

Annapurna Panorama Trek

Annapurna Panorama Trek or **Annapurna Panorama View Trek** takes you to the heart of Annapurna region, one of the most popular trekking destinations in Nepal. There is no comparison to trekking in the Himalayas. The experiences from this trek is incomparable in which you learn through our enthusiastic crew, beautiful snow-capped mountain view, and amazing village life.

During this trek you walk in the foot hills of the Himalayan peaks – Annapurna II, III, IV, Fishtail, Annapurna South and other numbers of smaller peaks of about 6000m. And penetrate into the beautiful rhododendron forest. The highest point you reach is Poonhill top at 3210 m.

The entire trail passes through scenic terraced field of the mid-hill region of Nepal. The culture you can observe in the trek is diverse from Gurung, Magar and other ethnic groups.

Itinerary in Details:

Day 01: Arrival in Kathmandu (1300 m / 4265 ft):

Arrive Kathmandu's Airport where our friendly representative will be waiting to receive you and transfer you to your pre-booked hotel.

After you complete check-in formality at the Hotel and taking short rest, we introduce you to the market of Thamel, where you can eat your supper, change money, buy some stuffs from supermarket, or buy trekking gears.

Later we take you to our office for the trip briefing.

Overnight at your hotel.

Delay of any kind will postpone the events for next day according to feasibility.

Day 02: Kathmandu Sightseeing - 4 hrs tour.

You will be starting the day with breakfast at your Hotel. The sightseeing tour involves tour of two religious, cultural, and art-wise important sites of Pashupatinath temple and Boudhanath stupa.

Pashupatinath Temple: It is one of the most famous Hindu temples in South-Asia. The temple is devoted to Lord Shiva. This place is a UNESCO world cultural heritage site. The Bagmati river flowing besides the temple is religiously and spiritually important for Hindus where cremation of dead body takes place. Pashupatinath temple holds the most of prominence during Shivaratri – Shiva's birthday and thousands of pilgrims gather in the night to celebrate the day.

Boudhanath Stupa: It is one of the biggest Stupas in terms of size and height in Nepal and located in east of Kathmandu. The site is peaceful and culturally full with intermixed influence of Tibetan and Sherpa roots. Stupa built in the trading route between Kathmandu and Tibet has four pairs of eyes directed towards all four directions. It is believed to be influenced by Mahayana Buddhist philosophy. After short tour of city we return to hotel and prepare for the trek. Overnight will be spent at hotel.

Day 03: Kathmandu – Pokhara by flight: 25 mins

You will enjoy your breakfast at the hotel and drive to airport for a flight to Pokhara in the latter morning. You fly to Pokhara – small beautiful city situated in the lap of the Annapurna massif – parallel to the central Himalayas in which you can enjoy the view of the Langtang range, Gorkha Himal massif, Lamjung Himal, and Annapurna.

Arrive Pokhara and enjoy the rest of the day exploring lakeside and surrounding.

Day 04: Drive to Phedi and trek to Pothana (1990m/ 6528 ft) | Drive 30 min, and walk 4 hrs

You start the day with a short drive to Phedi after breakfast. From this starting point leaving the highway, you start to walk steep uphill to Dhampus. The first section is in the forest comparatively steep, and the latter stretch is gradual mixed with shorter steep section through the village and farming terraced field.

You reach to the beautiful village of Dhampus from where the view of Annapurna and Fishtail is stunning. Enjoy your lunch, and continue for another two hours to Pothana. This stretch is also beautiful in the jungle. Pothana, small hamlet in the jungle is peaceful place to relax, and enjoy the nature. **Overnight at lodge.**

Day 05: Trek Pothana to Ghandruk village (1940 m / 6364 ft) | Walking duration 7 hrs

After breakfast, walk in the tranquil trail in the jungle which is comparatively flat at first. There is a option to climb up to Deurali and descend to Kharka and continue to Landruk which was only trail decades back before the motorable road to Landruk was constructed.

We stop in Landruk for lunch, and other places for tea or water with short break. After lunch, the trail descends steeply through terraced fields to the Modi Khola River. We cross the bridge, then start a steep climb of about 2 hours to reach to Ghandruk.

You can see wild beehives hanging on the side of a cliff near the bridge.

Ghandruk is the one of the big village of Gurung (popular ethnic group from the western region of Nepal who serves in Gurkha regiments in India, UK, Brunei, and Singapore) settlement with a close-up view of Annapurna and Machapuchare to the north. **Overnight at lodge.**

Day 06: Trek Ghandruk village to Tadapani (2710 m/ 8891 ft) | 4 Hrs walking:

Enjoy your breakfast and be ready to walk all the way up to Tadapani. The trail is quiet today as you walk through the jungle. The jungle is made up of rhododendron, oak trees, and other various species of plants, bushes, and trees. The trail continues with beautiful and breathtaking scenery and landscape.

Arrive Tadapani from where view of Machapuchare (Fishtail), Annapurna South and Himchuli is best viewed. **Overnight at lodge.**

Day 07: Trek Tadapani to Ghorepani (2850 m/ 9350 ft) | 6-7 hrs walking:

After breakfast, it's a short walk down to the stream at first and then steep climb of an hour to Banthanti. From here another three hours steep climb to the ridge of Deurali for lunch, and a further walk to the top of Deurali pass. After lunch, there is short uphill to the top and arrive at the stunning edge of Deurali pass (3,160 m/10,365 ft) from where the view of mountains including Dhaulagiri, Annapurna South, Fishtail, Himchuli is magnificent.

From this ridge trail descends sharply to the town of Ghorepani.

Ghorepani is the big buzzing town of the ethnic Magar community. **Overnight at lodge.**

Day 08: Hike to Poonhill (3,210 m/ 10,531 ft) and then trek to Tatopani (1,200 m/ 3937 ft) | 6 hrs walking:

You start your hike at early morning – pre dawn hike with the help of flash light – to view the sun rise from Poonhill.

Poon Hill is an excellent viewpoint with unobstructed view of the towering Himalayan peaks that includes Dhaulagiri ranges with Dhaulagiri I, II, III, IV, V and other minor peaks westward, Dhampus peak, Annapurna Fang, Annapurna South, Fishtail, Lamjung Himal, and Manasalu in the eastward.

Descend down to your hotel for breakfast. After breakfast, walk down to Tatopani. You walk past various villages and settlements of different ethnic groups. Today you drop significantly to the basin of river Kaligandaki. Arrive the small town Tatopani – literally means hot water. There is the hot water natural spring in the river bank thus got name of the town. **Overnight at lodge.**

Day 09: Trek Tatopani to Galeshwor (900 m/ 2952 ft) | 6 hrs walking:

Enjoy a bath in the hot spring in the morning. Or you can do this after you reach alternately. Trek towards Beni along the downstream of the Kali Gandaki River. We walk through villages, fields, and newly constructed road. After three hours of a pleasant walk we reach Tipling for lunch. Then the trail becomes easier to Galeshwor, which is a big town merged with modern style. You can explore the famous Shiva temple, surrounding town, and the riverbank in the evening. **Overnight at lodge.**

Day 10: Drive from Galeshwor to Beni and to Pokhara (900 m/ 2952 ft)| 5 hrs driving:

Drive from Galeshwor to Beni and then to Pokhara, which takes about five hours. The drive through beautiful countryside is enjoyable. You can see many local buses on the road, some small shops, and the different houses of the villagers. On arriving in Pokhara, check into your hotel and have the rest. You can explore the lakeside area or simply relax. **Overnight in hotel.**

Day 11: Drive Pokhara – Kathmandu (1300 m/ 4265 ft) / 7 hrs drive:

You drive back to Kathmandu – some 206 kms and takes seven hours – or take a flight according to your interest. If you are driving, you drive through beautiful bending mountain highway which

stretches along the river and passes through beautiful landscape. Once in Kathmandu we will transfer you to your respective hotel and you will be given free time to wander around. Overnight will be spent in hotel.

Day 12: Cultural Tour of Kathmandu City / 4 hrs:

After breakfast at your Hotel, we take you to the mysterious Kathmandu city tour. This historical, cultural and spiritual city unveils the social and historical mysteries to visitors. You will walk through the narrow lanes of the ancient Kathmandu – the center of power – that includes markets of Ason, Glass beads market at Indrachowk, oldest supermarket at New Road, Kilagal, and Hidden Stupas inside the family courtyard.

Visit of Kathmandu Durbar Square – the administrative quarter of Malla Kings (fourteenth to eighteenth century), and Shah Kings who ruled Nepal from 1768 until 2008. The most unique experience in the square is the visit to the temple of the living goddess “Kumari”.

After the tour, return back to your Hotel. If you are staying in Thamel, you can hang around this bustling tourist market and enjoy shopping. **Overnight in Hotel.**

Day 13: Departure Day:

As per your flight schedule, you will be transferred to the international airport of Kathmandu three hours prior to the flight time and your tour ends here.

Cost Includes:

- ✓ Airport Pick Up and Drop Off
- ✓ 3 star standard hotels with breakfast in Kathmandu (Nepal standard)
- ✓ 3 star standard hotels with breakfast in Pokhara (Nepal standard)
- ✓ Tea house (Lodge) accommodation
- ✓ All meals (Breakfast, Lunch and Dinner) during trekking
- ✓ Tea / Coffee (3 times a day)
- ✓ A professional Trekking Guide, Porter (Helper), and Assistant Guide is provided for more than 5 trekkers
- ✓ Air ticket (Kathmandu –Pokhara)
- ✓ All food, drinks, lodging, salary, insurance, medical equipment, and transportation for Trekking Staff
- ✓ Private transfer from Galeshwor to Pokhara
- ✓ Transfer from Pokhara to Kathmandu
- ✓ Kathmandu Cultural and Historical Sightseeing with a Tour Guide, private transportation, and entrance fee
- ✓ Trekking Permit (TIMS)
- ✓ Annapurna Conservation Area Permit (ACAP)
- ✓ Down jacket, sleeping bag, fleece liner, and a duffel bag

- ✓ All government taxes

Cost Excludes:

- ✂ Any bar bills (alcoholic drinks, mineral water, and cold drinks), cigarettes, client's personal insurance, and any kind of unforeseen expenses.
- ✂ Lunch and Dinner in Kathmandu and Pokhara.
- ✂ Tips for Guide Porter & Driver (Tips are not compulsory but expected)
- ✂ Anything that is not mentioned in Inclusion

What to bring

This list outlines the required things to bring during the trekking tours. There are various selections and brands that you can choose as per your interest. All required trekking equipments can be bought or even hired easily at a reasonable price in Kathmandu.

General

- 1) Down sleeping bag (you can borrow with us if required).
- 2) Duffel or Rucksack bag (you can borrow with us if required).
- 3) Daypack
- 4) Down Jacket (you can borrow with us if required).
- 5) Fleece liner (you can borrow with us if required).
- 6) Walking poles (Walking poles are optional but recommended, and you can borrow with us if required).
- 7) Water bottle with purification tablets.
- 8) Hand wash liquids.
- 9) Lip guard.
- 10) Sun-block cream.
- 11) Toiletry kit. Be sure to include toilet paper stored in a plastic bag, hand wipes, and liquid hand sanitizer, towel, soap, etc.

Upper Body - Head / Ears / Eyes

- 1) Cap and ears covering hat.
- 2) Glacier glasses
- 3) Head torch.
- 4) Ear-muffs and neck warmer is another piece of gear for extra warmth (optional)

Hand

- 1) Hand gloves (One light pair and One warmer pair)

Body

- 2) T-shirts – few.
- 3) Light and weight thermal tops and warm thermal top.
- 4) Light jacket and vest.
- 5) Wind and rain jacket.
- 6) Shirts and warm shirts.

Lower Body – Legs

- 1) Long and short hiking pants.
- 2) Lightweight and warm long underwear.
- 3) Rain and windproof trousers and warm trekking trousers.

Feet

- 1) Thin and thick socks.
- 2) Trekking boots, light shoes, and sandal.
- 3) Trekking Gaiters.

Medicines and First Aid Kits

(Our guide will carry first aid kit bag during the trek. We still recommend you to bring your personal first aid kit as you feel it necessary).

- 1) Headache and fever medicine.
- 2) Ibuprofen for general aches and pains.
- 3) Burnt cream.
- 4) Immodium or Pepto Bismol capsules for upset stomach and diarrhea.
- 5) Diamox (commonly prescribed as Acetazolamide). Please discuss with us before starting to take this medicine.
- 6) Antibiotics.
- 7) Blister treatments such as moleskin, hand plants and-aids, some waterproof tape, anti-infection ointments, etc.

Miscellaneous

- 1) Passport and extra passport photos (2 copies).
- 2) Durable wallet/pouch for travel documents, money and passport.
- 3) Pocket knife.
- 4) Bandanas.
- 5) Favorite snack foods and energy bars
- 6) Paperback books, cards, mp3 player. Avoid players with moving hardware as it may not function. Remember, keep these items lightweights
- 7) Binoculars.
- 8) Camera.

All garments should be kept dry using waterproof stuff sacks or large puncture resistant plastic bags.