Annapurna sanctuary trekking is one of the famous and nearest trekking from the most beautiful city Pokhara. This is most famous trekking after Everest base camp. The trail leads to Annapurna Sanctuary and Machhapuchhre Base Camp through the narrowing gorge of the Modi Khola, beautiful Gurung villages, Pine and rhododendron forest, terraced fields, glaciers and unparalleled mountains view like Annapurna I, Annapurna South, Himchuli, fishtail, Annapurna III and Gangapurna.

The entrance of Annapurna Sanctuary is a narrow pass between Himchuli and Fishtail. It is amazing and finest experience to have an open air surrounded by 7000m or 8000m mountain in every direction. Annapurna sanctuary is regarded as the secret place of Shiva, the harvest goddess. It is not allowed outsiders, and only recently was the bringing of eggs or meat or the admission of women and Lower cast people. This Trekking is the best option who likes to get dramatically close to the Himalayas.

Trip Facts

Price:
USD 1315

Duration:
15 days

Activities:
Hiking & Trekking, Tours & Sightseeing

Accommodation:
Teahouse (Lodge to Lodge)

Meals:
Breakfast in Kathmandu/ Pokhara and all meals during the trek

Max. Altitude:
4140 meters

Group Size:
Minimum 1

Best Season:
February, March, April, May, September, October, November & December.

Daily walking Hour:
5 to 7 hours

Transportation:
Car/Van/Bus

Glacier Adventure Company Pvt. Ltd.

Day to Day Itinerary

Day 1:Arrival in Kathmandu (1300m)

Accommodation: Tourist Standard Hotel | **Meal:** Welcoome dinner

When the traveler arrives airport in Kathmandu, Our representative will meet you and transfer to the hotel, then take a rest in the evening time will have welcome dinner at Nepali restaurant.

Day 2:Kathmandu Sight seeing (1300m)

Walking hr: 6 hrs | **Accommodation:** Tourist Standard Hotel | **Meal:** Breakfast

After breakfast tour guide picks up you for a tour around Kathmandu valley (Pashupati Temple, Boudhanath, Swayambhu, Kathmandu Durbar square) after that prepare for trekking. Traveler meets trekking guide and team member, they check your equipment as well as advice what you need for trekking.

Day 3:Kathmandu to Pokhara (950m)

Walking hr: 7 hrs | **Accommodation:** Tourist Standard Hotel | **Meal:** Breakfast

Early in the morning after breakfast go to bus park, then bus leaves 7 am Kathmandu to Pokhara through the beautiful Nepalese countryside to reach the lakeside Pokhara then transfer to the hotel rest of the time explore the around lakeside.

Day 4:Pokhara to Ghandruk (1951m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts the drive to Nayapul. It takes one and half hours, then the trail follows the normal road to Bireathanti after that the trail follows the Modi Khola through Sauli bazaar than the trail ascending to Ghandruk. The trail passes through the beautiful village, green valleys and rice paddies with amazing mountain views of Annapurna South, Him Chuli and Fishtail.

Day 5:Ghandruk to Sinwa (2360m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. The trail gently ascends to Kimrong Danda then the trail descending Kimrong Khola through forest and rice paddies. When Cross River the trail ascending to landslide then continue to Chhomrong after that the trail descending to Chhomrong Khola then ascending to Sinwa. This is beautiful Place.

Day 6:Sinwa to Deurali (3140m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. The trail ascends to Kuldihar through bamboo and Pine forest, then the trail descending to Bamboo, cross bamboo and Himalaya after that the trail ascending to Hinko cave then continue to Deurali through the bank of Modi river. Enjoy beautiful mountain views of Him Chuli, Gandharva Chuli, and Fishtail.

Day 7:Deurali to Annapurna base camp (4140m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is the final day to reach Annapurna base camp, fulfill your dreams. After breakfast starts walking. The trail ascends Annapurna base camp bank of the Modi River via Machhapuchhre base camp. Annapurna base camp is the beautiful place like mountain caves. The traveler enjoys panoramic views of Annapurna I, Annapurna South, Annapurna III, Gangapurna, Tent peak, Singchuli, Machhapuchhare among other peaks lying around the area.

Day 8:Annapurna base camp to bamboo (2310m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is the longest day. Early in the morning get up to see the golden mountain view at Sunrise time. Take your times and enjoy then back to hotel eat breakfast after that start walk the trail descending to bamboo. This trail used previously.

Day 9:Bamboo to Chhomrong (2160m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts the walk. The trail ascends short time, then the trail descending Sinwa through rhododendron, oaks, and bamboo forests continue to Chhomrong Khola then the trail ascending Chhomrong village. Enjoy beautiful mountain views.

Day 10:Chhomrong to Tadapani (2650m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. The trail continues to Kimrong Khola passes through the beautiful Gurung village, rice paddies and pine and rhododendron forest, then the trail, surprisingly ascending to Tadapani through Gurung village and forest with amazing mountain views.

Day 11:Tadapani to Ghorepani (2850m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is a beautiful day. After breakfast start walking. The trail descends to the Tadapani river than cross suspension bridge the trail ascending to lodge after that continue to Banthanti than the trail ascending to Deurali, Before Ghorepani the trail descending. Trekkers cross pine and rhododendron forest with beautiful mountain views of Annapurna III, Fishtail, Him Chuli, Annapurna South, Nilgiri and Dhaulagiri.

Day 12:Ghorepani to Tikhedhunga (1550m)

Walking hr: 5hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Early in the morning, wake up and go to Poon Hill (3210m) to see golden mountain views on sunrise time, like Dhaulagiri (8167m) Nilgiri (6940m), Annapurna South (7219m), Fishtail (6991m), Lamjung Himal (6931m) and another neighbor mountain. The Poon Hill is the greatest sunrise viewpoints in Nepal. Travelers descend to Ghorepani after breakfast continues to walk Tikhedhunga (1527m) with amazing mountain views. The trail descends to Tikhedhunga through Green forest and beautiful village Nagethanti, Banthanti, Ulleri finally reach in Tikhedhung.

Day 13:Tikhedhunga to Pokhara (950m)

Walking hr: 5hrs | **Accommodation:** Tourist Standard Hotel | **Meal:** Breakfast & Lunch

Today is the last day of trekking after breakfast starts walking from Tikhedhunga. Trekkers, a few hours walk and reach Nayapul then catch a vehicle to reach Pokhara. Evening time explores the Pokhara city.

Day 14:Pokhara to Kathmandu (1300m)

Walking hr: 7 hrs | **Accommodation:** Tourist Standard Hotel | **Meal:** Breakfast

Early in the morning drive tourist bus Pokhara to Katmandu through the beautiful Nepalese countryside to reach the Kathmandu then transfer to the hotel rest of the time explore the around Thamel.

Day 15:Departure day

We dropped you to the international airport for your departure flight to your onward destinations. The Glacier Adventure Company wishes you a wonderful Himalayan adventure in Nepal.

This above Itinerary is a guideline and a standard pattern of what we provide. Our trips can be customized in your interest to accommodate your specific requirements. We also arrange Annapurna sanctuary trekking without sightseeing and hotel arrangements.

NOTE: During the trips, weather conditions, local politics, transportation or multiple other factors. They are beyond our control, can changes itinerary. However, Unlikely that itinerary would be substantially altered, if necessary, Group leader will decide the best alternative, they considering the best one of the whole group. Where a change does occur, we do everything best. we minimize its special effects but we cannot be responsible for the results of delays.

Trip Cost Includes

- Airport / Hotel / Airport pick up & drop by private car / van / bus.
- Standard twin sharing accommodation in two/ three-star hotel in Kathmandu breakfast included. (3 nights)
- Standard twin sharing accommodation in Pokhara breakfast included. (2 nights)
- Welcome and farewell dinner.
- All accommodation and meals during the trek
- A full day sightseeing tour in Kathmandu valley including tour guide and entrance fees
- Government licensed experience English speaking Guide. Two people one porter.4 people 1 Sherpa.
- The required number of local staff and Porters to carry your luggage during the trek.
- Food, accommodation, salary, insurance, equipment, and medicine for all staff.
- Annapurna conservation Park permits/TIMS.
- Down Jacket and sleeping bag (which needs to be returned after the trek.)
- Free Duffle Bag/T-shirt/Map
- Surface transfer from and to Kathmandu.
- All our government taxes.
- Official expense.

Trip Cost Excludes

- Your travel and rescue insurance
- International airfare and airport departure tax.
- Nepal entry visa, you can obtain a visa easily upon your arrival at Tribhuwan International Airport in Kathmandu.
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower etc)
- Personal trekking Equipment.
- Tips for staff.
- Others expenses which are not mentioned on Price Includes.
- Excess baggage charges
- Lunch and evening meals in Kathmandu and Pokhara(and also in the case of early return from the mountain than the scheduled itinerary)
- Extra night accommodation in Kathmandu and Pokhara because of early arrival, late departure, and early return from the mountain(due to any reason) than the scheduled.

IMPORTANT NOTE

Trekker's safety is our paramount concern while trekking with Glacier Adventure. Every effort will be made to keep to the above the itinerary. Annapurna sanctuary trekking located the remote area in the Annapurna region. Glacier Adventure can't guarantee it such as weather condition, availability of porter and the health of team members can all contribute to change. Guide and Sherpa will try to ensure that the trip runs according to plan but please be prepared to be flexible if necessary.

Pre-trip meeting

Glacier Adventure hosts the Pre-trip meeting in Kathmandu 2nd day of the itinerary. Trekkers introduce with trek leader. We will provide an opportunity for individuals to ask questions about Annapurna sanctuary trekking. The pre-trip meeting covers personal equipment, acclimatization and to introduce you to another team member. Glacier Adventure hopes pre-trip meeting have excellent, informative, supportive and fun.

Acclimatization

Glacier Adventure's Annapurna sanctuary trekking itinerary is focus rules AMS (Acute Mountain Sickness) when going up too fast causes a medical condition serious enough to kill. Higher mountains area is less oxygen in the air. If, trekkers are wanted safe upper mustang trekking. Their body needs some days to rest in the less air environment. Especially, travelers need to know the heart, lungs/blood diseases to consult their doctor before leaving home. Glacier Adventure's itinerary designed to try to prevent AMS as much as possible. It is important to remember that some people are more susceptible than others.

Physical Condition & Experience Requirements

Normally, Annapurna sanctuary trekking is a remote mountain in the Annapurna region. This is suitable for physical fit walkers. The traveler must be in good health and physical condition. Most parts of treks five to six hours walk but some days are seven hours. It is a good idea; prepare yourself in the lead-up to your trip with

some regular exercise. The best form of which is long walking in the hill area. Technical experience is not required, hiking experience is an advantage, but the most important thing is a positive attitude and a generous amount of determination. If you have any pre-existing medical conditions, it is vital you let us know the details of these before setting Also, before coming to Nepal it's important to consult your doctor regarding vaccination and any other medical concerns the trip may raise. “Medical and emigration expenses are your responsibility.”

Insurance

When traveling with Glacier Adventure. Trekkers must be fully insured, including Air rescue, Air ambulance, and treatment service. Have an accident? Trekkers should be careful in choosing a policy; however, as some make special exceptions for adventure travel. Please note that Glacier Adventure doesn’t arrange any insurance.

Staff Arrangements

Glacier Adventure staffs try to make successful, enjoyable and memorable in your Annapurna sanctuary trekking they are innocent, helpful, experienced and Careful. Your trip leads by the best and most professional leader. He had a long experience. He has knowledge of Culture, Ecosystem, flora and fauna, geography and history of Nepal. Glacier Adventure’s leader trained following things

English Language.
Trekking guide training.
First aid course.
Conservation &Biodiversity

Porter care

Trekking is adventures. Porter’s job is a hard working job. They carry trekker suppliers and baggage that makes a journey easy and comfortable into the remote mountains in the Annapurna region. We ensure all our porters are well trained and well paid. Porters who become sick are treated with the same care and attention as team members and we have previously used helicopters at Tour expense to rescue porters from dangerous situations. The porter's sake, we require all trekkers keep their bag weight 15 to 20kg. We support the work of the International Porter Protection Group (IPPG), Provides help and advice to those organizations to improve the working conditions of the porters on whom we depend.

Accommodations

All accommodations for Annapurna sanctuary trekking are twin sharing basic included in trip cost. The trip based on, standard service and Standard hygiene food. There are two types of accommodations on the trip. Standard tourist hotel in Kathmandu, Pokhara and during the treks, Trekkers spends standard Guest house which one normal room with wooden beds and foam mattress. Glacier Adventure also provides the attached bathroom where is possible. Some places are only having shared shower/washing and toilet facilities. We always try to provide good rooms in all places.