at 2960m. The trail then descends steeply to a stream before the climbing resumes, going through a forest to Tadapani. Overnight stay at Lodge (full board)

## **Day 5 : Trek Tadapani to Chhomrong – 5 hrs walk**

Tadapani is a small village from there the trail divides for Chorong and Ghandrung. The south trail goes to Ghandrung, you have to take the eastern one for Chomrong. From here, the way goes down through dense forest to Gurajon village that lies just after the suspension bridge. Then onwards, no more ups & downs till Chomrong village.

Chomrong is a beautiful village located on the lap of giant Annapurna massive. It's a typical Gurung village but now is modernized and has almost lost its culture & traditions. Trek duration – 5 hours (full board)

## **Day 6 : Trek Chhomrong to Doban – 5 hrs walk**

Step down to Chomrong stream, cross the suspension bridge then trek up to Sinuwa Danda. Sinuwa is a beautiful village on the top of this ascends from here the trek becomes flat. From Sinuwa, the trail runs through thick & dark rhododendron forest up to Khuldighar then step down to the Bamboo through the rocky cliff. You continue the walk and reach Dovan where you take shelter and celebrate the evening. Trekking duration 6 and half hours

### **Day 7 : Trek from Doban to Deurali – 4 hrs walk**

We have a silence jungle walk from Dovan to Himalaya because there is a temple in between the Jungle so it is believed that disturbance and big noise is not allowed at the jungle. You can also see many water falls during the journey from Dovan to Himalaya. From Himalaya you have to walk steep up then you will reach Hinku- Lake. Deurali seems to be near the Dovan, it takes 40 minutes walk from Hinku- cave to Dovan. Deurali is at 3250m height.

### **Day 8 : Trek from Deurali to Annapurna Base Camp – 4 hrs walk**

The trail from here takes right bank of the stream, through the rugged path, which sticks on the rocky cliff and is slippery some times. In winter, this part is most dangerous part of the trek for avalanches. It's not possible to monitor the situation from down. From here, the way is easy and flat for a while. At the bottom of the cliff lots of moraines can be seen.

After a while, the path goes gently up until Machhapuchare base camp. There are few tourist lodges. From here keep on walking up through grassy land for two hours then you will reach to the Annapurna Base Camp. Trek duration 5 hours (full board)

### **Day 9 : Trek from Annapurna Base Camp to Bamboo – 5 hrs walk**

From Annapurna Base Camp the route rapidly descends past the Machhapuchhre Base camp, Deurali, Himalayan Hotel and Doban and comes Bamboo

### **Day 10 : Trek from Bamboo to Jhinudanda – 4 hrs walk**

The route passes through beautiful fields of rhododendron flowers, oaks and bamboo. We trek through Sinuwa, cross the Chhumrung Khola and continue on to Chhumrung Village. From here it is downhill to Jhinu Danda. Jhinu Danda is small local commercial village where we stay tonight. For those with enough energy there is a 20 min walk to a nearby hot water spring to relax all those muscles.

### **Day 11 : Trek from Jhinudanda to Landruk – 5 hrs walk**

The trek starts with a downhill section of about 20 minutes to the Kimrunghola river where we will cross a suspension bridge before reaching a small village. We continue to the Modi Khola river and up to the Landruk village where we will stay for the night.

## **Day 12 : Trek from Landruk to Dhampus – 5 hrs.**

On this day you will once again be stunned by spectacular views of Annapurna South. Once we reach Dhampus, the largest village on the trek, we will see cars again, even a local school- all signs that we are almost back to civilization.

## **Day 13 : Trek Dhampus to Phedi (approx. 1 hr walk) and drive to Pokhara (approx. 30 min drive). Overnight stay at hotel.**

The last day of your trek is a quite steep downhill hike into Phedi, where you will catch a ride back into Pokhara where we will overnight.

## **Day 14 : Drive Pokhara / Kathmandu**

It takes about 7 hours to drive back to Kathmandu crossing over some mountain passes and rivers along the way. In the evening we enjoy a farewell dinner and reflect on a great adventure.

## **Inclusions**

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### **What is included?**

- Airport drop and Pick up in Kathmandu.
- Accommodation in Kathmandu and Pokhara.
- Drive to Nayapul by Private Car
- Kathmandu - Pokhara - Kathmandu by Tourist Bus.
- Trekking permits and TIMS (Trekking Information Management System) card.
- Experienced and licensed trekking guide.
- Porter service to carry your luggage (one porter for every two trekkers).
- Accommodation in teahouses or lodges twin sharing bed basis during the trek.
- All meals (breakfast, lunch, and dinner) with cup of hot drinks during the trek.
- Accommodation, meals, insurance, equipment, and allowances of guide and porter.

- Annapurna Conservation permit fee
- Basic first aid kit.
- Emergency evacuation arrangements (helicopter rescue, if needed).
- Government taxes and service charges.

## What isn't included?

- International airfare to and from Kathmandu.
- Nepal entry visa fees.
- Personal travel insurance (covering medical, evacuation, and trip cancellation).
- Extra accommodation and meals in Kathmandu (beyond the itinerary).
- Extra activities or sightseeing not mentioned in the itinerary.
- Personal expenses, such as laundry, phone calls, internet access, etc.
- Additional porters or services if needed.
- Tips for guides, porters, and other staff (tipping is customary in Nepal).
- Any expenses arising due to unforeseen circumstances, such as flight delays, natural disasters, political unrest, etc.

## Complimentary

Farewell dinner with cultural dance at Thamel.