

ANNAPURNA GURUNG TRAIL

10-day luxury lodge-based trek in the Annapurna region



Starting and ending in Kathmandu, this 9-night / 10-day trekking itinerary takes you deep into the Annapurna region of Nepal. It is a low-altitude trek, reaching a maximum altitude of just over 2,000m. A minimum amount of time is spent traveling between each destination, enabling you to make the most of your time in Nepal. You will trek for approx. 5 hours each day, and stay in comfortable, heated lodges throughout, including the Gokarna Forest Resort (in Kathmandu) and Ker & Downey Lodges (whilst trekking).

Day 1: Kathmandu (4265ft / 1300m)

You will be met on arrival in Kathmandu and transferred to the Gokarna Forest Resort.

A welcome reprieve from the hustle and bustle of Kathmandu, Gorkana Resort is set on a 188ha private forest reserve on the outskirts of the capital. A large and impressive resort, it features an 18-hole golf course, indoor swimming pool, and a spa. Formerly the private retreat of the Nepali royal family, the resort's rooms are set within cottages scattered around the grounds or within the century-old restored Hunter's Lodge. Walking trails within the grounds allow you to explore the attractive forest reserve.

Day 2: To Sanctuary Lodge, Birenthati (3750ft / 1150m)

After an optional early morning flight to Mount Everest (please contact us for costs), you fly to Pokhara. There will be a pre-trip briefing in Pokhara before you transfer approx. 1 hour by road to the trailhead at Nayapul, where your trek begins.

Your Financial Protection

All monies paid by you for the air holiday package shown [or flights if appropriate] are ATOL protected by the Civil Aviation Authority. Our ATOL number is ATOL 3145.

For more information see our booking terms and conditions.

This afternoon's walk will see you follow a ridgeline in the lower foothills of the Annapurnas, with views of the Pokhara Valley along the way. The route then drops to Birenthati in the Modi River Valley, where our resting point for the night, Sanctuary Lodge, is located.



Sanctuary Lodge has magnificent views of the sacred and unclimbed Fishtail Mountain, or Machapuchare, as it is locally known. A picnic lunch is provided en route with an estimated late afternoon arrival.

Trek time: 3-4 hours. Dinner and overnight at Sanctuary Lodge.

Day 3: To Himalaya Lodge, Ghandruk (6600ft / 2010m)

After breakfast, leave the lodge and start your walk through the surrounding farmland as you climb the Modi River Valley in the shadow of the looming Machapuchare. Soon you begin to climb out of the valley and up towards the mountains. The trail passes through small hamlets, terraced rice fields and forests with spectacular views of the surrounding valley. Snacks are provided along the trail.

Arriving into the village of Ghandruk early this afternoon, you'll be greeted by a hot lunch served at Himalaya Lodge, where you stay tonight.



Ghandruk marks the high point of your trek, and from Himalaya Lodge you'll have magnificent views of the surrounding mountains, including Annapurna South, Annapurna 1, Hiunchuli, Gangapurna, and Machapuchare.

This afternoon, you might like to take a tour of Ghandruk in the company of your guide. Ghandruk was once a major recruitment centre for the famous Gurkha soldiers, while the women of Ghandruk maintain a local industry weaving traditional Nepalese rugs.

Trek time: 5-6 hours. Dinner and overnight at the Himalaya Lodge.

Day 4: To La Bee Lodge, Landruk (5135ft / 1565m)

Today involves a more leisurely trek, as you begin your journey south back towards Pokhara. Leaving Ghandruk after breakfast, you descend steeply into the Modi River Valley. Crossing a suspension bridge over the Modi River, you then begin the trek up to Landruk Village, passing under cliffs known for their Himalayan honeybee colonies, whose honey is extracted by the local people and used for its medicinal properties.

Arriving into Landruk early afternoon, you'll be greeted by a hot lunch at La Bee Lodge. The rest of the afternoon is free for you to relax or to explore Landruk.

Trek time: 3-4 hours. Dinner and overnight at La Bee Lodge.

Day 5: To Gurung Lodge, Majgaon (4595ft / 1400m)

Today will see you continue your journey south. Leaving Landruk after a leisurely breakfast, you'll follow a gentle trail towards Majgaon Village, as the Annapurna mountains retreat into the horizon behind you. A hot lunch will be prepared upon your arrival at Gurung Lodge, Majgaon.



After lunch, you will have the chance to visit a local house that has been converted into a museum in the nearby village of Tanchok, before returning to Gurung Lodge for dinner and overnight.

Trek time: 3-4 hours. Dinner and overnight at Gurung Lodge.

Day 6: Trek to Basanta Lodge, Dhampus (5000ft / 1525m)

Departing Majgaon this morning, you trek along an east trail to reach the pretty village of Patleket. The trail then continues through the forested lowlands, with tree orchids, rhododendrons and magnolias visible in season. Along the way, you'll also stop at the village of Pothana, where many Tibetan traders live and sell their wares.

You can expect to arrive into Dhampus, where you rest tonight, early this afternoon. Here you stay at Basanta Lodge, from where there are sweeping views of the entire Annapurna Range. After lunch at the lodge there will be an optional walk through the old village of Dhampus in the company of your guide.



Trek time: 3-4 hours. Dinner and overnight at the Basanta Lodge.

Day 7: Trek to Pokhara (3300ft / 1005m)

After breakfast, continue along the ridge and then descend through the wooded hillside and terraced farmland to reach the valley floor (trek time: 1.5 hours). Here you'll meet with the support vehicle and make the return journey by road to Pokhara (30 minutes). Expect to arrive at the Temple Tree Resort & Spa, on Pokhara Lake, early this afternoon in time for lunch.

The rest of the afternoon is free to explore the lakeside or to relax at the hotel.

Overnight at the Temple Tree Resort. Dinner this evening to your own account.

Day 8: Pokhara to Kathmandu

Take the morning flight to Kathmandu, where you will be met and transferred to the Gokarna Forest Resort.

Overnight at the Gokarna Forest Resort.

Day 9: Kathmandu

Today is at leisure for you to relax at the hotel or to explore Kathmandu.

A day tour of Kathmandu can be arranged (payable locally or in advance), focusing on Durbar Square, the traditional heart of the city.

Overnight at the Gokarna Forest Resort.

Day 10: International Departure

Transfer to the airport for your international flight home.

Price Guide:

*The cost of this itinerary is from **£1,596 per person**, based on two travellers in shared twin/double accommodation. For more information, or if you would like to enquire about a tailor-made holiday combining part or all of the above itinerary, please [contact us](#).*

Includes:

- Fully-supported trek to Ghandruk
- All internal air and land transfers in Nepal
- All permits
- Use of trained guides throughout your trip
- Three nights' accommodation at the Gokarna Forest Resort (Deluxe rooms, B&B)
- One nights' accommodation Temple Tree Resort, Pokhara (Deluxe rooms, B&B)
- Five nights' accommodation in Ker & Downey's Lodges, including:
 - Solar heated showers, flush toilets and electricity
 - All meals, snacks, drinking water, tea and coffee while on trek
 - All laundry while on trek
 - Evening Happy Hour including local soft drinks and local alcoholic beverages
 - Services of qualified Ker & Downey guides and porters
 - The loan of a Ker & Downey Trek Pack, which includes duffel bags, daypacks, hat and scarf (these items you may keep) walking stick, poncho
 - Down jackets, warm hats and gloves are provided in the lodges
 - A comprehensive group First Aid Kit, carried by your guide

Excludes:

- International flights
- Visas
- Personal expenses and tips
- Travel insurance
- Drinks with meals
- Dinners on days 1, 8 and 9
- Lunches on days 1 and 9

Our Nepal comfort programmes are organised in partnership with [Ker & Downey Nepal](#). We are a UK agent for Ker & Downey and can provide competitive rates on all K&D itineraries.