



THE ANNAPURNA PANORAMA TREK

(4 nights / 5 days duration)

DAY 01 : Upon arrival at Pokhara, met by Sherpa team and start a 30 minutes drive to Suikhet Phedi to commence the 4 nights / 5 days trek into the Annapurna Region.

The Annapurna Region in central Nepal is the most geographically and culturally diverse Region for trekking. The Annapurna Conservation Area Project (ACAP) working along with the King Mahendra Trust for Nature Conservation, have declared this region as the area of conservation and sustainable development. Stretched over 26,000 sq. kms., the area boasts of a variety of diverse cultures, tribes and castes as the Brahmins, Chettris, Newars, Gurungs, Magars and Tibetans. This area has sub-tropical lowlands, valleys, bamboo, rhododendron and oak forests, alpine meadows, windswept desert plateaus and the towering Annapurna Mountains.

This area has the world's deepest river gorge, Kali Gandaki, lying some 6900 metres / 22,563 ft., below some of the world's largest and most beautiful mountains as the Annapurna I (world's 8th highest) and Fishtail (one of the most beautiful). Animals and birds are in abundance in this region, 440 species of birds and animals like the marten, deer, langur and the elusive snow leopard live in this area.

Upon arrival at Suikhet, the trek immediately starts with an ascent on stone steps for about 30 minutes. The trail somewhat levels as we trek through the paddy fields but continues to climb steadily for another 2 hours until we finally scramble up the last flight of stone steps to arrive at the head of the Dhampus Village at 1700 meter. Dhampus is a prosperous looking village with a maze of alleys of rock walls on both sides.

Rest at the Campsite where our Sherpa boys will welcome the guests with hot tea/ coffee or hot chocolate, some light snacks and wash bowl with hot water treated with disinfectant. Shortly afterwards guests may view the colors of the setting sun against the Annapurna range to the north. Dinner will be served at the dining tent. Total duration of trek – 3 hours.

DAY 02 : This morning, we wake up to view a magnificent and breathtaking sunrise over the western Himalayas. After breakfast, start out with a pleasant morning walk by following the west-ward path, criss-crossing through the maze of stone walls. Leave the main village and climb gently to arrive at the police post. After entering our trekking permits, we pass through a Rhododendron forest and arrive at Pothana (1920 meters) after about an hour.

The trail gradually ascends to arrive at Deurali (a vantage point) and then descends down through the forests and a few scattered houses finally arriving at Tolka village for lunch.



After lunch, it is a more gradual undulating stretch of trail to the village of Landrung (1646 meters) which is situated at the crest of the ridge with wonderful views of the Annapurna mountains and the Fishtail. Total trek duration - 5 hours.

Dinner and Overnight at Campsite in Landrung (1646 meters).

DAY 03 : The morning views are always spectacular in this part of the Annapurna region and is well worth getting up early. After breakfast, start out with a pleasant morning walk by immediately descending below the main village. We leave the main steep descending path to the river and take path on the right hand side to gently descend for about one hour to the new bridge on the Kymrung Khola. Cross the river on the suspension bridge and from here, we ascend for about one and a half hour steeply following the gentle undulating hillside trail passing through some farming country and passing scattered villages. We finally arrive at the Jhinu Danda settlement for lunch. It is a small settlement growing rapidly because of the close proximity to the Hot Springs. Here one can find the Tibetan refugees selling their trinkets.

Leave the main baggage here and then take a swim suit and towels and trek down hill for about 20 minutes to the river bank to take a relaxing dip in the hot water spring. The hot water spring consists of a man made pool which is filled by a pipe bringing in the hot volcanic water. The pool is repaired every year because the monsoon rains floods the river and the pool gets destroyed. After lunch, it is a very steep climb for about 2 hours to Chomrrong. The trail is on a very open landscape climbing steadily until a settlement at the top. However, we continue further on a level trail for about 20 minutes to the Chomrrong village with about 40 houses scattered all along the hill sides. From here the western Himalayas are seen in very close proximity and is one of the best places to view the majestic Annapurna Himalayas. The winding road to the Annapurna Sanctuary area can be also seen. Trek duration – 5 Hrs.

Dinner and Overnight camp at Chomrrong (2100 meters).

DAY 04 : After breakfast retrace steps for about 20 minutes. Leave the main trail to Ghorepani and take the left hand side route towards Ghandrung. Descend gradually for about an hour to the river (Kymrung Khola), cross the suspension bridge and then ascend steeply for about one and a half hour to the Kymrung Danda passing through sparse and scattered Gurung houses and agricultural fields. We arrive here for lunch.

From Kymrung Danda, we can see the layout of the Ghandrung Village spread out all along the ridge and hillside. After lunch it is a level trail for about one and a half hour to Ghandrung (**1951 meters**) which is one of the biggest and most prosperous Gurung village. The views from Ghandrung are spectacular and prominently seen are the Annapurna range and the Fish Tail mountain.

In the late afternoon, stroll around the village and there is also an opportunity to visit the ACAP (Annapurna Conservation Area Project) office to see the development works undertaken with the fee paid by the trekkers. Trek duration - 5 Hrs.



Dinner and Overnight camp at Ghandrung (1946 meters).

DAY 05 : After breakfast, descend steeply on flag stone steps and leave the village entrance to descend through forests and landslide area. The trail is down hill for most of the way for about two hours till Shyauli Bazaar, a big village of about scattered 10 – 15 houses above the Modi Khola. Continue to descend gently, walking on river banks and passing terraced fields for about one and a half hour to arrive at the police check post of Birethanti (1050 meters), a big booming village. Check trekking permits, cross the suspension bridge and walk for about 10 minutes to lunch spot.

After lunch it is a further 30 minutes to Naya Pul to meet the waiting vehicles for the 1 ½ hour drive to Pokhara.

Pokhara stands at 884 m above sea level, about 700 m lower than Kathmandu Valley. In Kathmandu Valley the high temples are all around you, in Pokhara it is the mountains. Only foothills separate Pokhara from the full height of the Himalayas, and the magnificent 8000 m. peaks of the Annapurna range. Pokhara is a vacationer's paradise with its crystal clear lakes and fantastic views of the Annapurna range including the Fish Tail Mountain.

*End of Arrangements *

SACRED
SUMMITS