



## ANNAPURNA SANCTUARY TREK

**2 nights Kathmandu (Shangri-la Hotel), 9 night Annapurna Sanctuary Trek using local lodges, 1 night Pokhara Shangri-La Village Resort & 2 nights Kathmandu (Shangri-la Hotel)**

The Annapurna Sanctuary is a high glacial basin lying north of Pokhara. Situated below a ring of eleven of Nepal's major peaks, it has spectacular views of each of these giants. This magnificent amphitheatre is called a 'sanctuary' not because of laws that protect wildlife within its boundaries, but because of its natural serenity, beauty and the divine presence of the Hindu goddesses Annapurna and Gangapurna. One can sit in the Sanctuary meadows at 4000m enjoying the views of these legendary mountains towering several kilometres above in all directions. (The varieties of alpine flowers and lichens make these meadows brilliant with colour at certain times of the year). This isolated cirque of peaks can only be approached by one route, a deep gorge that carves into the fortress of mountains between Machapuchare and Hiunchuli.

**Duration** : 15 days/14 nights - 2 days Kathmandu, 10 days trek, 1 night Pokhara, 2 days Kathmandu  
**Grade** : moderate-strenuous  
**Trekking style** : Local T-houses throughout

We are pleased to arrange this trek on a private basis on dates that suite you. The price based on a private departure with a minimum of 2 persons travelling together is US\$ 1920.00 per person. Single supplement US\$ 430.00 (*Group rates are also available on request*).

**Note;** Optional upgrade to beautiful Deluxe Heritage Hotel in Kathmandu (Dwarika's Hotel): US\$ 250.00 per adult/150 per child.

Price Includes:	Price Excludes:
All airport transfers Kathmandu/Pokhara/Kathmandu airfare X10 day fully inclusive trek arrangements staying in local Lodges enroute with all meals. Sleeping bag and liner Sherpa leader and porter as required National Park entrance fees X1 night Shangri-la Village Hotel in Pokhara on a BB basis X4 nights accommodation in Kathmandu inclusive of breakfast	Lunch and dinner in Kathmandu and Pokhara Personal insurance Price rises beyond our control (e.g.; increase in permit fees, airfares) Charges for unexpected expenses Personal expenses such as gratuities, laundry etc. Personal clothing and equipment International departure airport tax Visa fees International airfare



**ITINERARY**

**Day 01: Arrival in Kathmandu**



Upon arrival you will be met and assisted by an Escape 2 Nepal representative and transferred to Shangri-la Hotel which is located 15 minutes from the airport and 5-10 minutes from the tourist district of Thamel.

This Hotel provides comfortable accommodation and excellent facilities as well as one of Kathmandu's best gardens.

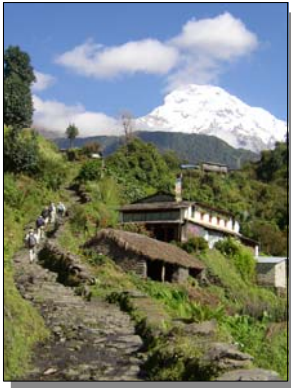
**Day 02: Kathmandu**

A pre-trek briefing will be conducted today in which maps and other general information will be distributed. This will also offer you the ideal opportunity to ask any last minute questions that you may have. A half day sightseeing tour will also be arranged. **Overnight Shangri-la Hotel.**



**Day 03: Kathmandu – Pokhara – Trek start point - Modi Khola**

A scenic flight to Pokhara gives us a preview of the dramatic mountains we are about to enter (if the flight does not operate, we drive to Pokhara). We meet our Sherpa crew and trace a path up the Modi Khola, a river fed by the huge glaciers of the Annapurna Sanctuary. Machhapuchhare, Annapurna South, Hiunchuli, and other snowy giants the Annapurna Range gleam as a surreal, snow-capped backdrop for this lush subtropical landscape. We trek past a small school, descend a ridge, and cross over to the east bank of the Modi Khola. **Overnight at a local Lodge.**



**Day 04: Ghandrung**

Hiking through bamboo and rhododendron forests, we climb to the large, prosperous Gurung village of Ghandrung, home to many retirees from British Gurkha regiments. Views of Annapurna South, Hiunchuli, and Machhapuchhare begin to loom ever closer. After we arrive at camp, we have the afternoon free. One of our activities might include a visit the headquarters of the Annapurna Conservation Area Project. The project's aim is to control the negative impact of tourism while promoting sustainable development for the local people. We can also explore picturesque Ghandrung town for a look into Nepali village life amid its ocher-washed houses and slate-paved courtyards. **Overnight at a local Lodge.**

**Day 05: Chomro / Sanctuary "Gates"**

Our trail heads steeply downhill to the Kyumnu Khola, a tributary of the Modi Khola, where we can enjoy a midday swim. In the afternoon, we climb to a ridgeline on the west bank of the Modi Khola, gaining a spectacular view of the Matterhorn-like spire of 23,000-foot Machhapuchhare. We continue along to Chomro (6,500'), the last permanent village below the Annapurna Sanctuary, set at the base of Hiunchuli (20,782'). **Overnight at a local Lodge.**

**Day 06: Dobhan**

Hiking through lush rhododendron forest festooned with ferns and orchids, we reach Kuldi Ghar, a small settlement perched on the steep-sided valley. We descend quickly across rock slabs into a bamboo forest. The trail continues through a dense bamboo forest, often over a tangle of roots and fallen bamboo that can be slippery when wet. **Overnight at a local Lodge.**

**Day 07: Machhapuchhare Base Camp**

Following the trail uphill then downhill through bamboo forest, we climb gradually but steadily until we emerge into the open spaces above treeline. After hiking across a grassy pasture at Tomo (8,400'), we reach the narrowest point in the canyon, Panchenin Barha, the natural "gate" to the sanctuary, with its small trailside shrine.





Before 1956, no one of low caste, no foreigners, and no "impure" foods such as pork, beef, chicken, garlic, and eggs were allowed beyond this shrine into the sacred confines of the Annapurna Sanctuary. The gorge widens as we climb towards Hinko Cave (10,400'), and finally we feast our eyes upon the full glory of the Annapurna Sanctuary. Ahead of us lies the lateral moraine of South Annapurna Glacier, with the Modi Khola flowing to our right. Our camp tonight is at Machhapuchhare Base Camp (12,150'), site of a 1957 British Expedition to Machhapuchhare that climbed to within 200 feet of the summit. Because the peak is sacred to the Gurung people and considered the home of a Gurung goddess, Nepal's government subsequently declared it off limits to climbers and it has remained unclimbed since. From camp, we have an incredible view of the red-rock west face of Machhapuchhare, which often glows with the light of the setting sun long after dusk. **Overnight at a local Lodge.**

**Day 08: Annapurna Base Camp**

The trail to Annapurna Base Camp (13,550') contours the broad, grassy, and sometimes snow-covered valley. When we reach base camp, we enjoy a picnic lunch, surrounded by a 360-degree panorama of incredible Himalayan peaks: Hiunchuli, Annapurna South, Fang, Annapurna II, Roc Noir, Glacier Dome, Gangapurna, Annapurna III, and Machhapuchhare. **Overnight at a local Lodge.**



**Day 09: Bamboo Camp**

After we enjoy our last views of the Annapurna Sanctuary, we head out the "gate" and begin our descent to the Modi Khola Valley. **Overnight at a local Lodge.**

**Day 10: Modi Khola Camp**

We continue downhill, heading back to Chomro (6,500'), then detour off our former trail and head steeply down to the "New Bridge" on the Modi Khola. **Overnight at a local Lodge.**

**Day 11: Austrian Camp**

A short climb takes us up to the village of Landrung (6,380'), and we traverse through a mix of cultivated fields interspersed with scrub vegetation before ascending through thick rhododendron forest onto a ridge descending from Machhapuchhare. The birdlife in the rhododendron forest is abundant. A gentle downhill walk through grassy meadows takes us off the main trail to a beautiful campsite used by Austrian mountaineers in the 1960s. **Overnight at a local Lodge.**

**Day 12: Pokhara**

We walk down to the roadhead near Suikhet village, bid farewell to our trekking staff, and continue by bus to the Pokhara area. Tonight we enjoy a hot shower and the garden setting of our hotel, the Shangri-la Village Resort, with its spectacular views of the ice-hung southern ramparts of the Annapurna.

**Day 13: Day in Kathmandu**

Return to Kathmandu by air. Rest of the day at leisure. **Overnight at the Shangri-la Hotel.**



**Day 14: Day in Kathmandu**

Today enjoy a leisurely lunch at the exclusive Shivapuri Heights Cottage in the hills just north of Kathmandu.

**Overnight at the Shangri-la Hotel.**

**Day 15: International flight**

Transfer to the International airport for your final departure from Kathmandu.

**Note: The routing of the trek may be modified according to local conditions and at the discretion of your Sherpa leader**