



Community Connect

Trip 3: Annapurna Community Trek



Trip Overview:

The Annapurna Community Trek is a unique and immersive journey that provides an intimate glimpse into village life in the stunning Himalayan region. At Mohare Hill (3,300m), trekkers are rewarded with breathtaking panoramic views of peaks like Annapurnas, Dhaulagiri, and Machhapuchhare. This trek stands out for its pristine and unspoiled nature, where encounters with fellow trekkers are rare, but interactions with local farmers, yak herders, and villagers are abundant. Trekkers are warmly welcomed as guests rather than tourists, fostering a genuine cultural exchange. This trek not only showcases the natural beauty of the Himalayas, terraced farmlands, and rhododendron forests but also immerses travelers in the rich culture and traditions of local ethnic groups.

Highlights:

- Explore the unspoiled natural landscapes
- Experience the local culture by staying together with the community
- Panoramic views of the Annapurna's; close up views of Dhaulagiri and Macchapucchre
- Mesmerizing sunrise and sunset from Mohare Danda
- Witness the diverse culture, topography, flora, fauna of the Annapurna Region

Trip Itinerary:

16 May, 2024 Arrival

Activities : *International Airport Arrival Transfer, Sound Healing and Dinner at Avata*

Accommodation : [Traditional Comfort](#) or Similar

Welcome to Nepal!! On your arrival at the airport in Kathmandu, you will be received with a placard having your name in the arrival hall. The luggage will be loaded in the car and you will be transferred to the hotel in Kathmandu. After check-in you can take the time to freshen up before you move to Avata, for a sound healing session to recover from the jet lag followed by a healthy dinner at Nourish by Avata.

Thereafter, you will be transferred back to your hotel.

17 May, 2024 POKHARA

Activities : *Flight to Pokhara*

Accommodation : *Traditional Comfort or Similar*

Today, shortly after breakfast, you will be leaving Kathmandu Valley with a flight to Pokhara, a popular getaway to the infamous Annapurna ranges. You will be able to see the mountain ranges as you approach Pokhara during your flight. Once at Pokhara, a vehicle will be ready to transfer you to the Hotel. Explore Pokhara which is best known for its beautiful lakes and a gateway to numerous treks. The serenity of Phewa Lake and the mountains like Machhapuchhre and Annapurna range rising behind creates a great ambience and the night life is a great attraction as well.

18 May, 2024 POKHARA – GALESHWOR – BAS KHARKA

Activities : *Transfer from Pokhara to Galeshwor (1170 m). Trek to Bas Kharka (1525 m)*

Drive Duration : *3 hours approx.*

Trek Duration : *3-4 hrs approx.*

Accommodation : *Basic Tea House*

Starting from Pokhara, you are driven to Galeshwar via Beni for approximately 3 hours. Head up to Bas Kharka from Galeshwar where you will pass by farmhouses, through the forest and then orange groves as you approach the attractive village. Most of the route follows stone paths and stairways leading up and down. Visit the nearby school or health post and in November-December, enjoy the sweet oranges that grow on the hillsides. Upon arrival in Bas Kharka, you will be greeted with the beautiful view of the surroundings and when the weather is clear you will also see as far as Nilgiri, and Dhauligiri ranges.

19 May, 2024
BAS KHARKA
- NANGI

Activities : *Trek from Bas Kharka to Nangi (2300 m)*

Trek Duration : *5-6 hrs approx.*

Accommodation : *Basic Tea House*

Today you will start a hike of 2-3 hours uphill to Dandakateri community lodge – a lovely, but basic community lodge set in an open field. Emerging from the rhododendron forest into clearer valleys we stop by for lunch in a beautiful spot then it is a leisurely walk on to Nangi, the main village where you will spend the night. You can also visit local cottage industries where villagers make paper from locally grown plants..

*** (Please note: these visits depend on weather, seasonality and local holidays).

20 May, 2024
NANGI –
MOHARE HILL

Activities : *Trek from Nangi to Mohare Hill (3300 m)*

Trek Duration : *6-7 hrs approx.*

Accommodation : *Basic Tea House*

Today, you will be climbing through the forest to reach Mohare Hill with stunning views of the mountains. From the top of Mohare Hill (3300m), you can see a close-up views of Mt. Machhapuchhare (Fish Tail Mountain), Mt. Annapurna and Mt. Dhaulagiri on a clear day. You may even see yaks grazing nearby. It is the highest wireless internet relay station in Nepal, providing internet to remote villages for schools and health posts that use telemedicine, linking up with hospitals in Kathmandu to provide better healthcare in the villages.

21 May, 2024
MOHARE HILL
- SIKHA

Activities : *Trek from Mohare Hill to Sikha*

Trek Duration : *5-6 hrs approx.*

Accommodation : *Basic Tea House*

Today, you can witness a stunning sunrise over the mountain ranges, including the renowned Mount Fishtail, Dhaulagiri I, Dhaulagiri II, Tukucho, South Annapurna, and Nilgiri, among others.

After breakfast, you will gradually descend through a lush rhododendron forest, with a scenic backdrop and an opportunity to explore the local flora and fauna. The forest is home to the national flower of Nepal, Rhododendron which are indigenous to the Himalayan region, in addition to other plant species such as Oak and Bamboo.

22 May, 2024
SIKHA -
NARCHYANG

Activities : Trek from Sikha to Narchyang (1400 m), Hike to Waterfalls

Trek Duration : 4-5 hrs approx.

Accommodation : Narchyang Community Homestay

On this last day of your trek, you will descend through pastoral lands adorned with beautiful landscapes and lush vegetation. After a pleasant trek, you will arrive at Narchyang Community Homestay, where you'll be warmly welcomed by the locals and a delicious lunch will be served by local families. Narchyang is a Magar village situated in the foothills of the Annapurna range who follow their own culture and speak their own language- Magar Kura. Magar people are recognized for their simplicity, innocence, and bravery. After you are assigned to your host family and a short break the host family will take you on a short hike to Narchyang Waterfall which is just opposite to the homestays.

23 May, 2024
POKHARA

Activities : Village Excursion, Transfer from Narchyang to Pokhara

Drive Duration : 4 hrs approx.

Accommodation : Traditional Comfort or Similar

Wake up to a warm breakfast, prepared by your host family before you move to a short tour of the village with the hosts. Most of the houses are surrounded by their own vegetable gardens and farm fields from where they source their ingredients directly for meals. The mountains can still be seen closely from the village and you can see the locals being busy with their daily activities.

Shortly thereafter, you will be transferred to Pokhara driving along the Beni-Jomsom highway, which runs alongside the rapidly flowing Kali Gandaki River. You can take the rest of the day off or you can choose to walk along the nearby lake.

24 May, 2024
POKHARA -
KATHMANDU

Activities : Flight to Kathmandu

Accommodation : Traditional Comfort or Similar

Today you will be returning back to the Kathmandu Valley through a flight. You will be having a free day once you reach the hotel.

25 May, 2024
KATHMANDU

Activities : *Rest Day*

Accommodation : *Traditional Comfort or Similar*

Today is a free day for you to wander the city or shop for your family and friends back in your home country. Otherwise, you can visit any popular sites that you don't want to miss out on your own as well.

26 May, 2024
Event

Activities :

Accommodation : *Traditional Comfort or Similar*

A full fledged event will be organized to celebrated the official conclusion of Community Connect. Members from few of our community homestays will also be joining in to share their experiences culture and traditions. The event will highlight the potential and importance of Community Led Toursim in the present and future of world tourism industry.

Impact Footprint:

- Promotes ecotourism by emphasising low-impact travel and sustainability in natural areas.
- Supports local conservation projects, helping preserve local flora, fauna, and natural landscapes.
- Helps reduce over-tourism by diversifying tourist paths and destinations within the Annapurna region.
- Aids in cultural preservation through community homestays that showcase local traditions and lifestyles.
- Facilitates cultural exchanges that enrich both visitors and local communities, promoting mutual respect and understanding.
- Directly supports the local economy through expenditures on accommodations, food, and local guides.
- Creates employment opportunities for local residents as guides, porters, and lodge operators.
- Contributes to community development through enhanced social cohesion and community pride.
- Channels some tourism proceeds into local educational and health projects, improving overall community welfare.
- Empowers local communities by involving them in tourism management and decision-making processes.

Additional Information:

Accommodation

While on trek, as per requirement in some places there are some deluxe lodges available too. But as a part of sustainable tourism and benefitting the local people, we generally base on basic lodges. The rooms of the basic lodges are very simple and with limited amenities such as bed, mattresses and pillows and these basic lodges are operated by the owner themselves. Some basic lodges may have blankets but as per your trekking destination, we recommend to bring your own sleeping bags. The bathroom may be attached or common too. While choosing basic lodges in the trekking route, we make sure that lodges are run by local family, having clean and good rooms, prepares hygienic food. WI-FI is generally available in all big cities and small towns. Depending upon the accommodation you book, Wi-Fi may be free or chargeable. While on trek, WI-FI services are being available now days in Annapurna Region but WI-FI on treks are generally chargeable.

While at the Narchyang Community Homestay, you can expect staying in very simple houses and the washroom areas can be in the corridor or outside area. You will find squat washrooms in the majority of the houses in this remote village. The beds and mattresses would be simple yet clean and the hosts family would be making home-made meals during your entire stay. The quality of meals prepared may not be of the quality like you may find in big cities of Nepal but they will be delicious and hygienically prepared.

Transportation

In order to meet the safety standards, we make sure that the vehicles used during the tours are of high quality and they are in good condition. All safety requirements such as first aid box, fire extinguishers, and seat belts are available in every vehicle. The road captains annually receive First Aid Training to provided by Red Cross Society of Bhaktapur, which is a branch of Nepal Red Cross Society. The drivers are well trained to make sure that your journey is safe and smooth.

Guide and Support Staff

The accompanying tour guides and trekking guides are all well trained and well educated. They all have gained their profession license from Government of Nepal to do tour and trekking guiding in Nepal. In addition to their professional license, they are trained to provide magical, unique and unforgettable experiences during their sightseeing tours in historical sites or while trekking. While on trek, our guides go extra mile to make sure that your foods are being prepared hygienically. Like our road captains, First Aid Training is provided to all our guides. Our guides will not be handing you medicines in case of need but they are trained to provide you with all the assistance you may require in case of emergency until you receive professional medical help.

Health

There are no specific health requirements for entry into Nepal. However, you should consult your doctor for up-to-date information regarding vaccinations, high altitude medication and medications for any reasonably foreseeable illnesses whilst traveling in Nepal. We strongly recommend you to carry a small medication pack that you may need throughout the trip. Be aware that some drugs, including anti-malarial, have side effects at altitude. Please discuss this carefully with your doctor.

Money Exchange

As currency exchange rates in Asia fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com. There are many ATM machines that accept both Visa and MasterCard but these are limited to major cities. Major credit cards are accepted in most shops but they may charge a 2-4% transaction fee.

Visas

Please note it is your responsibility to arrange visas before you travel. Below are the visa requirements at the time of printing. NEPAL: All foreign nationals (except Indians) require a visa to enter Nepal. Visas are obtainable from embassies abroad or on arrival at Kathmandu's Tribhuvan airport. If getting the visa at the airport be prepared for long queues. You will also need to provide one passport photo and the following fees in US dollars' cash only: single entry visa valid for 15 days - US \$30: Single Entry Visa for 30 days - US \$50 and multiple entry visa valid for 90 days - US \$125.

Please kindly find the link to the **on-arrival visa application** [here](#)

Visa Extension

3 USD per Day(minimum 15 days)

5 USD per day as late fine in the case of delay

Additional 25 USD for a Multiple re-entry facility

Nationals of following countries are requested to acquire a Visa prior to their arrival from their nearby Diplomatic missions (Embassies/consulates) of Nepal Government.

- Nigeria
- Ghana
- Zimbabwe
- Swaziland
- Cameroon
- Somalia
- Liberia
- Ethiopia
- Iraq
- Palestine
- Afghanistan
- Syria
- Refugees with travel document

Communication:

Right after your arrival, a sim card will be provided for easier communication especially while travelling to remote areas where the internet facilities are not available.

Packing List:

Please kindly find the link below to find the packing list:

<https://travelnepal.com/travel-advice/nepal-packing-list/>

Weather:

Nepal has a generally temperate climate, but varying altitudes lead to distinct variations. The monsoon sweeps up from India each summer, making mid-June to mid-September humid and wet.

Winter (December-February) winter is cold and you will need to be prepared, but the air is very clear providing the

best mountain views.

Spring (March-May) Days are increasingly warm; mist and clouds are not uncommon.

Summer (June-August) The monsoon season. It will rain every day, although not all day.

Autumn (September - November) is the most pleasant season, in which days are warm but not hot and skies are clear.

Please note that the weather information is for reference only. Weather cannot be forecasted.

Important Notes:

- Please kindly pack bags for the trek within a limit of 7-7.5 kg. Please carry an extra day pack, where you need to carry your water bottle, some personal med kits, a normal jacket, a raincoat or a rain jacket, some **snacks** and insect repellent. There may be leeches in some areas if there is rainfall. You will only need to carry your day bag back while you are trekking.
- We recommend you to carry your toiletries and towel for the trek as the supplies may not be available at times in the community lodges. We would recommend carrying 2-3 rolls for your use.
- Most of the lodges do not have filtered water however they do have guaranteed boiled water which is normally provided for all trekkers. However, we do understand that some people may prefer mineral water bottles, which we can provide however we do not highly encourage it. You can also get purifying tablets if needed for the water.
- Credit Cards are not accepted at Annapurna Community Trek route so I would recommend carrying some cash.
- Insurance: We strongly recommend getting insurance for high-altitude trekking in Nepal. Insurance that would cover personal accidents, medical expenses, loss of luggage, emergency evacuation and rescue (including helicopter) would be helpful in cases where there are unavoidable circumstances. Please review your insurance as most ordinary travel insurance plans do not provide cover once you are above 2500 m in altitude.



Community Homestay Network

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