

# TREKKING ANNAPURNA REGION

## MID RANGE... 06 NIGHTS / 07 DAYS



### KATHMANDU – POKHARA – TREKKING MID RANGE – KATHMANDU – DEPART

#### Day 01 ARRIVE KATHMANDU (1400M)

Upon arrival at Kathmandu Airport, you will be met by your car with chauffeur for the short transfer to your hotel for night stay. Rest of the day free. Night in Kathmandu.

#### Day 02 DRIVE TO NAYAPUL & TREK TO SHAULI BAZZAR (7h)

**NOTE: If you wish you can stay few nights in Kathmandu in the beginning or at the end to explore the world UNESCO Heritage Sites.**

Early Morning after breakfast drive to Nayapul and then head to Shauli Bazar which takes approx. 3 hours. We pass through Birethanti which is a small town with few lodges, shops and human settlements. From here, the trail moves along the bank of Modi Khola to Shauli Bazar. En route, you pass through forests, rice terraces, waterfalls and green scenarios. The trail to Shauli Bazar is downhill and straight and after few hrs of walking you will reach to Shauli Bazar a small Gurung Village where we rest for the day. Overnight at local guest house.

#### Day 03: TREK TO GANDRUK (1960m) Approx. 3 hours.

Today will climb uphill gradually from Shauli Bazar to Ghandruk where you pass through small villages. The trail follows gently flat after reaching Kimche where you pass through forest, rocks and terrace. Once you reach to Ghandruk you will see great views of Mountains [Mt. Annapurna South, Mt. Machhapuchhare and Mt. Himchuli] from the village. Overnight at local guest house.

#### Day 04: TREK TO TOLKA (1680m) Approx. 5 hours.

Early morning, we start our trekking where we head to Tolka from Ghandruk. First part of your trek is steeply down following stone staircase to Kimbu (Bee hive). Kimbu or Bee hive is located at the elevation of 1200 meters on the bank of Modi Khola. Now your trail steeply ascends following the stone staircase up to Landruk. The path is mostly downhill from Landruk and from there you have to climb uphill and steep climb and then you will reach to Tolka where we rest for the day after 5 hours of walk. Overnight at local guest house.

#### Day 05: TREK TO AUSTRALIAN CAMP (2100m) Approx. 4 hours.

Today we head from Tolka to Australian base camp where we pass through dense forest passing through Deurali and from this point you can see panoramic view of Dhaulagiri I (8167m.), Annapurna South (7219m.), Hiunchuli (6441m.), Fishtail (6997m.), Annapurna III (7755m.), Annapurna IV (7525m.), Annapurna II (7937m.) and Lamjung Himal (6930m.). Now the rest of the trail descends gently down to Dhampus passing through Pothana village (1900m.). Passing through Pothana then we reach to Australian camp where we rest for the day- Overnight at local guest house.



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### **Day 06: TREK BACK TO KHADE AND DRIVE BAK TO KATHMANDU (7H)**

After viewing the sunrise today, we head back to Pokhara where we trek for 1 hour and then we drive back to Kathmandu. Accommodation in a Hotel of Kathmandu.

### **Day 07 Departure**

Breakfast and day free till your final departure. Depending on your flight, transfer to the airport for onward destination.

### **End of Service**

#### **Note:**

1. This tour can be modified as per your requirements.
2. If you wish to stay longer in Kathmandu, you can do in the beginning or at the end of the trekking.
3. You can enjoy a mountain flight in Kathmandu to see Mount Everest. (optional)
4. If you wish you can fly back to Kathmandu on day 5 from Pokhara. (Optional)
5. Your stay during trekking will be very basic.
6. Please note, the Govt. allows only 2 people and the company of a Nepali Guide/Porter in some restricted treks.
7. Also take a note that some treks are not recommended during the monsoon and winter season.
8. **YOU MUST CARRY OVERSEAS TRAVEL & MEDICAL INSURANCE WHICH COVERS ALL YOUR MEDICAL EXPENSES, ESPECIALLY THE EMERGENCY RESCUE.**