



COMMUNITY ACTION TREKS

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# Annapurna Sanctuary

Dramatic close-up views of some of the highest and most beautiful mountains in the world!

NEPAL





**GRADE**  
MODERATE

**MAX ALTITUDE**  
4130m

**TREKKING DAYS**  
12

**TRIP LENGTH**  
16 days

**MIN PEOPLE**  
4

# Annapurna sanctuary

This area north of Pokhara offers dramatic close-up views of some of the highest and most beautiful mountains in the world. The Annapurna Sanctuary, a natural alpine amphitheatre surrounded by snow-capped mountains all over 6100 metres, offers unrivalled trekking.

This trek takes you through a variety of scenery. From the villages, farmland and jungle surrounding Pokhara, through alpine zones before coming into the Sanctuary itself, where you are completely surrounded by 6000, 7000 and 8000 metre Himalayan peaks at very close range.

Trekking up to the village of Ghorepani offers us breathtaking views of the Annapurna's. The next morning, we ascend Poon Hill at dawn to see sunrise on the mountains before the path takes us up the Modi Khola valley to the Annapurna Sanctuary. We spend time at both Machhupuchhare and Annapurna Base Camps, allowing us to fully appreciate both sunset and sunrise at both camps. This will aid our acclimatisation and allow us to explore the Annapurna Sanctuary in depth.

Due to the incredible altitudinal range and consequent geographical and climatic variations, trekking in this area is a naturalist's dream. In just 8 days we move from the sub-tropical areas around Pokhara to the high Tundra and glaciers of the Annapurna Sanctuary.

The inhabitants of the lower areas are mostly Gurungs and Magars, races that make up the backbone of the famous Gurkha regiments of the British and Indian armies. Pokhara is mainly inhabited by Newars, the lowland traders of Nepal. The return trail of the trek follows one of the most important of the ancient trading routes over the Himalaya and is also a major pilgrimage route to Muktinath.

To enjoy the trek fully you need to be fit and walk regularly. Previous trekking experience is obviously an asset but is not essential. Bear in mind that ascents and descents on some days could exceed 1,000m, with steep sections in places. Time is spent at high altitude which may affect your performance, though rest days are built into the trek to help you acclimatise. If you have any doubts as to your suitability for the trek, please telephone us for advice.



**TREKKING WINDOW**  
MAR- MAY & OCT - DEC

**PRICE**  
£1425 per person\* (land only price - see last page).

\*prices are subject to change



Annapurna sanctuary

# Itinerary

LODGE TREK

walking times are approximate

## Day 1

### Arrive Kathmandu

Namaste! And welcome to Kathmandu, the colourful capital of Nepal where ornately carved balconies mingle with beautiful shrines and temples. Your adventure begins with a welcome meeting on arrival at the exit gate of Kathmandu airport. Our staff will welcome you with CAT's palm plate and take you to your hotel. For the rest of the day, you can relax at the hotel or take a short evening walk around the local markets on your own.

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## Day 2

### Free Day in Kathmandu

Explore the fascinating city of Kathmandu with its temples and markets or take an optional excursion (can be booked locally through our Nepal office) into the Kathmandu Valley

## Day 3

### Fly Kathmandu to Pokhara, trek to Hille 1475m (2.5 hours walking).

We take the 25-minute spectacular flight to Pokhara and drive a short distance to the trail head at Birenthanti. We meet our trekking crew and start trekking up Bhurungdi Khola valley, where the trail gently climbs to Hille.

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## Day 4

### Hille to Ghorepani 2750m (4.5 hours walking).

Beyond Hille, the trail steepens until reaching Ulleri where we are rewarded with views of Annapurna South & Hiunchuli. It is good to do this climb before the heat of the day. From Ulleri the trail climbs less steeply, passing through pastures and cultivated fields before reaching rhododendron forests and the blue roofs of Ghorepani. If the clouds are obliging, we will be rewarded with fantastic views from this vantage point.

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## Day 5

### Ghorepani to Poon Hill 3193m & Tadopani 2590m (4 – 5.5 hours walking).

We rise early for the 45-minute trek to Poon Hill (3193m), one of the most famous places to watch the sun rise across the magnificent Himalayan panorama. This includes Dhaulagiri to Manaslu in the east and the Annapurna range between. After returning to Ghorepani for breakfast we set off on the short climb to Deorali for more fantastic panoramic views. We then descend a steep river gorge before the climb to Tadopani.





## Day 6

### **Tadopani to Chomrong 2170m (5-6 hours walking).**

From Tadopani the trail heads northeast until we reach the village of Chomrong. The village is beautifully set against the peaks of Annapurna South, Hiunchuli and Machhapuchhre which towers above. From here we can see why Machhapuchhre was given its other name of Fishtail Peak.

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## Day 7

### **Chomrong to Bamboo Lodge 2340m (5/6 hours walking)**

We leave Chomrong, the last permanent settlement before the Sanctuary, and walk up the Modi Khola valley through beautiful rhododendron and bamboo forest.

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## Day 8

### **Bamboo Lodge to Deorali 3230m (5 hours walking).**

We arrive at Himalaya Lodge and walk up the Modi Khola. The valley narrows into a steep sided gorge, by the time the large fire-blackened rock overhang known as Hinku Cave is reached, the vegetation has thinned out and the gorge narrows to be only a few hundred metres wide. It was at Hinku Cave that Chris Bonington and his Annapurna South Face team sheltered on their approach to the Sanctuary in 1970.

## Day 9

### **Deorali to Machhapuchhre Base Camp 3700m (4-5 hours walking).**

Now the valley narrows into a steep gorge, rising above the vegetation line, until we pass through into the sanctuary 'gates'. Once through the sanctuary, we cross moraines to a cluster of huts called Machhapuchhare Base Camp with Annapurna South, Hiunchuli and the magnificent Machhapuchhre (Fishtail) towering above us.

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## Day 10

### **Machhapuchhre Base Camp to Annapurna Sanctuary 4130m (2-3 hours walking).**

In places the path is a little rougher as it crosses rocks and small streams. Tantalising glimpses of the massive peaks that form the sanctuary appear and urge us on. When we reach the moraines the views on all sides are of snow-capped peaks. The fluted walls of ice and enormous rock buttress are incredible; this is a mountain amphitheatre of spectacular size. Wherever you stand in the sanctuary, the 360-degree views are breathtakingly beautiful.

Starting from Hiunchuli (6451m) and turning clockwise we see Annapurna South (7467m), Fang (7646m), Annapurna I (8105m), Tent Peak (5673m), Gangapurna (7467m), Annapurna III (7568m) and the most spectacular of all, Machhapuchhre (7055m). Bask in the sunset and sunrise when the mountains glow pink and gold – unforgettable!

## Day 11

### **Annapurna Sanctuary to Doban 2600m (6 hours walking).**

We retrace the trail which we came up but of course this time it will be much easier as we will be descending to lower altitude. If you have energy left, about half an hour from Doban a shrine stands in honour of the deity Bataha Than and it is traditional to leave strips of cloth or flowers here. Near the shrine there is an impressive waterfall said to consist of 70 streams.

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## Day 12

### **Doban to Chomrong 2170 (6-7 hours walking).**

Still retracing our steps down the Modi Khola valley, passing rhododendron and bamboo forests, we reach Chomrong. From here it is obvious why Machhapuchhare got the name Fishtail Peak.

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## Day 13

### **Chomrong to Ghandruk 2900m (5-6 hours walking).**

We descend to the Kyumun Khola and trek through the rice fields before we finally we start climbing up to Ghandruk. The picturesque Gurung village is surrounded by paddy fields and is set against the peaks of Annapurna South and Hiunchuli.

## Day 14

### **Ghandruk to Birethanti (5-6 hours walk, 2-hour drive to Pokhara)**

Our descent continues to Syauli Bazaar at approx.1500m, and we continue down to Birethanti, crossing the Modi Khola bridge. We finally we come to the road head and after the arrival of all our kit, we depart by car/coach to Pokhara where we check into a very comfortable hotel.

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## Day 15

### **Morning flight back to Kathmandu**

Fly from Pokhara to Kathmandu, where we return to our group hotel. Rest of day free.

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## Day 16

### **Depart Nepal**

Transfer to Kathmandu airport.





#### The price includes on lodge basis:

- Transfers between Kathmandu airport and hotel accommodation
- Journeys (by air and road) between Kathmandu and Pokhara, including departure taxes for internal flights, where applicable.
- Accommodation for 3 nights in Kathmandu and 1 night in Pokhara in rooms on sharing basis (single supplement extra) with shower and WC and inclusive of breakfast, as per itinerary.
- Three meals a day (open Lodge menus) and accommodation (sharing basis) during the trek.
- Participation in the trek as per itinerary inclusive of full board
- Services of local porters (15 kg load per participant), Sirdar (head guide) and assistant guide (depending on group size)
- All Nepalese staff insurance as per Government regulations
- All trekking permits.

#### Not included:

- International flights
- Nepalese visa - (please refer to our document "Preparing for your trek: Nepal" for latest prices).
- Meals other than breakfast in Kathmandu.
- Travel insurance.
- Tips.
- Items of a personal nature such as drinks, laundry, telephone calls and souvenirs (allow approximately £250 spending money).

#### Land only prices

The cost of international flights, particularly those to Nepal, are less predictable than they used to be. Airlines now request full payment upfront. As a result, we will quote you a land-only cost.

#### Options

Extra nights are available in Kathmandu in our group hotel, and in Pokhara in our choice of accommodation. Extension packages can also be organised in Nepal, Tibet or Bhutan. Please refer to our Himalayan extensions guide for more details. Extensions should be arranged prior to booking international flights.

# Contact us

for more information about any of our treks, please contact us and speak to our professional travel guides using the information below:

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#### Important Note

Whilst we expect that the trek will run as per the itinerary, participants should accept that there is a possibility of changes being necessary subject to local conditions.