

# **Annapurna Sanctuary Trek ( Via Gorepani )**



## **Trip Overview**

The Annapurna Sanctuary trek is one of the most popular parts of the Annapurna region's trip. It is a spectacular journey on foot to the south face of Annapurna 1 with a high basin lying north of Pokhara. Our Itinerary is designed for a relaxed manner. After 6 6-hour drive from Kathmandu to Pokhara and another 1.5-hour drive from Pokhara to Nayapul, our trek starts to move ahead. Breathtaking Himalayan views during the trek and experiencing the sunrise over the Dhaulagiri and Annapurna ranges from Poon Hill make your trip amazing. After enjoying the wonderful view of the wide Himalayan range trip moves towards Annapurna Basecamp to explore the Mountain at a very near distance following a thick jungle walk while exploring varieties of vegetation and the sounds of birds makes the trip unforgettable.

## **Trip Itinerary**

- Day 1 - Arrival in Kathmandu and transfer to hotel (1400 Mtr/4592 Ft)
- Day 2 - Sightseeing in Kathmandu and preparation for trek
- Day 3 - Drive to Pokhara to nayapul , and Trek to Ulleri( 1960 Mtr/6400 Ft)
- Day 4 - Trek to Gorepani (2855 Mtr/9364 Ft)
- Day 5 - Hike to Poon Hill before sunrise(3210 Mt/10529 Ft)Trek to Banthati(2651 Mtr/8695 Ft)

- Day 6 - Trek to Chuile (2050 Mtr/6724 Ft)
- Day 7 - Trek to Chomrong (2030 Mtr/6658 Ft)
- Day 8 - Trek to Bamboo(2310Mtr/7577 Ft)
- Day 9 - Trek to Deurali(3230 Mtr/10595 Ft)
- Day 10 - Trek to Annapurna Basecamp(4130Mtr/13546 Ft)
- Day 11 - Trek to Dovan(2500Mtr/8200 Ft)
- Day 12 - Trek to Lower Sinuwa(2340 Mtr/7675 Ft)
- Day 13 - Trek to Jhinu Danda(1450Mtr/4756 Ft)
- Day 14 - Trek to Nayapul and Drive to Pokhara
- Day 15 - Rest and Sightseeing in Pokhara
- Day 16 - Flight to Kathmandu
- Day 17 - Final Departure

## **Cost Includes & Excludes**

### **Includes**

- All airport/hotel pick ups and drops within Nepal
- Flight from Pokhara to Kathmandu
- All trekking permits , TIMS card, Government and local taxes for the trek
- All Meals (Breakfast , Lunch and Dinner ) During the trek
- 3 Star hotel accomodation in Kathmandu and Pokhara with breakfast
- All ground transportation on a comfortable vehicle as per the itinerary
- An experienced English speaking and government licensed trekking guide
- All Meals (Breakfast , Lunch and Dinner ) During the trek
- Medical kit incase of Emergency
- Insurance for Nepali Staffs
- Sleeping Bag and Down Jacket for the trek
- Staffs Cost including their Salary, food , accomodation and equipments

### **Excludes**

- Nepal Visa Fee

- Personal Trekking gears
- International Flight fare
- Lunch and Dinner in the city , extra night accomodation in Kathmandu and Pokhara in case of early arrival or late departure and early return from the trek due to any reason than the scheduled itenerary
- Any rescue cost
- Tips for Guide and Staffs
- Personal Travel and rescue insurance
- Personal expenses as phone calls, laundry , Bar, Battery charge, extra porter, shower and bottled or boiled water
- Helicopter charter flight
- Excess baggage charges ( can be carried only 15 Kg including in Airfare)

## **Gears and equipment**

- Head
  - Warm Hat
  - Cap
  - Face Mask / Muffler
- Upper Body
  - Wind stopper/Waterproof Jacket
  - Down Jacket
  - Fleece Jacket/ trousers
  - Thermol
  - T-shirts
  - Woolen gloves/Water/wind proof gloves
- Lower Body
  - Trekking Trousers(light weight long Pant)
  - Underwear
  - Wind stopper/waterproof Pant
  - Fleece or woolen pants

- Feet

Thin Lightwear/heavy poly or wool Socks  
Sandals  
Trekking Boot  
Gaiters  
Spare Shoes

- Accessories

Medium Rucksack (50-70 Ltr)  
Small Day Pack  
Personal Medical Kit  
Chapstick/Sunscreen  
Water bottle  
Large Duffel bag  
Trekking Pole  
Spare batteries for Camera and Flash Light  
Hand Towel  
Head lamp with extra Batteries  
Sun Glasses with UV protection  
Suitcase (For stored in Kathmandu hotel for not needed items for trek)

## Faqs

### 1. Why to go trekking in Annapurna Sanctuary trek ?

*Annapurna region in nepal is popular destination of trekkers and climbers from all over the world. Every year thousands of trekkers and climbers come to Annapurna region to explore the beautiful himalayan range as well as wonder natural beauties. Altitude wise it is not that high,thie highest point of this trek is only 4130 Mtr, from where you can view the giant Annapurna mountain from very near. Normal people can do easily this trek.*

### 2. What is the best seasons to trekking in Annapurna Sanctuary ?

*In Nepal, there are four different seasons such as Spring, Summer, Autumn and winter. Spring and Autumn are most popular for trekking in Nepal. But the best season of your travel might be differ as per your purpose and your suitable time for travelling in Nepal.*

### 3. What permit do I need for the Annapurna sanctuary trek?

*To enter in Annapurna area, we have to take several permits as follows.*

- 1) Annapurna conservation area project permit*
- 2) Trekking information and Management services (TIMS)*

#### **4. How safe is Annapurna Sanctuary trek?**

*Safety is our first concern. As we provide the experienced guides and leaders for the particular trip who are well trained about the high altitude sickness, first aid friendly attitude and ability to provide useful and important instructions. All our itineraries are designed with proper acclimatization days in order to reduce the risk of altitude sickness. In every group we provide the first aid kit bag in case of any injury and emergency. We make the proper decision according to the regular updated weather report, if there are any chances of big snow falls or storms, we decide and do the action as per the situation.*

#### **5. How are the lodging and fooding facilities in Annapurna sanctuary?**

*Along the trail to Annapurna basecamp and Gorepani, there are well facilitated lodges available with various types of foods. We provide you three meals a day with your own choice. We always provide the seasonal fruits as well. We always book in lodges with well management and facilities. If you buy single supplementary package you will get single room. But in high season, especially in Annapurna basecamp side, above Chomrong, number of lodges are limited, single rooms are very hard to get, sometimes we should share with another person/group.*

#### **6. Is there any internet wifi and phone call facility on the way?**

*After your arrival in Kathmandu airport, we recommend to buy one Ncell sim card. In Annapurna region, Ncell works in some parts, but internet services are available in every lodge.*

#### **7. How safe is Annapurna Sanctuary trek?**

*Safety is our first concern. As we provide the experienced guides and leaders for the particular trip who are well trained about the high altitude sickness, first aid friendly attitude and ability to provide useful and important instructions. All our itineraries are designed with proper acclimatization days in order to reduce the risk of altitude sickness. In every group we provide the first aid kit bag in case of any injury and emergency. We make the proper decision according to the regular updated weather report, if there are any chances of big snow falls or storms, we decide and do the action as per the situation.*

**8. Can I use the foreign currency and Credit cards on the way in any shop or Lodge?**

*You can pay by foreign currency as well, but the exchange rate will not be same as Kathmandu, so we recommend you to exchange the money in Kathmandu and take a Nepalese Rupees. In Annapurna region credit cards are accepted only in some places.*

**9. Can I use the foreign currency and Credit cards on the way in any shop or Lodge?**

*You can pay by foreign currency as well, but the exchange rate will not be same as Kathmandu, so we recommend you to exchange the money in Kathmandu and take a Nepalese Rupees. In Annapurna region credit cards are accepted only in some places.*