

## Itinerary

- **Day 01** – Arrive in Kathmandu (1,340 m). Overnight at a Hotel.
- **Day 02** – Guided sightseeing in the Kathmandu Valley. Overnight at a Hotel.
- **Day 03** – Drive to Pokhara (900 m) in a Tourist Bus – 7 hours. Overnight at a Hotel.
- **Day 04** – Drive to Nayapul (1,010 m) and Trek to Ullari(2020 m) – 5 hours. Overnight at a Guesthouse.
- **Day 05** – Trek to Ghorepani (2,840 m) – 5 hours. Overnight at a Guesthouse.
- **Day 06** – Hike up to Poon Hill (3,210 m) and Trek to Tadapani (2,610 m) – 6 hours. Overnight at a Guesthouse.
- **Day 07** – Trek to Ghandruk (1,940 m) – 4 hours. Overnight at a Guesthouse.
- **Day 08** – Trek to Nayapul (1,010 m) and Drive to Pokhara – 5 hours. Overnight at a Hotel.
- **Day 09** – Drive Back to Kathmandu (1,400 m) – 7 hours. Overnight at a Hotel.
- **Day 10** – Transfer to the International Airport for Your Final Departure

## **Day to Day Itinerary**

### **Day 01: Arrival in Kathmandu (1,340m/4,396ft)**

Our journey in Nepal begins today. A **Map adventure** representative will be waiting for us at the airport. He/she will then drop us off at our hotel where we can take a rest. In the evening we can enjoy a welcome dinner. During the dinner we can enjoy Nepalese cuisine which will introduce us to the country's food culture.

**Included meals: Dinner**

### **Day 02: Kathmandu: sightseeing and trek preparation**

We tour UNESCO World Heritage Sites today. These sites highlight Nepal's cultural and religious heritages. Our first stop will be Kathmandu Durbar Square which showcases Kathmandu's rich architectural prowess during the Malla dynasty (c1201–1769), and then Swayambhunath Stupa which tourists commonly refer to as the 'Monkey Temple' owing to a large number of the monkey population in the vicinity. Next is Pashupatinath Temple which is one of the most sacred pilgrimage sites for Hindus all over the world followed by the Buddhist shrine of Boudhanath which is one of the largest stupas in the world. Lastly, in the late afternoon, brief orientation on our trek. Overnight in Kathmandu.

**Included meals: Breakfast**

### **Day 03 - Drive to Pokhara (900 m/2952 ft) in a Tourist Bus - 7 hours**

Our trekking staff will pick you up at the hotel at 6:30 am and escort you to the tourist bus station. The bus to Pokhara leaves at around 7:30 am. A beautiful valley set on the banks of the Phewa Lake, Pokhara is also known for its panoramic views of Annapurna and Machapuchare (shape of fish tail) in the north, Dhaulagiri in the west and Lamjung Himal and Manaslu in the east. It is

smaller and much less hectic than Kathmandu, hence providing the perfect starting point for our trek.

**Overnight at a hotel. Breakfast included**

**Day 04 - Trek to Ulleri (2050 m/6725 ft) 1 hour drive and 5 hours trek.**

We begin our trek at Nayapul after 1 hour drive on a private vehicle from Pokhara. After a short 15-minute walk along the banks of the Modi Khola, we reach Birethanti (1,015 m), a large village with many shops and teahouses. From there, the trail continues through the village and follows the north bank of the Bhurungdi Khola. The trail climbs steadily up the side of the valley to Hille at 1,495 m. After a short climb, we reach Tikhedhunga at 1,570 m. Then, thousands of steps and boulders that continually go upward will really prove a test of our stamina. We reach Ulleri by late afternoon. Overnight in Ulleri. A prelude to the trekking experience in the Annapurna region. Overnight at a guesthouse.

**Breakfast, lunch and dinner included**

**Day 05 - Trek to Ghorepani (2,840 m/9324 ft) – 4 hours**

We move on towards the steep climb to Ulleri, a large Magar village at an altitude of 2,070 m. The trail ascends more gently from this point, through fine forests of oak and rhododendrons, towards Banthanti at 2,250 m. Then we trek towards Nangethanti at 2,460 m. After an hour walk we arrive at Ghorepani (2,840 m). Overnight at a guesthouse.

**Breakfast, lunch and dinner included**

**Day 06 - Hike up to Poon Hill (3,210 m) and Trek to Tadapani (2,610 m) - 7 hours**

Today, very early in the morning, we start an hour hiking to Poon Hill at an elevation of 3,210 m, a brilliant mountain range spectacle; this vantage point provides an unobstructed view of the sunrise over the high Himalayas. There we spend about 1 hour and returning to Ghorepani, we take a hot breakfast. Then we make a climb along ridges, and through pine and rhododendron forests, towards

Deurali (2,960 m). After that, we descend to the Banthanti, then turn off to Tadapani. Overnight at a guesthouse.

**Breakfast, lunch and dinner included**

**Day 07 -Trek to Ghandruk (1,940 m/6364 ft) - 4 hours**

From Tadapani the trail descends through forests to Ghandruk, a village of Gurung people, one of the ethnic groups of Nepal. They have their own dialect, culture, costume, and lifestyle. Ghandruk is also home to many Gurkha soldiers. It is a famous destination for trekkers as it is known for its beautiful mountain views and also because it is within easy reach from Pokhara and Kathmandu. We have the afternoon to visit Annapurna Conservation Office and museums and explore the village. Overnight at a guesthouse.

**Breakfast, lunch and dinner included**

**Day 08 - Trek to Nayapul (1,010 m/3313 ft ) and Drive to Pokhara - 5 hours**

Today, we are going to end our trek at Nayapul followed by a short drive back to Pokhara. After reaching Pokhara, you can have a relaxing afternoon and take some stroll around the lake side. Overnight at hotel.

**Breakfast included**

**Day 09 - Drive Back to Kathmandu (1,340 m/4396 ft) - 7 hours**

We will be driving back to Kathmandu in the morning..

In the evening we will have a farewell dinner in a traditional Nepalese restaurant with cultural performances. Overnight at a hotel

**Breakfast included**

### **Included in the Cost**

- Airport pickups and drops in a private vehicle
- 3-star hotel accommodation in Kathmandu and Pokhara with breakfast
- Teahouse accommodation during the trek
- All meals (breakfast, lunch and dinner) during the trek
- Welcome and farewell dinners
- All ground transportation on a comfortable private vehicle as per the itinerary
- Guided city tour in Kathmandu by private vehicle
- Entrance fees for sightseeing/monument visits as per the itinerary
- An experienced, English-speaking and government-licensed trek leader and assistant trek leader (6 trekkers: 1 assistant guide)
- Porter service (2 trekkers: 1 porter)
- Staff costs including their salary, insurance, equipment, food and accommodation
- Down jacket and sleeping bag (to be returned after trip completion)
- All necessary paperwork and trekking permits (ACAP, TIMS)
- Medical kit (carried by your trek leader)
- All government and local taxes

### **Not Included in the Cost**

- Nepalese visa fee
- Excess baggage charge(s)
- Private transportation except what is mentioned in the What Is Included section
- Extra night accommodation in Kathmandu and Pokhara because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary
- Lunch and Dinner in Kathmandu and Pokhara (and also in the case of early return from the mountain than the scheduled itinerary)
- International flights
- Travel and rescue insurance
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.)
- Tips for guide(s), porter(s) and driver(s)

## **The Trekking Group**

For the Annapurna Sanctuary Trek, there will be one leader, assistant leader (6 trekkers:1 assistant guide) and porters for carrying luggage (2 trekkers:1 porter) This arrangement ensures that should anybody in the group become sick, the trip can still go ahead as planned. We can run the Annapurna Sanctuary Trek for groups of any size, However, if you'd like to book this trip for a large group then that can be arranged too.

## **Accommodations**

We will be staying star hotel in Kathmandu, & Pokhara. and teahouses during the trek. All accommodations are on twin-shared basis. Single supplement will be served on request and will cost an additional. We will have rooms with attached washrooms in most parts of the trek but this is not possible in a few remote locations. Also understand that single rooms are not easily available in higher elevations like they are in Kathmandu and the lower elevation regions.

## **Meals**

All meals will be provided during trekking while only breakfast will be available in Kathmandu and Pokhara. There will also be welcome and farewell dinners for guests. The most common cuisines in most menu will be Nepalese, Tibetan, Indian and the more common continental.

## **Travel Insurance**

It is a condition upon joining any of trips that all clients be insured for comprehensive expenses that might incur due to medical issues or accidents (this includes air ambulance, helicopter rescue, and treatment costs). Please note that we don't arrange or sell insurance.

## **Acclimatization**

Itineraries, the Annapurna Sanctuary Trek is also planned to curb Acute Mountain Sickness which is very common during high altitude trekking. We ascend gradually so that we have optimum time to acclimatize to the high altitude environment. Trekkers with known heart, lung or blood diseases are required to consult their doctors before booking the trek

## **Best Time to Travel**

Autumn (Sept. to Nov.) and Spring (March to May) are the best seasons for this trek. The weather is sunny and warm with outstanding views. If you wish to avoid

crowds and enjoy some alone time with nature, then taking this trip during winter (Dec., Jan., Feb.) could also be an option.