



Nepal Annapurna Lodge-to-Lodge Trek

Spectacular Himalayan Trails & Hidden Hamlets

Thank you for checking out our adventures and for downloading this itinerary. Please note that this itinerary and accommodations may be subject to change depending on the specific departure date. Be sure to check with us before scheduling any flights.

We love talking travel!

Contact us at info@mtsobek.com
or call **800-974-0300**



Feel the difference

with **Mountain Travel Sobek**

Unrivalled Expertise

MT Sobek started it all! Since our first Everest Base Camp trek in 1969, we've been leading award-winning adventures and building authentic connections in far-flung locations around the world. We were named Best Adventure Travel Company by Newsweek Readers' Choice Awards.

Unique Trip Design

Our adventures are perfectly paced, with incredible attention to detail — the right mix of fun, learning, and challenge that guarantees lifelong memories. Plan nothing, enjoy everything. We take care of all of the logistics so that you can have more time to do what's most important: relax, take in the experience, and enjoy!

Small Groups

We keep our groups intentionally small — usually fewer than 10 people. This allows you a more intimate experience with the people and wildlife you encounter. With a smaller group size, we can take advantage of many unexpected invitations and opportunities that would be impossible with larger groups.





Leading the Way

World-Class Local Guides

Our knowledgeable and passionate expert guides effortlessly create an immersive local experience for you. They are trained to the highest professional standards and are at the heart of everything we do. They make it possible to meet the challenges of adventure travel, and help create lasting memories and lifelong friendships... we can confidently say our guides are the best in the business.





Why take this trip with us?

REASON 1

MT Sobek is a pioneering outfitter, operating legendary adventures in Nepal since 1969.

REASON 2

This trip has been designed for active travelers who are looking for an authentic, introductory Himalayan adventure.

REASON 3

Hike with local expert MT Sobek guides who know the best trails and most beautiful views in the Annapurna range.

At A Glance

ACTIVITIES

Moderate 3- to 6-hour hikes on ridgeline and valley trails, plus two days of wildlife spotting in Chitwan National Park.



LODGING

Rustic lodges and hotels on the trail, and 5-star splendor in Kathmandu.



CLIMATE

In March, April, October, and November, temperatures in Kathmandu range from lows of 40-50°F to highs of 70-80°F. In Pokhara, they range from lows of 50-60°F to highs of 70°F-high 80°Fs.



KNOW BEFORE YOU BOOK

"What a total comfort to know that with MT Sobek, you're in the hands of professionals who have been doing it so long and so well. That was part of why we landed on them as our operators for our dream trip, and everything about the experience they gave us—from tailored expertise to unswerving professionalism—confirmed the company's emphasis on excellence." - Alex M.



Nepal Annapurna Lodge-to-Lodge Trek

Spectacular Himalayan Trails & Hidden Hamlets

Explore the foothills of Nepal's sacred Annapurna range on this perfectly paced trekking adventure. On your comfortable lodge-to-lodge trek you'll follow ridgelines and valley paths to secluded hamlets, cross suspension bridges with fluttering prayer flags, and inhale the sweet scent of orchid trees and magnolias amid mountain majesty. Top your trek off with a visit to Chitwan National Park, the jewel of Nepal's wildlife parks and home to elusive, endangered Bengal tigers. Experience the best Annapurna trek with MT Sobek, Nepal experts since 1969!

10 Days

Start: Kathmandu, Nepal

End: Kathmandu, Nepal

Departing: May, October, November

Activities: Hiking & Trekking, Cultural Discovery

Lodging: Rustic Lodgings, Comfortable Hotels &

Luxury Hotel

Group Size: 5-12 Guests

ACTIVITY:



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"MT Sobek was a joy to travel with. Everything was handled in an excellent fashion which made me feel very confident from preparation to actual travel. All staff on the front end and staff guiding us on the trip were amazing. I would highly recommend them to anyone! "

- Andrea H.

Check mtsobek.com for date-specific pricing.

The Itinerary

DAY 01

Arrive in Kathmandu, Nepal

Arrive in Kathmandu in the early afternoon. An MT Sobek representative will meet you outside customs and immigration at the airport and transfer you to your hotel. Join your group and trip leader for a short trek briefing, and enjoy a welcome dinner tonight.

MEALS: Dinner

TRANSPORTATION: 40-minute private van transfer

DAY 02

Fly to Pokhara & Trek the Modi River Valley

After breakfast at the hotel, take a short flight to Pokhara (2,679'), where you'll receive your trekking essentials and pick up lunch. Drive on to Dhawa, the starting point of the trek to the Birethanti Lodge, which sits at 3,599 feet. Follow the ridgeline in the lower foothills of the Annapurna, savoring the surrounding Pokhara Valley views, before descending into the Modi River Valley. Check in at your lodge by the Modi River and take in splendid vistas of sacred Fishtail Mountain (22,943'), locally known as Machapuchare. After settling in, you can choose to walk to the nearby Birethanti village or relax at the lodge.

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 25-minute flight, 1.5-hour private van transfer

ACTIVITY: 2-3 hours/3 miles hiking with 236' elevation gain

DAY 03

Trek from Birethanti to Majgaon

After a leisurely breakfast, depart from the lodge and follow a little-used route beside the Modi River. The trail starts off rocky, then meanders through the forest before reaching a long, winding stone staircase. Trek up the staircase to a small farming hamlet, then follow the ridge to the village of Waday. Continue on, descending to another bridge before an uphill push to your lodge in Majgaon (4,619'). After lunch, choose to hike to the nearby village of Tanchok, where a traditional house museum illustrates local life and tools, or visit a local school.

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: 3-4 hours/1-2 miles hiking with 1,020' foot elevation gain; optional extra hiking 1-2 hours



DAY 04

Trek from Majgaon to Dhampus

This morning, start out trekking through subtropical forests that include orchid trees, rhododendrons, and magnolias. Along the way, stop at the village of Pothana, where many Tibetan traders live and sell their souvenirs. After 4-5 hours, arrive at Dhampus Lodge (4,921'), where you'll enjoy a well-deserved lunch and sweeping views of the Annapurna Range, including Fishtail and Hiunchuli. After hot lunch at the lodge, you can choose to take a short walk and explore Dhampus village.

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: 4-5 hours/3.5-4 miles hiking with 1,581' foot elevation gain and 1,280' loss

DAY 05

Trek to Ghatte Kola & Drive to Pokhara

After breakfast set off on foot from Dhampus, following the ridge and enjoying beautiful views. Descend through the wooded hillside and terraced farmland to Ghatte Kola, a river on the valley floor. Transfer to Pokhara, with the option of visiting a Tibetan refugee camp along the way. Enjoy Pokhara, the lake city, at your leisure this evening

MEALS: Breakfast | Lunch

TRANSPORTATION: 1-hour private van transfer

ACTIVITY: 1-2 hours hiking/2 miles with 229' foot elevation gain and 2,306' loss



Wildlife Adventures in Chitwan National Park

Drive on to Chitwan National Park, the jewel of Nepal's wildlife parks since its inception in 1973. The main highlights of your wildlife activities will be the jeep rides to see rare one-horned rhinos, sloth bears, four species of deer, a dazzling array of tropical birds, and perhaps a leopard or tiger. While rhinos and deer are frequently sighted, it's worth noting that the chances of seeing a leopard or tiger are remote. The birdlife is truly fantastic, with some 530 species having been sighted within the park. Seek out the fauna via jeep and on foot, and take wooden boat rides into the watery realm of crocodiles and waterfowl. Plus, you'll have the chance to observe elephants in their natural habitat.

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 5-hour private van transfer

ACTIVITY: Wildlife watching in Chitwan National Park



Explore Chitwan National Park

Your wildlife adventure continues today with more opportunities to view elephants, rare one-horned rhinos, and endangered tigers in Nepal's most famous national park. Enjoy the final night at your comfortable jungle lodge on the edge of the park.

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: Wildlife watching in Chitwan National Park



Fly to Kathmandu

After breakfast, drive to Bharatpur for a 25-minute flight back to Kathmandu. Transfer to your luxury hotel and spend the afternoon resting or exploring the city on your own. Your guides will be able to give suggestions for local eateries outside of the hotel if you're looking for an authentic experience.

MEALS: Breakfast

TRANSPORTATION: 25-minute flight, 1-hour private van transfer



Explore Kathmandu & Ancient Bhaktapur

Wake to experience the sights of Kathmandu, the capital of Nepal and one of three former medieval city-states in the valley - along with Bhaktapur and Patan. Take a morning tour of UNESCO-listed Bhaktapur, a wonderfully preserved example of ancient Nepalese town life. In the afternoon, you'll have time to explore Durbar Square, with its temples and intricate Sun Dhoka ("Golden Gate"), at your leisure. Cap off your adventure with a farewell dinner with your group at a local restaurant.

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: Half-day cultural touring



Depart from Kathmandu

Transfer to the Kathmandu airport and depart on homeward-bound flights. Or, extend your explorations by combining this trip with another MT Sobek adventure in Asia! You can add Cambodia's Angkor Wat, India, Bhutan, or see more of Nepal.

MEALS: Breakfast



Where You'll Stay

These accommodations may be subject to change depending on your date of travel.

Yak and Yeti Hotel

A five-star oasis in the heart of Kathmandu, the Yak & Yeti is the perfect blend of contemporary international standards and time-honored Nepali tradition. Guests will find refuge among antique fountains, gilded temples, and emerald gardens while enjoying a state-of-the-art gymnasium, spa features, shopping arcades, atrium, tennis courts, and swimming pools.

Sarangkot Mountain Lodge

MLN Birethanti Lodge

Cross a prayer flag-lined suspension bridge over the Modi River and arrive at the charming Birethanti Lodge. Rest well in one of the lodge's 18 roomy rooms, each with en-suite bathroom, hot running water (hotter in the evening, when the solar cells are fullest), a comfy bed, cold bottled water, and hot water bottle — plus an Ayurvedic massage service, laundry, and Wi-Fi. Gather with other guests in the bar area with its fireplace and communal dining area and enjoy the views of the garden, lawn, and river.

MLN Majgaon Lodge

Rest your legs at the hearty and convivial Majgaon Lodge, built in the style of a traditional village and reminiscent of an old tea plantation. The 11 simple en-suite rooms include thoughtful details, such as hot-water bottles. Guests have access to the central dining area and bar, with a large, open fireplace. Sit in the extensive gardens and drink in the views of the Annapurnas.



Where You'll Stay

These accommodations may be subject to change depending on your date of travel.

Himalaya Lodge

MLN Dhampus Lodge

The eight twin rooms of the Dhampus Lodge are arranged in a row so that all can face the Annapurna Range. You'll have front-facing views of the impressive Machapuchare or Fishtail Mountain right from your front door. Enjoy some of the best food in the region and hospitable service. Gather on the grassy terrace for sunset before dinner in the cozy dining room. There's a happy hour each evening.

Temple Tree Resort and Spa

Temple Tree Resort & Spa combines western creature comforts with the architecture and culture of Nepal's Western Himalayas. Within the peaceful atmosphere close to Fewa Lake in the Pokhara Valley, the resort offers 46 climate-controlled rooms housed in two-story cottages with en-suite bathrooms, satellite television, free Wi-Fi, and other thoughtful amenities. Dine at the casual Tree House or on global cuisine at the Bay Leaf Restaurant. The Island Bar by the outdoor swimming pool serves tapas and cocktails. The Spa at Temple Tree offers a variety of treatments based on traditional Asian medicine.

Sarangkot Mountain Lodge

Tiger Tops Tharu Lodge

Nestled in the lush jungle of the Chitwan National Park, this longhouse-style Nepalese lodge features lush gardens and jungle sounds. Rooms, while rustic, are comfortable and feature large beds, mosquito netting, attached bathrooms — perfect for unwinding after a day's activities. Sip on sundowners while enjoying a boat safari at sunset, embark on guided walks to spot local wildlife, including majestic herds of domestic elephants, and experience authentic interactions with the local villagers! The restaurant offers a delightful culinary experience that cater to different dietary needs.

Sarangkot Mountain Lodge

Yak and Yeti Hotel

A five-star oasis in the heart of Kathmandu, the Yak & Yeti is the perfect blend of contemporary international standards and time-honored Nepali tradition. Guests will find refuge among antique fountains, gilded temples, and emerald gardens while enjoying a state-of-the-art gymnasium, spa features, shopping arcades, atrium, tennis courts, and swimming pools.

Departure Dates

This trip is available to run in: May, October, November

Book early for a greater choice of available dates.
Once you book, your price is GUARANTEED!

October 24-November 2, 2025

November 13-22, 2025

April 24-May 3, 2026

October 29-November 7, 2026

November 20-29, 2026

What's Included

PRICE INCLUDES

- Expertise and services of our experienced adventure guides
- All accommodations as noted in the itinerary
- All breakfasts, almost all lunches and dinners as noted in the itinerary
- Snacks and water between meals
- Additional regional guides and experts on many trips
- Comprehensive Trip Planner with detailed pre-trip information
- Private guided tours at historic sites, museums, wineries and other select attractions as noted in the itinerary
- Special events and other select attractions as mentioned in the itinerary
- All gratuities at hotels and restaurants
- Equipment and experienced guides for activities as described in the itinerary
- Park and other entry fees (unless otherwise noted)
- Fares for trains, ferries and other modes of travel as listed in the itinerary
- Select transfers as mentioned in the itinerary
- Baggage transfers and portage

PRICE DOES NOT INCLUDE

- International airfare, airport taxes, and excess baggage fees
- Alcoholic beverages (MT Sobek provides wine at select events)
- Gratuities for MT Sobek guides and guide-drivers
- Travel Protection Program
- Personal expenses



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