

Annapurna Sanctuary – Annapurna Base Camp Trek

The Annapurna Sanctuary trek also known as the Annapurna Base Camp trek is famous for trekkers. The principal peaks of the western portion of the great Annapurna Himal, including Hiunchuli, Annapurna South, Fang, Annapurna, Ganagapurna, Annapurna 3 and Machhapuchhare, are arranged almost precisely in a circle about 10 miles in diameter with a deep glacier-covered amphitheatre at the centre. From this glacier basin, known as the Annapurna Sanctuary, the Modi Khola knifes its way south in a narrow gorge fully 3660m deep. Further south, the gorge opens up into a wide and fertile valley, the domain of the Gurungs. The middle and upper portions of Modi Khola offer some of the best short trekking routes in Nepal, and the valley is located so that these treks can be easily combined with treks into the Kali Gandaki region to the west.



Highlights of the trek

The terraced farmland above Pokhara. Visit the inner sanctuary of Annapurna panoramic views of 10 peaks over 6000m. Views of Dhaulagiri and the Kali Gandaki from Poon Hill. Surrounded by a ring of impressive mountains, including Annapurna I (8091m). The combination of pretty villages and farmland at Ghaundrung, set against the panorama of high peaks beyond makes this one of the most picturesque of treks. Natural hot spring at Jhinudanda.



Trek dates

Daily from September to late December and February to late June
Also [Scheduled Group Treks](#)



Check list

Read our helpful [check list](#) before booking

Detailed itinerary

Itinerary can be *customized* according to your needs and length of stay.



Day 01 – Arrival in Kathmandu

Upon arrival at Kathmandu International Airport transfer to your hotel in Kathmandu or Bhaktapur. Short briefing will follow concerning the necessary formalities and your trekking itinerary. Depending upon your arrival time you may spend free time visiting nearby sanctuaries or resting.

Day 02 – Sightseeing / Cultural Day in Kathmandu Valley

Half day sightseeing around UNESCO Bhaktapur / Kathmandu where your guide will escort you on a tour of Buddhist and Hindu temples and shrines reflecting ancient local traditions. There is time to explore the city's many places of interest on your own or take a rest while trekking permits are finalised. In the evening sample a delicious traditional Nepali dinner. Overnight in Kathmandu.

Day 03 – Kathmandu to Pokhara

Fly or drive to Pokhara, from where you will depart on your trek. Overnight in Pokhara.

Day 04 – Pokhara to Tikhe Dhungha (1525m)

Breakfast. Our Trekking guide will come to the hotel around 06:30 hrs to pick you up for a short drive to the airport from where we fly to Pokhara. Drive for an hour to Naya Pul and commence our trek to Birethanti, a large and prosperous town beside the Modi River. We head up the main trail to Sudami where we climb gradually up the side of the valley, reaching Hile (1495m) before pushing on to Tirkhe Dhunga (4:30 hrs).

Day 05 – Trek to Ghorepani (2750m)

Today we spend a pleasant day's walking, trekking through rhododendron and oak forests and across the Bhurungdi Khola stream before making a short, final climb to Nangethanti (2460m). After lunch in Nangethanti we head up to Ghorepani (2750m) (5:30 hrs).

Day 06 – Ghorepani to Poon Hill to Tadapani (2520m)

After an early start at around 04:00 hrs we will ascend to Poon Hill (3210m), this is steep climb, but not too hard and it will take us about 1 hour and leads us to a brilliant viewpoint, providing an unobstructed sunrise over the high Himalayas. After spending about 40 minutes on the hillside and enjoy a good cup of coffee or tea, we come back to Ghorepani, have a hot breakfast, and start walking to Tadapani. From Ghorepani the trail climbs along ridges and through pine and rhododendron forests to Deurali (2960m). We descend to reach Banthanti, before winding our way down to Tadapani (2540m) (6 hrs).

Day 07 – Tadapani to Chhomrong (2210m)

Dropping down from Tadapani Gurjung the route offers good views of the upper Modi valley. The path then starts the long ascent high above the west bank of the Modi Khola. We then arrive in the village of Chhomrong (2210m) which lies tucked at the very base of Himal Chuli. Chhomrong is the last permanent settlement in the valley (5 hrs).

Day 08 – Chhomrong to Doban (2540m)

From Chhomrong the trail descends until Chhomrong Khola, then the trail begins a slow climb as we head up to our first destination – Sinuwa. We then proceed to Kuldi Ghar (2470m) about 2 1/2 to 3 hrs walking. The trek now enters the upper Modi Khola valley. We can expect snow from here on in the winter months (Dec-Febr.) We continue our trek going down to Bamboo through an uninhabited forest area, scattered with big rocks. From Bamboo the road will take us through bamboo and rhododendron forests to Doban (2540m) (6 hrs).

Day 09 – Doban to Deurali (3170)

After climbing 300 meters up we will first pass the Himalayan Hotel at 2840 meters. We then continue on to Hinko Cave (3100m) and then onto Deurali. During this day if we are lucky we can see interesting wildlife like deer, jackals and peacocks. Here we will also have great views of Machhapuchhare mountain (6997m) and you will understand why the translation of its name means fishtail mountain. In Deurali we will stay overnight (5:30 hrs).

Day 10 – Deurali to Annapurna Base camp

Today we climb on past the Machhapuchhare Base Camp (which isn't really a base camp since climbing the mountain is not permitted) to the Annapurna Base Camp. This area is called the Annapurna Sanctuary since it is totally surrounded by mountains. From here it is a two-hour trek to Annapurna Base camp, which offers spectacular views (5:30 hrs).

Day 11 – Annapurna Base Camp descend to Sinuwa

Today we follow our way back to Sinuwa, it's more easy as we descend the most part of our route (5 hrs).

Day 12 – Sinuwa to Ghandrung (1940m)

From Sinuwa we continue to Chhomrong from where the trail descends through forests to Gurjung Khola and then the trail ascends slightly until Kimrong. Then we reach the top of the Deurali, from where it is an easy way to reach Ghandrung. Ghandrung is a village of Gurung people, one of the ethnic groups of Nepal; they have their own dialect, culture, costume, and life style. Ghandrung is one of the most famous destinations for trekkers known for its beautiful mountain views. (It is an

easy reach from Pokhara or Kathmandu.) Our early arrival means we have the afternoon to visit the one of the Gurung Museum and explore the village (4:30 hrs).

Day 13 – Trek to Birethanti, Naya Pul; then drive to Pokhara (910m)

From Ghandrung it's easy walking, all down hill, to Naya Pul where our trekking ends (4 hrs). Our private transport to drive us to Pokhara about an hour away. Overnight at the hotel

Day 14 – Fly or drive back to Kathmandu.

Day 15 – Kathmandu

Departure from Kathmandu.

The trek program is – because of weather or unforeseen events – subject to change.

Services and costs included in the price

- Airport pick-up and drop-off
- Hotel accommodations with breakfast in Kathmandu and Pokhara
- Licensed and trained trekking guide
- Porters for carrying goods and supplies
- All accommodation during trek
- All meals and hot beverages whilst trekking
- Transportation to and from trail head
- All necessary documents and permits for trekking (where applicable)
- National Park/Conservation Area entry permit
- Equipment such as sleeping bag, tents, mattresses
- Cooking equipment if required
- Camp-site charges
- Insurance, medication, and equipment for staff
- Coordination of Quick Rescue service (costs covered by your insurance plan)

Services and costs not included in price

- International airfares
- Travel/trekking insurance
- Excess baggage charges more than 16kg and hand bag more than 5kg in domestic flights
- Visa fees
- Airport departure tax
- Rescue charge
- Drinks (cold and alcoholic)
- Expenses of personal nature
- Permit and liaison officer fee (where applicable)
- Lunches and dinners whilst not trekking