



# ANNAPURNA

## Base Camp Trek

### du 13 au 28 octobre 2024

Kathmandu • Pokhara • Ghandruk • Chomrong • Dovan •  
Machha Puchre Base Camp • Traditional Welcoming •  
Bamboo • Jhinu • Naypul

3480€/pers en chambre double  
3990€/pers en chambre single

**INSCRIPTIONS :** [www.amicalepost.lu/events](http://www.amicalepost.lu/events)

## Itinerary :

- 13 Oct:** Departure Luxembourg
- 14 Oct:** Arrive Kathmandu
- 15 Oct:** Sightseeing tour
- 16 Oct:** Sightseeing tour
- 17 Oct:** Drive to Pokhara / PM: Boatride at Lake Phewa
- 18 Oct:** Drive to Nayapul / Trek to Ghandruk
- 19 Oct:** Trek to Chhomrong
- 20 Oct:** Trek to Dovan
- 21 Oct:** Trek to MachhaPuchre Base Camp
- 22 Oct:** Trek to Bamboo
- 23 Oct:** Trek to Jhinu
- 24 Oct:** Trek to Nayapul / Drive to Pokhara
- 25 Oct:** Drive back to Kathmandu
- 26 Oct:** Sightseeing tour
- 27 Oct:** Final Departure Kathmandu
- 28 Oct:** Arriving Luxembourg



## **Day 01: ARRIVE KATHMANDU**

Upon your arrival at International airport at Kathmandu, our representative from Nepal will meet you at the airport and transfer you to the hotel. Kathmandu is the capital of Nepal. It is the gateway city full of cultural and religious sights worth visiting. Kathmandu and its sister cities of Patan and Bhaktapur, together form part of what UNESCO calls "the Kathmandu valley world heritage site". Set at an altitude of about 4500 ft. above sea level, Kathmandu enjoys pleasant weather almost throughout, and that is another reason for its popularity.

The representative will help you check into Hotel.

***Check Inn at Hotel in Kathmandu.***

***Dinner and Overnight at Hotel in Kathmandu.***

## **Day 02: FULL DAY SIGHTSEEING TOUR**

After breakfast at the Hotel commence the Sightseeing tour of Kathmandu Durbar Square, Swayambhunath Stupa and Patan Durbar Square.

**KATHMANDU D. SQUARE:** Kathmandu Durbar Square is the spectacular example of architecture and Newari artist in Kathmandu valley. Kathmandu Durbar Square is historic place of royals where the kings in the past were crowned. It is crowded with ancient temples and palaces that reflect the royal history and religious and cultural life of people. The tallest temple of Kathmandu valley 'Taleju Bhawani' at the northern side of the palace was built in 1501 by Ratna Malla, the first king of the independent Kathmandu city. Kasthamandap, an open wood house, Kumari (living goddess) house, Jagannath temple with erotic carvings, and the Hanuman Dhoka (the royal palace) are situated in Kathmandu Durbar Square. Presently, the square is known as Hanuman Dhoka, a name derived from the status of Hanuman, the monkey devotee of Lord Ram, near the entrance of the palace. It holds the palaces of the Malla and Shah King's who ruled the Kathmandu city for years.

**SWAYAMBHUNATH STUPA:** Swayambhunath is an ancient Buddhist religious stupa situated on the top of the hill in the western part of the Kathmandu city. It is also famous by the name of Monkey Temple as there are a lot of monkeys living around the northwest part of the temple and also famous for the many varieties of the trees found at the hill in which Swayambhunath temple resides. It is said that the stupa had been built during the Lichhivi regime in Nepal. It is a Tibetan type monastery which has museum, library and many more things added in recent era. The stupa has Buddha's eyes and eyebrows painted on it. It is also said that Lord Buddha watches the entire valley with his eyes from Swayambhunath to see the peace happening in the valley. There is also a symbol in between the eyes which seems to be like a nose but it is said that it is a symbol of unity. The site has two access points, a long stairway having 365 steps, leading directly to the main platform of the temple, which is from the top of the hill to the east; and a car road around the hill from the south leading to the southwest entrance.

**PATAN D. SQUARE:** Listed as a world heritage site, the former royal palace situated in the heart of the city is like its counterpart in Kathmandu. Patan Durbar square is an enchanting melange of ancient palaces, Pagoda temples, shrines and captivating courtyards. The three main chowks or courtyards here are the central Mul chowk, Sundari chowk and keshav Narayan chowk. Tusahity, the Royal bath in the Sundari Chowk is a masterpiece of stone architecture. Another remarkable structure of the square is a temple of Lord Krishna built entirely in stone in 17th century. This Krishna Mandir is supposed to be the first specimen of Shikhara style of architecture in Nepal.

***Dinner and Overnight at Hotel in Kathmandu.***

## Day 03: FULL DAY SIGHTSEEING TOUR

After breakfast at the Hotel commence the Sightseeing tour of Pashupatinath Temple, Boudhanath Stupa, and Bhaktapur Durbar Square.

**Pashupatinath Temple:** The exact date of the temple's construction is uncertain, but the current form of the temple was constructed in 1692 CE. Over time, many more temples have been erected around the two-storied temple, including the Vaishnava temple complex with a Rama temple from the 14th century and the Guhyeshwari Temple mentioned in an 11th-century manuscript. Pashupatinath Temple is the oldest Hindu temple in Kathmandu. It is not known for certain when Pashupatinath Temple was built. But according to Nepal Mahatmaya and Himvatkhanda,[3] the deity here gained great fame there as Pashupati. Pashupatinath Temple's existence is recorded as early as 400 CE.[4] The ornamented pagoda houses the linga of Shiva. There are many legends describing how the temple of Aalok Pashupatinath came into existence here.

One legend says that Shiva and Parvati took the form of antelopes in the forest on the Bagmati river's east bank. The gods later caught up with him and grabbed him by one of his horns, forcing him to resume his divine form. The broken horn was worshipped as a linga, but over time it was buried and lost. Centuries later a herdsman found one of his cows showering the earth with milk, and after digging at the site, he discovered the divine linga of Pashupatinath. According to Gopalraj Aalok Vhat, the temple was built by Prachanda Deva, a Licchavi king.

Another chronicle states that Pashupatinath Temple was in the form of Linga shaped Devalaya before Supuspa Deva constructed a five-storey temple of Pashupatinath in this place. As time passed, the temple needed to be repaired and renovated. It is known that this temple was reconstructed by a medieval king named Shivadeva (1099–1126 CE). It was renovated by Ananta Malla adding a roof to it.

The main temple complex of Pashupatinath and the sanctum sanctorum was left untouched, but some of the outer buildings in the complex were damaged by the April 2015 Nepal earthquake.

**Bouddha** (Nepali: बौद्धनाथ; Newar: खास्ति चैत्य; Standard Tibetan: བརྒྱུད་ཁ་ཤོར།, romanized: Jarung Khashor, Wylie: bya rung kha shor), also known as Boudhanath, Khasti Chaitya and Khāsa Chaitya is a stupa in Kathmandu, Nepal. Located about 11 km (6.8 mi) from the center and northeastern outskirts of Kathmandu, its massive mandala makes it one of the largest spherical stupas in Nepal and the world.

The influx of large populations of refugees from Tibet has seen the construction of over 50 gompas (Tibetan monastery) around Boudha. As of 1979, Boudha Stupa is a UNESCO World Heritage Site. Along with Swayambhu, it is one of the most popular tourist sites in the Kathmandu area.

The stupa is on the ancient trade route from Tibet which enters the Kathmandu Valley by the village of Sankhu in the northeast corner and continues to the ancient and smaller stupa of Chabahil named Charumati Stupa (often called "Little Boudhanath"). It then turns directly south, heading over the Bagmati River to Lalitpur, bypassing the main city of Kathmandu (which was built later). Tibetan merchants have rested and offered prayers at Boudha Stupa for many centuries. When refugees entered Nepal from Tibet in the 1950s, many decided to live around Boudhanath. The stupa is said to entomb the remains of Kassapa Buddha.

**BHAKTAPUR D. SQUARE:** Also known as city of devotees, Bhaktapur is the home of medieval art and architecture. Lying 14 kilometres/9 miles east of Kathmandu City, this place was founded in the 9th Century and is shaped like a conch shell. The city is at the height of 4,600 ft. above sea level. In Bhadgaon, you will visit the Durbar Square with the Palace of 55 windows built by King Bhupatindra Malla. The famous five-storied Nyatapola temple on the terraces of which stands a pair of figures - two goddesses, two strong men, two elephants, two lions and two griffins is the tallest temple in the valley and was also built by King Bhupatindra Malla. It is one of the best examples of Pagoda styled temples.

**Dinner and Overnight at Hotel in Kathmandu.**

## **Day 04: DRIVE TO POKHARA**

After breakfast we will drive to the valley of Mountains - Pokhara [210 kms / approx. 7-8 hour drive under normal road condition].

**The Pokhara Valley**, a land of spectacular beauty crowned by the majestic Himalayas, conjures visions of calm but vibrant green hills. Loaded with luxuriant vegetation and dotted with shimmering lakes, the valley offers awesome vistas. Magnificent image of Mount Machhapuchhare reflected in the clear waters of the Lake Phewa leaves everyone spellbound. One of the Nepal's adventure hubs, it has reputation of being the second home for the tourists worldwide. Pokhara is situated at an altitude of 730 meters to 1030 meters. Its rich topographical conditions are responsible for the profusion of flora and fauna. The geographical location has made Pokhara one of the biggest valleys in Nepal. The valley is encircled by lush green hills ranging in height from 1077 meters in the South East of 2738 meters in the North East. Snow clad mountains add a special radiance to the valley. They also form snow-fed rivers that run through the heart of the valley. The geographical studies reveal that centuries ago a glacier was formed in the valley. As the time passed, the temperatures steadily increased and the solid ice melted and formed a river that began flowing, cutting into the soil of Pokhara. The regular flow of glacial waters created several underground tunnels. Currently, most of these tunnels are dry and are found in the form of caves.

***Check in at Hotel in Pokhara.***

***Dinner and Overnight at Hotel in Pokhara.***

## **Day 05: DRIVE TO NAYAPUL / TREK TO GHANDRUK**

After breakfast at the hotel. Drive to Nayapul. [41 kms / approx. 1-2 hour drive under normal road condition].

### **Trek to Ghandruk. (2,012 Mtr / 4-5 hrs trek)**

Ghandruk (Nepali: घान्द्रुक pronounced [g<sup>h</sup>andruk]) is a Village Development Committee in the Kaski District of the Gandaki Province of Nepal. Situated at a distance of 32 km north-west to Pokhara, the village is readily accessible by public buses and private taxis from the provincial headquarter. At the time of the 1991 Nepal census, it had a population of 4,748 residing in 1,013 individual households.

Ghandruk is a common place for treks in the Annapurna range of Nepal (Annapurna Base camp and Annapurna Circuit treks, in particular). The peaks of Mt Annapurna, Mt Machapuchare, Gangapurna and Mt Hiunchuli can be seen from the village, and it is also the gateway to the Poon hill. Gurung communities comprise the major inhabitants of the village. The village is home to Shree Meshrom Baraha Secondary School, a government school which provides education to children aged 5-18. Local attractions include the Gurung Cultural Museum and Meshram Baraha temple.

***Lunch, Dinner and Overnight at Hotel.***

## **Day 06: DRIVE TO LOWER GHANDRUK / TREK TO CHOMRONG**

After breakfast at the hotel.

### **Trek to Chomrong. (1,940 Mtrs / 5-6 hrs trek)**

Ghandruk to Chomrong trek is a popular trail among adventure seekers and nature lovers. The trek offers stunning views of the Himalayan mountains, diverse landscapes, and a glimpse into the traditional lifestyle of the Gurung community. The journey begins from the picturesque village of Ghandruk, which is known for its traditional stone houses and terraced fields. The grand voyage by walking to discover Annapurna Sanctuary is a lovely trip through the diverse Nepalese scene and its way of life. Ghandruk village situated at an altitude of 1940 meters above sea level.. Annapurna region is also densely populated with rare flora and fauna thus making a genuine naturalists' endeavor.

Lunch, Dinner and Overnight at Local Lodge.

## **Day 07: TREK TO DOVAN**

After breakfast at the hotel.

### **Trek to Dovan (2,600 Mtrs / 6-7 hrs trek)**

Steep decent till Chhomrong khola and steep ascent towards upper Sinuwa is the most difficult part of ABC trek. While trekking through the hill you will come across wide variety of vegetation and encounter with the wild creatures. It draws a special attention from the trekkers to visit Nepal. Chhomrong to Dovan trek is one of the most popular and scenic treks in the Annapurna region of Nepal. This trek takes you through beautiful valleys, dense forests, and picturesque villages. It offers breathtaking views of the Annapurna and Machhapuchhre mountains. Chhomrong to Dovan trek distance will be surrounded by fern, oak, bamboo and rhododendron forest after Sinuwa the forest becomes denser gradually till Himalaya hotel. Moving further towards Deurali and ABC you cross tree line then reach the barren area and Annapurna glacier. The paths have three sections through the dense forest and sunlight could barely enter the space.

***Lunch, Dinner and Overnight at Local Lodge.***

## **Day 08: TREK TO MACCHAPUCHRE BASE CAMP**

After breakfast at the hotel.

### **Trek to MBC ( 3,700 Mtrs / 6-7 hrs trek)**

Today is the longer trek day because it's all the way to Machhapuchhre Base Camp. We trek to Deurali (3,230m) for lunch and then through the rhododendron forest to Hinku cave. Further, we trek through the Annapurna valley towards Machhapuchhre Base Camp (3,700m).

***Lunch, Dinner and Overnight at Local Lodge.***

## **Day 09: HIKE TO ANNAPURNA BASE CAMP (4,130 Mtrs) / TREK TO BAMBOO**

Today is an exciting day because we hike to Annapurna Base Camp at 4,130m. From Machhapuchhre Base Camp, we head up the hill on an easier trail deep into Annapurna Sanctuary. The trek into Annapurna Base Camp is chilling. The views of mountains, waterfall, and beautiful flowers are simply remarkable.

### **After breakfast at the hotel. Trek to Bamboo (2,300 Mtrs / 3-4 hrs trek)**

We trek to Bamboo from Annapurna Base Camp. The trail drops 1830m to the bank of Modi Khola to Bamboo.

***Lunch, Dinner and Overnight at Local Lodge.***

## **Day 10: TREK TO JHINU**

After breakfast at the hotel.

### **Trek to Jhinu (1,740 Mtrs / 5-6 hrs trek)**

Today is the hot springs day. Trekking from bamboo to JhinuDanda (1,740m) approximately takes 5-6 hours. We step down from Chhomrong to Jhinu and finally reach hot springs. We will walk around the edge of the hot springs.

***Lunch, Dinner and Overnight at Local Lodge.***

## **Day 11: TREK TO NAYAPUL / DRIVE TO POKHARA**

After breakfast at the hotel.

**Trek to NAYAPUL (3-4 hrs trek) OR we can trek down 45 min and we will take a bus and drive to Pokhara.** Drive back to Pokhara (1-2 hrs drive under normal road condition).

***Dinner and Overnight at Hotel in Pokhara.***

## **Day 12: DRIVE BACK TO KATHAMNDU / PM FREE OR LESISURE ON OWN**

After breakfast at the hotel, drive back to Kathmandu [210 kms / approx. 7-8 hrs drive under normal road condition].

***Check Inn at Hotel.***

***Dinner and Overnight at Hotel in Kathmandu.***

## **Day 13: SIGHTSEEING TOUR**

After breakfast at the Hotel commence the Sightseeing tour of Dakshinkali Temple and Pharping

Dakshinkali Temple, also Dakshin Kali Temple or Dakshina Kali Temple, located 22 kilometres (14 mi) outside Kathmandu and about 1 kilometre (0.6 mi) outside the village of Pharping, is one of the major Hindu temples in Nepal dedicated to the goddess Kali. Dakshin Kali is typically shown with her right foot on Shiva's chest—while depictions showing Kali with her left foot on Shiva's chest depict the even more fearsome Vamakali (typically shown with her left foot on Shiva's chest). Animal sacrifices, particularly of cockerels and uncastrated male goats, are the main way that the goddess is worshipped, and this is especially seen during the Dashain festival. Dakshin Kali Temple has also the same religious value as Pashupatinath Temple and Manakamana Temple in Nepal. The temple has more tourist attractions as it is a popular hiking destination located near Pharping village in Nepal. Mother Dakshinakali is the most popular form of Kali. She is the benevolent mother, who protects her devotees and children from mishaps and misfortunes.

There are various stories explaining the origin of the name Dakshinakali. Dakshina refers to the gift given to a priest before performing a ritual or to one's guru. Such gifts are traditionally given with the right hand. Dakshinakali's two right hands are usually depicted in gestures of blessing and giving of boons. One version of the origin of her name comes from the story of Yama, lord of death, who lives in the south (Dakshina). When Yama heard Kali's name, he filled in terror, and so those who worship Kali are said to be able to overcome death itself. This temple is also situated in the south (dakshin) part of Kathmandu valley. Dakshinkali Mata was and is and will be the supreme goddess.

Pharping (or Phamting is a small Newar town lying above the Bagmati river on the southern edge of the Kathmandu valley, about 23 km from the capital. It is now part of the Dakshinkali Municipality.

The town and its environs is the site of several important Buddhist pilgrimage sites as well as a number of Buddhist monasteries and meditation retreat centres.

About 1 km south of the town is the Dakshinkali Temple, one of the main Hindu temples of Nepal dedicated to the mother goddess Kali.

Pharping is also the site of the oldest hydroelectric power station in Nepal which is now a living museum.

***Evening Dinner at Local Nepalese Restaurant with cultural show.***

***Overnight at Hotel in Kathmandu.***

## **Day 14: FINAL DEPARTURE**

After breakfast at the hotel we drive to the international airport. At about 3 hours prior to your flight time, representative will transfer you to the airport to fly your onward destination. We wish your best time ahead and wish to serve you again in the days to come...!!

## Cost based on twin/double room sharing basis:

### **The Package Cost Includes:**

- Assisted upon arrival and departure at the airport by our office representative.
- All arrival and departure transfers as per the itinerary by a/c vehicles.
- 03 nights' twin/double room accommodation at Hotel Hyatt Place Or Yak & Yati in Kathmandu Half Board basis.
- 02 nights' twin/double room accommodation at Bar Peepal Or similar in Pokhara on Half Board basis.
- 07 days Annapurna Base Cam trek twin/double room accommodation at Local Lodges on Full Board basis. **[Common Room]** including ACAP (Annapurna conservation area project) TIMS (Trekking Information Management System).
- 02 nights' twin/double room accommodation at Hotel Yak & Yeti in Kathmandu on Half Board basis.
- Local English speaking trekking guide.
- Porter.
- Trek transfers.
- All sightseeing tours as per the above itinerary in Kathmandu and in Pokhara with Local English speaking guide using a/c vehicles.
- Monumental Entrance fees as per the above itinerary **(Subject to Change without prior notice)**.
- Surface transfers Kathmandu – Pokhara – Kathmandu with necessary vehicle retention.
- All applicable hotel taxes.

### **The Package Cost Excludes:**

- International airfare and taxes.
- Nepal Visa Fee.
- Any transportation cost outside of the regular itinerary. **(Subject to Change without prior notice)**
- Personal expenses.
- Any travelling insurance.
- Tipping / Gratitude 125 EUR per pax
- Any services which is not mentioned in the Inclusions column.

