

Itinerary

- Day 01 – Arrive in Kathmandu (1,340 m/4969 ft). Overnight at a Hotel.
- Day 02 – Guided sightseeing in the Kathmandu Valley. Overnight at a Hotel.
- Day 03 – fly to Pokhara (900 m/2952 ft) 45 minute and Drive to Nayapul (1,010 m/3313 ft) and Trek to Ullari (1960 m/6420) – 5 hours. Overnight at a Guesthouse.
- Day 04 – Trek to Ghorepani (2,840 m/9317 ft) – 5 hours. Overnight at a Guesthouse.
- Day 05 – Hike up to Poon Hill (3,210 m/10531 ft) and Trek to Tadapani (2,610 m/8526 ft) – 6 hours. Overnight at a Guesthouse.
- Day 06 – Tadapani to Chhomrong (2170m/7120ft): 6 hours trek:
- Day 07 – Chhomrong to Himalayan(2920m/9580ft): 6 hours
- Day 08– : Himalayan to Annapurna Base Camp (4,130m/13,545ft) via Machhapuchhre Base Camp (3700m/12135ft): 5- 6 hours
- Day 09 – : Annapurna Base Camp to Dovan: 7 - 8 hours
- Day 10 – Dovan to Jhinu Danda (hot spring) (91760m/5770 ft): 3 - 4 hours
- Day 11_ Trek to Naya Pul then drive to Pokhara: 6 hours trek, 1 hour drive
- Day 12_ Pokhara valley sightseeing
- Day 13 – Fly Back to Kathmandu (1,400 m) – 45 minute ,overnight at a Hotel.
- Day 14– 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 – Fly to pokhara and Trek to Ulleri (1960 m/6430 ft): 30 min flight and 5 hours trek.

We fly to Pokhara early in the morning. As soon as we land in Pokhara, we notice the spectacular Himalayan vista the city is adorned with. We can see Dhaulagiri, Manaslu, Machhapuchhare, the five peaks of Annapurna and others. After 1 hour drive on a private vehicle from Pokhara. We will be at nayapul. 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. . A prelude to the trekking experience in the Annapurna region. Overnight at a guesthouse.

Included meals: Breakfast, lunch and dinner

Day 04 - 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.

Included meals: Breakfast, lunch and dinner

Day 05 - Hike up to Poon Hill (3,210 m/10531 ft) and Trek to Tadapani (2,610 m/8562 ft) – 6 hours

Early in the morning, you will take a short hike to Poonhill to see the beautiful sunrise and different breathtaking views of colorful mountains. From here you will see Annapurna South (7,219m), Annapurna I (8,091m), Annapurna II (7,937m), Annapurna III (7,855m), Annapurna IV (7,525m), Lamjung Himal (6,931m) and other peaks in Dhaulagiri and the Annapurna mountain ranges. Trek back to Ghorepani for breakfast, then you will head to Tadapani crossing rugged rhododendron forest. That night you will overstay in a local guesthouse of Tadapani.

Included meals: Breakfast, lunch and dinner

Day 06 -Trek to Chhomrong (2,140m)

The trail descends down through the rhododendron forest and you can hear the birds chirping. After walking down about 45 minutes the trail goes very steep

downhill through the terraced field and a suspension bridge over the Kimrong Khola.

The trail ascends up and then straight walk to Chhomrong at the elevation of 2140 m. Trek from Tadapani to Chhomrong will take around five hours.

Chhomrong offers you the close view of Mt. Annapurna south, Himchuli and above the village view of Mt. Machhapuchhre (Virgin Peak). Chhomrong is highly populated by the Gurung people. You will get a great chance to explore the perfect hospitality of Gurung communities.

That night you will overstay in a local guesthouse of Chhomrong village

Included meals: Breakfast, lunch and dinner

Day 07 - Trek to Himalaya (2,500m)

We descend via 2500 stone steps and cross the bridge above Chhomrong Khola. From here it is an uphill climb to Sinuwa. Next, we pass through a beautiful forest to Kuldihar followed by an easy downhill walk to Bamboo. Then trekking route descends into long, steep, slippery stone staircase and deep bamboo and rhododendron forests through which leads Dovan.

We pass through a bamboo forest which is damp and cold then ascend steadily with a few steep sections. It is only after reaching Himalaya Hotel that the forest opens up and we are out in the sun again with astounding views of the glacial river below. That night you will overstay in a local guesthouse at Himalayan

Included meals: Breakfast, lunch and dinner

Day 08 - Trek to Annapurna Base Camp (4,130m)

After hot breakfast, you will trek a steep climb up through a much drier forest before reaching Hinku Cave. From here we can see the trail drop closer to the river before climbing again to Deurali, the most scenic stretch of the day. The vegetation is sparser, allowing magical views of the valley, the river below, and the sheer rock-face cliffs above with bands of wispy waterfalls. You will again continue to reach your most awaited destination Annapurna Base Camp.

You will walk along the Machhapuchhre Base Camp to reach there. It gives you the natural views and creates more excitement towards nature.

This place offers you the spectacular views of the snowcapped Himalayas including Annapurna I, Annapurna South, Hiunchuli Peak, Fishtail (Machhapuchhre) and Barah Shikhar. You will spend the night at the local guesthouse at Annapurna base camp.

Included meals: Breakfast, lunch and dinner

Day09: Trek to Dovan 7 - 8 hours

From Annapurna Base Camp our trail rapidly descends past the Machhapuchhre Base camp, Deurali, Himalayan Hotel and finally to where Doban. we spend the night. Today's trek is downhill so it shouldn't be very difficult. Overnight in Dovan.

Included meals: Breakfast, lunch and dinner

Day 10 - Trek to Jhinudanda (1,780 m) - 5 hours

We follow the same trail until Chomrong. Once we have passed Khuldighar, there is an experimental sheep farm. The trail continues through rhododendron and bamboo fields. From Chomrong, the trail descends very steeply to the Jhinu, where we can bath in natural hot springs.

Included meals: Breakfast, lunch and dinner

Day 11: Trek to Naya Pul then drive to Pokhara: 6 hours trek, 1 hour drive

We leave Jhinu Danda and enjoy the beautiful hill landscape of western Nepal on our way to Naya Pul. We have lunch on the way. The actual trek to the Annapurna Sanctuary and back ends today. We board our vehicle to Pokhara. Overnight in Pokhara.

Included meals: Breakfast, lunch

Day 12: Sightseeing in Pokhara vally

After breakfast, a full day sightseeing tour of Pokhara city begins. There will be a professional city guide and a private tourist vehicle at your disposal. You will visit the following sites.

Bindhabasini Temple:

The temple lies in the center of the religious old bazaar. It is dedicated to Goddess Bhagwati, another manifestation of Shakti. The park grounds offer a fine picnic and relaxing area.

Davis Fall:

Locally known as Patale Chhango and located in the southern flank of the Pokhara valley, it is where the stream flowing from Fewa Lake collapses and surges down the rock into a deep gorge, leaping through several potholes. This is hugely popular with tourists and locals alike.

Gupteshwor Cave:

The revered Gupteshwor Cave is situated 2 km from the Pokhara airport. The entrance is right across from Davis fall and the cave is almost 3 km long. It has some big hall-sized rooms and some passages where you have to crawl on all four. This cave holds special value to Hindus since a phallic symbol of Lord Shiva is preserved here in the condition it was discovered.

Seti River Gorges:

Carved by the Seti Gandaki River, it is one of the natural wonders of Pokhara. K.I. Singh bridge at Bagar, Mahendrapool and Prithivi Highway Bridge near bus park provide a perfect view of the river's dreadful rush and the deep gorge made by the turbulent flow of white water.

Tibetan Refugee Camps:

The Tibetan village Tashiling in the south and the Tashi Palkhel village in the north of Pokhara are renowned for the production and trade of woolen carpets and other handicrafts. The original Tibetan settlers in this region migrated to Nepal in the '50s.

Overnight at a hotel. Breakfast included.

Day 13 –fly Back to Kathmandu (1,400 m) 45 minute

We will be fly back to Kathmandu in the morning. And shaping /rest day.

Overnight at a hotel. Breakfast and farewell dinner included

Day 14 - Transfer to the International Airport for Your Final Departure

The trip concludes today. Our airport representative will drop you at the international airport in Kathmandu for your flight departure from Nepal.

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 menus 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., and Feb) could also be an option.