

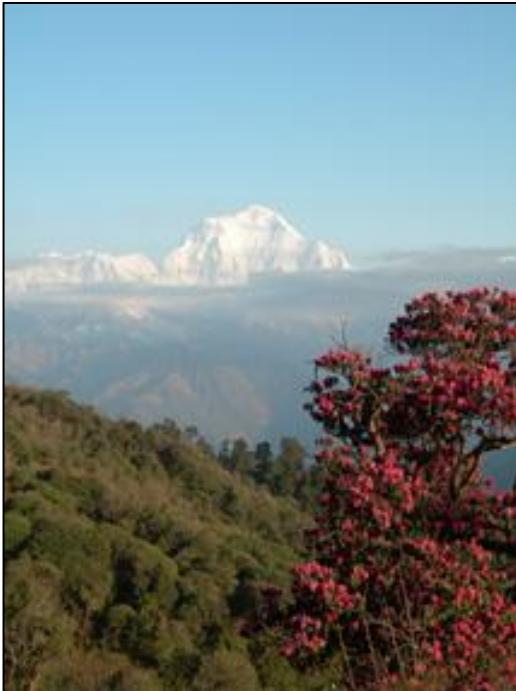
Annapurna Base Camp Trek

in the heart of the annapurna himalaya.

Trek Grade: Moderate to Adventurous
Trekking Duration: 9 Days
Total Trip: 12 Days Kathmandu-Kathmandu

Introduction:

This trek passes through a more diverse range of climate, vegetation and cultures than most small countries can boast in their entirety. From the lush vegetation of rain- and temperate forests to terraced rice fields, the land and its people change daily or even hourly, giving trekkers a tantalising introduction to Nepal's natural and cultural beauty. There are priced options to camp or stay in tea houses and hotels.



The trail is not overly difficult or remote, and you will be passing through plenty of villages along the way. Beginning in Pokhara, the first portion of the trail passes through lush green hill country typical of the heartland of Nepal. Tiny thatched roofed villages, set among the terraced fields, make an attractive picture against the Himalayan backdrop – you can expect magnificent views of the snowy range of Annapurna, Manaslu and Dhaulagiri, including the most majestic of all the Himalayan peaks, the Machapuchare, or 'Fish Tail'.

From the rural villages and farms of Pokhara, the trail continues through a deep gorge that separates the peaks Hiunchuli and Machapuchare, before entering the dense rain and bamboo forests of the narrow Modi Khola ('river') valley. Our path takes us slowly closer to the Annapurna Sanctuary, its immense walls visible at a distance, giving it the character of a mountain fortress. The Sanctuary is a natural amphitheater, and once inside you will have stunning views of the surrounding peaks, including Annapurna I (26,545ft-8,091m), Annapurna South (23,693ft-7,219m), Gangapurna (24,457ft.-7,455m) and Annapurna III (24,787ft-7,555m). This area is also referred to as the Annapurna Base Camp and Machapuchare (Fishtail) Base Camp. On our return journey we descend through the lush terraced Modi Khola valley, finally concluding the adventure at Pokhara, a popular destination that is home to the famed Phewa Lake.

Day 01 Arrive Kathmandu

On arrival at Kathmandu Tribhuvan International Airport you will be received by our staff who will escort you to the Hotel, where one of our guides will give you a briefing on the Hotel, Kathmandu, trekking and camping, and other related information that you might require while in Nepal.

Day 02 Fly Pokhara (823m/2,700ft) and Trek to Ghandruk (1940m/6360ft) – 6 hours trekking



Early breakfast, then transfer to the domestic airport for the flight to Pokhara. It's a scenic half-hour flight. Pokhara itself is a beautiful lake city, with magnificent views of Dhaulagiri, Manaslu, Machapuchare, and five of the Annapurna Peaks.

After a short rest in Pokhara we drive 1 ½ hours to Nayapul ('New Bridge'), the starting point of our trek. To begin with the trail passes through populated, busy areas where you will encounter all types of people from merchants, traders, and local farmers to other trekkers, and of course the mule and donkey trains. As you come to Bhirethati village the trail splits in several directions, but we follow the main trail along the ancient Trans-Himalayan trade route. Shortly we arrive at a suspension bridge over the Khumnu Khola. From here our trek follows the main trade route through a series of farm villages and waterfalls, ending at Ghandruk, where we camp or tea house overnight. Ghandruk is an attractive

hillside settlement of stone houses, home to the Gurung people.

The afternoon is free. You can visit the Gurung Museum in Ghandruk to learn more about the Gurung, their culture and traditions, or you can simply relax and take in the surrounds. On a clear day the view of Fishtail, Annapurna, and the towering Hiuchuli Mountains are wonderful.

NB. It is also possible to drive to Pokhara. The drive takes approx. 8 hours, and will usually require that you spend a night in Pokhara, thus adding a day to the itinerary. The option to drive is there as a backup plan in case of issues with your internal flights.

Day 03 Trek Ghandruk to Chhomrong (2170m/7120ft) – 5 hours trekking

The track from Ghandruk winds up to a steep climb for 1 hour until reaching Ghandrukkot, from where it is a steep descent to the Kimron Khola. After an hour of flat, easy terrain, there is another steep ascent taking us up to Chomrong, the gateway to the Annapurna sanctuary. As

you gain altitude you will notice the air become cooler and the vegetation change. Chomrong is a beautiful village located on the lap of the Annapurna massif.

Day 04 Chhomrong to Dovan (2580m/8460ft) - 6 hours trekking

We depart Chhomrong and trek alongside the Modi Khola, leaving behind the inhabited foothills and enter the high wooded slopes of the Himalayas. The path is steep up to Sinuwa Danda, after which it becomes somewhat more level as we approach Khuldighar through thick forests of rhododendron. During March and April, when the rhododendron are in flower, this region is particularly beautiful. From Khuldighar we descend on stone steps and through bamboo forest to Doban.



Day 05 Doban to Deurali (3230m/10,595ft) – 4 hours trekking

From Dovan we follow the Modi River upstream. The trail continues up through forests of bamboo and oak, which are home to varied wildlife including wild pig, deer, and the very rare snow leopard. After a gradual ascent we approach Himalaya Hotel (Himalaya 'Hotel' is in fact a small lodge, with only a few rooms!) situated near Hinko cave at the base of Hiunchuli peak. There should be time for a brief rest. The trail continues on a gradual ascent for another 1-2 hours, ending at Deurali, the last tea-house en-route to Machapuchare Base Camp. As we reach Deurali, the lush vegetation gives way to high alpine flora and shrubs. Overnight at Deurali.

Day 06 Deurali to Machapuchare Base Camp (3700m/12135ft) – 3-4 hours trekking

Leaving Deurali we trek upstream alongside the raging Modi River. The track is generally easy, though there are some avalanche-prone areas, as well as strong winds. Crossing the Modi River Bed, we reach Bagar, where we rest.

From Bagar, it is a short but strenuous climb to Machapuchare Base Camp. At the top, you'll be rewarded with stunning views of Annapurna South, Annapurna I, Gangapurna and, of course, the Fishtail, or Machapuchare, itself. Overnight at Machapuchare Base Camp.

Day 07 Machapuchare Base Camp to Annapurna Base Camp (4,130m/13,545ft) – 2-3 hours trekking

Today's walk takes us to Annapurna Base Camp, in the heart of the Sanctuary. We begin by trekking up a fairly steep trail for 2-3 hours, which, depending on the season, is liable to be covered in snow. As you reach higher ground, you can expect magnificent views of an array of snow peaks. At this height, the vegetation disappears altogether.

Annapurna Base Camp has 2-3 teahouses, where you can relax and enjoy the view – a well-earned reward for your hard work! Overnight at Annapurna Base Camp.



Day 08 Annapurna Base Camp to Bamboo (2310m/7575ft) – 6 hours trekking

Leaving the serene and barren tranquility of the mountains, we trek back into the lush green vegetation and forest, en-route to Bamboo. The walk is more or less entirely downhill, with only a few ascents.

Day 09 Bamboo to Jhinu Danda (1760m/5770ft) – 6 hours trekking

From Bamboo, we have a short climb to Khuldi-ghar, where we check-out of the Park. From Khuldi, the trail descends all the way to the bridge over the Modi River, and then up to Lower Chomrong.

We leave Lower Chomrong after a short rest and climb up the steep stone path to Upper Chomrong, from where we descend to the small village of Jhinu Danda. If time allows, you will be able to visit the hot springs down below by the River Modi. Overnight at Jhinu Danda.



Day 10 Jhinu Dada to Kathmandu, via Pokhara – 5 hours trekking, 1 hour drive

From Jhinu Danda we trek to Kyumi Village, along a route that is mostly downhill though with some short climbs. After lunch near Kyumi, we trek to Syauli Bazaar and then down to Birethanti, from where it is about an hour's walk to Naya Pul. Here our trek ends.

From Naya Pul, we drive one hour to Pokhara and check-in to a central hotel situated close to the lakeside. Dinner and overnight in Pokhara.

Day 11 Pokhara to Kathmandu

A morning flight takes us back to Kathmandu, where we transfer to a hotel near the city centre. The rest of the afternoon is at leisure to shop or take in the sights of Kathmandu. This evening we enjoy a celebratory meal in central Kathmandu.

Day 12 International Departure

After breakfast transfer to the airport for your return flight home. Please keep your confirmed air ticket, departure tax (in local currency) and your passport handy.