

HIGH MOUNTAINS AND LOWLANDS

TREKKING IN ANNAPURNA

A scenic view of a mountain valley. The foreground shows a river with white water rapids flowing over a rocky bed. The middle ground is a steep, lush green forested slope. The background shows a misty, overcast sky. The overall scene is a beautiful natural landscape.

TREKKING IN ANNAPURNA

Welcome to Ride Nepal Tours!

The Annapurna region in Nepal is renowned worldwide for its spectacular trekking routes, offering a diverse range of landscapes, cultures, and experiences.

Trekking in the Annapurna region is an adventure like no other, encompassing everything from lush subtropical forests to high-altitude desert plateaus. One of the most popular treks is the Annapurna Circuit, which circumnavigates the entire massif, providing trekkers with breathtaking views of some of the world's highest peaks, including Annapurna I, II, III, and IV, as well as Dhaulagiri and Machhapuchhre. On our trips, we will explore the lower areas of the mountains, along with opportunities to immerse in local culture and hospitality. Throughout the region, you will enjoy warm hospitality at tea houses and guesthouses, interact with local villagers, visit ancient monasteries, and participate in traditional festivals.

Make trekking in the Annapurna region an unforgettable journey.

THE PLAN

Day	From	To	Altitude at Destination	Distance (approx.)
1	Flight to	Kathmandu	1400 m	-
2	A day in Kathmandu		1400 m	-
3	Kathmandu	Pokhara	846 m	200 km drive
4	A day in Pokhara		846 m	Sightseeing
5	Pokhara	Jhinu	1710 m	60 km drive + 45 mins walk
6	A day in Jhinu		1710 m	Light day walks
7	Jhinu	Chomrong	2170 m	3 hours walk
8	A day in Chomrong		2170 m	Light day walks
9	Chomrong	Ghandruk	2000 m	6 hours walk
10	A day in Ghandruk		2000 m	Light day walks
11	Ghandruk	Pokhara	846 m	55 km drive
12	A day in Pokhara		846.m	Sightseeing
13	Pokhara	Kathmandu	1400 m	200 km drive
14	A day in Kathmandu		1400 m	-
15	Kathmandu	Flight Back	1400 m	-

Two weeks of breathtaking views are awaiting you!





INDIVIDUAL DAY PLANS

Day 1: Arrival

Namaste and welcome to Kathmandu. We will pick you up at the airport and take you to your hotel where you can freshen up and take a rest after your long flight. In the evening you are invited to the 'Welcome Dinner' where you will meet fellow trekkers and the organizers. You will be given a brief orientation of the forthcoming trek and not to mention the food will be served as a delicious buffet! Depending on what time of the day you arrive, you might just want to stay back at the hotel and relax or drop by Thamel within walking distance if you have some time and energy in the day. Thamel is a tourist hub inside the city famous for its narrow alleys crowded with restaurants, and shops of everything from souvenirs to groceries to handicrafts to trekking gears to anything - you name it! If this is too much dazzle for the same day, you might want to save Thamel for day 2.

Day 2: Kathmandu

We shall visit Brahmasthai Awareness Society (BAS), the NGO that provides shelter to the poor, helpless patients and children and adults with disability. We make this stop because part of the profit from the trip goes to this organization. We will spend half a day at the shelter where we will also have lunch.

Later in the day, we shall visit Swoyambhu Nath also known as Monkey Temple, an important religious site in Kathmandu that gives a little glimpse of the culture that we are going to encounter on the trek. And the long, steep walk of 365 stairs from the main road up to the stupa can be a little warm-up for the upcoming trek! Yes, just prepping you with the stairs and not with the monkeys. You will not meet the monkeys on the trek. Horses are more common there and there may be some friendly dogs.

Day 3: Drive to Pokhara

On day 3, we take an approximately 200 km (nearly a full day) drive to Pokhara - the ultimate tourist destination in Nepal!

The city is famous for its lakes, caves, and mountain-views and serves as a starting point for Nepal's most beautiful treks. The city is super international so you can see a diverse group of tourists who have come to the city for vacation. You can enjoy a peaceful walk along the lakeside in the evening.

Following the walk, we end the day with a beautiful dinner with the entire team - planning for the exciting events happening the following day!

Day 4: Pokhara

Pokhara has countless lists of things to do for tourists. As a group, we will do at least 4 of them - two before and two after the trek.

This day, we will wake up early and drive up to Sarankot hilltop - hoping to catch a stunning sunrise view atop the mountains of the Himalayan range. During the day, we will visit the International Mountain Museum in Pokhara to learn about the mountains, equipment, people - and most importantly, the history mountains carry. We end the day with a team dinner with plans for the next day!

Day 5 and 6: Jhinu

From Pokhara, we drive around 60 kilometers towards the north to enter the Annapurna region. The region is famous for its treks and trails around the mountains. Almost 3.5 hours of drive from Pokhara and a brisk walk of about 45 minutes will take us across the suspension bridge to this little hill called Jhinu. Jhinu is a beautiful village on the hill at an altitude of 1710 meters from where we shall start walking in the following days. Besides beautiful houses, hotels, and friendly people, Jhinu also has a natural hot spring that people like to immerse in.

On day 6, we walk around the town, the surrounding villages, and trails. The destination for the night is the same place, so we can explore as much as we want without feeling stressed.

INDIVIDUAL DAY PLANS

Day 7 and 8: Chomrong

On day 7, we walk uphill for around 4.8 kilometers. This will bring us closer to the mountains and can take us around 3 hours. We will arrive at the altitude of 2170 meters to another lovely village, Chomrong. The walk up to Chomrong is a long steep stairs (we can walk slowly and take frequent breaks). The destination is a bright and colorful village - and definitely closer to the mountains and the river. We make our stop here on day 7.

On day 8, we stroll around the village or go significantly further up into the mountains - if you want. The surrounding villages are Lower Sinuwa and Upper Sinuwa - which is steep uphill - and you can do this if you are feeling extra adventurous. However, in the evening you must return to Chomrong, where we will camp for the night.

Day 9 and 10: Ghandruk

Now we begin our descent back into the valley.

On day 9, we walk slightly downhill for around 9.7 kilometers from Chomrong. This will bring us to another village called Ghandruk - which is at an altitude of 2000 meters. This is a famous trek destination to witness the range of beautiful mountains together with exposure to the rich Gurung culture and lifestyle typical to the mountain regions.

On day 10, we take a stroll around the village, through its little alleys and unique structures. Like other days, you also have choices for walking up a bit further into nature, but by the evening you must return to the village, as Ghandruk is the village where we camp for both days 9 and 10.

Day 11 and 12: Pokhara

After a relaxing breakfast, and around 55 kilometers of drive from Gandruk, we will arrive back to Pokhara in about 3 hours.

We make our stop here in Pokhara on day 10. Pokhara always has a lot to offer and we have one more day here to settle down, soak in all the impressions, relax, and give your legs a break. You can even treat yourself to a spa - you deserve it!

As a team, we will also visit a cave (Gupteshower Gufa) and in the evening will hike (20 minutes) up to the World Peace Stupa. Both of these are great ways to unwind and spend a great afternoon/evening. You will still see the mountains in front of you, a lake beside you, and the smell of tea and coffee around you.

Day 13, 14 and 15: Kathmandu

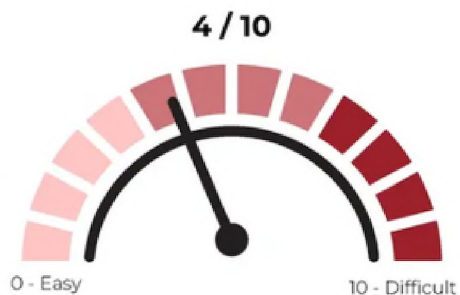
Around a 200-kilometer drive back from Pokhara brings us back to Kathmandu in about 8 hours. We reach Kathmandu in the evening and rest.

Day 14 is the final day we have before we end the trip. Kathmandu is the city of temples and heritages. You might want to use this day to visit some iconic places of Kathmandu like Bhaktapur Durbar Square, a UNESCO world heritage site for an extended day and have a look at beautiful temples, architecture, the Newari culture, and lifestyle, or take a quick stroll around Kathmandu Durbar Square - also a UNESCO world heritage site. You can also buy some souvenirs before you pack your bags for a flight back home on Day 15.

Congratulations! You have been among the tallest mountains in the world and have great stories to tell!



TOUR DIFFICULTY



"This trek is manageable for those comfortable with steep stairs. As we ascend to higher altitudes, you can set your own pace. Assistance will always be available whenever needed."

PACKAGE PRICES

PACKAGE INCLUDES:

- ✓ Pick up and Drop from the Airport
- ✓ All Accommodation (twin sharing basis)
- ✓ All Breakfast and Dinners
- ✓ All Transfers (bus or jeep)
- ✓ All the necessary Permits to go to the Mountains
- ✓ All tickets to museums and other sightseeing places that are part of the trip
- ✓ Tour Guide and Porters
- ✓ Basic First-Aid Medical Kit

PACKAGE EXCLUDES:

- ✗ International Flight Tickets and Visa for Nepal
- ✗ Travel and Medical Insurance
- ✗ Drinks/Alcohol/Lunch
- ✗ Personal Expenses and Additional Adventures
- ✗ Tips for Local Guides and Porters



IMPORTANT INFORMATION

THINGS TO CARRY WITH YOU:

- Complete trekking gear (jacket, boots, gloves, trekking stick, knee brace)
- Rain jacket, Sunglasses and Masks
- Toilet Paper, Personal Towel and Bathroom Amenities.
- Personal Medicines
- Torch light (for emergencies)
- Snacks/Energy Bars
- Power Bank (to charge your phones)



In most destinations, we will savor Nepali cuisine, which is influenced by Indian and Tibetan flavors and tends to be spicy (although chefs can adjust the heat upon request). Make sure to try our signature dish, Daal Bhaat Tarkari (lentil soup, rice, and curry), as well as the various scrumptious variations of mo:mo - dumplings filled with different ingredients that are a local favorite.



While we will be staying in fine hotels in Kathmandu and Pokhara, our accommodation in the higher altitudes will be very basic and among the locals.



While we have a history of safe travels without major accidents, it's always best to exercise caution. In the rare event of unforeseen circumstances, we have the option of helicopter rescue. Therefore, it's advisable to ensure your travel insurance includes coverage for high-altitude rescue. We prioritize your safety and well-being, and taking precautions is always better than taking chances.

NOTES:

- You can leave all your heavy luggage in Pokhara before our trek starts and only carry the necessary items with you when you walk.
- You will also have a porter to help you carry your backpack - so you don't have to worry about the heavy load.

MEET YOUR HOSTS **'THE KHAREL FAMILY'**



RAMESH AND RITA KHAREL

ABOUT BAS



Profits from one of our trips sponsored a three wheel scooter to a patient with spinal injury so that he can load his wheelchair and can move freely anywhere in the city.

Rita founded BAS in 2001 to help sick and poor patients from rural Nepal coming to hospitals in Kathmandu for treatment. She provided free food and accommodation (beds) in a small flat she rented. As the demand for beds was rising, the flat could not accommodate enough people. As such, many people got together and helped BAS in building its own shelter home through raising funds, selling spices, selling bags made by women at BAS etc.

One of the big and sustainable ideas pioneered by a Swedish rider (Bjorn Carlsson) was to run MCTrips. Over the years it has been greatly successful and our family has grown exponentially.

PARTS OF OUR PROFIT GOES TO THE IMPORTANT WORK OF BAS

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