Detail Itinerary

A Unique 3-in-1 Himalayan Wilderness Experience

The Annapurna Foothills Trek (also known as the Annapurna Shadow Trek) is an extraordinary, lesser-trodden journey along the southern slopes of the Annapurna Massif. Combining three distinct popular routes—Mardi Himal, Khopra Danda, and Mohare Danda—into one comprehensive itinerary, this trek offers an authentic blend of raw nature, rich community culture, and quiet Himalayan trails away from commercial crowds.

Starting just an hour’s drive from Pokhara at Kande, the trail winds through scenic ridge lines, lush rhododendron forests, and traditional ethnic hamlets before concluding near Nayapul or along the banks of the Kali Gandaki River. Accommodation is fully supported by local community teahouses, eliminating the need for camping tents while directly benefiting rural villages.

Highlights of the Annapurna Foothills Trek

- **3-in-1 Combination Trail:** Experience the best of Mardi Himal, Khopra Ridge, and Mohare Danda in a single, well-paced Himalayan adventure.
- **Sacred Khayer Lake (4,727m):** Take a memorable day hike from Khopra Ridge to reach the high-altitude, religiously revered Khayer Lake—the highest point of the trek.
- **Panoramic Himalayan Views:** Enjoy dramatic vistas of Mt. Dhaulagiri (8,167m), Annapurna South (7,219m), Hiunchuli (6,441m), Fishtail / Machhapuchhre (6,993m), and Barah Shikhar (7,647m).
- **Community Lodge Hospitality:** Stay in comfortable, locally managed eco-community teahouses with basic amenities and fresh meals.
- **Uncrowded Shadow Trails:** Explore quieter, authentic trails along Australian Camp, Pothana, Forest Camp, Landruk, Ghandruk, Tadapani, Dobato, Swanta, and Ghorepani.

Flexible Route & Expert Guidance

The standard 12-day Annapurna Foothills Trek itinerary can be customized between 10 to 14 days depending on your preferred pace and season. Because high-altitude trail conditions near Bayeli and Khopra can vary in late winter due to icy passes, having an experienced field guide ensures seamless, safe navigation across all sections.

At **Nepal Kailash Trekking**, our expert team provides professional guidance and flexible trip planning for this unique shadow trek. Contact us today to organize your Annapurna Foothills adventure!

Trip Facts

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Cost Includes

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