



NEPAL: JOURNEY TO ANNAAPURNA



ITINERARY

DAY 1 - ARRIVE KATHMANDU | 1,400M

Welcome to Kathmandu!

Arrive at Kathmandu International Airport, process immigration and make your way through to the arrivals hall where our group transfer will be waiting.

Your transfer to your hotel is about a 25-minute drive from the airport to the hotel.

Check into your room and freshen up after your long journey.

We'll arrange a time to all meet up over coffee on the pool terrace which gives us a chance to meet with one another and have a briefing about our trail running adventure.

If time allows and we will head out for an easy walk around to get our bearings in the capital.

Back to the hotel with time to chill.

Drinks in the bar before heading out for a welcome dinner in one of Kathmandu's best-kept secrets.

Overnight at the Mulberry Boutique Hotel, including Breakfast & Dinner



ITINERARY

DAY 2 - EXPLORE KATHMANDU - POKHARA | 800M

TRAIL RUNNING: APPROX. 5 - 10km

Optional: Pre-breakfast stretch and yoga session on the pool terrace

After breakfast we'll head out on a trail running sightseeing experience, this is easy paced run with lots of stops as we head through the ancient Thamel district, visiting the Durbar Square and onwards to the curious Swayambhunath monkey temple. We'll likely be out for 2 - 3 hours.

We'll take a vehicle back from the temple to the hotel where we have some time to relax.

Later in the afternoon we check out of the Mulberry hotel and transfer to Kathmandu's domestic terminal for our short flight to the lake city of Pokhara in western Nepal. The flight time is about 30mins.

Arriving in Pokhara, the group transfer to our hotel for check-in and relaxation.

Later we'll take an easy stroll around the town with a further opportunity to give a briefing about what to prepare before we head into the mountains tomorrow.

Overnight at the Temple Tree Resort, including Breakfast



ITINERARY

DAY 3 - SYAULI BAZAAR - TRAIL TO GHANDRUK | 2,021M

TRAIL RUNNING: APPROX. 5 HOURS ON THE TRAIL

Early Breakfast

Pack up our gear and check out of the Temple Tree. You can leave any of your larger gear that you don't require with the hotel.

We'll take a 4WD driving to the village of Nayapul and then onto Syauli Bazaar in the Himalayan foothills, from where your trail run will start. The journey by road will take around 2.5 hours.

The trail begins through a series of scattered settlements and terraced fields which is a very welcome start before the trail begins heading mostly uphill. We'll take it easy and hike the harder sections, but the views of Fishtail mountain will be more than a reward.

Arrive in the pretty village of Ghandruk where we check into our tea house, an evening briefing about the days ahead of you, as well as tucking into some local Nepali cuisine.

Overnight Local Tea House, including Breakfast, Lunch & Dinner



ITINERARY

DAY 4 - GHANDRUK TO SINUWA | 2,350M TRAIL RUNNING/HIKE: APPROX. 6 HOURS ON THE TRAIL

The village of Ghandruk is one of the largest Gurung settlements in Nepal. It faces Annapurna and Fishtail towards the north and has spectacular mountain views!

After breakfast, we'll pack up and spend some time exploring the village life before we begin running towards the village of Sinuwa.

The route crosses local rivers on suspension bridges and runs through villages and terraced fields. We pass through Chomrong village, another large Gurung settlement before crossing the last suspension bridge until we return. Sinuwa is a small village that offers jaw-dropping views of the mountains, as well as Chomrong village towards the south.

This day involves a demanding climb, so we'll take our time and hike wherever necessary with plenty of stops along the way. The weather is also unpredictable and we'll ensure you are well-prepared kit-wise for the day.

We'll check into our tea house on arrival and chill.

Overnight Local Tea House, including Breakfast, Lunch & Dinner



ITINERARY

DAY 5 - SINUWA TO HIMALAYA | 2,920M

TRAIL RUNNING/HIKE: APPROX. 5 HOURS ON THE TRAIL

After breakfast pack up our gear and hit the trail for another beautiful day.

From Sinuwa we run down to Bamboo, a small village surrounded by bamboo plants. We then head uphill to the village of Dovan where we'll have lunch.

This section of the trail is covered by Rhododendron and oak trees with the Modi river rushing downhill by the trail as we continue uphill to the small village of Himalaya.

We'll check into our tea house on arrival and chill.

Overnight Local Tea House, including Breakfast, Lunch & Dinner



ITINERARY

DAY 6 - HIMALAYA - MBC | 3,700M **TRAIL RUNNING/HIKE: APPROX. 4 HOURS ON THE TRAIL**

We start running along the shoreline of the Modi river before crossing and taking a steep trail that flanks one side of the mountain. It will take us a few hours to head towards Machapuchhare Base camp as we follow undulating trails.

As we begin reaching higher altitudes we'll take it steady to adjust and adopt hiking wherever necessary.

At this part of the experience, we'll have phenomenal views of mount Fishtail along with Hiunchuli, Annapurna South, Annapurna I, Annapurna III, Gandharyachuli and Gangapurna.

We'll check into our tea house once we arrive at Machapuchhare Base Camp, with time to relax and soak up the mountain views.

Overnight Local Tea House, including Breakfast, Lunch & Dinner



ITINERARY

DAY 7 - MBC - ANNAPURNA BC - BAMBOO | 4,130M

HIKE/DOWNHILL RUNNING: APPROX. 9 HOURS ON THE TRAIL

Early this morning we'll leave MBC and start hiking up towards Annapurna Base Camp before dawn.

You'll need to make sure you bring a headlamp and don't forget water and snacks.

Annapurna Base Camp is nestled at the foot of the Annapurna glacier, climbing gradually until we reach a cluster of teahouses. The scenery is extraordinary, and you will find yourself surrounded by magnificent peaks in every direction you look.

After spending some time at Base Camp we'll hike back down MBC with time to relax, before continuing downhill towards Bamboo on the same trail we came up.

Overnight Local Tea House, including Breakfast, Lunch & Dinner



ITINERARY

DAY 8 - BAMBOO - LANDRUK | 1,500M

TRAIL RUNNING: APPROX. 6 HOURS ON THE TRAIL

We have an easier trail day as our route runs mostly downhill with a series of undulating trails that cross glacial rivers over suspension bridges.

We continue through a series of villages, hamlets and terraced fields. Cross the Modi River for the last time and follow an uphill trail to Landruk village which has stunning views of the entire Annapurna range.

Check into your tea house with time to relax.

Overnight Local Tea House, including Breakfast, Lunch & Dinner



ITINERARY

DAY 9 - LANDRUK TO BADAL DANDA | 3,210M **TRAIL RUNNING/HIKE: APPROX. 7 HOURS ON THE TRAIL**

From Landruk, we follow a beautiful trail through a forest, before it begins to climb uphill before gradually easing off.

We'll stop at the Forest Camp for some lunch and to relax for a bit, this portion of the trail levels up its intensity by offering gradual uphill sections, however, it gets steep again until we reach the low camp where we'll stop for some local hot tea.

We continue ascending to the settlement of Badal Danda which is our destination for the day. If weather permits, we will have a magnificent views of Annapurna from here.

Check into our tea house and relax.

Overnight Local Tea House, including Breakfast, Lunch & Dinner



ITINERARY

DAY 10 - BADAL DANDA - MARDI BASE CAMP | 4,500M / 3,700M

TRAIL RUNNING/HIKE: APPROX. 7 HOURS ON THE TRAIL

This morning we'll aim to leave before breakfast so that we can see Machhapuchhre mountain for sunrise.

As we walk above the treeline we reach High Camp which is a good spot for us to rest and eat our breakfast, before we continue towards the upper viewpoint.

The trail follows the ridge line before taking a higher and narrower path. This is the most difficult section of the entire trip and as a result, we'll take very good care. One must pay attention and should not rush.

Once we reach the upper view point, we'll discuss with the group and decide whether to continue up towards Base Camp or return down towards the High Camp based on the best views with the weather.

Returning to High Camp we have the rest of the day to relax.

Overnight Local Tea House, including Breakfast, Lunch & Dinner



ITINERARY

DAY 11 - HIGH CAMP - SIDDHING - POKHARA | 1,700M / 820M

TRAIL RUNNING/HIKE: APPROX. 7 HOURS ON THE TRAIL

Departing after breakfast we leave High Camp and retrace the downhill trail firstly to low camp and then contour a very runnable section towards the village of Siddhing.

The trail then follows steeply downhill through a forest and past small hamlets. Finally, arriving in Siddhing our journey is complete!

Our 4WD will be waiting for us and will transfer us to Pokhara where we check back into the Temple Tree with time to relax. The journey will take 2 hours.

Spend the evening exploring the charming town and celebrate our trail running achievements.

Overnight at the Temple Tree Resort, including Breakfast



ITINERARY

DAY 12 - POKHARA - KATHMANDU | 1,400M NO TRAIL RUNNING.

Enjoy a relaxing and well-earned breakfast at the hotel and explore Pokhara on your own until the early afternoon.

We'll then transfer back to the domestic airport for our flight back to Kathmandu. The flight will take approx. 30 mins.

On arrival we'll transfer back to the Mulberry Boutique hotel with time at leisure to do some last-minute sightseeing, shopping or relaxing.

In the evening we'll celebrate our journey with a farewell dinner.

Overnight at the Mulberry Boutique Hotel, including Breakfast & Dinner



ITINERARY

DAY 13 - HOMEWARD BOUND

NO TRAIL RUNNING.

It's time to pack up and bid farewell to your new-found trail-running friends and our local team.

A group transfer is arranged for you back to Kathmandu International Airport in time to connect with your onward flight back home.

***Please note that the itinerary is subject to minor changes. We may run distances further or less depending on the general feeling of the group. Start and finishes times may also vary.**





INCLUSIONS

- 2 nights at the Mulberry Boutique Hotel in Kathmandu
- 2 nights at the Temple Tree Resort & Spa in Pokhara
- 8 nights accommodation in cosy tea houses on the trail (twin-share with shared toilets)
- Fully-supported trail running trip
- Internal return flight ticket (Kathmandu - Pokhara) in Economy Class
- Cultural sightseeing incl city trail running sightseeing in Kathmandu
- Dinner on the first and final night in Kathmandu
- Full board throughout the duration of the trail run
- All transfers
- Permits and conservation fees
- 1: 3 Guides to Runners Ratio
- Local portering
- Return Group Airport transfers
- Trails & Trees: with every booking, we plant a tree

EXCLUSIONS

- International flights
- Single Supplement
- Lunch in Kathmandu / Dinner in Pokhara / Meals on departure day
- All Beverages and snacks
- Personal equipment
- Personal bills
- Visa fee US\$35 per person for 15 days
- Travel Insurance (REQUIRED before the trips departure - for cancellation, accidents, health and emergency evacuation, loss, theft or damage to baggage or personal effects)
- Tips
- Excess baggage beyond 15kg (for local flights)

A full-page background image of a runner on a trail. The runner is on the left, wearing a grey shirt and black shorts, running through a field of green grass and purple flowers. The background shows a dense forest of evergreen trees on the left and a mountain range under a blue sky with light clouds on the right. A large, white, stylized geometric graphic, resembling a large 'A' or a series of parallel lines, is overlaid on the right side of the image.

#FINDYOURPATH