



TAILOR-MADE DESTINATIONS

ANNAPURNA BASE CAMP TREK

in the heart of the annapurna himalaya.

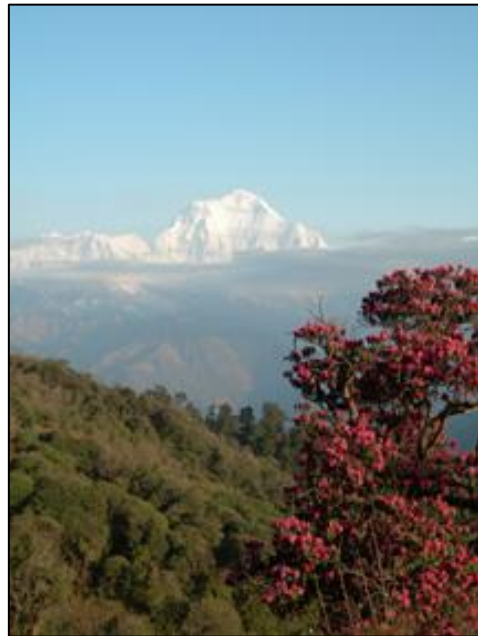
Trek Grade: Moderate to Adventurous
Trekking Duration: 9 Days
Total Trip: 12 Days Kathmandu-Kathmandu

Introduction:

This trek passes through a spectacular diversity of climate, terrain and vegetation. From 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 Machapuchhare, or 'Fish Tail'.

From the rural villages and farms of Pokhara, the trail continues through a deep gorge that separates the peaks Hiunchuli and Machhapuchhre, 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 Machhapuchhre (Fish-tail) Base Camp. On our return journey we descend through the Modi Khola valley, finally concluding the adventure at Phewa Lake, in Pokhara.



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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 the trek.

Today's trail begins in the populated Annapurna foothills. During the course of the morning's walk, you're likely to encounter many other people, from traders and local farmers to fellow trekkers – and of course the mule and donkey trains! As you come to Birethanti village, the trail splits in several directions; you'll follow the main trail along the ancient Trans-Himalayan trade route, and

shortly arrive at a suspension bridge over the Khumbu Khola. From here the route continues through a series of farm villages before ending at Ghandruk, where you camp tonight (or stay in tea houses).

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

The afternoon is at leisure. 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 Hiunchuli Peak 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 Chomrong (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 until reaching the Kimron River. After an hour of flat, easy terrain, there is another steep ascent taking you up to Chomrong, the gateway to the Annapurna sanctuary. As you gain altitude you will notice the air become cooler and the vegetation change.

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

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

Departing Chomrong this morning, you'll trek alongside the Modi Khola, leaving behind the inhabited foothills as you enter the high wooded slopes of the Annapurna Himalayas. The path is steep up to Sinuwa Danda, after which it becomes more level as you approach Khuldighar through thick forests of rhododendron. During March and April, when the rhododendron are in flower, this region is particularly beautiful.

From Khuldighar, you descend on stone steps and through bamboo forest to arrive at Dovan, tonight's camp.

Day 05 Dovan to Deurali (3,230m) – 4 hours

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

After a gradual ascent, you 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 Machhapuchhre Base Camp.

As you climb today, you will notice the dense forests give way to sparser, high alpine flora and shrubs.



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

Leaving Deurali, the route continues to follow the raging Modi River upstream. The track is generally easy, though there are some avalanche-prone areas, as well as strong winds. Crossing the bed of the Modi River, you reach Bagar, where you'll have time to rest and enjoy lunch.

From Bagar, it is a short but strenuous climb to Machhapuchhre Base Camp. At the top, you'll be rewarded with stunning views of Annapurna South, Annapurna I, Gangapurna and, of course, the Fishtail, or Machhapuchhre, itself.

Overnight at Machhapuchhre Base Camp.

Day 07 Machhapuchhre Base Camp to Annapurna BC (4,130m) – 2-3 hours

Today's walk will take you to your goal: Annapurna Base Camp, in the heart of the Annapurna Sanctuary! You'll begin by trekking 2-3 hours up a steep trail, which, depending on the season, is liable to be covered in snow. As you reach higher ground, you can expect magnificent views of an array of 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, you trek back into the lush green vegetation and forest, en-route to Bamboo. Today's 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 Khuldighar, where you exit the Park boundaries. From Khuldi, the trail descends along a now familiar route to the bridge over the Modi River, and then back to Chomrong.

Leaving Lower Chomrong after a short rest, you'll climb the steep stone path to Upper Chomrong, from where you descend to the small village of Jhinu Danda. If time allows, you will be able to visit the hot springs below the village.

Overnight at Jhinu Danda.

Day 10 Jhinu Danda to Pokhara – 5 hours trek, 1 hour drive

Depart Jhinu Danda and 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 Nayapul, where your trek ends.

Your driver will be waiting in Nayapul to greet you. From Nayapul, it is a short one hour drive to Pokhara. On arrival in Pokhara, check-in at a comfortable hotel located near the lakeside.

Dinner and overnight in Pokhara.

Day 11 Pokhara to Kathmandu

Travel back to Kathmandu on the morning flight. On arrival, meet with your 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, enjoy a celebratory meal in central Kathmandu!

Day 12 International 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.

