



Annapurna Sanctuary Trek - 9 Days



Trip Facts

Destination	Nepal
Duration	9 Days
Group Size	2 - 24
Trip Code	dwt 17
Grade	Moderate
Activity	Annapurna Treks
Region	Annapurna Region
Max. Altitude	4,130m at Annapurna Base Camp
Nature of Trek	Lodge to Lodge Trekking
Activity per Day	Approx. 4-6 hrs walking
Accommodation	Hotel in Pokhara and Hotel/Lodge/ Tea House during the trek
Start / End Point	Kathmandu/ Kathmandu
Meals Included	Breakfast in Pokhara Hotel and all Meals (Breakfast, Lunch, Dinner) during the trek
Best Season	Feb, Mar, Apr, May, June, Sep, Oct, Nov & Dec
Transportation	Kathmandu- Pokhara-Kathmandu by Tourist Bus, Pokhara - Dhapu, & Ghandruk Phedi

A Leading Himalayan Trekking & Adventure Specialists






TRULY YOUR TRUSTED NEPAL'S TRIP OPERATOR.

Hike to Annapurna Sanctuary trek itinerary is a spectacular short trek, leads from the bank of the scenic Phewa Lake, upstream along the Modi Khola to the heart of the...

Its Notice to all our valuable clients who are joining Annapurna Sanctuary Trek with us that our journey begins with a 6-7 hour bus ride from Kathmandu to Pokhara (approx 200 km) which is included in the package, however, if you want to take a domestic flight from Kathmandu to Pokhara (20 mins approx) and also from Pokhara to Kathmandu, we can provide that with an additional flight cost which is not included in the package. Discovery World Trekking would like to recommend all our valuable clients that they should arrive in Kathmandu a day earlier in the afternoon before the day we departed and start our Annapurna Sanctuary Trekking the next day, To make sure that you'll attend our Official Briefing as an important Pre-meeting. The reason we do so is we want to make sure that you get proper mental guidance and necessary information just to have a recheck of equipment and goods for the journey so that if you have forgotten something then we'll provide you with that ASAP.

About the Trip

Hike to Annapurna Sanctuary trek itinerary is a spectacular short trek, leads from the bank of the scenic Phewa Lake, upstream along the Modi Khola to the heart of the Sanctuary and around the central part of the Annapurna Himal, entails walking through a huge variety of terrain, from terraced rice fields to glacial moraine. This is certainly one of the most extraordinary and highly praised trekking destinations in the world for outstanding high mountain views, dramatic landscapes, and shimmering lakes.

-  **Best Price Guarantee**
-  **Hassle-Free Booking**
-  **No Booking or Credit Card Fees**
-  **Team of highly experienced Experts**
-  **Your Happiness Guaranteed**

Highlights

-  **Reach annapurna base camp(4130m)**
-  **Relaxing Hot spring at Jhinu danda**
-  **Amazing View of Hiunchuli, Annapurna South Annapurna I ,Khangsar Kang,Gangapurna, Annapurna III and Machhapuchhare.**
-  **Relaxing Hot spring at Jhinu danda.**
-  **Get a taste of rural Nepalese life.**

What is Included?

- ✔ Both way transportation service between Kathmandu and Pokhara by Tourist bus.
- ✔ Both way private transportation service from Pokhara to Dhampus (trek start)and Ghandruk Phedi (trek end) to pokhara.
- ✔ A night accommodation with Breakfast (room with attached bathroom) at "Hotel Crown Himalayas" in Pokhara.
- ✔ Accommodation: Three nights room with attached bathroom, at Dampus, landruk, and Jhinu Danda. Four nights standard accommodation at Himalaya, Annapurna Base Camp and Bamboo (Twin Sharing room)- 7 Nights
- ✔ All Standard Meals: Breakfast in Pookhara hotel, all Standard Meals (9 Lunches, 8 Dinners and 9 Breakfasts) during the trek.
- ✔ Government License holder Discovery World Trekking experienced and qualified trek leader (guide), assistant trekking guide, (12 or Above trekkers: 1 assistant guide) and porter to help trekkers luggage (2 trekkers:1 porter "9 kg per trekker max limit").
- ✔ Coverage of guides and porters meals, insurance, salary, lodging, transportation and other necessary equipment.
- ✔ Annapurna Conservation Area Permit (ACAP) Fee.
- ✔ Trekkers Information Management System (TIMS) card fee.
- ✔ All government, Local taxes and official Expenses
- ✔ Snacks (cookies) and Seasonal fresh fruits every day
- ✔ Assistance in arranging rescue operation in case of complicated health condition (funded by travel insurance)
- ✔ Souvenir - A company's T-shirt & Cap
- ✔ Discovery World Trekking appreciation of certificate after over the trek.
- ✔ Farewell Dinner at the end of the trek

🔍 What is Excluded?

- ❌ International flight airfare
- ❌ Nepal Entry Visa Fees for multiple Entries on arrival at Tribhuvan International Airport- (15 days - \$25-30, 30 days- \$40-50 and 90 days- \$100-110)
- ❌ Excess baggage charges (Limit is 9kg per Person)
- ❌ All Accommodation and meals in Kathmandu, before and after we start our journey
- ❌ Lunch and Dinner in Pokhara.
- ❌ Extra night accommodation, Meals in Kathmandu and Pokhara due to early arrival or late departure, early return from the trek.
- ❌ Personal expense such as shopping, snacks, bar bills, bottle or boiled water, shower, Wi-Fi, laundry, telephone call, battery re-charge fee extra porters etc.
- ❌ Personal clothing and gear.
- ❌ Travel insurance which has to cover emergency high-altitude rescue and evacuation compulsory.
- ❌ Tips for guide and porters (Recommended by the Culture)
- ❌ Additional costs or delays caused by management out of control like landscape, bad weather condition, in case of itinerary modification with a view to safety concern, illness, change of government policy, political instability raises strike, moment etc.
- ❌ All the costs and expenses which are not listed in "cost includes" will be counted as excludes

🔍 Overview

This wonderful trek through Gurung villages and climbing through Modi George into **Annapurna Sanctuary trek itinerary** in the heart of amphitheater of huge Himalayan Annapurna encircled by mind-blowing views of the majestic snow-capped mountain vistas, awe-inspiring glaciers, and dramatic Himalayan landscapes, walk through the banks of pristine rivers originating from Himalaya, dip into natural hot springs and encounter mule trains transporting supplies to remote villages, relax and refresh in cozy mountains teahouses and interact with friendly locals along the way, the days explored in Annapurna sanctuary trekking is truly an adventure traverse with insight into unparalleled Nepali's some of the greatest varieties culture, nature and tradition. The best mountain view unfolds with the rising sun on the towering giants of Annapurna's I to IV, Gangapurna, and Machhapuchre or Fish Tail Mountain from Machhapuchre base camp and Annapurna base camp are just **marvelous** and **spectacular**.

The Annapurna sanctuary trek to the base camp of **Mount Annapurna (8,097m/26,566ft)** - the tenth highest mountain in the world, is a great introduction to one of the easier adventurous Himalayan trekking routes on the most popular trekking destination of Nepal after Everest. The trail in the journey is relatively moderate with well-known routes, suitable for beginners and even experienced trekkers meet equally the adventure satisfaction that offers close-up mountain views without the acclimatization problem.

9 days trekking itinerary in the **foothills of Annapurna** starts at Dhampus after a scenic drive from Kathmandu, then reach culturally enriching Gurung village of Dhampus on the top hill and Landruk village which is famous to enjoy sunset view on the peaks, en route from Doven to Deurali, we meet with troops of monkey in the dense forest. Passing through thundering rivers, a forest of Rhododendron and oak to high alpine and glacial basin over 4000m in the heart of

Annapurna sanctuary, following Modi Khola valley up to Machhapuchare base camp and eventually, spending overnight at the base camp of Annapurna is certainly a rewarding experience while observing nearby surrounded peaks to the south, **Hiunchuli (6,441m)**, **Annapurna South (7,647m)** to the northwest, **Fang (7,647m)**, **Annapurna I (8,091m)** to the north, **Fluted peak (6,499m)**, **Tent peak (5,663m)**, partly concealing **Glacial Dome (7,202m)** and **Gangapurna (7,455m)** to the northeast, the peak of **Annapurna III(7,555m)** to the east, **Gandharva Chuli (6,248m)** and finally southwards, **Machhapuchare (6,993m)**- the trip of once in a lifetime experience. After several days of hiking in the high remote places, reaching **Jhino Danda** is the best place to soak our tired muscles on riverside natural hot springs. Trek returns at **Pokhara**, the city of the lake, with a transportation ride from Ghandruk Phedi, to mark the completion of our trekking package.

This high mountain trek into the base camp of the **mighty Annapurna** is naturally and culturally blessed along with the backdrop of the towering Himalayan ranges making up one of the most dramatic sceneries in the world.

Day to Day Itinerary

Day 1

Drive to Pokhara (820 m/ 2,690 ft) (200 km /124 miles) west of the Kathmandu Valley, then drive to Dhampus (1650m / 5,413 ft) (25 km /15.5miles)

Itinerary Facts

Driving Hours (215 km /133 miles) - 7 to 9

Highest Altitude 1650m / 5,413 ft

We start our **scenic drive** after early morning breakfast, traveling by tourist bus out of the valley and along the picturesque Trishuli and **Marsyangdi rivers**. The beautiful scenery along the way includes the majestically flowing rivers, **terraced fields**, villages, and sights of the snowy mountains, including Ganesh and Manaslu peaks. Pokhara is a lakeside tourist's paradise with many facilities for travelers. Drive to **Dhampus which is a 2hrs** driving distance from **Pokhara**. We drive past lovely farmland and villages to reach **Phedi, a beautiful** forest and pleasant Gurung village of Dhampus that offers the view of the mountains in a very close and spectacular such as Annapurna **South Peaks, the Fishtail, Dhaulagiri, Hiunchuli**, and other peaks. We relax on the beautiful hill, explore the village, and enjoy the **sunset on the Himalayas**. **With** the sunset, our 1st day of the Annapurna Base Camp trek will be successful.



Overnight stay Lodge at Dhampus.



Included meals: (Dinner)

Day 2

Trek from Dhampus (1650m / 5,413 ft) to Landruk (1565m / 5,134 ft)

Itinerary Facts

Trek Distance 8 km/ 4.9 miles)

Highest Altitude 1650m / 5,413 ft

Trek Duration 5 hrs

After having had breakfast, we set off our day hiking, the trail goes to **Pothana** through rhododendron, the national flower of Nepal, and orchid hung forest which is often made up of stone steps on the steeper sections. From Pothana, the view of Machhapuchhare is **splendid**. Passing through **Potana**, we reach a clearing on a pass, at a place called Deurali, a small pass at 2150m where there are views of **Annapurna South** and **Hiunchuli**. At this point we are high up on the east side of the Modi Khola, then Descent path following through forest alive with birds, ferns and orchid brings into a huge side canyon of the Modi Khola and finally we will reach in the picturesque Gurung settlement of Landruk which offers outstanding views of **Machhapuchhare (6920m), Annapurna South (7219m)** and **Hiunchuli (6441m)**.



Overnight lodge at Landruk.



Included standard meals (Breakfast + Lunch + Dinner)

Day 3

Trek from Landruk (1565m / 5,134 ft) to Chhomrong (2165m / 7,103 ft)

Itinerary Facts

Trek Distance 6 km/ 3.7 miles

Highest Altitude 2165m / 7,103 ft

Trek Duration 5 hrs

We descend all the way down to the river, to cross at **New Bridge**. Our route now climbs quite steeply, high above the river, through bamboo forest and isolated farmsteads. Lunch is served at the tea-houses at Jhinu Danda. Those who are energetic can take the path 20 mins down to bathe in the hot springs here next to the river after lunch. After **Jhino Danda**, the trail goes steep ascent up to **Chhomrung village**. The trail joins the main route from **Ghandruk** so the trail becomes wider. This Gurung village has evolved into three distinct parts: upper, lower, and middle spread out over 200m of elevation difference. Chhomrong is built on the steep hillside and has a few shops and several tea-houses, wooden lodges and the whole village has stunning, prominent views towards **Macchappuchare (Fish-Tail Peak)**. The

window of the lodges offers spectacular closer views of the mountains we have already become familiar with. Hot solar showers are available.



Overnight at "Panorama View"



Included all Standard meals (Breakfast + Lunch + Dinner).

Day 4

Trek from Chomrong (2,165m / 7,103 ft) to Himalaya (2,890 m / 9,425 ft)

Itinerary Facts

Trek Distance 12 km / 7.4 miles

Highest Altitude 2,890 m / 9,425 ft

Trek Duration icon-walk-hours

We make our way down through the spread out, the **picturesque village** as we descend to a river crossing before climbing again and making heading north up the valley of the Modi River. We cross the suspension bridge then trek to **Sinuwa Danda**. The trail becomes somewhat wider passing through **thick and dark** rhododendron forest up to **Khuldighar**. We descend long and steep stone steps into deep bamboo and **rhododendron forests** through which we reach Bamboo. After a gentle climb of walking, finally, we reach Himalaya.



Overnight at "Hotel Himalayan"



Included all Standard meals (Breakfast + Lunch + Dinner).

Day 5

Trek from Himalaya (2,890 m / 9,425 ft) to Annapurna Base Camp (4,130 m/13,550 ft)

Itinerary Facts

Trek Distance 12.5 km / 7.7 miles

Highest Altitude 4,130 m/13,550 ft

Trek Duration 5 hrs

Climb gently through the bank of the **Modi Khola upstream**, through the rugged path, then over a steep trail over to the mountainside. The walking from Bagar to Machhapuchhre Base Camp is somewhat strenuous. From Machhapuchhre base camp, we get excellent views of the majestic Machhapuchhre along with Mt. Hiunchuli, Annapurna South, Annapurna I, Annapurna III, **Gandharvachuli**, and **Gangapurna** which is certainly a rewarding experience. From the base camp we again get to savor mesmerizing views of the **Machhapuchhre, Annapurna South, Annapurna I, Hiunchuli**, and other peaks.



Overnight at "Hotel Paradise Garden Guest House"



Included all Standard Meals (Breakfast + Lunch + Dinner).

Day 6

Trek from Annapurna Base Camp (4,130 m/13,550 ft) to Bamboo (2,350 m / 7,700 ft)

Itinerary Facts

Trek Distance 14 kilometers / 8.6 miles

Highest Altitude 4,130 m/13,550 ft

Trek Duration 6 hrs

After **savoring another sunrise** on the Himalayas from our otherworldly viewpoint, we will enjoy breakfast. Then we will have continued views as we make our way out of the '**sanctuary**' and retrace our steps out of the **Modi River valley**. We eventually make it to our serene stopover point name **Bamboo**.



Overnight at "Hotel Green View"



Included all Standard meals (Breakfast + Lunch + Dinner).

Day 7

Trek from Bamboo (2,350 m / 7,700 ft) to Jhinu Danda (1,780 m / 6,393 ft) and nearby natural hot springs

Itinerary Facts

Trek Distance 8.5 km/ 5.2 miles

Highest Altitude 2,350 m / 7,700 ft

Trek Duration 3-4hrs

We continue our way downriver, passing through the serene forests of rhododendron, bamboo, and oak that we came through on the ascent to **Annapurna Base Camp**. We then ascend to **Chomrong village** before dropping down to the small, peaceful settlement of **Jhinu Danda**. This village has a nearby, **riverside hot springs** where we can soak our tired muscles and cares away.



Overnight at "Hot Spring Cottage" with attached bathroom.



Included all Standard Meals (Breakfast + Lunch + Dinner).

Day 8

Trek from Jhinu Danda (1,780 m / 6,393 ft) to Siwa/Ghandruk Phedi (1,150m/3,770ft) , drive to Pokhara (820m) via Nayapul (1050m)

Itinerary Facts

Trek Distance 4 km / 2.4 miles

Highest Altitude 1,780 m / 6,393 ft

Trek Duration 3-4hrs

Driving Hours 2-3 hrs

We have reached our final day on the **trekking trails**. Today we make a pleasant hike along the **Modi River** as we head down the **beautiful valley**. We gradually descend through the fertile landscape to reach **Siwa/Ghandruk Phedi**. We then say goodbye to the trails and make a return drive through **picturesque countryside** to **Pokhara**.



Overnight at "Hotel Crown Himalayas" with attached bathroom.



Included all Standard Meals (Breakfast + Lunch).

Day 9

Drive from Pokhara (820 m/ 2,690 ft) to Kathmandu (1,350 m/4,450 ft)

Itinerary Facts

Driving Hours (205 km /127 miles) - 6-7 hrs

Today is an early start as we depart by a tourist bus for a **return to Kathmandu**. The 200 km route follows first along the **Marsyangdi River** and then the **Trishuli Rive** offering a good look at the natural scenery and farmland. The bus makes one last climb and we are back in the valley of the gods, **Kathmandu**.



Accommodation at your own selected Hotel in Kathmandu

Route Map



Trips Notes

Guided Annapurna Sanctuary Trek Safety Checklist

The mighty massif **Mt Annapurna** lies in Central Nepal, it's base camp is roughly 50 km from Pokhara. **Annapurna Sanctuary Trek** is one of the most iconic places to visit, 2019 National Geography added Annapurna as a "once in a lifetime experience destination of the world". The popularity of Annapurna Base camp is really overwhelming. To make up to Annapurna Base camp is a moderate level of trekking which means, it is relatively easier to hike for this route, the ideal route is to go from **Kathmandu to Pokhara** (Drive or you can also choose to take flight) and make up to Ghorepani where technically our real trek starts.

Apart from Geographical safety, **Discovery World Trekking** has taken precautions in following things to make travel as safe as possible making the most out of it without any worry!

- Our guides are well trained with **Intensive wilderness First Aid**
- Trek leaders and guides have years of trekking experience who can help you if there is any kind of uneasiness and assure happiness & satisfaction is guaranteed.
- We'll have **High-quality masks & Gloves with sanitizers for everyday use** throughout the journey for the DWT team assisting you.
- Encouragements and motivation will be everyday perks
- Food & Accommodation in mountains will be rechecked for extra hygiene.

Day 1 of Annapurna Sanctuary Trek Itinerary

On your Day 1 of the Annapurna Sanctuary Trek Itinerary, we'll welcome you at Tribhuvan International Airport with Marigold Garland. As after a long flight, you might need an overnight stay so we've designed our package to keep your comfort as our top priority. You can choose a hotel of your choice in Kathmandu, Discovery World Trekking can assist you if you need it as it's not included in the package, as plenty of hotel options are available. On the 1st of the Annapurna Sanctuary Trek, we'll drive to Pokhara by Tourist bus for 6 to 7 hrs that departs around 7 a.m. every day from Kathmandu, then 2hrs Taxi/Jeep drive takes to Dhampus for overnight stay.

Both way Tourist bus for Kathmandu- Pokhara is included in the package. The flight/private transportation is provided at an extra cost.

We offer Free Airport Transfer Service

We offer a complimentary Kathmandu TIA (Tribhuvan International Airport) airport pick-up and drop-off service. Upon your arrival, you are welcomed and greeted at your arrival gate (Holding your name on the company pamphlet) by our representative member from Discovery World Trekking, then transfer to your selected hotel in Kathmandu. For departure transfer, we will come to pick you up at your stay hotel in Kathmandu and take you to the airport for your international flight.

Annapurna Sanctuary Trek Itinerary Accommodation Information

Annapurna Sanctuary trek Itinerary includes **Eight nights** lodge to lodge stay at a mountain and a night in **Pokhara hotel** where we use the best available lodge and select the best accommodation in trekking. We provide **Four nights** twin sharing room with a private attached bathroom at Dhampus, Landruk, Chhomrong, and Jhino Danda, **Three nights** twin sharing standard accommodation at Himalaya, Annapurna Base Camp, and Bamboo.

We spend a night **hotel in Pokhara**, accommodation with attached bathroom, TV, 24 hours hot water, power, and laundry facility.

For solo trekker - a single private room with attached bathroom in the available lodge, single private accommodation in other places of the itinerary.

Two nights of Hotels in Kathmandu before and after the trek is required which is not included in the package. Kathmandu has a wide range of hotels for all budgets and your interest. We prefer your choice.

Hot showers, Wi-Fi will be available at an extra cost in possible places.

Annapurna Sanctuary Trek Food Menu

Annapurna Sanctuary Trek is all over high elevations near one of the world's highest peaks which means your body needs enough carbohydrate, protein, nutrition as food is fuel for the body to hike on such **humongous Himalayan trails**. The meal on this trek is very convenient but not as in cities.

There will be **9 Breakfasts, 8 Lunch, and 8 Dinners** will be provided in the trek.

Some of the popular menu items are -

Nine breakfasts - (Oatmeal, Corn Flakes, French toast with Jam, Butter, Cheese, and Honey Tibetan bread or Chapati Local tsampa porridge, Hashed brown eggs, Varieties of eggs (Omelets) Pancakes Muesli Breads Fruits and Vegetables Hot drinks like varieties of teas and coffees Hot chocolates, etc)

Eight lunch - (Dhal, Bhat & Tarkari (Dal Bhat power 24 hours) Tibetan Bread Various Soups items Sherpa Stew Steaks Sandwiches Momo (dumplings) Macaroni dishes Tenduk Spaghetti Noodles Thukpa Pasta Vegetable curry Potatoes items Vegetable and salad Pizza (Tomato, Mushroom, Mixed) Snakes (Papad, Prawn) Desserts items (Rice Pudding, Apple pie), etc)

Eight dinners - (Dhal, Bhat & Tarkari Tibetan Bread Various Soups items Sherpa Stew Steaks Sandwiches Momo (dumplings) Macaroni dishes Tenduk Spaghetti Noodles Thukpa Pasta Vegetable curry Potatoes items Vegetable and salad Pizza (, Tomato, Mushroom, Mixed) Snacks (Papad, Prawn) Korean Raman Desserts items (Rice Pudding, Apple pie), Hard Drinks Steaks, etc.) are available on the menu during the trek.

The best selected from the menu of the lodge will be fresh, hygienic, tasty, and nutritious. The menu is a combination of traditional local, Asian, and western cuisine almost everywhere but as we go up close, the menu list will be shorted. We highly recommend liquids green tea, lemon tea, hot lemon, ginger tea and garlic soup(must), etc. at high altitude and also the fresh vegetable items for health benefit.

Tho plenty of non-veg items will be available we won't recommend any of them because the meat in such places is not hygienic and healthy during the trek. We highly encourage you to avoid dairy and cheesy items and strongly suggest not to consume Alcoholic drinks, caffeinated items, hot chocolates as experts suggest avoiding such items during such high elevation treks.

Note:- Lunch and Dinner at Pokhara shall not be provided by the company.

All Personal Bills (Alcoholic Drinks, Hot and Cold Drinks) in tea house/ Lodges or in cafe except Standard Meals(Breakfast, Lunch, Dinner with seasonal fruits) are excluded from Package.

Annapurna Sanctuary Trek | Best Time | Climate Information

The weather is one of the most important factors to look at when deciding to trek to **Annapurna Sanctuary** cause no one is beyond nature. People trek throughout the year up to Annapurna base camp trek but certainly, there are ups and downs in every season. It is best suited to trek during the spring and the autumn as the sky is crystal clear from dusk till dawn, the rainy weather stops, and thick sun-blocking clouds also fade. The Magic of clear azure skies provides the most spectacular vistas. With added those breathtaking views, Trek during the winters and monsoon, it becomes a bit challenging to trek due to heavy snowfall, cold temperature but that's what excites many trekkers.

Although trekking is possible throughout the year each season has different advantages and attractions and advantages offer for trekking in the Annapurna region. The temperature in the mountains also depends according to the altitude range – the higher the altitude, the lower the temperature. In brief, below are the detailed information about the climatic condition of every quarter of months.

March-May - Spring

Destination towards **Annapurna Sanctuary** in Spring (March-May) is a season in which mountain lovers and travel enthusiasts come to Annapurna Base Camp in a very large number. In this season, the climate is mild, the rainfall is quite low and the trekking conditions are perfect. The mean daily temperature in the **Annapurna base camp is between 8 to 0 degree C**. Lower regions along the trek are even warmer making it pleasant for any nature lover.

Trekking season begins after March in the spring. By April, the trek route throughout the Himalayas will be rewarded with different full blossom rhododendron of red, pink, and white even at an elevation of over 3,000 meters. The temperature starts rising from mid-March up to mid-May. The weather is cool at this time. The sky is very clear and you can enjoy the clearest views of the mountains.

June to August -Summer

If you are coming to trek **Annapurna base camp** between July to August, you are signing up for summer. Summer season falls in the month of June, July, and August. Summer is the month of the hottest temperature and therefore has

the most pleasant trekking conditions compare to other months. But the monsoon that coincides with the summer means that you have to be more careful with your preparation as the trekking trails might be wet and slippery.

It usually rains during this season. Monsoon generally begins around the end of June and continues up to the second week of August. The temperature during the days usually ranges from **10°C to 23!** and gets relatively colder at night (5°C to 10°C) mornings are usually clear with clouds building up during the afternoon and disappearing again at night. Though the rain may cause some problems. various plants bloom during this season, the valleys will be a green and totally different view than during other seasons.

September to November -Autumn

Autumn (**September, October, November**), like Spring, is a season that invites travelers around the world to trek in the Annapurna Base Camp. Moderate temperatures, mild wind, and low precipitation make Autumn a season of wonderful trekking conditions.

This is a favorite among tourists with the most favorable weather and perfect climate condition. The sun shines brightly the skies are clear you get a superb view of mountains and the temperature is perfect for the daytime trek. You can enjoy spectacular starry skies since the sky is clear at night. The monsoons will be over by early September and the weather ranges from mild to warm days. Daytime temperatures can reach up to 20c in high altitudes, the nights are colder with temperatures that may go down around 5c. the greens that grew during monsoon fade to golden/amber proving a spectacular contrast against the crystal blue skies, grains are ripening in the enclave. The environment is clean and the lowlands are lush. The biggest festivals of Nepal like Dashain, Tihar also fall during these seasons. It is also a busy season, the clearest month, with the crisp and sparkling sky. The daytime temperatures at this month are usually the most stable, from mild to cool conditions the humidity is also pretty dry with very cold nights

December to February- Winter

Winter (December - February) treks in the **Annapurna region** are as popular as the Spring or Autumn treks. The places along the Annapurna Base Camp trek can be cold during the winter but that's what excites most trekkers. The temperature of Annapurna Base Camp itself can be as low as -10 degree C which tempts trekkers to visit this region in pleasant climatic conditions.

The coldest time is from December through early February, after late February, the climate gradually gets warmer Temperatures to get cold dropping to -5 degree C at high altitudes. Daytime is pleasantly and relatively warm with sunshine. Despite being cold the skies are usually very clear, mountain views are at their best. With snowy caps, it might snow and the ground will be snow the trails are the least busy at this time. It may not be the best season for beginners but experienced trekkers will have no problem.

The weather in the Himalayas is so unpredictable and the temperature may change quickly from day to night.

Annapurna Sanctuary Trip Grade: Fitness level | Medical & Health Information

Annapurna Sanctuary Trek is a moderate grade trek that takes us to 4130m at Base Camp of Annapurna, the highest point of the trip. Hiking duration per day ranges from 4 to 7 hrs, with regular breaks to take in the stunning mountain views. The routes involve long ascents, steep descents, and straightforward paths following a good trail. As per day to day itinerary, we trek more hours in low land and fewer hours in the high mountain, because trekking at a higher altitude is physically demanding than trekking at the lower altitude. To accomplish trek, past hiking experience would be an added advantage although no technical experience and skills are necessary. Novice trekkers can join in this trek but should be able to hike **5 to 6 hours a day at a reasonable pace** with a light day pack. Some days require longer waking hours, so you must be reasonably fit and prepared for long days. the fitter we are, the more enjoyable experience we will have during the trekking. Exercising and jogging regularly for a couple of weeks prior to the trip is a good idea to enhance our stamina.

Our trekking leaders and guide have extensive first aid training and are **well-experienced** in the Himalayas, we use an oximeter to monitor your oxygen level and help in the early detection of the symptoms. We guarantee your health will be in reliable hands. Your trek leader or guide will suggest precautions. All participants should be in good health condition with normal **physical fitness and have a positive attitude**, self-confidence, and strong determination. It is very important to make sure you are as healthy as possible before starting the trek. Participants with pre-existing medical conditions such as heart, lung, and blood disease should inform us before booking the trek.

Trekking Annapurna Sanctuary in Group | Single & Private Treks

We organize a group as well as a private trek. The price of group discount is applied with having your own taxes at your group and the price will be the same whether group joining or private touring. We are able to lead and handle any size of the participants in a group. There will be a group leader Guide, a porter for every two trekkers, and an assistant guide for a group of 12 or above trekking members.

A typical day in Annapurna Sanctuary trek

Every day will be rewarded with a unique experience of trekking, climbing enjoying the scenery, taking photos, and exploring the local villages. During the expedition, we are accompanied by experienced, friendly, and qualified expert Sherpa's sharing of information and historical facts about the places as we trek. We will also be accompanied by the porters who carry our luggage. However, we will be carrying our small regular day bag pack of necessary items. The day starts with an early morning hot cup of tea/coffee. After packing our bags and gorging on a wholesome breakfast, we set off on the day's walk around 7 AM to 8 AM, depending on the duration and nature of the day's walk. After trekking for three to four hours, lunch will be served around midday on the route to the next destination and we continue after about an hour of rest. The afternoon walk is generally shorter; about two to three hours. Once we reach our overnight lodge/tea house/tent, we snack on the extra dietary food. We will have free time to explore nearby places. Dinner is served around 6 PM to 7 PM. After dinner and before going to bed, we indulge in friendly conversations and discuss the experience of that day. The expedition leader/guide will brief us about the next day's plan. After this briefing, we enjoy onboard games like monopoly, cards, and watch available mountaineering documentaries. Most of the foreigners indulge in light and fun learning of Nepalese language from our crew or read books before heading off to bed for a well-deserved sleep.

Communication on trek

On the Annapurna Sanctuary Trek, the use of internet service will be available at the lodges with some extra service charge. You can contact your family and friends via the lodges, but once we reach high altitudes communication will be through the phone for safety proposes.

We'll communicate all our valuable clients through our leader at least once a day to make sure you're fine, safe, feel right, and have everything up there. You'll always be connected to **Kathmandu's DWT office for any kind of help during the trek**. Also, depending on the kind of network you use, there will be a signal but not very strong before the high altitude. At your request, we can provide you with a separate local sim card (Most of the places have wifi service available with an extra cost) for good access to connect.

Normally Wi-Fi works every part of the trek in lodge/lodges which will be provided with an extra cost.

Electricity and battery recharge, water on trekking

Throughout the lodges at **Annapurna Sanctuary**, electricity for the camera and mobile battery recharge is available at an extra cost in all lodges. Most of the lodges have **hydroelectricity** and some of them have used solar panels. Water during the trek, you can buy either packed mineral water from local lodges and en route shop or filling boiled water at an extra cost. A water **purification pill** is will be provided to make water drinkable.

You shouldn't drink water from the river, tap, well up there cause it might not be drinkable as it seems.

Extra personal expenses on trekking

Discovery World Trekking tries to provide all extra expenses excluded from the package. **Meals and accommodations in Kathmandu** are up to our clients themselves as all kinds of hotels/lodges (**both luxury & budget**) can be booked easily online or even we can do it on request.

All our valuable clients will have to bring personal spending money with them to cover the costs of **meals and accommodations in Kathmandu and lunch and dinner in Pokhara**, visa process, travel insurance policy purchase, beverages, snacks for the trek, hot and cold drinks, tips to the trekking crew members, souvenirs, etc. We recommend bringing cash (dollars) that can be changed to rupees here cause during the trek as only Nepalese currency is accepted.

Annapurna Sanctuary Trek Travel insurance

Annapurna Sanctuary Trek trip grade is ranked moderate. There is less risk of potential high altitude sickness. However, this mountain journey is not for usual visits, and other unforeseen or unexpected events such as injury, illness, flood, landslide, or sudden climate changes, etc may face. Travel insurance is a significant part of our booking condition for the Annapurna Sanctuary Trek. All the members of trekking must provide a copy of their comprehensive travel insurance policy certificate to Discovery World Trekking. The policy must cover medical and emergency repatriation inclusive of helicopter rescue and evacuation expenses at high altitudes for trekking members.

We can recommend insurance companies to help you but we don't directly get involved in the sale of an insurance policy. Members can be refused to be included in the trekking based on insufficient, improper, or absence of travel insurance policy.

Trekking members are kindly requested to send their detailed insurance information once they book trekking. In case of emergency situations, we will be using the insurance policy and informational documents you sent us. This will help us

arrange a quick and effective rescue operation, transfer for emergency medical help, etc. Please ensure that the insurance company includes the cost incurred for mountain rescue service at the highest elevation of the trekking.

Before you buy travel insurance (Don't just believe them what they say on their website) make sure you call them and recheck if they have Helicopter-rescue and evacuation up to 6000m according to your trekking height.

Nepal Visa on Arrival | Nepal Tourist Visa Info

All foreigners except Indian nationals must have a valid visa to enter Nepal. Visa is available on arrival spot at Tribhuvan International Airport upon entry in Kathmandu, Nepal, and at some borders land crossings into Nepal (including borders with India and Tibet). In addition, Visa can be extended to the central immigration office. www.immigration.gov.np Visa application requires a passport with at least six months of validity, one passport-size photo. The current cost of the visa fee is US\$50 for 30 days that is required to make in cash. Other currencies are also accepted although rates may differ. Other nationalities should check entry requirements. The visitors are requested to specify return flight tickets, intended to stay in Nepal. We also recommend the list of entries a few days before, and the date of exit a few days after in case you encounter any delays or problems en route. To help calculate the exact dates of these crossings we have found the website www.timeanddate.com to be very useful. The children under the age of 10 will get a free visa. Please be advised to check the current regulation. Visa regulation can change without prior notice.

Citizens of China as well as citizens of the South Asian Association for Regional Cooperation (SAARC) countries (Bangladesh, Bhutan, India, Maldives, Pakistan, and Sri Lanka) get a free visa. These countries are not entitled to get a visa on arrival spots such as Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, and Afghanistan cannot receive visas on arrival. If you are a citizen of one of these countries, please contact your local Nepalese embassy.

Currency Exchange in Nepal | USD to NPR

Nepali Rupees (NPR/Rs) is the local currency.

(1 USD = ~ Rs.100-118 NPR).

We can exchange most of the foreign currencies through local banks and legitimate money exchanges in Kathmandu and all over Thamel. Small amounts of cash can also be exchanged at the hotel.

The ongoing rate of exchange is visibly displayed. The government of Nepal has banned the import, export, and use of 500 and 1000 Indian Rupee note in Nepal. You should ensure that you are not carrying these notes on arrival in Nepal as they will be confiscated and you may also be fined.

Despite having the security advantage of a traveler's cheque, we prefer cash exchange to avoid hassles like a lengthy process and a high rate of commission at the banks. You can withdraw cash (in Rupees only) from one of the many ATMs in Kathmandu and Thamel itself. There are quite a several ATMs that are open around the clock. The maximum withdrawal amount is 35,000 Rupees for a 500 Rupees processing fee if you are using your foreign card. If you use the money exchange facility at banks and financial institutions the service fee charge imposed is about four percent or more depending upon the bank. Please note that most of the established banks in Asia will not accept foreign currency notes that are old, torn, or faded. Please ensure that you have new, clean notes.

How Much Luggage can I take during 9 days-Annapurna Sanctuary Trek?

The weight limit for your luggage, Porters will be assigned to carry your luggage. Two people will be assigned one porter, combined luggage should not exceed more than **18 kgs**. We never **overload our porters**. But a should carry your own knapsack or backpack (with your valuables or anything important) on your own. Only carry what the essentials, you can leave any excess baggage either at your hotel or at the Discovery World Trekking store for free.

We'll recheck everything (Luggage, equipment, etc.) in our briefing before we start our journey from our Office.

Annapurna Sanctuary Trek Cost

The Annapurna Sanctuary Trek is a relatively inexpensive trip in Nepal. Generally, it goes from 7 Days to 14 Days which varies between 500 USD to 800 USD or 414 EUR and 665 EUR.

Equipment Checklist

It is recommended to consider the following list of clothing and accessories equipment while packing for **Annapurna Sanctuary Trek**

. These are just a reminder and essential to have a list of these equipment items prepared by focusing on the comfort, convenience, and enjoyment of your holiday. We understand that you may have your own personal preference for clothing that may be equally as suitable. We never recommend to our clients to bring over equipment that is unnecessary for the trek. Porter's help **carrying luggage** has a weight limit and does not allow over **20 kg in the trek**. This equipment is also available in Kathmandu for buying or hiring.

Head

- ☞ Sun hat or scarf
- ☞ Winter hat or insulating hat or a wide-brimmed hat
- ☞ Headlight with extra batteries

Face

- ☞ Sunscreen
- ☞ Sunglasses with UV protection
- ☞ Face/body wipes

Hands

- ☞ Lightweight gloves
- ☞ Heavyweight winter gloves

Body

- ☞ Hiking shirts
- ☞ Long-sleeved shirt
- ☞ Hooded rain jacket
- ☞ Fleece jacket
- ☞ Lightweight cotton pants
- ☞ T-Shirt (bring lightweight wool)
- ☞ Polypropylene underwear
- ☞ Down jacket (available for rent in Kathmandu)
- ☞ Sweater
- ☞ Waterproof jacket and pants








Footwear

- ☞ Hiking Boots
- ☞ Thick wool socks (Take an extra pair of thick light socks)




Essential gear

- ☞ Backpack or daypack (Size depends on whether you take porter or not)
- ☞ Thermal bottle
- ☞ Water purification
- ☞ Trekking pole
- ☞ Sleeping bag (-15 degree bag is best in the high altitude trek)

Toiletries

-  Medium size drying towel
-  Tooth brush
-  Toothpaste
-  Deodorant/ floss
-  Bio degradable bar soap
-  Nail clippers
-  Small mirror

Personal accessories

-  Money
-  Watch
-  Cell phone
-  Camera

Extra items

-  First aid kit
-  Extra passport photos and photocopies of passport
-  Notebook and pen
-  Binoculars

Join Upcoming Trips

The given prices are per person basis and fixed in which the International flight cost has excluded. In addition, trek cost includes and excludes details is applied. The dates schedule is fixed, 100 percent guaranteed and confirmed to departure trekking. We are flexible to organize trek in your own departure trek date. We organize private and group trek. For this, trekker can send us message submitting your own departure trek date.

Departure Dates	Price
08 Dec, 2021 - 16 Dec, 2021	\$990 \$500
12 Dec, 2021 - 20 Dec, 2021	\$990 \$500
15 Dec, 2021 - 23 Dec, 2021	\$990 \$500
18 Dec, 2021 - 26 Dec, 2021	\$990 \$500
22 Dec, 2021 - 30 Dec, 2021	\$990 \$500

FAQ's

What about the Insurance of guides and porters?

All Discovery World Trekking staff members have **insurance** coverage, and in addition to salary, we also cover their meals, lodging, transportation, and necessary equipment costs.

Is there any luggage limit for porter?

Discovery World Trekking will provide one porter for two trekkers to carry 18 kgs of luggage (maximum 9 kg for each trekker). Please be sure your porters are not overloaded because they do not carry only your equipment but also lift your spirit to reach new heights, and your love, affection, and generosity can be the reason for them to work hard to take you to your destination.

I am a vegetarian. Am I supposed to get enough meal on my trek?

Discovery World Trekking won't recommend non-veg items because the meat in such places may not be hygienic and healthy. Discovery World Trekking also encourages to avoid dairy and cheesy items and strongly suggests not to consume them during the trek. So, our packages are suitable for both vegans and vegetarians.

Is there an airport pick-up service by the company?

Discovery World Trekking representative will be at the arrival lounge of Tribhuvan International Airport holding a pamphlet with your name on it. They will take you to your hotel in a private vehicle.

Is there a cancellation or refund policy?

Discovery World Trekking **has** cancellation and refund policies. Please visit our terms and conditions page for more information.

Is tipping necessary for porter and guide?

Your porters are a big reason why you got a chance to feel something very few can have. Apart from guiding and carrying your necessities and being mindful of your safety, they want to see you happily succeed more than anyone like family and help you successfully complete the trek safely. So, your tips reflect gratitude towards them. So, tipping is a recommended culture for porters and guides in Nepal as a gesture of thankfulness.

Can I use flight option for any local destination during Annapurna Sanctuary trek?

Annapurna Sanctuary Trek itinerary has flexible transportation options. You could choose local airlines to fly to and from Pokhara to Kathmandu for about 25 minutes at an added cost.

How high is Annapurna above sea level in meters?

Annapurna Massif is 8,091 m above sea level. The height of Mt Annapurna in feet is 26,545 ft and in meters is 8,091 meters.

Why is Annapurna so popular?

Annapurna Massif is a very popular name when it comes to trekking and expeditions. Highlights like Annapurna Sanctuary, Poon Hill, Ghorepani, and ABC. It is no surprise why Annapurna is one of the best tourist attractions in Nepal.

Is the drinking water safe in the trails to Annapurna Sanctuary Trek?

Bottled water is easily available at the tea house/lodge in the Annapurna Sanctuary trek itinerary. It is more suitable to use water purification drops and tablets during the trek.

Note: Discovery World Trekking also provides water purifier pills.

What is the booking and payment method for Annapurna Sanctuary Trek?

10% in advance required for booking confirmation and the rest of the amount can be paid after your arrival in Nepal. We accept MasterCard, Visa, American Express, Wire Transfer, and cash as payment methods.

Note: All legal currencies are accepted.

Is internet access available in Annapurna Sanctuary Trek Itinerary?

Yes, you will find the internet and wifis in most places on your Annapurna Sanctuary Trek.

Note: Some places charge a small amount.



Discovery World Trekking

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