



TREK ANNAPURNA

 **actionchallenge**
challenge events worldwide

ITINERARY - OUTLINE FOR BESPOKE TRIPS

DAY 1 DEPARTURE

We meet early for our departure bound for Kathmandu.

DAY 2 KATHMANDU

We arrive at Kathmandu International airport mid-afternoon and transfer to our centrally located hotel. Later that evening we sit down to a welcome meal in a local restaurant to celebrate our arrival in this magnificent country and receive an introductory brief from our guides.

DAY 3 GHANDRUK 6-7HRS TREKKING

After an early breakfast at the hotel, we make our way to the airport for a domestic flight to Pokhara where our team will be waiting to transfer us 50km to Nayapul. The road passes the Tibetan Camp, where there is a carpet factory, a monastery and a few hotels. We then start our trek with the first 10km on the flat through Biretanthi and on up through the valley. Today's trek offers spectacular mountain scenery along with charming villages. The trail passes through rhododendron forest and we have a chance to see the fascinating culture and traditions in the Nepalese countryside. Ghandruk is the home of the Gurung people, one of the many ethnic groups of Nepal, with their own religion and culture. Views today of both the sacred mountain Macchapuchre (Fishtail) and Annapurna South are incredible.

DAY 4 TADAPANI 3-5HRS TREKKING

After yesterday's tough challenge we have a shorter trek, probably the easiest of the challenge which will see us continue the slow ascent up to a height of 2700m, beginning through the woodlands up to Kyunri Khola. From here, we will be able to see the entire Annapurna southern region stretching out before us. On our climb today we can see Langur Monkeys as we continue through the forested hillside near Bhaisa Kharka and then reach Tadapani, our base for the night.

DAY 5 GHOREPANI 6-7HRS TREKKING

We set off early for the meandering trek through dense temperate forests. The route will involve a combination of ascents and descents as we pass through the small hamlets of Bhandanti and Deurali. Our destination and teahouse for the night will be Ghorepani and its incredible mountain views. We sleep early tonight in preparation for our predawn rise tomorrow.

DAY 6

TIRKEDUNGA

8-9HRS TREKKING

We rise early for the highlight of our challenge. From our teahouse we trek before breakfast to the summit of Poon Hill from where we enjoy what is considered by many to be the most spectacular mountain vista anywhere in the world. To the north is the mighty Annapurna (8091m) and to the west Dhaulagiri (8167m) completes this breathtaking panorama. After taking our photos, we return to our teahouse for a good breakfast before heading off on our days challenge. Tirkedunga is 21km away and all gradually downhill through forests of rhododendron and down into some very thickly forested terrain. Some steeper descent bring us eventually out over a large valley to the town of Ulleri 1960m where we stop for lunch overlooking small farms and villages dotted over the sides of the valley far below. From here 3500 stone steps switchback down the valley wall to the floor below. It's a tough 2hr descent to Tikhedhunga and our teahouse.

DAY 7

POKHARA

4HRS TREKKING

Today is our last trekking day and these final 11km to Nayapul will pass very quickly. We head down to the bottom of the valley 500 meters below and continue all the way down to Birethanti where we have a break then continue the last 2km which should take less than an hour down to Nayapul. Here our coach will be waiting to take us back to Pokhara. Tonight we celebrate our achievements over the last few days with a great meal and some good partying into the night.

DAY 8

DRIVE BACK

This morning we wake early for our coach transfer back to Kathmandu. We stop halfway in the village of Bandipur for lunch at a beautiful riverside resort and then finally arrive in Kathmandu after approximately 7hrs. Once at our Kathmandu hotel we finally have the chance to relax!

DAY 9

KATHMANDU FREE DAY

We have the full day free to discover a little more of this wonderful city

DAY 10

RETURN HOME

Today we transfer to the airport for our return flight back home



LOGISTICS



COST OF CHALLENGE

From: £1875 per person

For groups of less than 15 please get in touch

CHALLENGE COST INCLUSIONS

Pre-trip briefing by Action Challenge staff

International and domestic flights

Action Challenge representative

English-speaking local guides

Action Challenge Medic

All accommodation

All meals, apart from during 'free time'

All transfers

All entrance fees as per the itinerary

Luggage transfer

Full support team

Drinking water on challenge

Vehicles for logistics

NP/Reserve entrance fees

NOT INCLUDED

Alcoholic drinks

Travel insurance

Fuel supplement

Single supplement

Visas

Local departure tax

RATING

Moderate

FITNESS

This challenge requires a good level of fitness to walk the route.

ACCOMMODATION

Good hotels in Kathmandu and Pokhara. All accommodation on the trek will be in basic, but comfortable tea-houses.

FOOD

Breakfasts each morning will be at the accommodation, lunch en-route and evening meals will be at the hotel/tea-house or in a local restaurant.

WEATHER

October – November is the best time to visit Nepal and to complete the trek, when the country is at its most beautiful after the rains. The temperature is balmy and visibility is excellent making sure you get the most stunning views throughout the trek. February to April is also another good time to be trekking, with slighter warmer temperatures.

ABOUT ACTION CHALLENGE

As our name suggests, Action Challenge specialises in the creation of challenging, travel-based activities the world over. Since 1999, we have worked with many blue chip companies, over 600 national and regional charities, schools, sports clubs, groups of friends and individuals on both UK and overseas events. With over 160 itineraries in some of the most unexplored places on the globe, we are proud of lengths we go to, to bring our clients experiences they would be unable to find elsewhere.