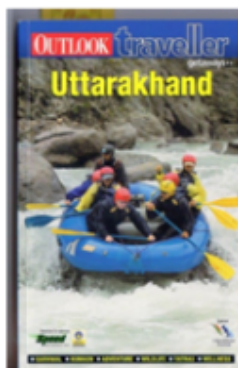


AQUATERRA

A D V E N T U R E S

**ANNAPURNA SANCTUARY
TREK**



ANNAPURNA SANCTUARY: INTRODUCTION

The Annapurnas rise in the heart of the Himalayas. They may not be the tallest, but they form the central core of the great Himalayan arc, towering in the very middle of the 2550km chain that is the planet's highest range. Annapurna region is a microcosm of Himalayas, and one that is easily accessible. Unlike many other Himalayan ranges, the 55km range is entirely within Nepal and with a relatively easy trail that goes all around it, called the Annapurna Circuit. The Annapurna Sanctuary trek we do takes us right in the midst of Annapurna mountains. Apart from Annapurna I (8091m/26,781ft), the world's tenth highest mountain, the Annapurna Himal, as the range is popularly called, houses five other major peaks – Annapurna II, III, IV, South and Gangapurna, all exceeding 7200m (23,260ft).

With the increase in the standards of lodges on the popular trails in Nepal, it is now possible to offer treks which are much more comfortable than camping, certainly if it snows or rains. For those people put off by the idea of camping and not having showers for a considerable period of time, this trip opens up a fantastic area of the Himalayas. The tea houses offer clean & comfortable accommodation mostly in twin bedded rooms or in 4 bedded dormitories. It should be noted that there are basic facilities of shared toilets and shower rooms which are sometimes located in separate buildings. Most tea houses however provide hot water for showering (at an additional charge).



FACT SHEET

DURATION OF TREK: 14 Days

REPORTING POINT: Kathmandu Airport

GRADE OF TREK: Demanding

HEIGHT: 4100 M

ACCOMMODATION

DAY	ACCOMMODATION	MEAL PLAN
DAY 1	KATHMANDU GUEST HOUSE	ALL INCLUSIVE
DAY 2-12	TEA HOUSES ENROUTE	ALL INCLUSIVE
DAY 13	POKHARA GUEST HOUSE	ALL INCLUSIVE
DAY 14	POKHARA GUEST HOUSE	BREAKFAST

ITINERARY CHART

DAY	START POINT	END POINT	TIME	ALT.
DAY 1	KATHMANDU AIRPORT	KATHMANDU	40 MIN	1400 M
DAY 2	KATHMANDU	BIRETHANTI	9 HRS	1000 M
DAY 3	BIRETHANTI	BANTHANTI	6 HRS	2300 M
DAY 4	BANTHANTI	POON HILL	4 HRS	2850 M
DAY 5	POON HILL	TADAPANI	6 HRS	2700 M
DAY 6	TADAPANI	CHOMRONG	5 HRS	2000 M
DAY 7	CHOMRONG	DOBAN	7 HRS	2500 M
DAY 8	DOBAN	MACHAPUCHARRE BASE CAMP	7 HRS	3600 M
DAY 9	MACHAPUCHARRE BASE CAMP	ANNAPURNA BASE CAMP	3 HRS	4100 M
DAY 10	ANNAPURNA BASE CAMP	BAMBOO	7 HRS	2500 M
DAY 11	BAMBOO	JHINU	7 HRS	1750 M
DAY 12	JHINU	DHAMPUS	3 HRS	1600 M
DAY 13	DHAMPUS	POKHARA	3 HRS	900 M
DAY 14	POKHARA	KATHMANDU AIRPORT	3 HRS	TRIP ENDS!

ANNAPURNA SANCTUARY: DETAILED ITINERARY

DAY ONE: KATHMANDU AIRPORT - HOTEL

(1550 M)

Arrive Kathmandu. Check in, relax. Last minute shopping at Thamel, sleep and hydrate.



DAY TWO: KATHMANDU - POKHARA - BIRETHANTI

(1000 M)

Drive from Kathmandu to Pokhara and continue driving to Nayapul before hiking to the pleasant riverside village of Birethanti, at the edge of the Annapurna trekking region.

DAY THREE: BIRETHANTI - BANTHANTI**(2300 M)**

Our first day on the trail, we trek through oak and rhododendron forests and follow the Bhurungdi Khola (river) to Banthanti.

DAY FOUR: BANTHANTI - GHOREPANI**(2850 M)**

We continue along the Bhurungdi Khola and ascend Ulleri Hill, eventually arriving at Ghorepani from where we get perfect views of the Annapurna range.

DAY FIVE: GHOREPANI - POON HILL - TADAPANI**(2700 M)**

Rise early to climb up Poon Hill to watch a magnificent sunrise over the Himalaya. From west to east you can see Dhaulagiri, Tukuiche, Dhampus Peak, Nilgiri, Annapurnas and Machapuchare - breathtaking! We then continue to Tadapani, trekking through open grassland and deep forests. On the way there are excellent views of Annapurna South and the Manaslu range.

DAY SIX: TADAPANI - CHOMRONG**(2000 M)**

Today, we have a steep descent through rhododendron forest to the valley bottom, with fabulous mountain views. Later the path climbs steeply again before we arrive at the lively trekking hub of Chomrong.

DAY SEVEN: CHOMRONG - DOBAN**(2500 M)**

Our trail descends on a stone staircase and crosses the Chomrong Khola before climbing through deep rhododendron and bamboo forests to Doban.

DAY EIGHT: DOBAN - MACHAPUCHARE BASE CAMP**(3600 M)**

Our aim today is to pass through the gates of the sanctuary. We trek up the muddy surface of the Modi Khola, then along a rocky trail to Hinku cave. From here we climb towards the base camp of Machapuchare. There are stupendous views of the Hiunchuli, Annapurna I & III, Gangapurna and Machapuchare, the 'fish tail' mountain peak.

DAY NINE: MBC - ANNAPURNA BASE CAMP**(4100 M)**

We continue our exploration of the sanctuary and ascend to the Annapurna Base Camp.

DAY TEN: ABC - BAMBOO

(2500 M)

Retracing our steps, we return along the only route to Bamboo.



DAY ELEVEN: BAMBOO - JHINU

(1750 M)

The final day's walking returns you to Lukla for your early morning flight back to Kathmandu the next day.

DAY TWELVE: JHINU - DHAMPUS

(1600 M)

Our last full day trekking, we follow the route to the village of Pothana and continue till Dhampus.

DAY THIRTEEN: DHAMPUS - PHEDI - POKHARA

(900 M)

A short morning trek to pick up our vehicle for the journey to Pokhara. Rest of the day at leisure in this beautiful lakeside city.

DAY FOURTEEN: POKHARA - KATHMANDU - KTM AIRPORT

Transfer to Pokhara to catch your flight to Kathmandu and a connecting flight onward to your destination.



ANNAPURNA SANCTUARY: COST BREAKDOWN

COST INCLUDES

ALL TRAVEL FROM KTM AIRPORT TO KTM AIRPORT BY ROAD/AIR AS APPLICABLE IN A NON-AC VEHICLE AS PER THE ITINERARY
ALL ARRANGEMENTS FOR STAYING AND CAMPING WHILE ON TRIP
ACCOMMODATION ON TWIN SHARING BASIS IN TEA HOUSES / HOTEL
ALL MEALS AS MENTIONED IN ITINERARY & SAFE DRINKING WATER
ONE SHOWER/DAY/PERSON WHERE POSSIBLE
ALL TREKKING ARRANGEMENTS WITH INDIA'S MOST EXPERIENCED GUIDING TEAM, CAMP STAFF AND COOKS
PROFESSIONAL GUIDE FEE
PORTERAGE UPTO 12KG/PERSON
PEAK FEE/SANCTUARY FEE/ROYALTY/PERMITS WHERE APPLICABLE

COST EXCLUDES

SLEEPING BAG; BOTTLED WATER/HOT DRINKING WATER/WIFI (RATES INCREASE THE FURTHER YOU GET FROM KATHMANDU)
ANY TRANSFERS OR MEALS OUTSIDE OF ITINERARY
SHOWERS MORE THAN ONCE A DAY
PORTERAGE ABOVE 12KG CHARGEABLE AT INR 1500/DAY
ANY EXPENSE INCURRED DUE TO FORCE OF NATURE SUCH AS LANDSLIDES, BAD WEATHER OR REASONS BEYOND OUR CONTROL
TIPS & GRATUITIES (WE RECOMMEND 5-10% OF YOUR TRIP COST- TO BE DISTRIBUTED AMONG THE TEAM) - PERSONAL CHOICE
TRAVEL & CANCELLATION INSURANCE
TRAIN & FLIGHT TRAVEL

A NOTE ON TEA HOUSE TREKKING IN NEPAL

You are travelling to one of the world's most remote mountain regions, which have created the famous tea house concept that caters to basic shelter and food in the mountains.

PRICES EN-ROUTE:

Trekking for up to 6 hours per day can take it out of you especially when the altitude is increasing.

Snacks and fluids are the thing that gets you through, but they do have a habit of escalating in price with the altitude. A Mars Bar that cost 80 rupees in Kathmandu may cost 300 in MBC. It is worth buying extras before your trek at 'Kathmandu prices'.

Showering is about \$5 per wash, and if the pipes are frozen it will be more like a warm bucket splash. Battery charging can be as high as \$5-6 per charge, which adds up when trekking for 12 days.

Keep your batteries warm to avoid losing charge, you wouldn't be the first to miss out on great shots because your camera is dead.

ANNAPURNA SANCTUARY: THE NEXT STEPS

Have any questions? [Email us](#)

Ready to go?

Book your place by filling in this [form](#).

Make your payment [here](#).

Once you fill in your form, we'll get in touch with you with all the necessary details.

PLEASE NOTE:

Filling in the booking form does not guarantee a spot on any trek. You will receive a separate confirmation email once the booking form is submitted.

We look forward to hosting you on your next Adventure!

