

## ANNAPURNA BASE CAMP TREK

*in the heart of the annapurna himalaya.*

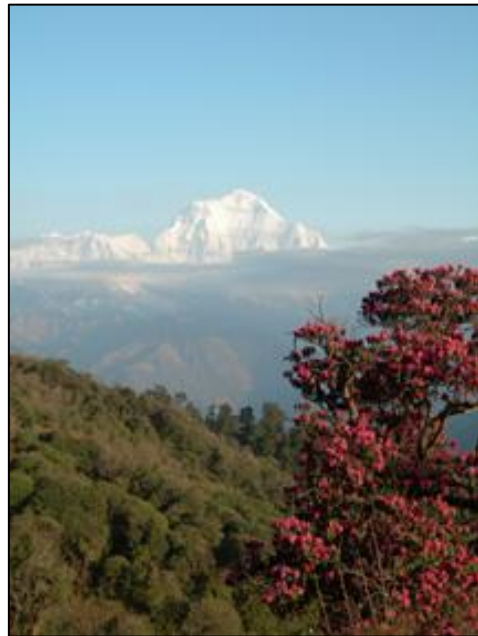
<b>Trek Grade:</b>	Moderate to Adventurous
<b>Trekking Duration:</b>	9 Days
<b>Total Trip:</b>	12 Days Kathmandu-Kathmandu

### ***Introduction:***

This trek passes through a spectacular diversity of climate, terrain and vegetation. From the lush forested hills 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 (Fish-tail) Base Camp. On our return journey we descend through the Modi Khola valley, finally concluding the adventure at Phewa Lake, in Pokhara.

**Day 01 Arrive Kathmandu**

You will be met on arrival in Kathmandu and transferred to your hotel in the city centre. This evening, meet with your climb guide for a pre-climb briefing, covering transfers, kit, conditions on the mountain, and other related topics. This is a good time to ask any questions you may have about the climb.

**Day 02 Fly Pokhara (823m) and Trek to Ghandruk (1940m) – 6 hours**



After an early breakfast, transfer to the domestic airport for the scenic half-hour flight to Pokhara.

Pokhara is a beautiful lake city, which offers magnificent views of Dhaulagiri, Manaslu, Machapuchare, and five of the Annapurna Peaks.

After a short rest in Pokhara, drive 1½ hours to Nayapul ('New Bridge'), starting point for our trek.

Today's trail begins by passing 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; we follow the main trail along the ancient Trans-Himalayan trade route, and shortly arrive at a suspension

bridge over the Khumnu Khola. From here our trek continues through a series of farm villages and waterfalls, before ending at Ghandruk, where we camp (or stay in the tea houses) overnight.

Ghandruk is an attractive hillside settlement of stone houses, home to the Gurung people.

The afternoon is free to relax. 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 a full day (approx. 8 hours), and will usually require that you spend a night in Pokhara on arrival, thus adding a day to the itinerary. While it is much quicker to fly to Pokhara, frequent delays on internal flights in Nepal mean that many prefer to travel by road.

## Day 03 Trek Ghandruk to Chhomrong (2,170m) – 5 hours

The track from Ghandruk winds up to a steep climb for 1 hour until reaching Ghandrukkot, from where the trail continues up to Kimron Khola. After an hour of flat, easy terrain, there is another steep ascent taking us up to Chhomrong, the gateway to the Annapurna sanctuary. As you gain altitude you will notice the air become cooler and the vegetation change.

Chhomrong is a beautiful village located on the lap of the Annapurna massif.

## Day 04 Chhomrong to Dovan (2,580m) – 6 hours

We depart Chhomrong and trek alongside the Modi Khola, leaving behind the inhabited foothills as we 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 (3,230m) – 4 hours

From Dovan, we continue to follow the Modi River upstream. The trail begins to climb through forests of bamboo and oak, which are home to wildlife including wild pig, deer, and the very rare snow leopard.

After a gradual ascent, we reach 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, where there will be time for a brief rest. The trail then 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 climb today, we will notice the dense forests give way to sparser, high alpine flora and shrubs.



## Day 06 Deurali to Machapuchare Base Camp (3,700m) – 3-4 hours

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 and lunch.



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 BC (4,130m) – 2-3 hours**

Today's walk will take us to our goal: Annapurna Base Camp, in the heart of the Annapurna 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 we 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 (2,310m) – 6 hours**

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 (1,760m) – 6 hours**

From Bamboo, it is a short climb to Khuldi-ghar, where we exit the Park boundaries. From Khuldi, the trail descends all the way to the bridge over the Modi River, and then up to 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 trek, 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, continue to Syauli Bazaar and then down to Birethanti, from where it is about an hour's walk to Naya Pul. Here our trek ends.

Our driver will be waiting in Naya Pul to greet us. From Naya Pul, it is a short one hour drive to Pokhara. On arrival in Pokhara, check-in at a comfortable hotel located near to the Lakeside.

Dinner and overnight in Pokhara.

**Day 11 Pokhara to Kathmandu**

Travel back to Kathmandu on the morning flight. On arrival, meet with our driver and transfer to a centrally-located hotel. 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 Departure**

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

