

# Annapurna Sanctuary



**Trip Duration:** 15 days

**Grade:** Moderate to Strenuous

**Activities:** Cultural tours and Trekking

**Trek type:** Tea House

**Accommodation:** Hotel and Tea House

**Transportation:** Private tourist bus/ Domestic flight

**Max Height:** 4200m

## Trip Highlights

- Plenty of flora and fauna.
- Interaction with different ethnic tribes.
- Magnificent views of Mt. Annapurna, Daulagiri, Fishtail, Huinchuli and more.
- Deepest gorge in the world.
- Pooh hill for spectacular panorama view of the Himalayas.

This part of the 'inner' Annapurna area was first explored by the British adventurer Col. James O. M. 'Jimmy' Roberts in the year 1956, when it was first exposed to the world as the 'Sanctuary of the Gods'. It has been known as the Annapurna Sanctuary ever since.

A scenic trek all the way to Annapurna Base Camp, in the heart of the Annapurna Sanctuary, this trek offers a fascinating introduction to Nepal's cultural and natural beauty. The trail passes through a range of different climates,

vegetation and cultures, from terraced rice fields through lush forests to high mountain glaciers.

Beginning this trek from an elevation of only 823 mtr above sea level to the height of 4200 mtrs Annapurna Sanctuary is an exciting adventure. Walking through the fine tuned rice terrace fields, exploring through the thick bamboo forest along the Modi Khola valley, welcoming village people and finally to the heart of Annapurna massifs is surely an experience one will treasure for many years to come.



## Kathmandu city tours:

Kathmandu was originally called "Kastha Mandap", a magnificent pagoda style Hindu temple in the heart of the valley. It is believed to be the centre point of the valley and was built by a single tree. It was constructed during the Malla Kings dynasty between 16th and 17th century. As time passed by there were a lot of visitors from all corners of Asia. These individuals contributed their arts,

cultures, architecture and religion on their visit to Kathmandu, which is still visible as one wonders round the alleys and the surroundings. Due to its interesting history, fascinating cultures, characters and a very peaceful and harmony religion, visiting Kathmandu is a unique experience. the surroundings. Due to its interesting history, fascinating cultures,

characters and a very peaceful and harmony religion, visiting Kathmandu is a unique experience.



**Optional Tour to  
Chitwan National**

### **Chitwan National Park:**

The Royal Chitwan National Park, established in 1973, is one of the richest and most spectacular wildlife sanctuaries, situated 75 air miles south west of Kathmandu in tall grass land and magnificent forests. In this panorama jungle setting inside the 960 square km park is found one of the greatest wildlife in South East Asia. One horned Rhinos,

several species of deer, sloth deer, wild boar, fresh water dolphins, bison, marsh muggers, leopard and crocodiles, over 450 species of birds, 67 different kinds of butterflies and the elusive nocturnal Royal Bengal Tiger. Nowadays the National Park can be easily visited on all levels of budget. A typical day inside the park includes early morning jungle walks, elephant rides, dugout canoe rides, jungle

drives, sunset walks, elephant bathing and many others. The evening can be spent visiting a Tharu village, where you get a rare opportunity to witness a traditional Tharu dance. A fifth of the park is made up of the floodplains of the Narayani, Rapti and the Reu Rivers and is covered by dense tall Elephant grass interspersed with forests of silk cotton (Kapok), Acacia and Sisam trees.

### **Outline Itinerary**

- Day 1: Arrive Kathmandu (1300m) - Evening welcome Nepalese dinner with culture dance.  
 Day 2: Kathmandu sight seeing- Historical places, monastery, temples and city.  
 Day 3: Scenic flight to Pokhara—drive to Kanre-trek to Australian camp  
 Day 4: Trek to Landrung  
 Day 5: Trek to Chomrong(2171m—5hrs)  
 Day 6: Trek to Dovan(2580m -5-6hrs)  
 Day 7: Trek to MBC-Machhapuchare Base Camp (3700m—3 -4hrs)  
 Day 8: MBC to ABC-Annapurna Base Camp (4200m—2-3hrs)  
 Day 9: Trek ABC to Bamboo (2310m—6hrs)  
 Day10: Trek Bamboo to Chomrong (2171m—5hrs)  
 Day11: Trek Chomrong to Tada pani (2700m—6hrs)  
 Day12: Trek Tadapani to Gorepani (2750m—5hrs)  
 Day13: Trek Gorepani to Hille (1900m—5hrs)  
 Day14: Trek to Nayapool and drive to Pokhara (823m—4hrs)  
 Day15: Fly to Kathmandu  
 Day16: Departure Kathmandu

### **Cost Includes:**

- \* Arrival / Departure by private vehicle
- \* Welcome dinner with culture dance
- \* Accommodation in Kathmandu and Pokhara Hotel on BB basis.
- \* All accommodation and meals on trek.
- \* Twin sharing rooms on treks on full board basis -all meals
- \* City tours with qualified tour officer
- \* Experienced Trekking Guide
- \* Entrance Fees for city tours and National parks
- \* TIMS -Permits - (Trekking Information Management System)
- \* Domestic airfare -Pokhara to Kathmandu
- \* All necessary ground transportation
- \* Sight Seeing
- \* Sleeping bags and Down jackets
- \* First-aid medical kit for trekking
- \* Porters
- \* Insurance for Porters and Guide

### **Cost does not include:**

- \* Visas
- \* International airport taxes
- \* Transfers outside of the tour program
- \* All optional additional tours and activities during free time
- \* Item of personal natures e.g; food and beverages, laundry, souvenirs etc.,

Nameste Suman,

Warmest greetings from Australia....I'm home again but all those fantastic memories created along our trek have not faded.

It was an incredible lifetime experience; but also it was a time of personal challenge and satisfying achievement.

Upon reflection, I am humbled by might of the Annapurna, yet proud to know "I did it!!".... thank you so much for caring for our group as a whole, yet encouraging each of us individually to succeed.

I am contented with my Nepalese experience but cannot wait to take the challenge again in September 2011.

See you on the trek!!

ciao.....Helene

## Explore Nepal

Suman Lama

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*Explore Nepal is one of the leading trekking companies in Nepal and we have vast knowledge and experience with every trekking routes in Nepal. We have been organizing rewarding adventures in the Himalayan Kingdom for many years. We trek all the traditional routes off and on the beaten tracks. Our commitment to cultures and environment is as strong as ever.*

*Explore Nepal comprises of well-educated and ecologically -concerned staffs of very high standards. Our primary goal is to present you with wonderful travelling opportunities and culturally enriching adventures. We pride ourselves on the level of experience that every one of our guides possesses. They have trekked and guided in all regions of Nepal and have a deep knowledge about every aspect of trekking in the Himalayas.*

*We offer treks in every region of Nepal comprising both camping and tea houses for our more classic and popular treks and bring our own camps for the remote treks. Trekking is the ultimate way to experience the beauty and culture of Nepal.*



## Why travel with us?

### **Our commitment to Eco-Tourism:**

Besides having over two decades of identifying and pioneering new areas, thereby providing you absolute wilderness trekking away from the main trails, we ensure you of new experiences. We, as much as possible, organise our trekking(s) as eco-friendly! All our guides and staff are very well versed regarding this subject as well. All our meals are cooked using kerosene fuel or gas. We do not use firewood as fuel to help preserve the beauty of nature and its environment from destruction.

Your safety also is our top priority. The welfare of our staff and porters is no less important; they are fully

insured and well equipped with the necessary gear for all kinds of climate conditions and terrains. We offer you professional staff, quality equipment and excellent food, with a varied menu. Our expert guides and staff will add extra harmony to your Himalayan adventure.

### **Our Trips**

With over two decades of experience pioneering new trekking areas, we have the most thrilling and exceptional trekking routes to offer you. For unlimited adventure, come and share the fascinating ever-varied Himalayan landscapes with the ever-smiling Nepalese people.

We can offer you a choice of graded trips, ranging from leisurely to moderate, or, adventurous to seriously challenging. We can also tailor a trek to suit all kinds of people, including beginners, families with children, students, and the elderly - and strong, fit, adventurous climbers.

*Feel the spirit of adventure!*



# Annapurna Sanctuary Trekking Map

