



ANNAPURNA TREK - NEPAL

Autumn 2017

*Extraordinary Annapurna! We have 2 fantastic treks in this culturally rich and outstandingly beautiful corner of the Himalayas. The exquisite **Sanctuary Trail**, and the meandering **Annapurna Circuit**.*

Cost: £2750-£3250

Join the **Wilderness Solutions** Team in **Kathmandu** and settle into your travelling rhythm in Nepal's extraordinary capital city. Whilst acclimatising for a couple of days, you'll have time to explore city's temples and sites, enjoy the shopping, sample some excellent cuisine - and relax in the famous '**Yak and Yeti Hotel**'

We'll then fly west to Pokhara to the start of our trek into the phenomenal Annapurna Region. (1-3 Days)

The Sanctuary: This legendary trail sees the team trekking up through the Gurung villages, thick forests and rich cultural splendour of the Modi Khola gorge. Our destination is the majestic Machhapuchhre (Fish Tail) peak and Annapurna South Face - set in one of the world's most dramatic amphitheatres. Relatively short in distance & lower in altitude than many Himalayan trails (8 Days)

OR

The Circuit: This classic traverse of the Annapurna Range - offers amazing cultural diversity, ever-changing climate and daily views of the world's most dramatic peaks. Starting low in the jungle, we trek to our high point of 5416m over the **Thorung La**. We'll take a rest day in Manang, dip in the thermal waters of Tatopani and climb Poon Hill to see Dhaulagiri at dawn (@14 Days)

(+Option)

Into Pokhara (the Shangrila Hotel) for a massage and a pukka meal. Then we'll drive into the Chitwan National Park for an elephant-back Safari; where a glimpse of a tiger is a possibility and rhinos are highly likely (3 Days)

AND

Internal flight to Kathmandu, final celebrations - and our flight back to London (2 Days)

International Travel

Kathmandu International hosts many of the worlds major airlines. We can advise or book your flights depending on personal requirement.

Price Includes:

- Personal pre-trek assistance and advice
- Expert Leading and Guiding throughout the trip
- Nepali Guides and Porters. Map & Info Pack
- National Park fees, Trekking permit, Internal flight
- Kathmandu/Pokhara Hotels (>5 night) meals (sharing)
- Mountain Lodges (8-14 night) all meals (2 sharing)
- In-country transport

WILDERNESS
SOLUTIONS



PriceExcludes:

- International Flight
- Personal Equipment and Clothing
- Alcohol & unscheduled meals and accommodation in Kathmandu, Pokhara, the Lodges
- Holiday/Travel Insurance, Visa
- Optional tips to porters.

Finally....

Your trek will be personally and carefully managed and led throughout the period by one of our highly experienced Team Leaders. The physical demands, your comfort levels and health and safety are given the highest priority and attention throughout the venture. This Nepal experience is both beautiful and culturally rich and by joining the Wilderness Solutions Team, you'll be maximising this opportunity of a lifetime.

Contact us:

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