

Adventure and Adrenaline

Overview

The Annapurnas are Nepal's most popular trekking area. It's not hard to see why. Spectacular scenery, diverse cultures, forests, lakes and glaciers combine to make it one of the most scenic areas for novice or experienced trekkers. The accommodation is mostly of a high standard in lodges and you can trek in relative style and comfort. The lakeside town of Pokhara is your starting point and a wonderful place to relax after finishing your trek. Combine the spectacular Annapurna Panoramic Loop trek with the thrill and adrenaline of a bungy jump or canyon swing and rafting on the famous Bhoté Kosi River rapids and you will have one of the best trips that Nepal has to offer.

Trip Details

Day 01 Welcome to Kathmandu

A local Himalayan Holidays' representative will meet and welcome you at Kathmandu airport and transfer you to your hotel. After checking in at the hotel a pre-trek briefing will be held. The rest of the day is yours to explore the local area. o/n at hotel

Day 02 Kathmandu Sightseeing

After breakfast you will be picked up at the hotel to begin an interesting tour around Kathmandu. Your English-speaking guide will escort you to Durbar Square the historic centre of the city and home to the living goddess Kumari. Then on to Swayambhunath or Monkey Temple, situated high on a hill top, this stupa is one of the most recognized images of the Kathmandu Valley and affords magnificent views of the city and valley below. From here you travel to Pashupatinath the site of the most important Hindu temple in Nepal and located on the banks of the holy Bagmati River. Here you will see holy men known as Sadhus performing their religious rituals and you may witness funeral pyres burning on the river side ghats. o/n at hotel B.

Day 03 Kathmandu – Pokhara

Today you will take an interesting drive to Pokhara by tourist bus. Nestled on the Phewa Lake Pokhara is a thriving township where you can spend your time doing any last minute shopping for your trek at one of the many equipment stores or enjoy a drink at one of the lakeside restaurants. It has a very relaxed atmosphere and is the perfect starting point for your trek. o/n at hotel B.

Day 04 Pokhara -Nayapul - Tickendunga 2070m

(Approx 4 hrs walking)

Drive to Nayapul then commence your walk to the small town of Birethanti before walking on through the lush, green Modi river valley and past waterfalls with plunge pools where you are welcome to swim. You will pass through several villages and see farmers at work with their buffalos in the fields. o/n at lodge BLD

05 Tickendunga – Ghorepani 2900m (Approx 5-6 hrs walking)

After a short descent, you ascend to the village of Ulleri, where you will be rewarded with breathtaking views of the valley below and the peaks of Annapurna South and Hiunchuli. Then it is a gentle climb through pasture and cultivated fields. As the trail climbs higher, you walk up beside a cascading river through cool oak and rhododendron forest to Ghorepani where you take the track a little further on to your resting place for the night and a perfect kick off point for those wishing to walk up to Poon Hill in the morning o/n at lodge BLD

Day 06 Ghorepani - Tadapani 2540m (Approx 6 hrs walking)

For early risers, a 1 hour climb up to Poon Hill at 3210m offers you an awesome 360 deg view of all the Annapurna Range. Your guide will point out the peaks of Annapurna South (7272m) Annapurna I (8091m) Hiunchuli (6441m) and you will have imposing views of the Dhaulagiri Range to the West. From the Deurali pass the trail continues along a plateau before descending steeply through dense moss-covered forest rich with birdlife, to Tadapani for beautiful sunset views of Annapurna South and Machhapuchhare. o/n at lodge BLD

Day 07 Tadapani – Jinhu 2040m

(Approx 5 hrs walking)

The trail drops down from Tadapani, through lush rhododendron forest. The route starts the long ascent high above the west bank of the Modi Khola, and continues up to the village of Chhomrung (2040m). Towering above the village is the mighty peak of Annapurna South. Walk on to Jinhu where you can relax in the natural hot springs by the river. o/n at lodge. BLD

Day 08 Jinhu to Dhampus 1580m

(Approx 5-6 hrs walking)

Stony steps lead down to Kabre Chautara and soon after you turn off for Landrung. An easy ascent to the Gurung village of Landrung, then about an hour and half gentle climb takes you to Tolka, you continue walking to Dhampus for your overnight stay. o/n at lodge BLD

Day 09 Dhampus to Pokhara i - 2010m (Approx 5-6 hrs walking)

From Deurali the trail descends to Dhampus at 1580 meters for lunch. Today is your last on the trek, you make a steep descent to Phedi, and as you make your way back the sound of the donkey bells becomes more distant and the sounds of traffic become clearer as you near the road which takes us back to Pokhara. At Pokhara it's time to say goodbye to your trekking crew and many people like to treat their guide and porters to a farewell dinner in one of the many restaurants in Pokhara o/n at hotel B

Day 10 Pokhara- Day at Leisure

A sightseeing tour can be organized if you wish. o/n at hotel B

Day11 Pokhara to Kathmandu

Travel by tourist bus back to Kathmandu. The remainder of the day is at your leisure. o/n at hotel B

Day 12 and 13 – Kathmandu to the Last Resort

Private transfer to the Last Resort for your 2 day adrenaline activities. You can choose from either the bungy jump or canyon swing on day 12 and rafting will be included on day 13. Return to Kathmandu on day 13 BLD/BL

*For "Our Deal" option Day 12 and 13

Private transfer and guide for 2 day trip to Bhaktapur, sightseeing in Bhaktapur on day 12, overnight at Bhaktapur, further opportunity for sightseeing on the morning of day 13 before travelling to Bodnath to explore the area and then returning to Kathmandu BLD/BL

Day 14 Kathmandu

Optional early morning Everest Mountain flight before being transferred to the airport for your international departure B

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Overview of the Annapurna Panoramic Loop Trek

On day 4 you begin your trek in the Annapurna region north of Pokhara. You will climb gradually along the ridges that are the foothills of the Annapurnas. Passing through many villages you will have ample time to take photographs and chat with the local people. There are many different ethnic groups along the trail, the Gurungs, Magar and Chetrie people the predominant being the Gurungs, better known as Gurkhas, soldiers in the British Army.

Along the trail the scenery is magnificent, and you will see Himalayan giants such as Dhaulagiri (8167m), Lamjung, Annapurna II, and Machapuchare (6993m). The terrain varies from sub-tropical valleys with banana trees and rice paddies to high ridges clad in thick rhododendron forest. In January and February these may well be covered in snow, while during March and April they will be a blaze of red rhododendron flowers.

Altitude

Altitude on this trek varies from 915m at Pokhara to just over 3200m at Poon Hill, the low altitude allows you to experience the spectacular scenery of the Annapurnas without the symptoms sometimes associated with higher altitude.

Accommodation on the trek

Accommodation will be simple twin or triple share rooms in lodges, and toilets and showers will be of varying standards.

Food

Mostly rice, pasta, potato dishes, soups and pizzas for lunch or dinner. Delicious pancakes, porridge, toast and eggs are the main breakfast fare, while tea, coffee and hot chocolate are always available. You will probably be pleasantly surprised at the variety of food at the lodges.

Physical Fitness

There are a lot of steep ascents and descents on the trek and a good level of fitness is required, as some days you may be required to walk up to 6 hours, please note that the estimated walking time each day will vary according to the fitness of the group and the weather conditions.

Inclusions :

- Land transfers as per itinerary
- Arrival and departure transfers as per itinerary
- Twin share accommodation and breakfast in Kathmandu and Pokhara at Nepali 3 star hotel
- ½ day sightseeing in Kathmandu
- Lodge accommodation on trek
- Fully escorted trek with English speaking guide
- 2 day Adrenaline package at Last Resort or Bhaktapur/Bodnath package for Our Deal special
- 1 porter/2 person, trek permit and National Park fees
- 13 breakfasts
- 7 lunches
- 6 dinners

Not Included :

- International air fare
- Visa
- Airport Departure taxes/Excess baggage charges
- Other meals not stated (Lunch/Dinner in Kathmandu and Pokhara)
- Items of personal nature ie. Soft/hard drinks, morning/afternoon tea, tips etc.
- Travel Insurance (this is a mandatory condition of booking)
- Medical evacuation in case of emergency
- Optional sightseeing in Pokhara on Day 10
- Optional Everest flight (cost approx A\$200)