



Trip Itinerary

DAY 1: ARRIVE KATHMANDU

Arrive at the airport and transfer to your hotel. Later you will meet your guide for your pre-trek briefing.

DAY 2: FLY TO POKHARA – DRIVE TO NAYA PUL- TREK TO THIKEDHUNGA

Elevation: 1079m – 1540m

You will take a morning flight to Pokhara, with its magnificent views of Dhaulagiri, Manaslu, Machhapuchchhre, the five peaks of Annapurna and many others. You will then drive for one hour to Nayapul where you start your trek. You follow the south bank of the river, passing through sub-tropical valley forests and crossing the Modi Khola on a high suspension bridge. You continue to ascend on this trail until you reach the village of Tikhedhungga where you will spend the night.

DAY 3: TREK TO GHOREPANI

Elevation: 2780m

You leave the small village of Tikhedhungga, crossing the small suspension bridge across the deep gorge to start your steep ascent up to Ulleri. Fortunately there are steps all the way which makes this tough climb slightly easier. After Ulleri, the trail continues winding its way through the rhododendron forests, passing beautiful waterfalls and you climb up, and down a little, enjoying the views of Machhapuchchhre (Fish Tail) peeking out high above the lush green hillsides. Eventually you reach the village of Ghorepani and are rewarded with breath-taking views of Dhaulagiri and the Annapurna range.

DAY 4: ASCEND POON HILL, TREK TO TADAPANI

Elevation: 3200m – 2630m

You will set off in the dark this morning to ascend Poon Hill, renowned as one of the best view points in Nepal. The trail climbing to Poon Hill's viewpoint

is steep, but it is well rewarded with spectacular views of Machhapuchchhre, Dhaulagiri, Nilgiri, and the Annapurnas as the sun rises. You then begin your descent down to Tadapani through rhododendron forests with beautiful views of the high mountains and lush green valleys.

DAY 5: TREK TO CHOMRONG

Elevation: 2170m

You will trek down through the village of Chuile and then descend to Lower Chomrong, before climbing the thousand stony steps taking you to Upper Chomrong.

DAY 6: TREK TO BAMBOO

Elevation: 2170m

Today, you will trek up to the village of Bamboo.

DAY 7: TREK TO MACHHAPUCHCHHRE BASE CAMP

Elevation 3700m

Today you start your trek to Base Camp (MBC), this is quite a strenuous hike but well worth the effort as the spectacular view of Machhapuchchhre unfolds before you.

DAY 8: TREK TO ANNAPURNA BASE CAMP, DESCEND TO HIMALAYA

Elevation: 4130m - 2920m

On the way to Annapurna Base Camp from Machhapuchchhre Base Camp, the vegetation disappears and you will be trekking amongst glacial moraine. Your first view will be of Annapurna's near vertical south face towering above you. Annapurna Base Camp boasts one of the most awe inspiring 360 degree views in the Himalaya. You will literally be surrounded by the peaks such as Machhapuchchhre, Annapurna South, Annapurna Iv and Hiuchuli.



You then descend from Annapurna Base Camp to Himalaya retracing your steps through Machhapuchchhre Base Camp. Heading back down to the valley is much easier than climbing up. You will see the waterfalls that drop down from a high point to the rocks below.

DAY 9: TREK TO CHOMRONG

Elevation: 2170m

You will trek down through the villages of Bamboo and Sinuwa to Chomrong.

DAY 10: TREK TO NAYPUL, DRIVE TO POKHARA

Elevation: 2170m

Today is your last day on the trail as you make your way down to Nayapul and say goodbye to the Annapurna Conservation Park. You will then transfer (approx. 1 1/2 hours) to your hotel in Pokhara by vehicle.

DAY 11: FLY TO KATHMANDU

You take a morning flight to Kathmandu.

DAY 12: DEPART KATHMANDU

You can fly out from Kathmandu today. Alternatively you may wish to spend a couple of days exploring this fascinating city.

SUMMARY

An amazing trek into the very heart of the Himalaya. The Annapurna Sanctuary trek takes you into the very heart of Himalayan giant territory.

You start your trek with a short drive from Pokhara to Nayapul from where you will start your trek. A steep ascent takes you to the village of Ghorepani, ready to make your ascent of Poon Hill for amazing views of Machhapuchchhre, Dhaulagiri, Nilgiri, and the Annapurna range.

From here you trek for several days following the gorge carved by the river, crossing and re-crossing on suspension bridges before reaching Machhapuchchhre Base Camp and Annapurna Base Camp for a 360 degree view of the Annapurna range.



Annapurna Sanctuary



Annapurna South