



Earthbound Expeditions

Annapurna Luxury Trek, Lodge to Lodge

10 days, from US\$1,967 per person

Duration

10 days

Grade

Easy

Max altitude

1,950 m

Start and end

Kathmandu

On the trail

3 to 5 hours a day

Best season

Mar to May, Oct to Nov

Accommodation

Luxury lodges

Meals

All meals on the trek

Group size

4 to 12

Getting there

Fly to Pokhara

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Annapurna Luxury Trek, Lodge to Lodge Overview

Five short days of walking between four luxury lodges in the Annapurna foothills, with Annapurna South and Machhapuchhre in view throughout and a highest point of 1,950 m.

A Himalayan trek without altitude concerns

The highest point of this trip is Ghandruk, at 1,950 m, which is lower than many European ski resorts and below the height at which altitude sickness becomes a consideration. The trek is designed around this. On our other treks you need to manage your acclimatisation; on this one you walk between four lodges in the Annapurna foothills with the high peaks directly above you. Altitude is not a reason to turn back on this route.

What luxury means on this trail

At Ghandruk, Jhinu, Tolkha and Dhampus there is a purpose-built lodge with proper beds, private bathrooms, reliable hot water and meals prepared in a proper kitchen. On the higher treks, this level of comfort ends at around 4,000 m because no lodges of this kind have been built higher up. On this route it is available throughout, because the whole trek lies within the altitude range where these lodges exist.

Close mountain views

Annapurna South, Hiunchuli and Machhapuchhre rise directly above the ridge you walk along, so from Ghandruk and again from Dhampus you can see a wall of snow-covered peaks from a terrace below 2,000 m. The size of the view does not depend on your altitude, and the Annapurna foothills show this more clearly than anywhere else in Nepal.

Who this trip is for

Travellers who want to see the Himalaya without an endurance challenge, families with children, people with knee problems, those with ten days rather than three weeks, and couples who want comfortable accommodation at the end of each day. It is not a substitute for Annapurna Base Camp or Everest Base Camp. It is a good trip that also happens to be easy.

Itinerary

Day	Route	Hours	Distance	Altitude
1	Arrive Kathmandu	–	–	1,400 m
2	Kathmandu valley sites	–	–	1,400 m
3	Fly to Pokhara, drive to Nayapul, walk to Ghandruk	1½–2 hrs walking	–	1,950 m
4	Ghandruk to Jhinu Danda	4–5 hrs	8 km	1,070 m
5	Jhinu Danda to Tolkha	4–5 hrs	9 km	1,570 m
6	Tolkha to Dhampus	3–4 hrs	7 km	1,650 m
7	Dhampus to Phedi, drive to Pokhara	2 hrs walking	–	800 m
8	Pokhara, lake and caves	–	–	800 m
9	Fly to Kathmandu	–	–	1,400 m
10	Fly home	–	–	–

Day 1

Arrive in Kathmandu

You are met at the airport and driven to a five-star hotel. In the evening we brief you on the trip over dinner. The briefing takes about twenty minutes rather than an hour, because there is no altitude plan to explain and no equipment to weigh.

Altitude: 1,400 m On foot: None, arrival day Night: Five-star hotel, Kathmandu Meals: Dinner

Day 2

Kathmandu Valley sightseeing

Swayambhunath above the city, Pashupatinath on the river, Boudhanath and its stupa, and Patan Durbar Square in the afternoon. Four UNESCO World Heritage Sites in one day, with a guide who can explain the religious art, in a private car, with entry fees included.

Altitude: 1,400 m On foot: Easy walking, 2–3 hrs Night: Five-star hotel, Kathmandu Meals: Breakfast

Day 3

Fly to Pokhara and trek to Ghandruk

A 25-minute flight over the hills to Pokhara, where the trekking crew joins us, then a private vehicle to the road head beyond Nayapul. From there it is ninety minutes to two hours uphill to Ghandruk, a Gurung village of slate roofs and stone lanes directly below Annapurna South.

Altitude: 1,950 m On foot: 1½–2 hrs Night: Luxury lodge, Ghandruk Meals: Breakfast, Lunch, Dinner

Day 4

Trek from Ghandruk to Jhinu Danda and the hot springs

A long descent through terraces and forest to the Modi Khola, losing most of the height gained the day before. Twenty minutes below the lodge are natural hot pools beside the river. It is a memorable day, and a reminder that walking downhill is not necessarily easy.

Altitude: 1,070 m On foot: 4–5 hrs Night: Luxury lodge, Jhinu Danda Meals: Breakfast, Lunch, Dinner

Day 5

Trek from Jhinu Danda to Tolkha

Back up out of the river gorge and along the hillside through Landruk, walking between villages and rice terraces, with the valley opening out below and the mountains above. A steady day with more ascent than descent.

Altitude: 1,570 m On foot: 4–5 hrs Night: Luxury lodge, Tolkha Meals: Breakfast, Lunch, Dinner

Day 6

Trek from Tolkha to Dhampus

The shortest walking day, to the ridge at Dhampus, the main viewpoint of this trek. From a terrace at 1,650 m you can see Annapurna South, Hiunchuli, Machhapuchhre and Lamjung Himal along the skyline, and the afternoon is free to watch the light change on the mountains.

Altitude: 1,650 m On foot: 3–4 hrs Night: Luxury lodge, Dhampus Meals: Breakfast, Lunch, Dinner

Day 7

Trek to Phedi and drive to Pokhara

Two hours down to the road at Phedi, then a short drive to Pokhara, arriving in time for lunch by the lake. The afternoon is free: you might have a massage, take a boat out, or relax by Phewa Tal.

Altitude: 800 m On foot: 2 hrs Night: Five-star hotel, Pokhara Meals: Breakfast

Day 8

Pokhara sightseeing

A boat trip across Phewa Tal to the Tal Barahi temple, then Davis Falls and the Gupteshwor cave below it. The morning is the time for a mountain flight along the range or a tandem paraglide from Sarangkot, both of which are optional extras rather than included.

Altitude: 800 m On foot: Easy walking, 2–3 hrs Night: Five-star hotel, Pokhara Meals: Breakfast

Day 9

Fly back to Kathmandu

The short flight back over the foothills, a free afternoon in Thamel for any last shopping, and a farewell dinner with a Nepali cultural programme in the evening.

Altitude: 1,400 m On foot: None, flight day Night: Five-star hotel, Kathmandu Meals: Breakfast, Dinner

Day 10

Departure

Transfer to the airport for your international flight. If you are continuing to Chitwan or Bhutan, your next trip starts here instead.

Altitude: – On foot: None, departure day Night: No overnight Meals: Breakfast

What's included

- Airport transfers & ground transport
- Licensed English-speaking guide
- Accommodation throughout the trip
- All permits & national park fees
- Meals as per the itinerary
- Four-star hotels in Kathmandu, upgraded from three
- Single ensuite room wherever the route has one
- One porter per traveller rather than one between two
- Domestic flights in place of the longest road transfers
- Down jacket and sleeping bag provided
- Farewell dinner in Kathmandu

Not included

- International flights
- Travel & rescue insurance
- Tips & personal expenses
- Nepal entry visa (on arrival)

Packing list

No strict weight limits

There is no Lukla flight and no helicopter, so there is no 15 kg limit and nothing is weighed. The Pokhara flight allows 20 kg of checked baggage plus hand baggage, which is more than most people bring. Your porter carries up to 20 kg, and on a five-day walk your bag is unlikely to be close to that. Pack for two cities and five days of easy walking, and bring a good camera.

On your head

- Sun hat with a brim, and a warm hat that covers your ears
- Two buffs or neck gaiters
- Sunglasses, category 3. The sun is stronger than the temperature suggests
- Head torch and spare batteries
- Sunscreen SPF 50 and lip balm with sun protection

On your body

- Three or four merino or synthetic base layers, no cotton
- Two mid layers; fleece is enough
- A light down or synthetic jacket for the evenings
- A waterproof jacket and trousers that pack small
- Two pairs of trekking trousers, one lined
- Underwear for four or five days, washed along the way

Hands and feet

- Light gloves, and a warmer pair for the mornings
- Trekking boots with ankle support, already broken in. This is essential
- Four pairs of wool trekking socks
- Camp shoes or trainers for the evenings
- Gaiters, if you are trekking in winter or early spring

Bags

- Duffel bag for the porter, 20 kg maximum. We provide one
- Daypack, 30 to 35 litres, with a rain cover
- Dry bags or thick liners. Rucksacks do not stay waterproof for long on a Himalayan trail

Sleeping

- Sleeping bag rated to minus 10°C. We provide one
- Silk or cotton liner, for warmth and hygiene
- Earplugs. Teahouse walls are thin plywood

Health

- Personal first aid: blister plasters, tape, painkillers, rehydration salts
- Any medication you take regularly, in its original packaging
- Water purification: tablets, a filter, or a SteriPen
- Hand sanitiser and wet wipes
- Throat lozenges. Most people develop a dry cough at high altitude

Papers and money

- Passport valid for six months, plus two photocopies
- Four passport photographs for permits
- Travel insurance certificate showing trekking cover to your maximum altitude
- \$100 to \$150 in small notes. The last cash machine is in Pokhara

Not needed on this trek

- A sleeping bag. There are duvets at every stop, and we do not provide one for this trip
- A down jacket. A fleece and a light waterproof jacket are enough every night on this route outside December and January
- Crampons, gaiters or snow poles. There is no snow on this trail in the seasons we run it
- Water purification beyond a backup. Filtered water is free at all four lodges
- Altitude medication. The route is not high enough to need it

Route map

Annapurna Luxury Trek, Lodge to Lodge

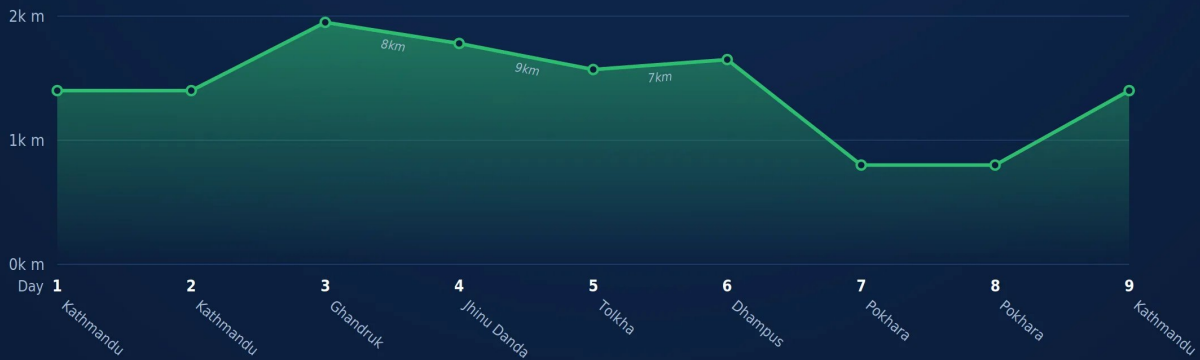
10 days | Highest point 1,950 m | Easy



Start: Fly to Pokhara, drive in, walk up to Ghandruk

End: Fly back to Kathmandu

Altitude by day



Optional extras

Annapurna mountain flight

\$215, 1 morning

A one-hour flight along the range from Pokhara, with a guaranteed window seat. Best taken on day 8, when you already know the names of the peaks you are looking at.

Paragliding at Sarangkot

\$95, 1 morning

A tandem flight from the ridge above Pokhara, twenty to thirty minutes over Phewa Lake. Pokhara is one of the best places in the world for paragliding, and day 8 has time for it.

Poon Hill extension

from \$340, +2 days

Two extra days to add the Ghorepani ridge and the sunrise from Poon Hill at 3,210 m, joining this route at Ghandruk. This is the only option that takes the trek significantly higher.

Kathmandu Valley in depth

\$140, 1 day

Bhaktapur, Patan and Boudhanath with a guide who can explain the religious art, and a private car. Day 2 already includes a shorter version of this tour.

Chitwan luxury safari

from \$690, +3 days

Travel to the lowland jungle to see rhinos, staying in a lodge rather than a camp. It combines well with this trip, as neither is physically demanding.

Single room throughout

\$390

A room to yourself in both cities and at all four lodges. Unlike on the high-altitude treks, every stop on this route can provide a single room.

Photos, videos and reviews of this trip: enepaltrekking.com/luxury-annapurna-trek