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Annapurna Sanctuary is a natural amphitheater encircle by Giant Mountain including above eight thousand meters Mt. Annapurna (8091m) lies 46 km from the beautiful lake city Pokhara. Annapurna Sanctuary lies in the Annapurna Conservation Area, which is a protected area known for its unique, vivid flora and fauna.

The Annapurna sanctuary trek starts from either Phedi or Nayapul after a short drive from Pokhara passes through terraced rice fields, picturesque villages, green, lush forest, and cascading waterfalls. When you ascend, you are welcomed with snowcapped Mountains, including Annapurna I (8091m), Machhapuchre (6,993 m), Annapurna fangs, Gangapurna, Tent Peak, and many more.

Annapurna Sanctuary trek is situated at 4,200m, a natural paradise surrounded by high Himalayas. The scenery from the sanctuary is extraordinary and Annapurna I and Fishtail dominating the skyline.

#### **Accommodation and Food in Annapurna Sanctuary**

The Annapurna sanctuary trek is considered a moderate to challenging treks in the Annapurna Region and requires physically fitness. It takes about 8 to 10 days to complete it. However, it depends on the personal desire and fitness level as well. While in the Annapurna Sanctuary trek, there are two types of accommodation. First, twin twin-sharing room with a common toilet sharing facility. Secondly, the private room with attached toilet and bathroom facility. However, the attached bathroom option may not apply in the upper part trek for few nights. The food in the Annapurna Sanctuary Trekking route offer a varieties of food option including Nepal traditional Thali, European cuisine, Tibetan food and Indian food as well. Everyone is suggested not to waste the food because they were carrying it from the long way to serve you.

## Annapurna Sanctuary best trekking season

Nepal is a diverse not only in culture, it has geographical diverse as well, start from Jhapa (Kechanakawal-75m) up to Everest (8848m). The best season to enroll Annapurna Sanctuary Trek from March to June and September to until January is considering the best time for Annapurna Sanctuary Trekking in Nepal. During these month weathers are clear and stable, offering excellent Mountain views and comfortable trails condition. The daily trekking duration is 5-6 hours (10 to 15 km) per day, the variable terrain and high altitude may require physical challenge. The Monsoon (Jun-August) is heavy raining and makes the path wet and slippery but if you are a photographer then monsoon will be the best time to visit Annapurna sanctuary. Winter season is too short (January to February)-is too cold and occasionally the Guest house at base camp could be closed due to the heavy snowing.

#### Annapurna Sanctuary Trek cost and itinerary

The cost of the proposed Annapurna Sanctuary Trek is way cheaper than taking any peak climbing. The cost of this trek is depending on the services that you receive. Global Eco Trails offer the best valuable services at the fair price. In average our proposed itinerary and below mentioned services cost start from 600 USD to 1100 USD per person. The cost includes the good standard Mountain accommodation and a professional Guide with a porter.



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Annapurna Sanctuary Trek is an awe-inspiring beauty of Himalaya. You are trekking through picturesque village, dense forest and rugged terrain to the high glacier basin. It is necessary to have the updated information which only a reputable trekking company like us can give you. Safety and security are our prime concern and we guarantee for the full satisfaction. Our itinerary is customizable as per your needs. You are welcome to contact at any time.

Annapurna Trek Highlights

Experience the snow-capped mountain with diverse flora and fauna.

Visit Annapurna Base Camp and Machhapuchre Base Camp at once

Enjoy the sunrise at above 8000-meter mountain from Annapurna Sanctuary

Walk about 10 to 15 km and beside the snow-fed river

#### Departure note:

**Hike solo or with a group!** We offer treks designed for couple, individuals, and small families. Choose a private trek on your preferred date - without additional charge for going solo! Alternatively, join a scheduled small group trek that fits your timeframe from the calendar. We also occasionally organize treks outside the listed schedule, so feel free to contact us for even more options!

#### Itinerary:

## Day 01: Drive to Nayapul and trek to Ghandruk, 2012m | 8.5km/4hrs

After having the short drive to Nayapul (you have to register your ACAP permit and TIMS-Card), your adventure will begins. Walking through the terrace fields, villages. The first part of the trek is easy but last part is up hill. Arrival and check in Hotel.

Meals: Full Board plan.

Accommodation: Mountain Guest House

Expro. Time taken: 4 hrs.

Distance: 8.5 km.

Day 02: Ghandruk Trek to Sinuwa 2340m | 12 km/6hrs



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Ghandruk village is a beautiful village offers the local culture, typical villages, eye to eye catching Mountain views. The walking trails is ups and down through the well maintain path. Lunch will be serve along the trek route between 12 to 1pm.

Meals: Full board plan

Accommodation: Mountain Guest House

Expro. Time taken: 6 hrs

Distance: 12 km.

# Day 03: Sinuwa Trek to Deurali, 3200m | 14 km/6hrs

Walking through Rhododendron forest and Bamboo forest with the noise of Modi River and chirping birds leads you to Deurali. Along the way you will pass Bamboo, Dovan and Himalayan Hotel and Hinco cave. Overnight at Mountain Guest House.

Meals: Full board plan

Accommodation: Mountain Guest House

Expro. Time taken: 7 hrs Discance cover: 14 Km

## Day 04: Deurali Trek to Annapurna Sanctuary 4130m | 9km/5 hrs.

Deurali is located on the lap of the Himalaya just above the tree line. After having the breakfast, you will begin your journey to Machhapuchre Base Camp takes about 3 hrs and you will have a Lunch break. The Annapurna Sanctuary is very close from here, however due to the elevation you will be walking very slow on the well-maintained path. Once you reach base camp then you will have a great chance to experience the mesmerizing view of the Himalayas, including Annapurna I, Machhapuchre and many more. It is a Natural amphitheater surrounded by the Himalayan ranges. After Dinner, enjoy with moonlight and twinkling stars!

Accommodation: Mountain Guest House

Meals: Full Board Plan Expro. Time taken: 5 Hours Distance cover: 9 km

# Day 05: Annapurna Sanctuary Trek back to Dovan 14km | 7 hrs | 2500m

Today wake up early morning about 5 am and enjoy the sunrise view, the sunlight change its mountain color into Gold and white in the noon, after looking around trek back to Dovan. The way to Dovan is all downhill and takes about 6 to 7 hours. Walking to downhill will be easier and quicker due to the air pressure.

Accommodation: Mountain Guest House

Meals: Full Board Plan



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Expro. Time taken: 7 Hours Distance cover: 14 km

## Day 06: Dovan Trek to Jhinu Danda-1780m | 14km./6 hrs.

Today you will be walking mostly downhill until Bamboo and uphill to Sinuwa and descend to Chumrung Khola and up to Chumrung in the shadows of Rhododendron forest and Banboo forest. Chhumrung to Jhinu danda is a short downhill takes about 1 hrs then take a room and head to Natural Hot Spring for the bathe. Enjoy your n=bathe at Hot Spring and enjoy your evening at Jhinudanda.

Accommodation: Mountain Guest House

Meals: Full Board Plan Expro. Time taken: 6 Hours Distance cover: 14 km

# Day 07: Trek and drive to Pokhara (4km walking and 52 km drive to Pokhara)

Today is the last day of your trek in the Mountain. Trek about 1 hours to Siwai and take a bus to Pokhara. Arrival and check into Hotel and enjoy at Pokhara.

Accommodation: Hotel
Meals: Breakfast and Lunch
Expro. Time taken: 5 Hours
Distance cover: 52 km

#### Included

- Experienced English-speaking trekking guide with a government license holder
- All meals while on the trek (Breakfast-Lunch-Dinner, 3 times a day)
- TIMS-card (Trekker Information Management System)
- Annapurna Conservation Area entry fees
- All ground transportation by private and public vehicles
- 6-night accommodation at the various available tea houses or lodges during the trek (twin sharing)
- Company guarantee for Government Rescue Services
- Insurance for Nepalese staff.
- All government taxes and VAT
- The Company provides a complimentary duffel bag or sleeping bag if necessary (refundable after the trek)



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• Farewell dinner at a typical Nepalese restaurant

## Cost excludes

- Nepalese visa fee, Visa can be obtained upon your arrival at Kathmandu Airport. Visa cost 30 USD, 50 USD, 125 USD for 15, 30 and 90 days respectively
- A porter to carry your trekking baggage if required, one porter cost 260 USD.
- Extra night accommodation in Kathmandu or Pokhara because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary
- Lunch and evening meals in Kathmandu and Pokhara (and also in the case of early return from the mountain than the scheduled itinerary)
- International flights Tickets to Nepal and back
- Travel insurance and evacuation cost just for incase.
- Personal expenses (phone calls, laundry, bar bills, battery recharge, bottle or boiled water, shower, etc.)
- Tips for guide

