



12 DAY ANNAPURNA SANCTUARY

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Trip Duration: 12 days

Trip Difficulty:

Destination: Nepal

Begins in: Kathmandu

Activities: 

INCLUDED

- Airport transfers
- 2 nights hotel in Kathmandu before/after trek
- Ground transportation
- Flights to/from Kathmandu - Pokhara
- National Park fees
- Expert guides & porters
- Accommodations during trek, double occupancy
- Meals & beverages during trek

EXCLUDED

- Airfare
- Lunch or dinner at hotel
- Beverages at hotel
- Personal gear & equipment
- Tips



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Ultimate Expeditions® was born out of our need for movement, our connection with nature, and our passion for adventure.

We Know Travel. Our staff has traveled extensively to 40-50 countries each and have more than 10 years of experience organizing and leading adventures in all corners of the globe through the world's most unique, remote, beautiful and exhilarating places. We want to share these destinations with you.

Why Ultimate Expeditions®? We provide high quality service without the inflated cost. Our goal is to work with you to create the ideal itinerary based on your needs, abilities and desires. We can help you plan every aspect of your trip, providing everything you need for an enjoyable experience.

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Itinerary

DAY 1 Arrive Kathmandu

Namaste and welcome to colorful Kathmandu where our friendly Ultimate Expeditions representative will meet you at the airport and drive you to your hotel. During this meet and greet your guide will discuss the daily activities of your trip.

DAY 2 Fly to Pokhara (3,280 ft / 1,000 m), Drive to Nayapul (3,317 ft / 1,011 m), Trek to Tikhedhunga (5,052 ft / 1540 m)

A morning flight gets us to Pokhara and then a 1.5 hour drive to NayaPul. The days trek begins through a sub-tropical forest and at times is carved into the side of the cliff. After crossing the Modi Khola (river) via a suspension bridge we enter the village of Tikhedhunga where we will stay for the night.

DAY 3 Trek to Ghorepani (9,120 ft / 2,780 m)

The trail getting will take us across a small suspension bridge, and then makes its way through a rhododendron forest. We ascent to Ulleri and then Ghorepani, which means "horse water," this village was an important campsite for traders long before it became a regular stop for hikers. This interesting town offers small shops and stalls, selling local products and crafts. Overnight in Ghorepani with beautiful views of Dhaulagiri and the Annapurna range.

DAY 4 Ascent Poon Hill (10,498 ft / 3,200 m), Trek to Tadapani (8,628 ft / 2,630 m)

We catch the sunrise over the Himalayas, an early morning hike along a steep trail to Poon Hill. This is by far the most popular trekking destination in the entire Annapurna region. Enjoy spectacular sunrise views of Machhapuchhre, Dhaulagiri, Nilgiri, and the Annapurna's. We then make our descent to Tadapani.

DAY 5 Trek to Chomrong (7,119 ft / 2,170 m)

The trail follows a steep descend through a dense rhododendron forest to Lower Chomrong, and then it's a long ascent up the stony steps to Upper Chomrong, a beautiful village among giants.

DAY 6 Trek to Bamboo (7,578 ft / 2,300 m)

As we head out of Chomrong, the trail descends steeply down a stone staircase and crosses the Chomrong Khola on a suspension bridge. The trek zigzags through a through beautiful forest, crossing streams until reaching Bamboo.

DAY 7 Trek to Machhapuchhre Base Camp (12,139 ft / 3,700 m)

As we climb higher in elevation the scenery transforms a lush forest to shrubs, to wide open spaces. The towering Machhapuchhare is a sacred peak and to the local people it represents the Hindu God Shiva. From here you will enjoy panoramic views include Hiunchuli, Annapurna South, Annapurna I and Machhapuchhare.

DAY 8 Trek to Annapurna Base Camp (13,549 ft / 4,130 m)

Today's hike we will encounter glacial moraine and will get our first real view of Annapurna's nearly vertical south face. Surrounded by giants such as Machhapuchhre, Annapurna south, Annapurna I and Hiuchuli, the 360 degrees of scenic beauty will leave you speechless. From here we head back down the valley.

DAY 9 Trek to Chhomorong (7,119 ft / 2,170 m)

As we descend, breathing becomes easier. Today we will retrace our steps through Bamboo and Sinuwa until finally reaching Chhomorong.



DAY 10 Trek to Nayapul (3,317 ft / 1,011 m), drive to Pokhara (3,280 ft / 1,000 m)

The last day on the trail spent hiking from Chomrong to Nayapul and is then followed by a vehicle transfer (approximately 1.5 hours) to your hotel in Pokhara.

DAY 11 Fly to Kathmandu

An early morning flight from Pokhara will take you back to Kathmandu, where you can spend the day sightseeing or shopping for souvenirs. Overnight in a hotel in Kathmandu.

DAY 12 Depart Kathmandu

Our Ultimate Expeditions representative will drive you to the airport in Kathmandu for your return flight home.

NEPAL

Best Time to Visit

It is possible to visit Nepal year round, but spring and autumn are the two most favorable seasons for trekking.

March, April and May (Spring)

These months are considered to be the best in terms of weather and beauty; they are also the busiest months. Days are warm with an occasional rain shower that invites an array of blooming wildflowers, displaying vibrant colors on a lush backdrop. Hikers say it's the most pleasant time to trek.

June, July and August (Monsoon)

The monsoon season brings severe rains making the certain routes impassable. Lodges and trekking operations in some areas are closed during this time, but there are options for trekking around Annapurna and Manaslu which receive significantly less precipitation than the more southerly areas.

Mid-September – November (Autumn)

The weather is dry and skies are generally clear, with mild to warm days and cold nights. Nights can easily drop to below zero freezing temperatures.

November – February (Winter)

Generally dry with daytime temperatures cooler and very cold nights. The days are typically clear with occasional winter storms. Trekking during this mid-winter season can be more challenging in the high altitudes.

Temperature

Month	Jan	Feb	Mar	Apr	May	Jun
Average High (F)	60	63	70	77	79	80
Average Low (F)	40	44	50	57	63	69

Month	Jul	Aug	Sep	Oct	Nov	Dec
Average High (F)	79	79	78	74	68	61
Average Low (F)	70	70	67	59	49	42

Entry Requirements

Most nationalities must hold a valid passport, with at least six months beyond your proposed date of your trip. Citizens of USA, UK, Canada, Australia and other European Union nations must have passports. We recommend obtaining a visa upon arrival at Tribhuvan International Airport.

Vaccinations

The following vaccines are recommended for travel to Nepal. Hepatitis A& B and Typhoid are recommended for all travelers. Polio - One-time booster. Yellow Fever – is



required when arriving from a yellow-fever-infected area. Measles, mumps, rubella (MMR) - Two doses recommended for everyone born after 1956, if not previously given. Tetanus-Diphtheria - Revaccination recommended every 10 years. Japanese Encephalitis - You may need this vaccine if your trip lasts longer than a month, depending on when and where you are visiting. Rabies - Only necessary if visiting lowland areas, like Chitwan.

Malaria – avoid mosquito bites to prevent malaria. You may need to take prescription medicine before, during, and after your trip to prevent malaria. Talk to your doctor about how you can prevent malaria while traveling.

Travel Advisories

Make two photocopies of valuables such as your passport, tickets, visas and travelers' cheques. Keep one copy with you in a separate place to the original and leave another copy with someone at home.

Be sure to inform your credit card company as well as your bank you will travel internationally into Nepal. This will eliminate any credit card holds for fraudulent activity.

Currency

The best places to exchange money is in Kathmandu. Local currency is the Nepalese Rupee, however some establishment do accept USD. Better hotels, lodges, and camps will accept credit cards. It is advised to carry local currency when visiting remote areas and villages.

Government

The politics of Nepal function within a framework of a republic, with a multi-party system.

Religion

Citizens of Nepal identify themselves with Hinduism 81.3%, Buddhism 9%, Islam 4.4%, Kirat 3.1% and other 2.2%