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BARAHA SIKHAR
7647m

ANNAPURNA SOUTH
7219m

HIUNCHULI
6441m

GANDHARBA CHULI
6250m

MACHHAPUCHHRE
6993m

NEPAL TREKKING

10-Day ANNAPURNA BASE CAMP + POON HILL TREK

Trekking Guide

10-Day ANNAPURNA BASE CAMP + POON HILL TREK



DAY 1

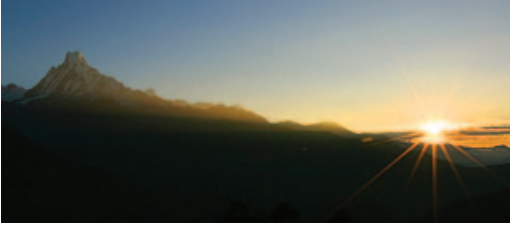
PHEDI - DHAMPUS - POTHANA - DEORALI - TOLKA

1130m 1700m 1990m 2150m 1790m

DAY 2

TOLKA - LANDRUK - NEW BRIDGE - JHINU DANDA - CHHOMRONG

1790m 1620m 1340m 1750m 2210m



DAY 3

CHHOMRONG - SINUWA - BAMBOO - DOBAN - HIMALAYA HOTEL

2210m 1860m 2340m 2310m 2540m 2840m

DAY 4

HIMALAYA HOTEL - DEURALI - MACHHAPUCHHRE BASE CAMP

2840m 3140m 3700m



DAY 5

MACHHAPUCHHRE BASE CAMP - ANNAPURNA BASE CAMP

3700m 4130m

DAY 6

ANNAPURNA BASE CAMP - BAMBOO

4130m 2310m



DAY 7

BAMBOO - CHHOMRONG KHOLA - CHHOMRONG

2310m 1860m 2210m

DAY 8

CHHOMRONG - CHHULE - TADAPANI

2210m 1xxxm 2540m

DAY 9

TADAPANI - BANTHANTI - GHOREPANI

2540m 3100m 2990m

DAY 10

GHOREPANI - POON HILL - ULLERI - TIKKHEDHUNGA - NAYAPUL

2880m 3210m 1960m 1540m 1030m

“So what brought you to the mountains”

“Its peace and serenity.”

I answered without a second thought

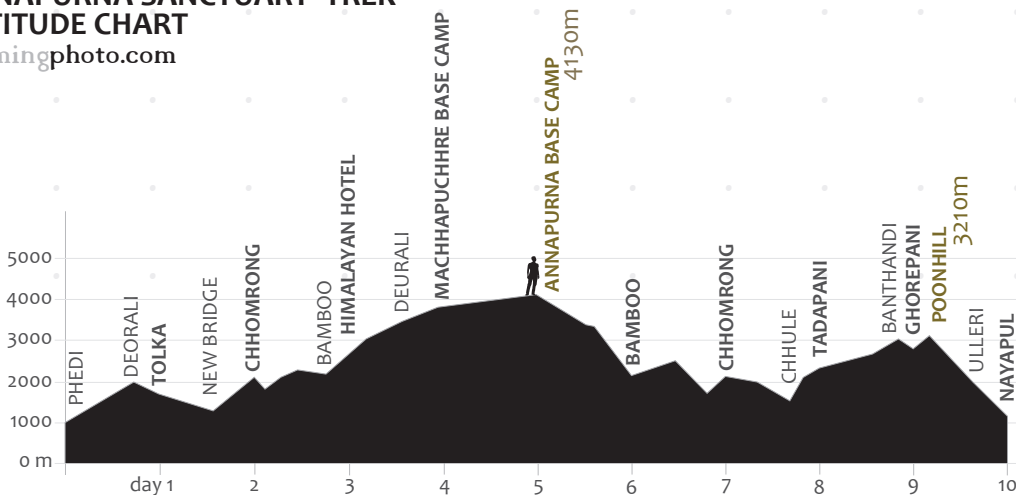
PRAYER WHEEL

“At this altitude, you not only breathe with your lungs,
you breathe with your strength and
the determination of reaching the
base camp”



**ANNAPURNA SANCTUARY
TREKKING MAP**
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**ANNAPURNA SANCTUARY TREK
ALTITUDE CHART**
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THINGS TO BRING

A quick checklist for your reference

- 3 to 4 t-shirts, 2 long sleeve t-shirts
- 2 pairs of trekking pants (at least 1 windproof)
- Shorts
- Thermals
- A jacket (preferably with hood)
- A pair of windproof gloves
- A monkey mask (cover your face when it's cold)
- Face towel (to wipe away sweat)
- 1 fast dry towel
- A neck gaiter
- Disposable underwear
- 2 pairs of hiking socks and 2 pairs of normal socks
- A pair of sandals (for shower)
- A pair of hiking boots
- A cap
- Sunglasses (to protect your eyes from intense sunlight)
- Water bottle that can hold warm water
- Sleeping bag (in case you have no luck with the fully booked guesthouses)
- Backpack (carried by porter) and daypack (carried by ourselves)
- Poncho (it rains often in Nepal)
- Knee guard
- Trekking poles (1 or 2)
- LED headlamp and torchlight (with spare batteries)
- Laundry bar (to do washing)
- European 220 volt two-pin adapter
- Power glue (for shoes, in case)
- Plastic bags
- Toilet paper
- Tissues, wet tissues
- Sunscreen (SPF 50) and lip balm (SPF 15)
- Hand sanitizer (keep a small bottle in your daypack)
- First aid kit - paracetamol, charcoal pill, cough/flu/sore throat/diarrhea medicine, Diamox (acclimatizing aid drug), antiseptic, oral rehydration, vitamin C, eye drops and bandages.
- Iodine tablets (to purify drinking water)
- Insect repellent
- Deep heat cream
- Power bars and/or energy bars
- Passport, air ticket, mobile phone and charger, hiking agency's contact number
- 2 extra passport photos (in case of lost/stolen passport)
- Lonely Planet guide and maps (if you have)
- Camera, batteries, charger, tripod and remote shutter release

THINGS TO REMEMBER

Some things you might want to remember

- Consult doctor for vaccination before travelling
- Use iodine tablets to sanitize your water
- Use hand sanitizer before food and after toilet

“Will you come back again?”

“No, my heart can never leave now.”