



COMMUNITY ACTION TREKS

# 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  
2

# 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 completely 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 Annapurnas. The next morning we ascend Pooh 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, and as an aid to our acclimatisation and 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 naturalists 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 Gorkha 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.



TREKKING WINDOW  
MAR - APR & OCT - JAN

PRICE

£1425 per person (land only price)





Annapurna sanctuary

# Itinerary

## Day 1

### Arrive Kathmandu

Transfer to hotel. Rest of the day free.

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## Day 2

### Free 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.

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## Day 3

### Fly Kathmandu to Pokhara, trek to Hille 1475m 2½ 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. We camp for the night at Hille or in nearby Tikhedunga.

## Day 4

### Trek to Ghorepani 2750m 4½ 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 1½ hours + 2½ - 3¼ 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 including 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.

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## Day 6

### Tadopani to Chomrong 2170m 5/6 hours walking

From Tadopani the trail heads north east 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.







## 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. We camp at the Bamboo lodge.

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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 and the gorge narrowed 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. We camp at Deorali.

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## 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 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.

## 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. Tantalizing glimpses of the massive peaks that form the sanctuary appear and urge us on. When we reach the moraines the views on all sides of snow capped peaks, 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! As you lie in your sleeping bag listen to the glaciers creaking and cracking throughout the night.

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## Day 11

### **Annapurna Sanctuary to Doban 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!



## Day 12

### Doban to Chomrong 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 Tadapani 2900m 5/6 hours walking

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

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## Day 14

### Ghandruk to Birethanti 5/6 hours walk, 3 hours drive

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



## Day 15

### Morning flight back to Kathmandu

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

## Day 16

### Depart Nepal

Transfer to Kathmandu airport for international flights.





#### The price includes on lodge basis:

- Journeys by air between Kathmandu and Pokhara including departure taxes for internal flights where applicable.
- ✈ Transfers between Kathmandu and Pokhara airports and hotel accommodation
- ✈ Accommodation for 3 nights in Kathmandu and 1 night in Pokhara in rooms with shower and wc and inclusive of breakfast
- ✈ Participation in the trek as per itinerary inclusive of full board, camping equipment (not sleeping bags), services of porters (15 kg load per participant); Sirdar (head guide) and kitchen staff; trekking permit

#### The price does not include:

- Not included:
- International flights
- Nepalese visa - (please refer to our website for latest prices)
- Meals other than breakfast in Kathmandu and Pokhara
- 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 flights, in particular 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, and quote separately for the cheapest flights we can find at the time of your booking. We will, however, require full payment for the flights prior to booking them. If you prefer to search for alternative flights yourself, we can sell you the trek at the land-only price.

#### Options

Extra nights are available in Kathmandu in our group hotel, and in Pokhara in our choice of accommodation.

Extension packages can also be organized in Nepal, Tibet or Bhutan. Please refer to our Himalayan extensions dossier for more details. Extensions should be arranged 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.