



ANNAPURNA SANCTUARY TREK – 14 DAYS

Day 1 Hengja 920 metres

Walking approx. 5 hours

We fly or drive from Kathmandu to Pokhara where we meet our trekking crew and have lunch. We then take an easy trail through sprawling village of Hengja. A Tibetan Refugee Centre and camp here.

Day 2 Above Dhampus 1982 metres

Walking approx. 4 hours

We continue along the valley floor for just over an hour before we start the climb to Dhampus lunching on the way before going up. After lunch we reach the top of the ridge and the views are magnificent. Macchapuchare, Annapurna South (7723m.) and Annapurna II (7937m.) dominate the skyline. We move through Dhampus into thick rhododendron forest and camp.

Day 3 Ghandrung 1950 metres

Walking approx. 4 hours

A long hard day. We continue to climb after leaving camp up to about 2160 metres. The forest is alive with all the varieties of birdlife. We then steadily descend to the village of Landrung (1650m.) and lunch on the banks of the Modi Khola (1422m.). After lunch we have a steep climb up what is almost a staircase to the Gurung village of Ghandrung which is set beautifully against the peaks of South Annapurna and Hiuchuli.

Day 4 Chomro 1950 metres

Walking approx. 6 hours

We climb up to the top of a ridge at 2225m. and then descend through thick forest to the river at Kyumnu (1770m.) where we lunch. After lunch we climb another ridge, contour round the ridge towards the Modi Khola valley and drop to Chomro to camp.

Day 5 Doban 2745 metres

Walking approx. 6 hours

We leave Chomro, the last permanent settlement before the Sanctuary and walk up the Modi Khola valley through beautiful Rhododendron and bamboo forests. The valley narrows into steep sided gorge, and we pass numerous high waterfalls. We camp in a small clearing near the river as it thunders its way downhill.

Day 6 Annapurna Sanctuary 3690 metres

Walking approx. 4 hours

We leave the tree line and pass the large overhanging rock of Hinko Cave (3017m.). In places the trail has become obliterated by rockfall and we have to scramble over rocks and small streams. Tantalizing glimpses of the massive peaks that form the Sanctuary appears and urges us on to the glaciers. When we reach the moraines the views are incredible, this is a mountain amphitheatre of spectacular size.

Day 7 Sanctuary

Rest and acclimatisation day

From our camp you can take a walk to the Hiuchuli Glacier at 4267m. From here the views of the great peaks and the glaciers flowing from them are quite incredible, almost unbelievable, beyond

anything you could possibly imagine. For those who wish to rest round the camp you will not be disappointed, the views from here are spectacular.

Day 8 Kuldi Ghar 2377m.

Walking approx. 6 hours

We descend through the Modi Gorge, past the spectacular waterfalls and back into the tree line. We camp below the towering peak of Macchapuchare.

Day 9 Kyumnu 1770m.

Walking approx. 6 hours

Steadily descending all day we reach Chomro for lunch and camp by the river at Kyumnu.

Day 10 Thante 2774m.

Walking approx. 4 hours

We climb up through small terraced fields, past farmhouses and into the dense forest. This is a particularly good day into for the bird-watcher and those interested in flowers. In the winter the danphe is in bloom and its scent hangs in the trees. In the spring the rhododendrons and orchids bloom. Views of the Annapurna are also excellent. At the end of a days climbing we camp in a small clearing in the forest next to a stream.

Day 11 Gorepani 2830m.

Walking approx. 5 hours

In the morning we have a steep and somewhat exciting climb to the Dourali Pass (3078m.) and the views on reaching the top are among the best throughout Nepal. To the West we see Dhaulagiri (8167m.) and Gurja Himal (7193m.) to the east Annapurna II, Manaslu (8156m.) and Himal Chuli (7893m.). Above us towers the pyramid peak of Annapurna South while below us is the deepest river gorge in the world – the Kali Gandaki, over 3 miles deep in places.

Day 12 Birethanti 1040m.

Walking approx. 5 hours

This is the day when we all decide that we prefer the uphill to the downhill. We descend steadily to Tirkhedunga (1524m.) where we lunch. We have joined the main trail from Tibet and we are constantly meeting mule trains laden with goods. The traders are Tibetans, Khampas, Mustang peoples and the teahouses along the route are mostly run by Thakalis. Quite often we meet Hindu Saddhus and pilgrims. We reach the Modi Khola once again and camp on its bank.

Day 13 Naudanda 1400m.

Walking approx. 6 hours

We take our last camp up to Chandrakot 1562m. for about an hour and a half and stop gratefully for a drink at the tea houses. We then consort round to the British Agricultural Farm, an experimental station growing fruit trees and vegetables. We then drop steadily along the Naudanda ridge to Naudanda itself and camp in full range of the whole Annapurna ranges.

Day 14 Phewa Tal Lake, Pokhara 850m.

Walking approx. 4 hours

We continue along the ridge, losing sight of the great mountains temporarily, to Kaski, one of the most important villages in the history of Nepal. It was from here several centuries ago that the unification of Nepal began and the present King's descendants can be traced back to here. We then drop quickly to the Lake and reach Pokhara.