

## NEPAL TREKKING: AROUND ANNAPURNA

### **HNTR # 1: ANNAPURNA BASE CAMP**

#### **Itinerary:**

#### **Day 01:**

Arrival at Kathmandu airport

You will be met by our representative and transfer to hotel. After refreshment in hotel, short briefing about the programs.



**KATHMANDU DURBAR SQUARE:** Durbar Square, one of the old capitals of the Kathmandu valley, is a synthesis of Hindu and Buddhist temples, stupas and statues, and is often the site of festivals, marriages and other ceremonies.

#### **Day 02:**

Kathmandu city sightseeing (1315 m)

Today we explore the Kathmandu valley

**SWOYAMBBHUNATH:** Climb the many steps to Swayambhunath (the monkey temple) with its commanding views of Kathmandu, its whitewashed stupas and its unique synthesis of Buddhism and Hinduism.

**PASHUPATINATH:** It's a sacred temple complex on the banks of the holy Bagmati River. Here, monkeys run up and down the steps of the burning ghats, and trident-bearing sadhus draped in burnt-orange and yellow sit serenely meditating - when they are not posing for photos for rupees.

**BOUDHANATH:** The striking Buddha eyes of Boudhanath Stupa watch over a lively and colorful Tibetan community and attract pilgrims from all over the Himalayan Buddhist realm. In the midst of traditional gompas, and hung with long strings of multi-colored prayer flags, Boudhanath attracts Sherpas, Tibetans and tourists alike for daily circumambulations (koras) of the stupa.

#### **Day 03:**

Kathmandu – Pokhara

Early morning after breakfast drive to Pokhara by private Car. Upon arrival, check into the hotel. Your afternoon is free for personal activities and a 1-hour boat ride on Fewa Lake.

Dinner and overnight stay at hotel.



## NEPAL TREKKING: AROUND ANNAPURNA



### Day 04:

Drive Pokhara to Nayapul, then trek to Tikhedhunga (1577 m)

Drive from Pokhara to Nayapul (1050 m) by private vehicle, which takes approximately one and half hours.

Now is the time to start your trek from Nayapul (1050 m) to Tikhedhunga (1577 m) Via Birethanti (1065 m) which takes about four hours. The first part of your trekking is easy passing through several small villages and settlements. Afterwards, you could ascend gently to the final destination of the day.

The majority people here are Gurung and their religion is Buddhist. Most of them are engaged in agricultural activities, some of them are in tourism business and in British and Indian regiments.

### Day 05:

Trek from Tirkhedhunga to Ghorepani (2855 m)

You ascend steeply for the first 2 hours and then ascend gently passing through Ulleri (2070 m) and Banthanti. You could see good view of Machhapuchhare (6997 m), Hiunchuli (6441 m), and Annapurna (7219 m) south on the way. Now your trail is quite easier passing through rhododendron and shadowy trees and descends gently up to the final camp. You could see some of the wild life such as monkeys and various species of birds.

### Day 06:

Hike to Poon Hill (3193 m) and trek to Tadapani (2590 m)

It takes about five and half hours. Early morning hike to Poon Hill (3193 m) to enjoy the sunrise view over & the numerous snowcapped mountains. Hike down to Ghorepani after enjoying the sun rise view, have a hot breakfast at guest House/Lodge and trek to Tadapani (2590 m). Most part of the trial you trek through rhododendron forest, the beautiful flower makes the jungle colorful in spring when they bloom.



## NEPAL TREKKING: AROUND ANNAPURNA

### Day 07:

Trek from Tadapani to Chomrong (2170 m)

It takes about five hours.

It is very easy trek by descending gently all the way through rhododendron, oak and other kinds of dense forests. You could hear different kinds of birds chirping on the way to Kimrung Khola. Immediately, ascend steeply and walk at a level for 45 minutes and gently steeply and flat to Chomrong. Chomrong is a gateway to Annapurna Base Camp trek and inhabited by Gurung, one of the major ethnic groups of Nepal.



### Day 08:

Trek from Chomrong to Himalaya Hotel (2920 m)

It takes about 5 hrs; the trail descends on a stone staircase for the first one and half hour and crosses the Chomrong Khola on a suspension bridge, then climbs out of the side valley. High above the Modi Khola on its west bank, the trail passes through the forests of bamboo, rhododendron and oak. Climbing further on a rocky you reach at Sinuwa, at 2350m. You trek gently through the forest and descend a long, steep stone staircase into deep bamboo and rhododendron forests. Beyond it, the trail is steeply ascent up to Hinko Cave (3160m), this named as a huge overhanging rock provides some protection against rain and avalanches.

### Day 09:

Trek from Himalaya Hotel to Machapuchhre Base Camp (3700 m)

It takes about five hours. You trek gently ascend through bamboo forests with varieties of rhododendron and oak trees. The valley widens and becomes less steep and you can see the gates to the sanctuary from here. As the trail continues into the sanctuary, it crosses two avalanche tracks on a narrow trail that hurdles up against the cliffs. After short trek you will be at Bagar (3310m), a meadow and some abandoned hotels. The normal trail follows the left side of the valley. Now the trail appears gently ascent until Machhapuchhare Base Camp (3820m). This is one of the places, where you can enjoy the view of all Gorgeous Mountain ranges. The path follows through alpine meadow and after some distance your trails go gently up. You will magnificent views of Annapurna Himalayan range just next to your guest house.



## NEPAL TREKKING: AROUND ANNAPURNA

### Day 10:

Trek from MBC to Annapurna Base Camp (4130 m) & return back to Doban (3250 m)

After a short trek, you begin to approach Annapurna Base Camp (4170m). You can see the views of several peaks at 360 degree from Annapurna Base Camp. After lunch at Annapurna Base camp, we will decent back to Doban.

### Day 11:

Trek from Dovan to Chomrong (2170m)

It takes about six hours. The path is descent up to Bamboo passing through forests with varieties of rhododendron, oaks and bamboo plants. After Bamboo, the trail goes steeply up an hour and the trail is quite flat until Sinuwa. You trek gradually descend to the Chomrong Khola and you have to follow stone staircase for almost an hour to reach Chomrong.

### Day 12:

Trek from Chomrong to Ghandruk (1940m)

It takes about five hours. The first part of the trek is descent and then appears through flat land until Himel Pani. You will find beautiful waterfall here.

### Day 13:

Trek from Ghandruk to Birethati to Pokhara

It is our last day of trek which will takes around 5 hrs. Once arrival in Birethati, our car will be waiting for you for your drive to Pokhara.

### Day 14:

Pokhara – Kathmandu:

Early morning after breakfast we will drop you at Domestic airport for flight back to Kathmandu. Transfer to Hotel

### Day 15:

Kathmandu Sightseeing

Early in the morning, you could enjoy optional mountain flight tours to Mount Everest. In the afternoon, we will tour to Bhaktapur Durbar Square & some other places in Kathmandu.

Bhaktapur Durbar Square: This Square is an open museum holding exciting palace, courtyards, royal bath, sculptures, pagodas, Shikhara style temples and Buddhist monastery along with exclusive architecture. In other words, this is the most beautiful Durbar you visit in your Nepal tours. Overnight at Royal Penguin Hotel.

### Day 16:

Departure

After breakfast we'll head towards airport for final departure or continue your onwards trips.

Tour ends with THANK YOU!



## NEPAL TREKKING: AROUND ANNAPURNA

### Package Cost:

1 pax: US \$ 2400

2 – 4 pax: US \$ 1790

5 – 8 pax: US \$ 1500

9+ pax: US \$ 1445

**Single Supplement:** US \$ 460

### Hotels:

Kathmandu: Royal Penguin Boutique Hotel

Pokhara: Temple Tree Resort

In the tour it is also possible to take **1 hr mountain flight to Everest.**



### SERVICES INCLUDED:

- Accommodation in twin sharing basis with breakfast
- All transfers by private Japanese Vehicle for the whole trip
- Driver expenses for whole trip
- English speaking tour guide for 2 day S/S.
- Annapurna Base Camp trekking package for 10 days.
- Flight Pokhara – Kathmandu + airport taxes
- Accommodation in normal teahouse lodges while trekking.
- All meals & Tea OR Coffee 3 times a day while on trek.
- 1 good English speaking Sherpa guide with necessary porters.
- TIMS card & ACAP permit.
- Sightseeing entrance fees
- Trekking equipments like: dawn jacket, sleeping bag, trekking stick, water bottle, rain poncho etc
- Insurance for our staff.
- All Government taxes.

### SERVICES EXCLUDED:

- Lunch & dinner during stay in Kathmandu, Pokhara.
- All bar bills
- Travel insurance
- Any extra cost not mentioned in service includes.