## Overview

Annapurna Sanctuary Trek into the heart of Annapurna Himalaya is intended to fulfill the dream of many people to experience the significant mountain holiday at the base of the world´s famous Annapurna Himal 8091m, the region's most beautiful peak Machhapuchhre (6997m), Annapurna South, Gangapurna and Hiuchuli etc. in the region. The place is a high glacial basin lying forty kilometers directly north of Pokhara. This oval-shaped plateau sits at an elevation of over 4130 meters, and is enclosed by a ring of mountains, the Annapurna range, most of which are above 7000 meters. With the only access to a narrow pass between the peaks of Hiunchuli and Machhapuchhre, from where Modi Khola River run-off glaciers drain, the Sanctuary was not penetrated by outsiders until 1956. Because of the high mountains on all sides, the Annapurna Sanctuary receives only 7 hours of sunlight a day at the height of summer. The unique combination of heights and depths in the Annapurna Sanctuary gives rise to an astonishing diversity of ecosystems. The south-facing slopes are "covered in dense tropical jungles of rhododendron and bamboo", while the north-facing slopes, in the rain shadow, have "a drier colder weather similar to that of the nearby Tibetan Plateau."

The entire sanctuary was considered holy to the Gurung people, one of the many resident people to inhabit the area. They believed it was the storage area of gold and a variety of resources left by the Nagas, the serpent gods known in India. The sanctuary was believed to be the home of several deities, from Hinduism and Buddhism as well as the older animistic gods. The peak of Machhapuchhre at the doorway was said to be the home of the god Shiva, and the daily plumes of snow were thought the smoke of his divine incense. Until recently, the local Gurung people forbade anyone from bringing eggs or meat into the Annapurna Sanctuary, and women and untouchables were prohibited from going there as well.

In recent years, the number of trekkers to the Annapurna Sanctuary has increased substantially, in part because the Sanctuary forms the base of one of the major routes to the peaks of the Annapurna range. The Annapurna Sanctuary is now part of the Annapurna Conservation Area Project, which places restrictions on the number of outside travelers, gathering of firewood, and domestic animal grazing. The Annapurna Sanctuary Trekking itinerary is only for guidelines so our plan is flexible and can be redeveloped as per your interest and the time you have. Thanking you! Namaste!!!

## Outline Itinerary

**Day 01 : Drive to Pokhara.**

**Day 02 : Trek to Tolka (1700m) 5 hours walk.**

**Day 03 : Trek to Chhumrong (2100m), 6-7 hours walk.**

**Day 04 : Trek to Dovan (2630m). 6-7 hours walk.**

**Day 05 : Trek to Deurali (3230m) from Dovan. 5-6 Hours walk,**

**Day 06 : Trek to ABC (Annapurna Base Camp) 4130m, walk 5-7 hrs.**

**Day 07 : Trek down Bamboo (2310m), 6-7 hrs walk.**

**Day 08 : Trek to Ghandruk (1940m), 5-6 hours walk.**

**Day 09 : Ghandruk - Pokhara**

**Day 10 : Drive to Kathmandu by tourist coach**

## Cost Includes

- A registered experienced Annapurna Sanctuary Trekking local guide.
- One shared porter between two trekkers to carry your main pack (weight limit 25kg)
- 2-night deluxe room in a 2-star category hotel in Pokhara with buffet breakfast.
- Twin/triple sharing trekking lodge accommodation during the trek.
- Meals: 8 Breakfasts, 7 Lunches 6 Dinners during the trek.
- Kathmandu – Pokhara - Kathmandu by tourist coach.
- Car/cab transfers to/from trekking starting and ending points.
- Expenses for trip guide and porters.
- Necessary trekking permit for Annapurna Sanctuary.
- Insurance and trekking gear for guide and porters.
- Taxes and paper work charges.

## Cost Excludes

- Accommodation, meals, and transportation in Kathmandu.
- Meals in Pokhara except the breakfast.
- Bar bills and beverages such as coke, fanta, mineral water
- Hot shower, and hot water during the trek.
- Personal travel insurance, laundry service, phone calls, and internet.
- Rescue operation charge in case of emergency.
- Tips for your guide, porter, and driver.