

Annapurna Culture Trek

Culture trek into Annapurna is a short colorful trek into the foothills of Annapurna mountain region. **Annapurna culture trek** trail runs through beautiful mountain valleys, jungles, streams, and waterfalls and the importantly diverse ethnic groups and their distinct cultures.

From any corner during your trek, you can glimpse the tantalizing views of the Himalayan peaks. During this **Annapurna culture trek**, major cultural groups you visit are Gurung, Magar, and Brahmin. Along with this, other minor groups are also living in the region to enhance your cultural trek experiences. In a very short time span in the trek, you can experience the colorful culture of these people and you meet Buddhist and Hindus living in harmony. The main occupations here are agriculture, animal husbandry, tourism business, and "Gurkha soldiers" - the world-famous brave soldiers working under the British, Indian, and Singapore Government.

Itinerary in Details:

Day 01: Arrival in Kathmandu (1300 m/ 4265 ft):

Arrive Kathmandu. At the airport our friendly representative will be waiting to receive you and transfer to your pre-booked hotel.

After you complete check-in formality at the Hotel and taking short rest, we introduce you to the market of Thamel, where you can eat your supper, change money, buy some stuffs from supermarket, or buy trekking gears.

Later we take you to our office for the trip briefing.

Overnight at your hotel.

Delay of any kind will postpone the events for next day according to feasibility.

Day 02: Kathmandu Sightseeing - 4 hrs tour.

You will be starting the day with delicious breakfast at your Hotel. The sightseeing tour involves tour of two important religious, and cultural sites of Pashupatinath temple and Boudhanath stupa.

Pashupatinath Temple: It is one of the most famous Hindu temples in South-Asia. The temple is devoted to Lord Shiva. This place is a UNESCO world cultural heritage site. The Bagmati river flowing besides the temple is religiously and spiritually important for Hindus where cremation of dead body takes place. Pashupatinath temple holds the most of prominence during Shivaratri – Shiva's birthday and thousands of pilgrims gather in the night to celebrate the day.

Boudhanath Stupa: It is one of the biggest Stupas in terms of size and height in Nepal and located in east of Kathmandu. The site is peaceful and culturally full with intermixed influence of Tibetan and Sherpa roots. Stupa built in the trading route between Kathmandu and Tibet has four pairs of eyes directed towards all four directions. It is believed to be influenced by Mahayana Buddhist philosophy. After short tour of city we return to hotel and prepare for the trek. Overnight will be spent at hotel.

Day 03: Kathmandu – Pokhara by flight: 25 mins

Enjoy your breakfast at the hotel and drive to airport for a flight to Pokhara in the latter morning. You fly to Pokhara – small beautiful city situated in the lap of the Annapurna massif – parallel to the central Himalayas in which you can enjoy the view of the Langtang range, Gorkha Himal massif, Lamjung Himal, and Annapurna.

Arrive Pokhara and enjoy the rest of the day exploring lakeside and surrounding.

Day 04: Drive to Phedi and trek to Pothana (1990m/ 6528 ft) | Drive 30 min, and walk 4 hrs:

You start the day with a short drive to Phedi after breakfast. From this starting point, leaving the highway, you start to walk steep uphill to Dhampus. The first section is in the forest comparatively steep, and the latter stretch is gradual mixed with shorter steep section through the village and farming terraced field.

You reach to the beautiful village of Dhampus from where the view of Annapurna and Fishtail is stunning. Enjoy your lunch, and continue for another two hours to Pothana. This stretch is also beautiful in the jungle. Pothana, small hamlet in the jungle is peaceful place to relax, and enjoy the nature. **Overnight at lodge.**

Day 05: Trek Pothana to Ghandruk village (1940 m/6364.ft) | Walking duration 7 hrs

After breakfast, walk in the tranquil trail in the jungle which is comparatively flat at first. There is a option to climb up to Deurali and descend to Kharka and continue to Landruk which was only trail decades back before the motorable road to Landruk was constructed.

We stop in Landruk for lunch, and other places for tea or water with short break. After lunch, the trail descends steeply through terraced fields to the Modi Khola River. We cross the bridge, then start a steep climb of about 2 hours to reach to Ghandruk.

You can see wild beehives hanging on the side of a cliff near the bridge.

Ghandruk is the one of the big village of Gurung (popular ethnic group from the western region of Nepal who serves in Gurkha regiments in India, UK, Brunei, and Singapore) settlement with a close-up view of Annapurna and Machapuchare to the north. **Overnight at lodge.**

Day 06: Trek to Nayapul (1010 m/ 3313ft) and Drive to Pokhara// 3-4 hrs walk and 1.5 hrs drive:

This is the end of the trekking. After breakfast and enjoying the view of the Annapurna South, Himchuli, and Fishtail close up, you descend to Ghandruk Bensi and then walk to Nayapul along the river Madi.

And from Nayapul drive to Pokhara for about an and half hour and arrive buzzing Pokhara to enjoy your rest of the day.

Day 07: Drive Pokhara – Kathmandu (1300 m/4265 ft) / 7 hrs drive:

You drive back to Kathmandu – some 206 kms and takes seven hours – or take a flight according to your interest. If you are driving, you drive through beautiful bending mountain highway which stretches along the river and passes through beautiful landscape. Once in Kathmandu we will

transfer you to your respective hotel and you will be given free time to wander around. Overnight will be spent in hotel.

Day 08: Cultural Tour of Kathmandu City / 4 hrs:

After breakfast at your Hotel, we take you to the mysterious Kathmandu city tour. This historical, cultural and spiritual city unveils the social and historical mysteries to visitors. You will walk through the narrow lanes of the ancient Kathmandu – the center of power – that includes markets of Ason, Glass beads market at Indrachowk, oldest supermarket at New Road, Kilagal, and Hidden Stupas inside the family courtyard.

Visit of Kathmandu Durbar Square – the administrative quarter of Malla Kings (fourteenth to eighteenth century), and Shah Kings who ruled Nepal from 1768 until 2008. The most unique experience in the square is the visit to the temple of the living goddess “Kumari”.

After the tour, return back to your Hotel. If you are staying in Thamel, you can hang around this bustling tourist market and enjoy shopping. **Overnight in Hotel.**

Day 09: Departure Day:

As per your flight schedule, you will be transferred to the international airport of Kathmandu three hours prior to the flight time and your tour ends here.

Cost Includes:

- ✓ Airport Pick Up and Drop Off (International & Domestic)
- ✓ 3 star standard hotel with breakfast in Kathmandu (Nepal standard)
- ✓ 3 star standard hotel with breakfast in Pokhara
- ✓ Tea house (Lodge) accommodation during trek
- ✓ All meals (Breakfast, Lunch, and Dinner) during trek
- ✓ Tea / Coffee (3 times a day) during trek
- ✓ A professional Trekking Guide, Porter (Helper), and Assistant Guide provided for more than 5 trekkers.
- ✓ Air ticket (Kathmandu-Pokhara)
- ✓ All food, drinks, lodging, salary, insurance, medical equipment, and transportation for Trekking Staff
- ✓ Private transfer (Pokhara to Nayapul; and Pokhara-Kathmandu)
- ✓ Kathmandu Cultural and Historical sightseeing with a Tour Guide, private transportation, and entrance fee
- ✓ Trekking Permit (TIMS)
- ✓ Annapurna Conservation Area Permit (ACAP)
- ✓ Down jacket, sleeping bag, fleece liner, and a duffel bag

- ✓ All government taxes

Cost Excludes:

- Any bar bills (alcoholic drinks, mineral water, and cold drinks), cigarettes, your personal insurance coverages that should include the emergency helicopter evacuation, and any kind of expenses created due to unforeseen circumstances.
- Lunch and Dinner in Kathmandu and Pokhara.
- Tips for Guide Porter & Driver (Tips are not mandatory but expected, and recommended)
- Any other services that is not mentioned in Inclusion section

What to bring

This list outlines the required things to bring during the trekking tours. There are various selections and brands that you can choose as per your interest. All required trekking equipments can be bought or even hired easily at a reasonable price in Kathmandu.

General

- 1) Down sleeping bag (you can borrow with us if required).
- 2) Duffel or Rucksack bag (you can borrow with us if required).
- 3) Daypack
- 4) Down Jacket (you can borrow with us if required).
- 5) Fleece liner (you can borrow with us if required).
- 6) Walking poles (Walking poles are optional but recommended, and you can borrow with us if required).
- 7) Water bottle with purification tablets.
- 8) Hand wash liquids.
- 9) Lip guard.
- 10) Sun-block cream.
- 11) Toiletry kit. Be sure to include toilet paper stored in a plastic bag, hand wipes, and liquid hand sanitizer, towel, soap, etc.

Upper Body - Head / Ears / Eyes

- 1) Cap and ears covering hat.
- 2) Glacier glasses
- 3) Head torch.
- 4) Ear-muffs and neck warmer is another piece of gear for extra warmth (optional)

Hand

- 1) Hand gloves (One light pair and One warmer pair)

Body

- 2) T-shirts – few.
- 3) Light and weight thermal tops and warm thermal top.
- 4) Light jacket and vest.
- 5) Wind and rain jacket.
- 6) Shirts and warm shirts.

Lower Body – Legs

- 1) Long and short hiking pants.
- 2) Lightweight and warm long underwear.
- 3) Rain and windproof trousers and warm trekking trousers.

Feet

- 1) Thin and thick socks.
- 2) Trekking boots, light shoes, and sandal.
- 3) Trekking Gaiters.

Medicines and First Aid Kits

(Our guide will carry first aid kit bag during the trek. We still recommend you to bring your personal first aid kit as you feel it necessary).

- 1) Headache and fever medicine.
- 2) Ibuprofen for general aches and pains.
- 3) Burnt cream.
- 4) Immodium or Pepto Bismol capsules for upset stomach and diarrhea.
- 5) Diamox (commonly prescribed as Acetazolamide). Please discuss with us before starting to take this medicine.
- 6) Antibiotics.
- 7) Blister treatments such as moleskin, hand plants and-aids, some waterproof tape, anti-infection ointments, etc.

Miscellaneous

- 1) Passport and extra passport photos (2 copies).
- 2) Durable wallet/pouch for travel documents, money and passport.
- 3) Pocket knife.
- 4) Bandanas.
- 5) Favorite snack foods and energy bars
- 6) Paperback books, cards, mp3 player. Avoid players with moving hardware as it may not function. Remember, keep these items lightweights

- 7) Binoculars.
- 8) Camera.

All garments should be kept dry using waterproof stuff sacks or large puncture resistant plastic bags.