

15 Days Nepal Annapurna Sanctuary Trek Tour

Trip overview

The **Annapurna Sanctuary Trek** (often called the ABC Trek) is a legendary route that leads you into a spectacular natural amphitheater. Surrounded by a ring of towering 7,000 and 8,000-meter peaks, including the formidable **Annapurna I** and the sacred **Machapuchare (Fishtail)**, this 15-day journey offers a profound connection with the Himalayas.

This meticulously planned itinerary balances challenging trekking days with essential acclimatization. You will wander through vibrant rhododendron forests, cross cascading waterfalls, and pass through traditional Gurung and Magar villages where ancient culture remains untouched. The ultimate reward? Standing at **Annapurna Base Camp (4,130m)** at sunrise, watching the first light turn the snow-capped giants into molten gold.

- **Durations:** 15 Days
- **Destinations:** Kathmandu - Pokhara - Annapurna Base Camp - Pokhara - Kathmandu
- **Tour inquiry:** <https://asiachinatour.com/15-days-nepal-annapurna-sanctuary-trek-tour/>

Itinerary

Day 1: Arrival in Kathmandu – Preparation for the Annapurna Adventure

Namaste and welcome to Nepal! Your epic journey to the heart of the Annapurna range begins the moment you touch down at **Kathmandu Tribhuvan International Airport (KTM)**.

- **Warm Himalayan Welcome:** Our representative will be waiting for you at the arrival terminal with a personalized pickup board. We will provide a private, comfortable transfer to your hotel, navigating through the vibrant, bustling streets of Kathmandu.
- **Rest & Acclimatization:** After checking in, take the afternoon to relax and recover from your flight. Kathmandu sits at an altitude of 1,400m, making it the perfect place to begin your

acclimatization process.

- **Trekking Prep & Gear Check:** If you find you're missing any essential trekking gear—from moisture-wicking layers to high-quality trekking poles—the nearby district of **Thamel** is a world-famous hub for outdoor equipment. In the evening, your lead guide will meet you for a brief orientation to discuss the trail conditions, safety protocols, and the incredible 15-day itinerary ahead.
- **Leisure Time:** Feel free to explore the local cafes or simply enjoy the serene courtyard of your hotel as you prepare your mind and body for the sanctuary ahead.

Accommodation: Selected Hotel in Kathmandu (Trekker-friendly)

Meals: On your own arrangement

Transport: Private vehicle transfer

Day 2: Cultural Immersion in Kathmandu & Patan – The Living Heritage

Before we head into the rugged wilderness of the Annapurna region, today is dedicated to exploring the artistic and spiritual soul of Nepal. We journey through two ancient kingdoms that define the history of the Kathmandu Valley.

- **Morning: Ason Tole & The Palace of the Living Goddess** We begin our day at **Ason Tole**, Kathmandu's oldest and most vibrant market. Navigate through a labyrinth of narrow streets filled with the aroma of Himalayan spices and the colorful bustle of local trade. Next, we step into the historic **Kathmandu Durbar Square** (UNESCO). Marvel at the ancient Newari architecture of the **Kumari Bahal**, home to the world's only Living Goddess. You will also view the towering **Taleju Temple** and the fierce **Kal Bhairav**—a massive 17th-century stone relief that embodies the city's spiritual power.
- **Afternoon: Patan's Golden Artistry & The Sacred Swayambhunath** In the afternoon, we drive to **Patan**, the "City of Beauty." At **Patan Durbar Square**, you'll witness the pinnacle of bronze and stone craftsmanship, including the magnificent Krishna Mandir. We conclude our day at the iconic **Swayambhunath Stupa (The Monkey Temple)**. Climbing the stone steps to the summit provides not only a panoramic view of the valley but also a great light workout for your legs before the trek begins. Watching the sunset over the city while listening to the fluttering prayer flags is a perfect moment of zen before the mountain adventure.

- **Evening:** Return to your hotel for a final gear check and a restful night. Tomorrow, we transition from the city's history to the mountains' majesty.

Accommodation: Hotel in Kathmandu

Meals: Breakfast & Lunch

Day 3: Scenic Drive to Pokhara via the Medieval Town of Bandipur

Today, we leave the Kathmandu Valley and head west toward **Pokhara**, the enchanting lakeside city that serves as the gateway to the Annapurna Sanctuary.

- **Morning: A Journey Through Central Nepal** We embark on a scenic 4.5 to 5-hour drive along the winding Trishuli River. To break the journey, we make a special detour to **Bandipur**, a beautifully preserved hilltop town. Often described as a "living museum of Newari culture," Bandipur offers a quiet, vehicle-free atmosphere where you can admire traditional wooden architecture and 18th-century mansions. On a clear day, the town provides breathtaking vistas of the **Dhaulagiri and Annapurna ranges**.
- **Afternoon: Arrival at Lakeside Pokhara** Upon arriving in Pokhara, the change in pace is immediate. Nestled at the foot of the Himalayas and flanking the serene **Phewa Lake**, Pokhara is much cooler and more relaxed than the capital. After checking into your hotel, the rest of your afternoon is at leisure. We recommend a peaceful walk along the **Lakeside area**, where you can browse local bookstores, enjoy a coffee with a view of the mountains, or even take a short boat ride on the lake.
- **Evening: Final Mountain Briefing** This is your final night of urban comfort before we begin the trek tomorrow. Enjoy a hearty dinner and soak in the view of **Machapuchare (Fishtail Peak)** reflecting in the lake waters—a stunning preview of the sanctuary you are about to enter.

Accommodation: Selected Hotel in Pokhara (Lakeside)

Meals: Breakfast & Lunch

Day 4: Into the Wilderness – Drive to Nayapul & Trek to Ghorepani

The wait is over! Today, we leave the lakeside comfort of Pokhara and take our first steps toward the Annapurna Base Camp.

- **Morning: River Valleys & The Stone Steps** We begin with a scenic 1.5-hour drive to **Nayapul**, the traditional trailhead. From here, we follow the sparkling waters of the **Modi Khola** to **Birethanti** (1,015m), where we complete our permit checks. The trek begins in earnest as we cross a suspension bridge and head toward **Tikhedhunga**. Prepare your legs for the famous challenge of **Ulleri**: a steep stone staircase consisting of over 3,000 steps. This climb is a rite of passage for ABC trekkers and rewards you with your first close-up views of **Annapurna South** and **Hiunchuli**.
- **Afternoon: Rhododendron Forests & Mountain Horizons** Once past Ulleri, a large and vibrant **Magar village**, the trail levels out slightly. We enter an enchanted world of ancient oak and **rhododendron forests** (Nepal's national flower). If you are trekking in spring, the entire hillside glows with red and pink blooms. Continuing through Banthanti, we make our final ascent to **Ghorepani** (2,840m). This bustling village, once a rest stop for ancient salt-trading caravans, sits on a ridge offering spectacular panoramic views of the Dhaulagiri and Annapurna massifs.
- **Evening: Tea House Atmosphere** Settle into your first **Himalayan tea house**. Enjoy a warm meal by the communal stove—a perfect time to share stories with fellow trekkers from around the globe.

Accommodation: Traditional Mountain Tea House

Meals: Breakfast, Lunch & Dinner

Trekking Duration: 6-7 hours

Day 5: Sunrise at Poon Hill & Trekking the Ridges to Tadapani

Prepare for a pre-dawn awakening as we head to one of the most celebrated vantage points in the entire Himalayas.

- **Dawn: The Golden Hour at Poon Hill (3,210m)** We begin with an early morning hike (approx. 1 hour) to the summit of **Poon Hill**. As the first rays of sunlight hit the horizon, you'll witness a breathtaking 360-degree panorama of over 20 snow-capped peaks. Watch in awe as the sun paints the summits of **Dhaulagiri (8,167m)** and the **Annapurna Massif** in hues of molten gold and pink. This is a true photographer's paradise, offering an unobstructed view of **Machapuchare (Fishtail)** and the deep Kali Gandaki Gorge.

- **Morning: Ridge Walking & Primeval Forests** After capturing the sunrise, we return to Ghorepani for a hearty breakfast. The trek then continues along scenic ridges, passing through ancient forests of towering pines and flowering **rhododendrons**. The trail ascends to **Deurali Pass (2,960m)**, offering further glimpses of the mountains through the canopy, before we begin a descent through moss-covered cliffs and hidden waterfalls.
- **Afternoon: Arrival in Tadapani (2,610m)** The trail winds through shaded woodland, eventually bringing us to the beautiful village of **Tadapani**. Perched on a ridge, Tadapani offers an incredibly close-up view of **Annapurna South** and **Hiunchuli**. It's the perfect spot to rest your legs and soak in the mountain atmosphere as the clouds dance around the peaks.

Accommodation: Mountain Tea House

Meals: Breakfast, Lunch & Dinner

Trekking Duration: 6-7 hours (including Poon Hill)

Day 6: Deep Forests & Gurung Heritage – Trek to Chhomrung

Today's trek takes us deeper into the heart of the Annapurna Sanctuary as we move toward the final gateway of our high-altitude destination.

- **Morning: Through the Enchanted Forest** We begin our day with a steep but rewarding descent through ancient, moss-draped **rhododendron and oak forests**. This section of the trail is a haven for birdwatchers, where you might spot the colorful Danphe (Nepal's national bird). As we descend, the dense canopy occasionally opens up to reveal glimpses of the towering peaks above.
- **Afternoon: Gurung Hospitality in Chhomrung (2,140m)** As the trail levels out, we arrive at the picturesque **Gurung village of Gurjung**. After a brief rest, the path leads us across a suspension bridge over the Kimrong Khola, followed by a final steady climb to **Chhomrung**. Perched on a giant hillside, Chhomrung is the largest settlement in this part of the valley and is famous for its stone-paved stairs and traditional houses. From your tea house balcony, you will be treated to a staggering, front-row view of **Annapurna South** and the iconic, needle-pointed **Machapuchare (Fishtail Peak)**, which dominates the skyline.

- **Evening: Gateway to the Sanctuary** Enjoy the unique mountain hospitality of the Gurung people. Chhomrung is the last permanent settlement on the way to ABC, making it a perfect spot to savor a warm meal and prepare for the higher altitudes ahead.

Accommodation: Traditional Tea House in Chhomrung

Meals: Breakfast, Lunch & Dinner

Trekking Duration: 5-6 hours

Day 7: Descending the Gorge – Trek from Chhomrung to Dovan

Today's trek is a rhythmic journey of descents and ascents as we enter the deep, lush gorge of the Modi Khola, moving closer to the soaring glacial peaks.

- **Morning: The Famous Chhomrung Stairs** We begin the day by descending the legendary **Chhomrung stone steps**—over 2,500 meticulously laid stones that lead down to the suspension bridge over the **Chhomrung Khola**. After crossing the river, the trail challenges us with a steady climb through terraced fields and into the cool shade of oak and rhododendron forests, leading us to **Sinuwa** (2,340m).
- **Afternoon: Entering the Bamboo Wilderness** The trail levels out for a scenic ridge walk before reaching **Khuldighar**, a historic site within the **Annapurna Conservation Area (ACAP)**. From here, the landscape shifts dramatically into dense bamboo thickets and moist forests. We follow a steep stone staircase down into the heart of the valley, winding through the bamboo and fern-filled undergrowth until we reach the peaceful settlement of **Dovan** (2,600m), nestled beside the roaring river.
- **Evening: Sound of the River** The air becomes noticeably crisper and more humid here. Spend the evening relaxing in your tea house, lulled by the sound of the nearby waterfalls and the rushing Modi Khola as you prepare for the high-altitude trek tomorrow.

Accommodation: Mountain Tea House in Dovan

Meals: Breakfast, Lunch & Dinner

Trekking Duration: 5-6 hours

Day 8: Ascending to the Alpine Zone – Trek from Dovan to Deurali

Today is a shorter but vital day of trekking as we gain significant altitude and watch the landscape transform from lush subtropical greenery to rugged alpine terrain.

- **Morning: Through the Bamboo Sanctuary** We begin our ascent with a peaceful climb through the cool, damp **bamboo forests** that characterize this section of the Modi Khola gorge. As we gain height, the bamboo gradually thins out, giving way to ancient rhododendron and oak trees. The air becomes noticeably thinner and fresher as we approach **Himalaya Hotel** (2,920m), a perfect spot for a brief rest and to soak in the mountain silence.
- **Afternoon: The Legend of Hinku Cave** Continuing our climb, we reach the famous **Hinku Cave**, a massive overhanging rock that served as a shelter for early mountaineers and salt traders. The trail from here becomes more rugged and rocky as we cross old avalanche chutes (seasonal) and climb steadily toward **Deurali** (3,200m). As you reach Deurali, the valley opens up, and you'll find yourself surrounded by towering cliffs and cascading waterfalls that plunge from the high ridges above. This is the doorstep to the Inner Sanctuary.
- **Evening: Altitude Preparation** At 3,200 meters, we are now firmly in the high-altitude zone. The evening is spent relaxing at the tea house, staying hydrated, and acclimatizing as we prepare for the final push to Machapuchare Base Camp tomorrow.

Safety Note: *The section between Himalaya and Deurali is known for its dramatic cliff views, but always follow your guide's lead, especially when crossing rocky paths. Staying together as a group ensures maximum safety.*

Day 9: Journey to the Inner Sanctuary – Trek to Annapurna Base Camp (4,131m)

Today marks the realization of your Himalayan dream. We leave Deurali behind and ascend into the "Annapurna Sanctuary," a high-altitude glacial basin encircled by a ring of eleven of the world's most magnificent peaks.

- **Morning: The Gate to the Sanctuary – Machhapuchhre Base Camp (3,700m)** Our ascent follows the rugged path alongside the Modi Khola river. As the valley widens, the towering presence of the sacred **Machhapuchhre (Fishtail)** becomes overwhelming. We soon reach **Machhapuchhre Base Camp (MBC)**. Although no one is permitted to climb this

holy mountain, its base camp offers a breathtaking 360-degree theater of mountains, including Annapurna III, Gangapurna, and Hiunchuli.

- **Afternoon: The Final Push to Annapurna Base Camp (4,131m)** The final 2-hour trek from MBC to **Annapurna Base Camp (ABC)** is a gentle but high-altitude climb across glacial moraines. As you walk, the vegetation disappears, replaced by the stark, majestic beauty of the snow and ice. Reaching the ABC prayer flags is a moment of pure triumph. You are now standing in the heart of the sanctuary, surrounded by the massive south face of **Annapurna I (8,091m)**—the tenth-highest mountain in the world.
- **Evening: Sunset Over the Giants** Watching the sunset from 4,131 meters is an unforgettable experience. As the peaks turn from brilliant white to burning orange, the silence of the high Himalayas settles in. You will spend the night in a cozy tea house, literally surrounded by the world's highest mountains.

Accommodation: Mountain Tea House at ABC

Meals: Breakfast, Lunch & Dinner

Trekking Duration: 5-6 hours

Day 10: Retracing the Sanctuary – Descent from ABC to Bamboo

After witnessing a spectacular sunrise over the Annapurna Massif, we begin our descent. While we follow the same trail back, the perspective from the opposite direction offers a completely new view of the majestic Modi Khola valley.

- **Morning: Farewell to the High Peaks** Take one last look at the towering south face of Annapurna I before we begin our 1,700m descent. The trek back to **Machhapuchhre Base Camp (MBC)** and down toward Deurali is much faster on the lungs but requires focus on the knees. As we leave the stark, glacial landscapes of the high sanctuary, you'll notice the air becoming thicker and the first signs of alpine scrub reappearing.
- **Afternoon: Re-entering the Green Zone** Passing through the rocky paths of **Hinku Cave** and the **Himalaya Hotel**, we descend further into the lush, humid forests that we traversed days ago. The trail eventually leads us back into the dense, swaying **bamboo groves** that give the settlement of **Bamboo (2,345m)** its name. The return to this lower altitude usually brings a welcome boost of energy and a hearty appetite.

- **Evening: Rest in the Forest Canopy** Settling into a local tea house in Bamboo, you can enjoy a more relaxed evening. The sound of the rushing river and the rustling bamboo leaves provide a soothing backdrop as you celebrate the successful completion of the "sanctuary" portion of your trek.

Accommodation: Mountain Tea House in Bamboo

Meals: Breakfast, Lunch & Dinner

Trekking Duration: 6-7 hours

Day 11: From Bamboo to the Healing Waters of Jhinu Hot Spring

Today's trek is a rewarding journey that balances a challenging climb with the ultimate Himalayan relaxation.

- **Morning: Ridges and Stone Steps** Leaving the humid bamboo forests, we begin our trek with a steady climb back toward **Khuldighar**. The trail winds through vibrant rhododendron and oak forests, offering one last high-vantage look at the mountains we've left behind. We then re-conquer the famous stone steps of **Chhomrung**. While challenging, reaching the top of the village rewards you with a different perspective of the valley's terraced fields and the soaring peaks of **Annapurna South**.
- **Afternoon: Descent to Jhinu Danda (1,780m)** From the ridge of Chhomrung, the trail takes a very steep descent toward **Jhinu Danda**. This charming settlement is perched on a hillside overlooking the Modi Khola. After checking into your tea house and dropping your packs, a 20-minute walk down to the riverbank brings you to the **Natural Hot Springs**.
- **The Highlight: Riverside Relaxation** Soak your tired muscles in the riverside thermal pools. There is nothing quite like the sensation of hot, mineral-rich water while listening to the rushing glacial river just a few meters away. It is the perfect natural therapy to celebrate the near completion of your ABC trek.

Accommodation: Mountain Tea House in Jhinu Danda

Meals: Breakfast, Lunch & Dinner

Trekking Duration: 5-6 hours

Day 12: Final Riverside Walk & The Return to Lakeside Pokhara

Today is your final day on the trails of the Annapurna region. After the rejuvenating hot springs of yesterday, we enjoy a gentle trek that follows the natural contours of the river valley.

- **Morning: A Relaxing Riverside Trek** We begin our walk along the right bank of the **Modi Khola**. This section is widely considered one of the most pleasant and relaxing stretches of the entire ABC trek. The trail passes through lush subtropical forests and terraced farmland, crossing several impressive suspension bridges. You'll pass through local hamlets where life moves at a peaceful pace, offering a final glimpse of the rural beauty of the **Himalayan foothills**.
- **Afternoon: Journey Back to Civilization** We eventually reach **Birethanti** (1,025m), a bustling village at the confluence of the Modi and Bhurungdi Kholas, where we complete our final ACAP permit checkout. A short walk further brings us to **Nayapul**, where our private vehicle will be waiting. The 1.5-hour drive back to **Pokhara** offers a chance to see the peaks you just conquered from a distance. Upon arrival at your hotel, the luxury of a long, hot shower and a comfortable bed awaits.
- **Evening: Lakeside Celebration** Celebrate your successful trek with a "victory dinner" at one of Pokhara's many international restaurants. Whether it's a steak, a pizza, or traditional Newari cuisine, food always tastes better after 9 days in the mountains! Spend the evening strolling along the vibrant **Lakeside**, perhaps picking up a souvenir or simply enjoying the reflection of the mountains in **Phewa Lake**.

Accommodation: Selected Hotel in Pokhara

Meals: Breakfast & Lunch

Trekking Duration: 4-5 hours

Day 13: Free Day in Pokhara – Recovery, Relaxation & Exploration

After nine days of trekking, today is yours to enjoy at a completely different pace. Pokhara, known as the "Leisure Capital of Nepal," offers the perfect environment to recharge your body and soul.

- **Morning: A Lazy Lakeside Breakfast** Wake up to the gentle sounds of **Phewa Lake**. Enjoy a long breakfast at one of the many lakeside cafes, where you can sip Himalayan coffee while gazing at the reflection of **Machapuchare (Fishtail)** in the water.

- **Afternoon: Optional Adventures or Zen Moments** Depending on your energy levels, you may choose to explore Pokhara's famous landmarks:
 - **Peace Pagoda (Shanti Stupa):** Take a boat across the lake and hike up to this brilliant white stupa for a panoramic view of the Annapurna range and Pokhara city.
 - **Davis Falls & Gupteshwor Mahadev Cave:** Witness the powerful underground waterfall and the sacred cave temple located nearby.
 - **International Mountain Museum:** A must-visit for trekking enthusiasts to learn about the history of Himalayan mountaineering and the diverse cultures of Nepal's mountain tribes.
 - **Paragliding (Optional):** For those seeking one last adrenaline rush, Pokhara is one of the world's premier spots for tandem paragliding, offering a bird's-eye view of the lake and mountains.
- **Evening: Souvenirs & Spa** Indulge in a professional **Trekker's Massage** to soothe your muscles. The Lakeside area is also ideal for souvenir shopping, where you can find high-quality pashminas, singing bowls, and handcrafted trekking mementos. Enjoy a final evening by the lake, perhaps visiting one of the lively bars with live music.

Accommodation: Hotel in Pokhara

Meals: Breakfast

Day 14: Return to Kathmandu & A Celebration of Nepalese Culture

Today, we transition from the tranquil lakeside of Pokhara back to the vibrant energy of the capital city.

- **Morning: The Himalayan Flight (30 Mins)** After breakfast, we transfer to Pokhara Airport for your domestic flight to Kathmandu. This short 30-minute flight is essentially a mountain tour in itself—be sure to grab a seat on the **left side of the plane** for a final, breathtaking panoramic view of the **Annapurna and Langtang ranges** as you soar above the clouds.
- **Afternoon: Exploration & Last-Minute Shopping in Thamel** Upon arrival in Kathmandu, we transfer you back to your hotel. The afternoon is dedicated to **Thamel**, the legendary

heart of Kathmandu's tourism. This is the perfect time for some "retail therapy." Navigate through its colorful alleys to find authentic pashminas, intricate mandalas, Gorkha knives (Khukuri), or high-quality trekking gear to take home as souvenirs. The lively atmosphere of Thamel's cafes and handicraft shops is the perfect place to soak in the local vibe.

- **Evening: Traditional Farewell Dinner with Cultural Show** To celebrate the successful completion of your **Annapurna Sanctuary Trek**, we host a special **farewell dinner** at a traditional Nepalese restaurant. As you savor authentic **Dal Bhat** and other local delicacies, you will be entertained by a **cultural dance performance** featuring various ethnic groups of Nepal. The rhythmic music and colorful costumes provide a beautiful and meaningful conclusion to your 15-day adventure.

Accommodation: Selected Hotel in Kathmandu

Meals: Breakfast & Traditional Farewell Dinner

Day 15: Farewell Nepal – Departure from Kathmandu

Your 15-day journey through the majestic Himalayas and the ancient valleys of Nepal comes to an end today. As you prepare to return home, you carry with you the spirit of the mountains and memories that will last a lifetime.

- **Morning: Last Moments in the Capital** Depending on your flight schedule, enjoy a final leisurely breakfast at your hotel. If time permits, take one last stroll through the streets of **Kathmandu** to pick up any forgotten souvenirs or enjoy a final cup of Himalayan tea. Reflect on your incredible achievement—from the 3,000 steps of Ulleri to the breathtaking sunrise at **Annapurna Base Camp**.
- **Afternoon: Private Airport Transfer** A representative from our team will meet you at your hotel and provide a comfortable, private transfer to **Tribhuvan International Airport (KTM)**. We ensure you arrive at the airport approximately **3 hours before your scheduled flight** to allow ample time for check-in and customs formalities.
- **End of Services:** As you board your flight, we bid you a fond farewell. *Dhanyabaad* (Thank you) for choosing to explore Nepal with us. We hope to see you again for your next Himalayan adventure!

Accommodation: /

Meals: Breakfast

Transport: Private Airport Transfer

Booking Policy

Cancellation Policy

Cancellation by Customer

- Cancellation received before 60 days: FREE of charge
- Cancellation received from 30 days to 59 days prior arrival date: 20% of total rate
- Cancellation received from 15 days to 29 days prior arrival date: 40% of total rate
- Cancellation received from 7 days to 14 days prior arrival date: 70% of total rate
- Cancellation received less than 7 days prior arrival date or No show: 100% of total rate

Children Policy

The rate for children applicable for one child sharing a twin or double cabin with two adults.

- For infant (<04 years old): Free of Charge
- 04 - 11 years old without bed: 50% adult rate
- 04 - 11 years old with extra bed: 75% adult rate
- Above 11 years old with extra bed: 100% adult rate

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