



WOMEN'S ADVENTURES NZ



Trekking Nepal

Thursday 8th April – Wednesday 21st April 2027

\$3325 per person

Join us on this bucket-list trekking adventure to Nepal!

We will be exploring the vibrant city of Kathmandu, the Nepalese capital, and Pokhara, Nepal's Lake City before spending 9 days on the Annapurna Base Camp Trek via Ghorepani.

This trek encompasses the entire loop of the lower Annapurna Trail and offers the chance to reach the closest foothills of the world's 10th highest peak, Annapurna I (8,091 m), at Annapurna Base Camp, situated at an altitude of 4,130 m above sea level. The views are breathtaking and feature magnificent sunrises over more than 20 towering peaks in the Annapurna and Dhaulagiri ranges – the 'Land of Giants'.

Along the way we will encounter incredible scenery, including rich flora and fauna, traditional Magar and Gurung villages with their unique cultures, charming settlements, lush green valleys, rivers, waterfalls, glaciers, and magnificent mountain vistas.

Plus, we will be visiting during the rhododendron season—when the national flower bursts into vibrant red, pink, and white blooms!

This adventure is not to be missed but will always be remembered!

Thursday 8th April	DAY ONE	COST
10:10am	Recommended flight with Singapore Airlines departs Auckland International Airport at 10:10am, arriving in Singapore at 5:00pm, departing Singapore again at 6:50pm, arriving in Kathmandu at 9:30pm on 8 th April.	Flight own cost.
10:00pm	Our airport transfer will pick us up and take us to our twin share accommodation for the next two nights - Surya Heritage Hotel/Hotel Thamel/or similar. For those feeling peckish we might find somewhere easy for dinner, otherwise we can just settle into our accommodation ready for a big day of exploring tomorrow.	Group transfer and accom. paid. Dinner own cost.
Friday 9th April	DAY TWO	COST
	After breakfast we have the whole day to explore Kathmandu, Nepal's capital with a rich, living heritage. Perhaps visit UNESCO-protected Durbar Square, and then Pashupatinath, the most famous Hindu temple in the country, located on the banks of the holy Bagmati River. Then after lunch visit Bodhnath Stupa, one of the most significant Buddhist shrines in the world, followed by soaking in local life through vibrant markets. Accommodation at Surya Heritage Hotel/Hotel Thamel/or similar.	Breakfast included. Lunch and dinner own cost. Optional activities own cost. Accom. included
Saturday 10th April	DAY THREE	COST
9:00am	After breakfast and check-out, it's back to the airport today to catch our scenic flight to Pokhara (30-minute flight). Once we check-in to our accommodation we have time to explore Pokhara and visit Sarangkot Hill to take in spectacular views of the mountains. From here, we can visit the fascinating International Mountain Museum to learn the amazing tales of past climbing expeditions and then perhaps take a scenic boat ride across the lake of Phewa Tal – the second largest lake in Nepal. Accommodation at Splendid View Hotel or similar.	Breakfast included. Airport transfer included. Flight included. Lunch and dinner own cost. Optional activities own cost. Accom. included

Sunday 11th April	DAY FOUR: Naya Pul Drive to Ulleri	COST
	Today we start trekking! But first we take a short 1-hour drive from Pokhara to Nayapul and the start of the trail. We continue the trail that passes through beautiful rhododendron forest to the village of Birethanti (1,015m) where the two rivers Modi and Bhurungdi meet. The village comprises small teahouses, shops and an ACAP checkpoint where we need to show our trekking permit. Following the trail along the north bank of the Bhurungdi Khola, we make it to Hille (1,495m) and then to Tikhedhunga (1,540m) after a short climb. We then climb 3,000 stone steps (which takes about two hours!) to Ulleri village (1,960m). 12km, 5 hours	All-inclusive hiking package included (all meals, mountain accom./teahouses, guide, porters, and permits).
Monday 12th April	DAY FIVE: Ulleri to Ghorepani	COST
	Leaving Ulleri, we move up through forest of rhododendron and oak to Bhantanti (2,250m). Then, we trek across Nangethanti (2,460m) and walk through an enchanted fairytale forest all the way to the village of Ghorepani (2,860m) where will be able to see Annapurna South, Annapurna I, and Dhaulagiri mountain peaks. We will have the opportunity to learn about the native Magar culture first-hand from the local Magar community. 12km, 5 hours	
Tuesday 13th April	DAY SIX: Ghorepani to Chuile via Poon Hill	COST
	It's an early start to trek to Poon Hill (3210m) and catch the sunrise. The journey from Ghodepani (Horse Water) (2868m) to Poon Hill (3210m) involves a steady ascent via stone stairs, taking approximately 45 minutes to an hour. Poon Hill is the ideal hilltop to view over 25 different peaks of the Annapurna and Dhaulagiri ranges. The most notable peaks include Annapurna I, Annapurna South, Hiuchuli, Fishtail, Nilgiri, Dampus Peak, Dhaulagiri I, Dhaulagiri II, and many others. After enjoying the serene and breathtaking mountain views, we return to Ghorepani for breakfast and gather our gear. At about 8am we set off for Chuile (2,500m) passing numerous small shrines and memorials along our mountain path before dropping down into the valley to our teahouse accommodation for the night. 16km, 7 hours	
Wednesday 14th April	DAY SEVEN: Chuile to Sinuwa	COST
	The trail through the forest continues after Chuile Village and the next stretch of trail becomes a bit easier before we reach Gurjung Village. We continue our trek to the peaceful village of Sinuwa (2,200m) which is also chiefly inhabited by the native Gurungs people. 15km, 6 hours	

Thursday 15th April	DAY EIGHT: Sinuwa to Deurali via Bamboo, Dovan and Himalaya	COST
	From Sinuwa (2,324m) we trek through lush vegetation to Kuldi (2,470m). We proceed down to Bamboo (2,310m) which only comes alive during the peak tourist season. Beyond Bamboo there are no permanent human settlements. Then it's an uphill climb through forest to the alluring village of Dovan (2,600m). We advance along the banks of Modi Khola and past the thriving forest of rhododendron to the Himalaya Hotel (2,920m). From here, we climb to Hinko Cave (3,170m) before the trail evens out that leads to Deurali (3,230m). 14km, 6-7 hours	
Friday 16th April	DAY NINE: Deurali to Annapurna Base Camp via Machhapurche Base Camp	COST
	From Deurali we start the most daring part of our trek as we ascend abruptly to the top of the mountainside. While ascending at higher elevations, we can really feel the alpine climatic conditions as we continue trekking across Bagar. Beyond Bagar, the trail becomes narrow and leads to the Machhapuchhre Base Camp (MBC) (3,700m). Located in the lap of the Machhapuchhre Mountain, MBC shows off panoramic views of the snow-capped peaks of Macchapuchre and Annapurna Massif. After a good break we ascend further to Annapurna Base Camp (ABC), and our stop for the night. From here we get a formidable 360-degree view of the surrounding snowscapes that include Annapurna I (8091m), Annapurna South (7,219m), Hiunchuli (6,441m), Machhapuchhre (6,993m), Gangapurna (7,455m), Annapurna Fang (7,647m) and many more. Standing in this sky-scraping amphitheatre known as the Annapurna Sanctuary the outlook is breathtaking yet humbling. 8km, 5-6 hours	
Saturday 17th April	DAY TEN: Annapurna Base Camp to Bamboo	COST
	We wake up early today to see the sun hit the giant, white mountains around us like a gold-plated pyramid. Having reached the highest point of our trek we now start our journey down from our mountain base camp and back to Bamboo. 16km, 7-8 hours	
Sunday 18th April	DAY ELEVEN: Bamboo to Jhinu Danda	COST
	Today we trek the same trail that we followed up to Annapurna Base Camp a few days before. The trail will lead us to Chhomrong (2,170m). From here, we will descend all the way to Jhinu Danda and the nearby natural hot pools. Just 25 minutes along the bank of Modi Khola we have two hot spring pools to choose from where we can relax and soak our sore muscles! 9km, 5-6 hours	
Monday 19th April	DAY TWELVE: Jhinu Danda to Pokhara	COST
	Today is the last leg of our trek! Leaving Jhinu, we continue downward and across one of the longest suspension bridges in the region. From here we carry on to the Jeep station and take a 3-hour drive back to Pokhara where we can relax and enjoy some more of this lakeside city. 2 hours	Breakfast included. Transport included. Lunch and dinner own cost.

	Accommodation at Splendid View Hotel or similar.	Accom. included.
Tuesday 20th April	DAY THIRTEEN:	COST
	Today we take a scheduled trip back to Kathmandu on a tourist bus via the serpentine Prithvi Highway. The trip covering 200 km takes about 7-8 hours depending on the traffic conditions. But there's a lot to see – picturesque mountains as well as the towns established all along the side of the highway. Accommodation at Surya HeritageHotel/Hotel Thamel/or similar.	Breakfast included. Bus trip included. Lunch and dinner own cost. Accom. included.
Wednesday 21st April	DAY FOURTEEN:	COST
Approx. 7:30pm	Our last day in Nepal and another full day in Kathmandu to enjoy! Spend the time relaxing or doing some last-minute souvenir shopping – it's up to you. Our airport transfer will collect us from our hotel and drop us at the airport. Recommended flight with Singapore Airlines departs Kathmandu at 10:50pm, arriving in Singapore at 6:15am on the 22nd April. From Singapore you can choose to fly direct back to New Zealand, but it is cheaper to have a short layover in Australia. We can confirm flights and help with your travel arrangements once you register for this trip.	Breakfast included. Lunch and dinner own cost. Group airport transfer included. Flight own cost.