

ANNAPURNA GURUNG TRAIL

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



Starting and ending in Kathmandu, this 10-night / 11-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 travelling 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.

Day 1: Kathmandu (4265ft / 1300m)

You will be met on arrival in Kathmandu and transferred to the Aloft Hotel, where you stay two nights on B&B basis. Set in the heart of the Thamel area, the Aloft is perfectly positioned for exploring Kathmandu.

Day 2: Kathmandu guided tour

At approx. 9am, meet with your guide and depart on a guided sightseeing tour of Kathmandu, taking in Durbar Square, Swoyambhunath, Taleju and Jaggannath Temples. You'll be returned to the Aloft after the tour, with the evening at leisure.

Day 3: 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.

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 4: 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 5: 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 6: 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 7: Trek to Basanta Lodge, Dhampus (5000ft / 1525m)

Departing Majgaon this morning, you trek along an east trail to reach the pretty village of Patlekheta. 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 8: 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 Hotel Barahi, 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.

Dinner and overnight at the Hotel Barahi.

Day 9: Pokhara to Kathmandu

Take the morning flight to Kathmandu, where you will be met and transferred to Aloft Kathmandu, where you stay two nights on B&B basis.

Overnight at the Aloft Kathmandu.

Day 10: Kathmandu

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

Overnight at the Aloft Kathmandu.

Day 11: International departure

At leisure until your included transfer to the airport for your international flight home.

Price Guide:

*The cost of this itinerary is from **£2,060 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
- Four nights' accommodation at the Aloft Kathmandu (B&B basis)
- One nights' accommodation at Hotel Barahi, Pokhara (Full-board basis)
- Five nights' accommodation in MLN Lodges, including:
 - Solar heated showers, flush toilets and electricity
 - All meals, snacks, drinking water, tea and coffee while on trek
 - Services of qualified trekking guides and porters
 - A comprehensive group First Aid Kit, carried by your guide

Excludes:

- International flights
- Visas
- Personal expenses and tips
- Travel insurance
- Drinks with meals
- Lunches and dinners while in Kathmandu