



Annapurna Sanctuary



Overview

This trek is perfect for people with a limited time but seeking for a wonderful and powerful territory to discover. Immerse yourself with the extraordinary hike with the snow-capped peaks of the Himalaya in the background. You will spend nights in two must-see base camps: Machhapulchare and Annapurna.

Your journey will lead you into the snowy spirit of the Annapurna territory. The Sanctuary's paths will guide you across hidden lowland villages, pasture and rice terraces to a ravine of rhododendron forests and frosty rivers finishing their watercourse in glaciers and giant peaks.

Required number of participants: minimum 2, maximum 12.

Time in Country

The program takes usually 15 days, from your arrival in Kathmandu until your last breakfast in our guesthouse or the hotel. Most of the time, we come back to Kathmandu on day 14 without any troubles. Nonetheless, it may happen that internal flights from Pokhara are delayed. Therefore, we strongly recommend not to book international flights before the evening of day 15. This solution would offer us the possibility to return by plane (or van/car) in Kathmandu on day 15 if needed.

If you wish to spend one more night in Kathmandu we can help you with the booking of accommodation or if we have enough place, you can sleep at our guesthouse.

Note: due to the nature of trekking and adventure holidays, a program may require some adaptation along the trail to suit prevailing conditions of the mountains, weather and/or the group.

Package

Includes	Excludes
<ul style="list-style-type: none">• Airport transfers• Internal flights to & from Lukla• Accommodation in Kathmandu for 3 nights (twin/double rooms)• Accommodation in lodges/tea houses (twin rooms with beds & mattresses)• Three meals/day during the trek, & hot drinks (e.g. tea, coffee, juices)• Annapurna Area Permit Fees• Sherpa guides (English speaking, trained in first aid)• Porters (one per member, carries ~15kgs)• Staff food, insurance and equipment	<ul style="list-style-type: none">• International flight to & from Kathmandu• Meals & drinks in Kathmandu• Personal costs like drinks, laundry, hot showers, bottled water• Trip insurance• Visa (\$30 paid on arrival)• Flight departure tax, payable on some airfares (~1000-1500 NPR = ~\$15)• Sightseeing Tours• We also recommend offering a tip at the end of your trip to your guide and porters, as tips are not included in the package price. During your trek briefing, you will be wisely advised on this matter and on the average amount to offer.

Itinerary

Day 1-2 – 1400m

Land in Kathmandu and transfer to your Hotel or Adventure Alternative guesthouse. Relaxation day to get acquainted to jetlag. You will have the possibility to do a sightseeing of Kathmandu. A briefing about the trek will follow (introduction to trek leaders, talking about itinerary, plans & checking kit)

Day 3

Kathmandu – Pokhara - Naya Pul – Ulleri. Without doubt, this first day will be a very early start to drive to the airport for the flight over the city of Pokhara. If the weather is good, the flight offers incredible sights of Himalayan peaks and lakes. From Pokhara, we will drive you up the Yamdi Khola valley through mountains to Naya Pul (~2 hours), where our adventurous journey will begin. We will follow an ascending path across mountain villages and marching along a wooded valley. Later a steep climb awaits us, which will lead us to Ulleri perched up on a shoulder above the valley.

Day 4 – 2750m

Ulleri – Ghorepani. Today continues pursuing the higher ground above Ulleri. Once more, the woodland encircles us while we curve around to discover a vale leading us to Ghorepani, standing on a high col. The distance covered today is quite small, however the increase in altitude is large. Thus, the pace will be slow in order to save your energy and appreciate the environment. In Ghorepani, you will have time to relax and have an early night in order to wake up early the following day.

Day 5 – 3200m - 2869m

Ghorepani - Poon Hill – Tadapani. Enjoy the breath-taking sunrise over the Himalaya up on Poonhill! The climb is about 40min but the relief you will feel once there is amazing. The Annapurna Himal and its fellow peaks will welcome the first sunlight of this day in front of you. After enjoying this show, we will drop back down to Ghorepani for breakfast and then walk through giant Rhododendron forests while pursuing our trail to Tadapani.

Day 6 – 2100m (10km)

Tadapani - Chomrong. From Tadapani, we will descend into a profound wooden vale before climbing steeply over an edge arriving into another valley. Later another ascent contouring around Chomrong village awaits us. Today's hike is quite demanding but the night and time spent yesterday at high altitude will help you.

Day 7 – 2920m (10km)

Chomrong - Himalaya Hotel. From Chomrong, the trek will lead us along the incredible Modi Khola valley, steering up into the core territory of the Annapurnas. This valley is about 1.5 km deep between the adjacent ridges, which soon rise up to join the peaks standing at more than 4 km above the valley ground. By clear weather, we will be able to observe the White Wall of Annapurna peaks bordered by the browns and greens of the vale ahead. We will pass through small hamlets and lodges after which we will arrive at the Himalaya Hotel for our overnight.

Day 8 – 3700m (6km)

Himalaya Hotel - Machhapulchare BC. Today you will follow the Modi River between towering peaks with wonderful views of the Annapurnas, including the unique and sacred Machhapulchare (7000m). These sights will appear as soon as we arrive at the sharp turn in the valley at Machhapulchare Base Camp. Today's walk is quite short, however the rise in altitude being important, the pace will be relaxed and gradual.

During the afternoon, take your time to appreciate the astonishing environment, take pictures walk around the area.

Day 9 – 4130m (3km)

Machhapulchare BC - Annapurna BC. Your hike will be very short, however the altitude again will demand us to go slowly. After turning west, you will get colourful sights of giant peaks of the Annapurna. After reaching Annapurna Base Camp, you will have loads of time to appreciate the location. There is a possibility to take a short walk in the surroundings to reach excellent viewpoints.

Day 10 – 2310m (13km)

Annapurna BC - Bamboo. Our path will step back on our first itinerary until Macchapulachare Base Camp, then curving back south past Himalaya Hotel. Descending further similar green territories and

thick air of Bamboo. As we will lose altitude along the way, you will notice the increase in oxygen, thus allowing us to reach Bamboo quite early, where we will spend the rest of the afternoon.

Day 11 – 1780m

Bamboo – Chomrung. While descending further into the Rhododendron forests, the air will become warmer and less dry. The walk to Chomrung is quite short and we will have time to relax the rest of the day there.

Day 12

Chomrung – Jinu Hot Springs – Landruk. When leaving Chomrung, the trail you were on when coming up takes a different path to our left. The trail is steeply going down to Jinu where we will discover natural hot springs and be able to take a dip to relax from our hike. Later on, we will head on until Landruk.

Day 13 – 1800m (17km)

Landruk - Dhampus. From our overnight location, we will start again descending into the wooded valley to the Modi River past small villages. Then an ascent to your left leads you higher to a group of villages clustered by wooded hillsides.

Day 14 – 1400m (4km)

Dhampus - Pokhara. Leaving Pothana in the morning, the hike will first be shorty downhill until the main trail that goes across Phedi. There we will join the vehicle that will drive us back to Pokhara, where we will check in to a guesthouse. Now you can relax and visit Pokhara the rest of the afternoon.

Day 15 – 1400m

Fly Pokhara – Kathmandu. Most probably, you will flight early morning in order to arrive early in Kathmandu. In Kathmandu, we will drive you to your accommodation and you will have some free time to relax, shower and muse on your trek.

Day 16 – 1400m

Today you will be transferred from our guesthouse or your hotel to Kathmandu International Airport according to your flight schedule.

Fitness

Type of Terrain

This trek is a well-trodden path, even though it may sometimes be stony and jagged in some places. It is not a mountaineering trek nor climbing that would require special equipment. The hike is nice and not demanding, nonetheless some steep paths may seem never-ending!

While trekking you will get the chance to meet a lot of people and yaks. Never forget that once you meet an oncoming yak, you have to ensure to step towards the inside of the trail. Thus avoiding the cliff edge!

We do not ask to take poles but they can be of useful help. This choice is all yours, but if you have knee problems or personal preference for using them, we definitely recommend you to take them. In the upper hills, open slopes and moraine may offer you added reassurance with poles, but once more paths are quite easy to walk on.

We also recommend to take lightweight hiking shoes with a high ankle, in order to protect you against possible injuries related to ankle. Heavy boots will be too warm and heavy and cumbersome. You may take cross trainers but remember they are often cold in the morning in the mountain.

Distance Covered

The total distance covered is approximately 300km. The trek starts only after a good breakfast at about 8.30am (except for one early mornings to Poon Hill). There are many opportunities to take a

break and use your camera, or have a cup of tea. The pace is slow and the program allows for acclimatisation and rest days. The beginning of the hike comprise short distances but high hills. Later the higher the distances increase the more consistent and even the gradient is.

Height Gained

Kathmandu is at about 1400m height and the flight to Pokhara will take you down to 800m. Annapurna South Base Camp being the highest point at 4130m, the Annapurna Sanctuary trek gains a total of 3330m from Pokhara and 2730m from Kathmandu.

Kit List

- The main idea of this kit is to keep you warm, dry, protected from the sun, be able to move efficiently on the mountains and be comfortable in the evenings and night.
- The most important details to cover are as follows:
- GEARS - Large Duffle bag/Rucksack ~80L (for a porter to carry) + Medium Daypack ~40L (carried by you)
- SHELL - Top and bottoms to keep off wind/rain
- INSULATION - Warm layered system to keep you warm (body, hands & Head)
- BASELAYER - Thin layers to wick away sweat and strip down to when it gets hot
- SHOES - Comfortable, Waterproof shoes/boots to support your ankles over jagged terrain. Lighter footwear to change into during the evenings.
- SLEEPING - Warm sleeping bag to spend a good night's sleep in the lodges
- FOOD/LIQUID - Water bottles & favourite snacks for the day
- WASHING & MEDICAL – For you to wash & eventually avoid headache, blisters

Learn more

The trek is 11 days of amazing hiking, up into the core territory of the Annapurna range. You will walk below some of the highest mountains in the world. As you march along the valley, the landscape will change into a profound ravine, later you will arrive to the glaciated beginnings at the foot of the Annapurna. You will have plenty of time to acclimatize and profit from the amazing surrounding of your trek, including time to discover the hot springs at Jinnu, a real luxury on a trek!