



# Private Annapurna Sanctuary & Base Camp Trek

Escorted by Marielle Sengers



# Private Annapurna Sanctuary & Base Camp Trek 21 days/ 20 nights

Sunday 22nd March 2020 - Saturday 11th April 2020

## About Your Trip

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### Start and Finish Location

**Kathmandu, Nepal**  
Hotel Moonlight or similar

### Accommodation

Hotel 6 nights  
Tea House 14 nights

### Rooming Requirements

Twin Share

### Included Meals

Breakfast (6)  
Dinner (1)

### Transport

Air-conditioned vehicle transfers throughout

### Leader/Guide

1 English speaking tour leader throughout.

Assistant leader and Porters

### Included Activities

Per Daily itinerary

### Entrance/Admission Fees

Where applicable with included activities

### Airport Transfers

Arrival and departure transfers are included on a group basis.

Flight details are needed 45 days in advance.

### Exclusions

- International airport departure tax
- Any visas required
- Services not mentioned in the itinerary
- Late check out at hotels
- Drinks with included lunches and dinners
- Meals and drinks not mentioned in the itinerary
- Tips for leaders, guide and driver
- Expenditure of personal nature
- Personal Insurance
- Optional activities

### Local Leader

All Intrepid Travel group trips are accompanied by one of our group leaders. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. Intrepid Travel endeavours to provide the services of an experienced leader however, due to the seasonality of travel, rare situations may arise where your leader is new to a particular region or training other group leaders.

Your leader will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the places visited on the trip, including historical, cultural, religious and social aspects. At Intrepid Travel we aim to support local guides who have specialised knowledge of the regions we visit. If you were interested in delving deeper into the local culture at a specific site or location then your leader can recommend a local guide service in most of the main destinations of your trip.

## Nepal Destination Highlights

Whether they come for the crystalline peaks or for the ambient temples, visitors to Nepal are always back for more. Imagine flying in a private jet, high above the mountains and heading straight for the colossal peaks of Mt Everest for an Everest base camp trek. Picture yourself in the midst of Kathmandu's temple district, standing before a glittering shrine and breathing in the holy air. And visualize yourself in the midst of the Chitwan National Park, surrounded by singing trees as you watch endangered rhino. These wonders and more await you in Nepal.

## Everything you need to know about Nepal

We have an entire webpage dedicated to the need to know information for this country. Discover the following by going to <http://www.intrepidtravel.com/au/Nepal>

# Private Annapurna Sanctuary & Base Camp Trek Itinerary

## Day 1 / Sunday 22nd March 2020

### Kathmandu

**Meals included:** None

Namaste! Welcome to Nepal. Please arrive by 2pm on Day 1 as we will have an important group briefing. Your leader will leave a note at reception telling you where and when this important meeting will take place. Please ask a member of reception for this information. Kathmandu, the colourful capital of Nepal, is a fascinating blend of traditional architecture and symbols of the 20th Century. Its rich artistic and cultural heritage is evident where ornately carved balconies mingle with beautiful shrines and temples. If you arrive early we recommend you check out Durbar Square with its temples, markets and busy atmosphere. It is also worth the climb to visit the Swayambhunath - the 'monkey temple'. Explore the network of street markets and alley bazaars and Pashupatinath. For those with a few extra days in Kathmandu, the neighbouring towns of Patan and Bhaktapur are well worth a visit.

#### Arrival Transfer

- Included

**Accommodation:** Hotel Moonlight or similar

## Day 2 / Monday 23rd March 2020

### Kathmandu

**Meals included:** breakfast,

Visit of Pashupatinath, Boudhnath and Bhaktapur

**Pashupatinath:** The magnificent temple of Pashupatinath with its astonishing architectural beauty is situated on the bank of the sacred Bagmati River. This temple is regarded as the most sacred temple of all Lord Shiva temples and is listed as a UNESCO World Heritage Site

**Boudhnath:** Listed as a UNESCO World Heritage Site, Boudhanath Stupa is one of the most imposing landmarks of Kathmandu. This ancient stupa is built on a massive three level mandala style platform and is the largest in the world.

**Bhaktapur:** Bhaktapur or **Bhadgaon**, literally the 'City of Devotees' is a major tourist destination that takes visitors back in time. Bhaktapur is still untouched by rapid urbanization and has managed to retain its brick paved roads, charming red brick houses and a way of life that goes back to medieval times

Later in the evening, you will have time for some last minute shopping

#### Included Activities

- Guided tour of Pashupatinath, Boudhnath and Bhaktapur

**Accommodation:** Hotel Moonlight or similar

## Day 3 / Tuesday 24th March 2020

### Pokhara

**Meals included:** breakfast

Leaving Kathmandu behind early this morning, take a public bus to the enchanting Nepalese town of Pokhara (approximately 7 hours). Pokhara enjoys a delightful setting on a lake beneath the snow-capped peaks of the Annapurna range, making it an excellent place to relax and contemplate what lies ahead. Pokhara is part of a once vibrant trade route extending between India and Tibet. This is the land of Magars and Gurungs, hardworking farmers and valorous warriors who have earned world-wide fame as Gurkha soldiers. The Thakalis, another important ethnic group here, are known for their entrepreneurship. This afternoon you'll have our trek briefing and preparation, but depending on your arrival time, there may be time to hire a small boat for a quick paddle on the lake. There are also plenty of cafes where you can put your feet up and enjoy international cuisine, while the main street is full of shops and stalls selling a wide range of Nepali and Tibetan souvenirs. If you need to hire some extra trekking gear then there are numerous shops available offering everything you could possibly need

#### Included Activities

- Drive to Pokhara

**Accommodation:** Mount Kailash resort or similar

## **Day 4 / Wednesday 25th March 2020**

### **Ulleri**

**Meals included:** Breakfast

At 8,091m, Annapurna 1 is one of the highest mountains in the world. Its surrounding sister mountains are equally imposing and create magnificent panoramas from any view point. This trek covers a wide variety of terrain, from lowland pastures and peaceful villages to powerful glaciers and stunning mountain views. In the rugged mountain scenery, you stay in mountain communities and meet friendly Nepali hill people as they go about their daily lives. The expedition is not only visually superb but also a chance to learn about local cultures. Along the way, see thundering waterfalls of melted snow, cross icy rivers and reward ourselves with a soak in natural hot springs. An hour-long drive (remember driving times are always approximate in Asia – patience is your closest friend!) brings you to Nayapul where you commence your trek. Gear up and follow the Bhurungi Khola to Thikhedhunga. Trek through farm land before a steep ascent to reach Ulleri.

#### **Included Activities**

- Drive to Nayapul
- Guided trek to Ulleri

**Accommodation:** Local Tea House

## **Day 5 / Thursday 26th March 2020**

### **Ghorepani**

**Meals included:** None

We ascend to Ulleri Village through a pleasant rhododendron forest, much more impressive than the trees your grandmother has in the garden! We stay overnight at Ghorepani (check out the local disco - but don't get your hopes up in case it's closed!)

Total walking time approx 4 hours.

#### **Included Activities**

- Trek to Ghorepani

**Accommodation:** Local Tea House

## **Day 6 / Friday 27th March 2020**

### **Swanta**

**Meals included:** None

Rise early this morning to hike to Poonhill for sunrise and witness the mesmerizing mountain views. Later hike back to Ghorepani for a well deserved breakfast before the adventure continues as we trek on to Swanta.

Swanta is in a valley surrounded by mountains and in the evening you will feel that it is not as cold as your previous night in Ghorepani.

Total walking time approx 5 hours.

#### **Included Activities**

- Trek to Swanta

**Accommodation:** Local Tea House

## **Day 7 / Saturday 28th March 2020**

### **Chistibang**

**Meals included:** None

Today you will follow small paths out of the village and up into the mountains.

The area is inhabited by the Gurung and Magar people and here is quiet and lovely green. After arriving at your teahouse in Chistabang take some time to rest and enjoy the surroundings.

Total walking time approx 4 hours.

#### **Included Activities**

- Trek to Chistabang

**Accommodation:** Local Tea House

## **Day 8 / Sunday 29th March 2020**

### **Khopra**

**Meals included:** None

Trek to Khopra today. From Khopra you can see stunning views, and you can even see Upper Mustang in the distance. Here you will have time to explore the local village

Total walking time approx 4 hours.

#### **Included Activities**

- Trek to Khopra

**Accommodation:** Local Tea House

## **Day 9 / Monday 30th March 2020**

### **Bayali Kharka/Dobato**

**Meals included:** None

From Khopra ridge it is a long day hike to Bayali Kharka or further to Dobato.

Total walking time approx 6 hours.

#### **Included Activities**

- Trek to Bayali Kharka

**Accommodation:** Local Tea House

## **Day 10 / Tuesday 31st March 2020**

### **Tadapani**

**Meals included:** None

After breakfast, trek down to Tadapani, a small settlement village.

#### **Included Activities**

- Guided trek

**Accommodation:** Local Tea House

## **Day 11 / Wednesday 1st April 2020**

### **Chomrong**

**Meals included:** None

We descend to Kimrung Khola before climbing again to Chomrong village, at the base of Hiunchuli (6441m). There are breathtaking views of Annapurna and Macchhapucchhre from here, plus delicious pizza!

#### **Included Activities**

- Guided trek

**Accommodation:** Local Tea House

## **Day 12 / Thursday 2nd April 2020**

### **Doban**

**Meals included:** None

Trek this morning through the forest to Kuldi Ghar for about 3 hours' walking, then down to the banks of the Modi River and up again to Doban.

#### **Included Activities**

- Guided Trek

**Accommodation:** Local Tea House

### **Day 13 / Friday 3rd April 2020**

#### **Machhapuchre Base camp**

**Meals included:** None

Passing through Himalaya Hotel, we continue up the narrow valley to Deurali. Sticking to the west bank of the Modi River, we enter an open valley near Machhapuchhre Base Camp.

#### **Included Activities**

- Guided trek

**Accommodation:** Local Tea House

### **Day 14 / Saturday 4th April 2020**

#### **Annapurna Base Camp**

**Meals included:** None

We ascend further from Machhapuchhre Base Camp to Annapurna Base Camp, the highest point of our trek. You can decide how your legs and your lungs are holding up. You may remain at Machhapuchhre Base Camp or stay at Annapurna Base Camp for the night. The views from both base camps are fantastic - all the hard work to get here is worth it!

#### **Included Activities**

- Guided trek

**Accommodation:** Local Tea House

### **Day 15 / Sunday 5th April 2020**

#### **Bamboo**

**Meals included:** None

Early morning wake up call for the sunrise view. We're close enough now to reach out and touch the peaks of Annapurna 1, Macchapuchhre, Annapurna South, Tent Peak, Gangapurna, Himchuli and Annapurna 3. Yep! After watching a sunrise on these snowy peaks we head back down the valley the same way to Bamboo (or further if the knees can handle it). Its a long day but we have plenty of time to get there.

#### **Included Activities**

- Guided trek

**Accommodation:** Local Tea House

### **Day 16 / Monday 6th April 2020**

#### **Jhinu Danda**

**Meals included:** None

Passing back through the up and down staircases of Chhomrong we continue on down to Jhinu Danda. From here it's a 20-minute walk down to a hot spring by the Modi Khola for a well-deserved rest.

#### **Included Activities**

- Guided trek

**Accommodation:** Local Tea House

### **Day 17 / Tuesday 7th April 2020**

#### **Pothana**

**Meals included:** None

By now we have thighs of steel and are pretty good at carrying our packs. It's down to cross the river and an ascent to Landruk, Tolkha, Deurali and Pothana.

#### **Included Activities**

- Guided trek

**Accommodation:** Local Tea House

## **Day 18 / Wednesday 8th April 2020**

### **Pokhara**

**Meals included:** None

This is the final day of the trek and it is a short downhill stretch all the way from Pothana to Phedi (approx 1.5 hours) via Dhampus village... yes, you made it! After lunch it's only about 45 mins (driving!) to Pokhara to check into your hotel for a well-earned shower and an end-of-trek celebration to enjoy the good things in life – like cold beer and a steak, or vegetarian lasagne!

#### **Included Activities**

- Trek to Nayapool
- Drive to Pokhara

#### **Optional Activities**

- Boatride in Phewa Lake

**Accommodation:** Mount Kailash resort or similar

## **Day 19 / Thursday 9th April 2020**

### **Pokhara**

**Meals included:** breakfast

Free day in Pokhara to explore at your leisure.

**Accommodation:** Mount Kailash resort or similar

## **Day 20 / Friday 10th April 2020**

### **Kathmandu**

**Meals included:** breakfast and dinner

Drive to Kathmandu.

Rest of the day free to explore Thamel

Evening enjoy the farewell dinner with cultural dance

#### **Included Activities**

- Drive or flight to Kathmandu
- Farewell dinner

**Accommodation:** Hotel Moonlight or similar

## **Day 21 / Saturday 11th April 2020**

### **Kathmandu**

**Meals included:** breakfast

Your adventure comes to an end after breakfast this morning. There are no activities planned for the final day and you are able to depart the accommodation at any time.

#### **Departure Transfer**

- Included

## Important Information

- The quote and accommodation will be subject to availability at the time of booking
- Due to the demands of travelling at high altitudes a Passenger Self Assessment Form is required for this trip.
- Please bring 2 passport size photographs for your trekking permit to the group meeting.
- Domestic flights in Nepal have strict weight limits - 10kg of check-in luggage and 5kg of carry-on hand luggage per person is included with your flight ticket. Excess baggage (up to 5kg per person only) will be charged at your own expense.
- Nepal's only international airport, Tribhuvan International Airport, has a single runway that services both domestic and international flights. Cancellations and delays are frequent, especially during peak tourist seasons or in poor weather. Travellers have on occasion missed international connections as a result of this, particularly if flights from Lukla to Kathmandu are delayed. Ensure you have adequate travel insurance and contact numbers for your airlines before departure.
- Travel in rural areas during Monsoon Season (June - September) can be hazardous, with rains causing flooding and landslides that can cut off regions for days at a time. Travellers need to be prepared for all weather conditions and changes in planned itineraries if necessary.

## Booking Conditions

As the organiser/participant of this Intrepid Travel Private Group Adventure, you agree:

- To provide a passenger name list and passenger details including (Name as per passport, passport number and expiration date, nationality, DOB, gender, rooming requirements, dietary requirements, medical concerns at least 60 days prior to departure, or provided directly to Intrepid Travel ;
  - All rates are per person, based on indicated numbers of passengers travelling together as one movement.
  - Cost is valid for travel during 2019 only.
  - This is a quote only. Please review all details carefully and confirm at time of booking with your coordinator.
  - Rates and itinerary subject to availability of accommodation, transport, leaders and other suppliers at time of booking. We reserve the right to amend and requote itinerary if such suppliers are not available.
  - By making your payment, you are agreeing to the most recent itinerary and price quote. All revisions will be subject to requote and additional approval.
  - Once your Non refundable deposit has been accepted and itinerary confirmed and should either the operator or organiser/participant make any revisions, subsequent pricing will become applicable to your booking.
  - Any changes to the above itinerary AFTER services have been confirmed will require a requote and will be subject to a fee of \$150 per change (in addition to any charges levied by hotels, ground operators or airlines). No additional changes are permitted within 30 days prior to departure.
  - Hotels listed in quote are indicative only and are subject to change. If the hotel listed in the quote is unavailable, we will confirm an alternative hotel of similar standard.
- Intrepid Travel s booking conditions will apply to your reservation. By making payment you are agreeing to our booking conditions: <http://www.IntrepidTravel.com/au/booking-intrepid/booking-conditions>
  - Travel insurance is mandatory for all our travellers and should be taken out at the time of booking. Your travel insurance must provide cover against personal accident, death, medical expenses and emergency repatriation with a recommended minimum coverage of US\$200,000 for each of the categories of cover. We also strongly recommend it covers cancellation, curtailment, personal liability and loss of luggage and personal effects. You must provide your travel insurance policy number and the insurance company's 24 hour emergency contact number on the first day of your trip; you will not be able to join the trip without these details. If you have travel insurance connected to your credit card or bank account please ensure you have details of the participating insurer, the insurance policy number and emergency contact number with you rather than the bank's name and credit card details.
  - If Complimentary transfers are included, (on a group basis) They are only applicable if you arrive on day 1 of your Intrepid Travel trip or if going to pre tour accommodation booked through Intrepid Travel . Please advise flight arrival details (flight number and arrival time) at least 30 days prior to departure if you wish to have this transfer provided. There is no guarantee we can arrange this transfer if we receive these details within 30 days of departure.