



## TREKKING ITINERARY

### GHT Annapurna Dhaulagiri Community Trek

#### ANNAPURNA & MUSTANG

- DAY 1** Drive from Pokhara to Naya Pool - about 1,5 hours, trek to Ghandruk (1.940m) - about 6 hours walk
- DAY 2** Trek to Tadapani (2.590m) - about 4 hours walk
- DAY 3** Trek to Bayali Kharka (3.450m) - about 6 hours walk
- DAY 4** Trek to Upper Chistibung (2.990m) - about 4 hours walk
- DAY 5** Trek to Kopra Ridge (3.650m) - about 3 hours walk (*1/2 day hike in Kopra Ridge*)
- DAY 6** Trek to Swanta (2.195m) - about 5,5 hours walk
- DAY 7** Trek to Danda Kharka (2.850m) - about 6 hours walk
- DAY 8** Trek to Tikot (2.278m) via Poon Hill (3.194m) - about 8 hours walk
- DAY 9** Trek to Beni (850m) - about 4 hours walk
- DAY 10** Drive from Beni to Pokhara - about 4 hours, or to Kathmandu - about 9 hours drive

#### TREKKING TIPS

TREKKING TIME	9 days
DIFFICULTY	Easy to Moderate
BEST SEASONS	Spring & Autumn
START	Naya Pool
FINISH	Beni
HIGHEST POINT	3.650m, Kopra Ridge
ACCOMMODATION	Teahouses / Home stay
PERMITS NEEDED	TIMS, ACAP

#### CONTACT

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