



Global Treks & Expedition P. Ltd.

Chakshibari Marg 591, Thamel
Kathmandu, Nepal

Annapurna Sanctuary Trek Brief Itinerary

Day 01: : Arrive at Kathmandu (1,350 M)

Arrive in Kathmandu, the capital city of Nepal, situated at an altitude of 1,350 meters. Upon arrival, transfer to your hotel. This day is typically reserved for rest after your flight and initial acclimatization.

Day 02: : Explore Kathmandu

Spend the day exploring the cultural and historical sites of Kathmandu. Visit iconic landmarks such as Swayambhunath (Monkey Temple), Boudhanath Stupa, Pashupatinath Temple, and Durbar Square. Breakfast is included.

Day 03: : Kathmandu to Pokhara tourist bus

After breakfast at 06:30 AM, take a tourist bus from Kathmandu to Pokhara, a scenic city known for its lakes and views of the Annapurna mountain range. The journey takes around 6-7 hours. Check into your hotel upon arrival.

Day 04: : Drive Pokhara to Nayapul & Trek to Ulleri (2,070 M)

Drive for about 2 hours from Pokhara to Nayapul. Begin your trek with a 5-hour hike to Ulleri, a small village at an elevation of 2,070 meters. Enjoy lunch and dinner on the trek.

Day 05: : Trek Ulleri - Ghorepani (2,850 M)

Trek from Ulleri to Ghorepani, a journey of 4-5 hours. Ghorepani is located at 2,850 meters and is a popular stop for trekkers heading to Poon Hill. Meals included are breakfast, lunch, and dinner.

Day 06: : Trek Ghorepani - Poon Hill - Tadapani (2,660 M)

Start early to hike up to Poon Hill for a stunning sunrise view over the Himalayas. Then trek to Tadapani, which takes about 6-7 hours in total. Tadapani is situated at 2,660 meters. All meals are included.

Day 07: : Trek Tadapani - Chhomrong (2,030 M)

Trek from Tadapani to Chhomrong, a 5-6 hour journey. Chhomrong is located at 2,030 meters and offers beautiful views of Annapurna South. Enjoy breakfast, lunch, and dinner.

Day 08: : Trek Chhomrong - Himalaya



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Continue your trek from Chhomrong to Himalaya, which takes around 5-6 hours. Meals are included.

Day 09: : Trek Himalaya to Machhapuchhare Base Camp (3,720 M)

Your trek continues with a scenic hike from Himalaya to Machhapuchhre Base Camp. The journey takes about 4-5 hours, ascending through beautiful landscapes and offering stunning views of the surrounding peaks. Upon arrival, settle into your camp, enjoy the high-altitude scenery, and rest for the night.

Day 10: : Trek Machhapuchhre Base Camp to Annapurna Base Camp (4,130 M)

Today's trek is a relatively short but significant ascent to Annapurna Base Camp, located at 4,130 meters. The 3-4 hour trek provides breathtaking views as you move closer to the Annapurna Sanctuary. Once there, relish the panoramic vistas and prepare for an overnight stay at the base camp.

Day 11: : Trek Annapurna Base Camp to Bamboo (2,300 M)

Begin your descent from Annapurna Base Camp to Bamboo, which takes about 7-8 hours. The trek involves descending through diverse landscapes, from alpine meadows to dense bamboo forests. The significant drop in altitude will make the air feel thicker, and the warmth more pronounced as you reach Bamboo.

Day 12: : Trek Bamboo to Jhinu Danda and Hot Spring Visit (1,780 M)

Trek from Bamboo to Jhinu Danda, which takes around 6-7 hours. After arriving in Jhinu Danda, enjoy a rejuvenating dip in the nearby hot springs, a perfect way to relax after days of trekking. Return to Jhinu Danda for an overnight stay.

Day 13: : Trek Jhinu Danda to Ghandruk (1,940 M)

Today's trek to the picturesque village of Ghandruk takes approximately 5 hours. The trail offers beautiful views of the Modi Khola River and the surrounding hills. Explore the traditional Gurung village of Ghandruk, known for its rich culture and friendly locals.

Day 14: : Trek Ghandruk to Nayapul & Drive to Pokhara

Conclude your trek with a 2-hour walk from Ghandruk to Nayapul. From Nayapul, take a 1-hour drive to Pokhara. Spend the rest of the day in Pokhara, enjoying the relaxed atmosphere of this lakeside city.

Day 15: : Drive Pokhara to Kathmandu by Tourist Bus

Travel from Pokhara to Kathmandu by tourist bus, a journey that takes 6-7 hours. Enjoy the scenic drive through the countryside, passing by rivers, villages, and terraced fields. Upon arrival in Kathmandu, transfer to your hotel and unwind.

Day 16: : Leisure Day in Kathmandu

Enjoy a free day in Kathmandu to rest or explore at your own

pace. Visit local markets, historical sites, or simply relax at your hotel. This day allows you to soak in the culture and atmosphere of Nepal's vibrant capital.

Day 17: : Final Departure

Your adventure concludes today. After breakfast, transfer to the airport for your final departure. Safe travels and carry with you the unforgettable memories of your Himalayan trek.

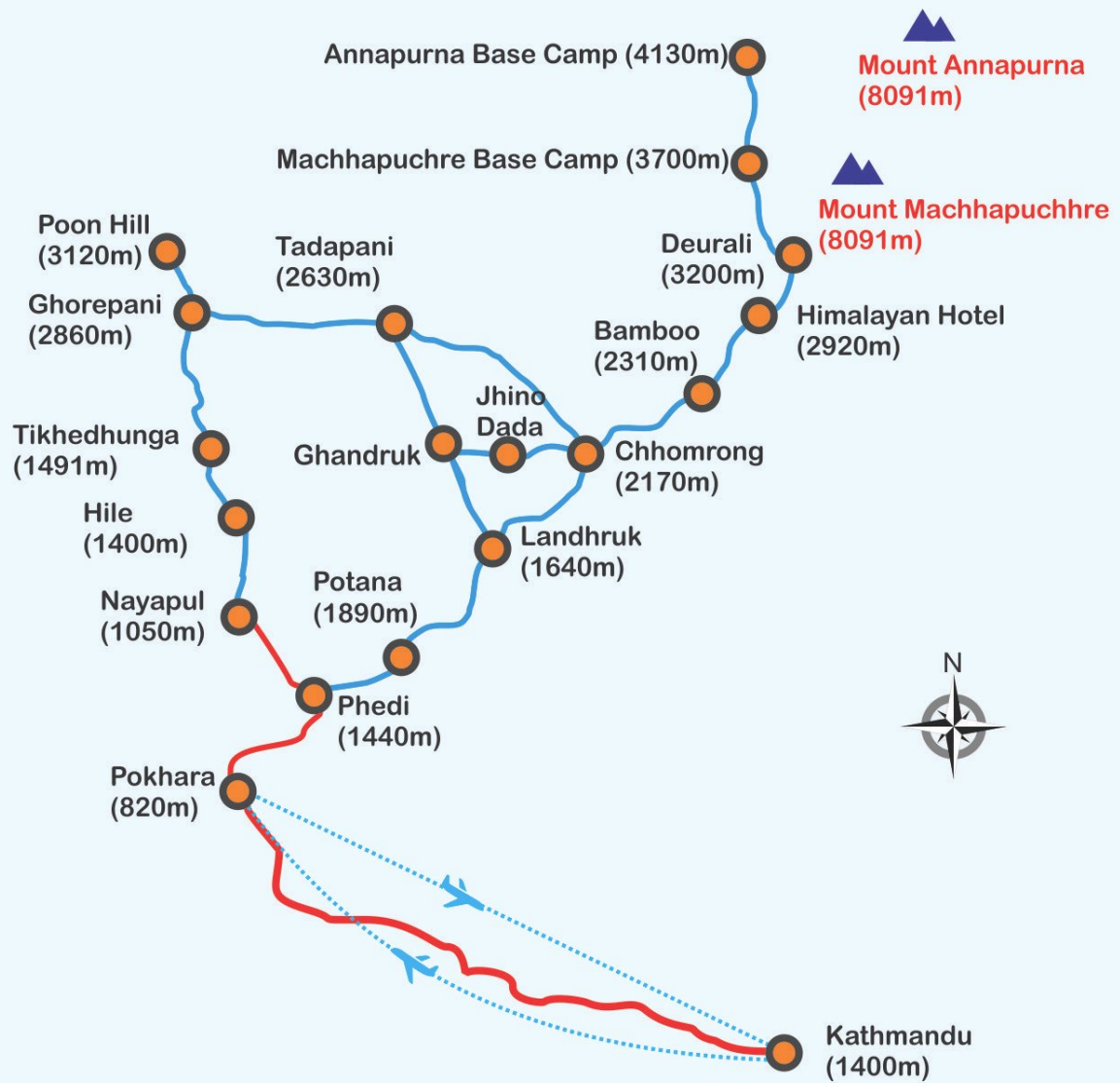
Cost include

- Airport / Airport pick up & drop by private tourist vehicle.
- Special meet, greet assistance & welcome in the airport.
- Transportation through tourist Couch from Kathmandu - Pokhara - [Kathmandu](#).
- Tea house accommodation during the treks.
- All your standard mentions Meals during the trek (**7 B-Breakfasts, 7 L-Lunches, 7 D- Dinners**).
- Lodges/Guesthouses accommodation during the trek
- Perfect Local **GLOBAL TREKS** English speaking guide.
- National Park Permits and TIMS for trekking.
- Private transportation (**Pokhara-Nayapul /Nayapul-Pokhara**)
- Food, accommodation, salary, insurance, and medicine for staff.
- All our government taxes, vat, tourist service charges.
- Welcome room refreshment on arrival in Kathmandu.
- Official expenses.

Cost Exclude

- Travel insurance covers emergency Rescue and Evacuation.
- Any kind of personal expenses or optional Tours/ Extra Meals ordered.
- Alcoholic, hot and cold drinks.
- Personal trekking Equipment (See the **trekking equipment** page).
- Travel and rescue insurance
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.)
- Excess baggage charges.
- Nepalese visa fee.
- Lunch and dinner in Kathmandu and Pokhara hotel.
- Tips for trekking staff and driver (Tipping is expected).
- Any others expenses which are not mentioned in the 'Price Includes' section.
- Extra night accommodation in Kathmandu and Pokhara in case of early arrival, late departure, and early return from the mountain(due to any reason) than the scheduled itinerary.
- Tips for guide(s), porter(s) and driver(s)

Trip Map



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