

Annapurna Base Camp Trekking

Annapurna Base Camp Trekking – one of the most popular trekking trips – includes varied landscapes in the Annapurna region of the central Himalayas. This place is also known as the Annapurna Sanctuary – as located in one of the largest nature conservation area and holy for the local inhabitants. The trek offers splendid views of the mighty Himalayan peaks and showcases distinct cultural heritages of local people.

The trek leads you through the rhododendron forests and terraced farm proffering the charming scenery of the ethnic villages and their lifestyle. The beautiful views of the Himalayas you can sight include: Annapurna massif's Annapurna I (8,091 m/ 26,545 ft), Annapurna South (7,219 m/ 23,684 ft), Annapurna III (7,555 m/ 24,786 ft), Gangapurna (7,455 m/ 24,457 ft); Dhaulagiri Range's Dhaulagiri I (8,167 m /26,795 ft), Dhaulagiri II (7,751m/ 25,430ft), Dhaulagiri III (7,715 m/ 25,311ft); and others such as Himchuli (6,441 m/ 21,131 ft) and Machapuchhre (6,993 m/ 22,942 ft).

The bowl shaped Annapurna Base Camp – surrounded by mighty mountain peaks – is located at 4,130 m/ 13,549 ft above sea level just after Machhapuchhre Base Camp. Trekking to Annapurna Base camp is spectacular to explore villages, cultures, and rural lifestyle close-up with walking in the forest and farmed terraces of mid-hill Nepal.

Itinerary in Details:

Day 01: Arrival in Kathmandu (1,300 m/4265ft)

Your arrival in Kathmandu is fascinating itself. Our friendly representative will be there at the airport to receive you and transfer you to your hotel.

After you complete check-in formality, and taking short rest, we introduce to the market of Thamel, where you can eat your supper, change money, buy some stuffs from supermarket, or buy trekking gears.

Later we take you to our office for the trip briefing.

Overnight at your hotel.

Delay of any kind will postpone the events for next day according to feasibility.

Day 02: Kathmandu Sightseeing - 4 hrs tour.

You will be starting the day with breakfast at your Hotel. The sightseeing tour involves tour of two religious, cultural, and art-wise important sites of Pashupatinath temple and Boudhanath stupa.

Pashupatinath Temple: It is one of the most famous Hindu temples in South-Asia. The temple is devoted to Lord Shiva. This place is a UNESCO world cultural heritage site. The Bagmati river flowing besides the temple is religiously and spiritually important for Hindus where cremation of dead body takes place. Pashupatinath temple holds the most of prominence during Shivaratri – Shiva's birthday and thousands of pilgrims gather in the night to celebrate the day.

Boudhanath Stupa: It is one of the biggest Stupas in terms of size and height in Nepal and located in east of Kathmandu. The site is peaceful and culturally full with intermixed influence of Tibetan and Sherpa roots. Stupa built in the trading route between Kathmandu and Tibet has four pairs of eyes directed towards all four directions. It is believed to be influenced by Mahayana Buddhist philosophy. After short tour of city we return to hotel and prepare for the trek. Overnight will be spent at hotel.

Day 03: Kathmandu – Pokhara / flight 25 mins – and Trek Tikhedhunga (1,750 m/ 5,741 ft) / 1.5 hrs drive and 3 hrs walk:

You will enjoy your breakfast in the hotel and drive to airport for a flight to Pokhara. You fly to Pokhara – small, beautiful city situated in the lap of the Annapurna massif – parallel to the central Himalayas. From Pokhara we drive to Nayapul.

Today's walk will be short. You hike from Nayapul to Tikhedhunga along the stretch of Modi Khola at first and then gentle uphill. Walking time for today is about three hours. Overnight stay in the Lodge.

Day 04: Trek Tikhedhunga – Ghorepani (2,810 m/ 9,216 ft)/ 6 hrs walk:

The day is filled with track moving up and up until you reach Ghorepani. First off, you start by climbing all the way steep up to Ulleri, from where you get the view of mountain peak including Annapurna South, Himchuli, and tip of Fishtail top.

You continue to Banthanti and fill your stomach with delicious lunch. We then walk through a forest and follow the trail to Ghorepani.

Just below Poonhill, Ghorepani is located in middle of Rhododendron Forest. We get to view Annapurna and Dhaulagiri Mountain from this beautiful village. We spend the night at local lodge.

Day 05: Hike Ghorepani – Poon Hill (3,210 m/ 10,531 ft) – Tadapani (2,650 m.ft) / 6 hrs walk:

The day start with a pre-dawn hike to the top of Poonhill to view the sunrise – the most anticipated location for the same. After an hour of climb, you reach to the top of Poonhill before sunrise, and wait for it.

The panoramic view of Annapurna Range and Dhaulagiri is unbeatable and fulfilling in many ways. You will drink hot coffee/tea with sunrise and return back to your lodge for breakfast.

After breakfast, set off for the day, and trek your way through beautiful forest to Tadapani. It is long up and down trail today yet enjoying in the forest. You enjoy your lunch in a small sunny place called Banthanti. From here another stretch of down and up remains. Arrive Tadapani and overnight stay here.

Day 06: Trek Tadapani – Chhomrong (2,170 m/ 7,119 ft)/ 5 hrs walk:

After breakfast with view of mighty Himalayan peaks: Annapurna South, Fishtail and Hiunchuli, we start our walk. The day starts with downhill trek to a river, from then on after we cross the suspension bridge, we walk uphill to Chhomrong. We pass through beautiful forest and small settlements of Gurung people on our way, giving us new perspective on Himalayan lifestyle. We spend the night at local lodge in Chhomrong.

Day 07: Chhomrong – Dovan (2,580 m/ 8,464 ft)/ 5 hrs walk:

After breakfast you follow the trail down to a river, which brings us to an uphill track again after crossing the bridge above Chhomrong Khola. You pass small villages of Sinuwa and Bhanuwa on your way uphill to Sinuwa. After you walk in the beautiful stretch in the forest and past Khuldighar, walk small downhill to reach Bamboo for lunch. After lunch, you walk about an hour and a half to reach Dovan – small place located in a deep gorge with few guest houses to stay overnight. Overnight stay at local lodge in Dovan.

Day 08: Trek Dovan – Deurali (3,290 m/ 10,794 ft)/ 4 hrs walk:

Start your day in the morning upward from Dovan. You will start to walk on a slow pace throughout the day as you are gaining height and altitude begins to work on your body. Trail to Deurali goes through beautiful forest of Rhododendron and bamboo with views of mesmerizing waterfalls on both sides of the river. Overnight at a local lodge in Deurali.

Day 09: Trek Deurali – Annapurna Base Camp (4,130 m/ 13,549 ft)/ 4 hrs walk:

You start today's hike early in the morning given the landscape you will be traveling. In winter months and early spring months this section is bit dangerous with avalanches. With increase in altitude the alpine landscape starts to appear. You walk along river to reach Machapuchare Base Camp (3,700 m/12,139 ft).

You can stop in this place for a tea. You then walk on a slow pace keeping in mind the height you are gaining, and you are now in an altitude sickness prone zone. You need to acclimatize your body by walking slowly at this height. Reach Annapurna Base Camp where you stay the night and enjoy your lunch and walk around the place.

Day 10: Annapurna Base Camp – Bamboo (2,300 m/ 7,545 ft)/ 6 hrs walk down:

Wake up early in the morning to view spectacular sun rise over the mountain ranges of Annapurana – especially in the Annapurna I. Sun peeking through white mountains is highlight of your trip. The view of the peaks from Base Camp Annapurna is splendid where you are encircled by peaks namely Machhapuchhre, Gandarva Chuli, Flute Peak, Annapurana I, Annapurna Fang, Annapurna South, and Himchuli.

Enjoy the exploration around the camp where numerous memorial chortens dedicated to those brave climbers who lost their life in this Annapurna while climbing.

Annapurna I was the first climbed 8000er peak of the world by French climber Maurice Herzog and colleagues in 1950. They climbed from the north face, and you are now standing in the south face.

After breakfast, you begin your way back to the city. Once we reach Bamboo we spend the night at local lodge.

Day 11: Trek Bamboo – Jhinu Danda (Hot Spring) (1,500 m/ 4,921 ft)/ 4 hrs walk:

After breakfast we start our day trekking on a downward trail. Although you are coming down still the steep uphill to Chhomrong waiting for you. You past Sinuwa and Chhomrong villages and then walk steep downhill to Jhinu Danda. According to time available, you can enjoy natural hot spring bath 30 mins down from lodge to the river. Spend the night in Jhinu Danda.

Day 12: Trek Jhinu – Drive Nayapul – Pokhara / 6 hrs and drive 1.5 hrs:

After breakfast we follow the river and walk our way through beautiful forest, waterfalls and river streams. Bee hives hanging off cliffs are also great attraction of the day. Passing terraced farming and various small settlements, we reach Nayapul.

From Nayapul drive to Pokhara and spend the night at hotel in this beautiful city.

Day 13: Pokhara Exploration - 4 hrs tour:

Pokhara is a beautiful city with small lakes taking up most of its landscape. We take you to visit Devi's Fall and Gupteswor cave which are few attractions among many. You could roam around the city on your own too in the afternoon. There are numerous fun and adventurous activities you could be part of, including Zip-lining, paragliding and bungee-jumping in Pokhara. You relax and spend your last night at hotel in Pokhara.

Day 14: Drive Pokhara – Kathmandu (1300 m / 4,265 ft) / 7 hrs drive:

You drive back to Kathmandu – some 206 kms and takes seven hours – or take a flight according to your interest. If you are driving, you drive through beautiful bending mountain highway which stretches along the river and passes through beautiful landscape. Once in Kathmandu we will transfer you to your respective hotel and you will be given free time to wander around. Overnight will be spent in hotel.

Day 15: Cultural Tour of Kathmandu City / 4 hrs:

After breakfast at your Hotel, we take you to the mysterious Kathmandu city tour. This historical, cultural and spiritual city unveils the social and historical mysteries to visitors. You will walk through the narrow lanes of the ancient Kathmandu – the center of power – that includes markets of Ason, Glass beads market at Indrachowk, oldest supermarket at New Road, Kilagal, and Hidden Stupas inside the family courtyard.

Visit of Kathmandu Durbar Square – the administrative quarter of Malla Kings (fourteenth to eighteenth century), and Shah Kings who ruled Nepal from 1768 until 2008. The most unique experience in the square is the visit to the temple of the living goddess “Kumari”.

After the tour, return back to your Hotel. If you are staying in Thamel, you can hang around this bustling tourist market and enjoy shopping. **Overnight in Hotel.**

Day 16: Departure Day:

As per your flight schedule, you will be transferred to the international airport of Kathmandu three hours prior to the flight time and your tour ends here.

Cost Includes:

- ✓ Airport Pick Up and Drop Off (International & Domestic)
- ✓ 3-star standard hotel with breakfast in Kathmandu (Nepal standard)
- ✓ 3-star standard hotel with breakfast in Pokhara
- ✓ Tea house (Lodge) accommodation during trek
- ✓ All meals (Breakfast, Lunch, and Dinner) during trek
- ✓ Tea / Coffee (3 times a day) during trek
- ✓ A professional Trekking Guide, Porter (Helper), and Assistant Guide provided for more than 5 trekkers.
- ✓ Air ticket (Kathmandu-Pokhara)
- ✓ All food, drinks, lodging, salary, insurance, medical equipment, and transportation for Trekking Staff
- ✓ Private transfer from Pokhara to Kathmandu
- ✓ Kathmandu Cultural and Historical sightseeing with a Tour Guide, private transportation, and entrance fee
- ✓ Sightseeing in Pokhara with a Tour Guide, private transportation, and entrance fee
- ✓ Trekking Permit (TIMS)
- ✓ Annapurna Conservation Area Permit (ACAP)
- ✓ Down jacket, sleeping bag, fleece liner, and a duffel bag
- ✓ All government taxes

Cost Excludes:

- Any bar bills (alcoholic drinks, mineral water, and cold drinks), cigarettes, your personal insurance coverages that should include the emergency helicopter evacuation, and any kind of expenses created due to unforeseen circumstances.
- Lunch and Dinner in Kathmandu.
- Tips for Guide Porter & Driver (Tips are not mandatory but expected, and recommended)
- Any other services that is not mentioned in Inclusion section

What to bring

This list outlines the required things to bring during the trekking tours. There are various selections and brands that you can choose as per your interest. All required trekking equipments can be bought or even hired easily at a reasonable price in Kathmandu.

General

- 1) Down sleeping bag (you can borrow with us if required).
- 2) Duffel or Rucksack bag (you can borrow with us if required).
- 3) Daypack
- 4) Down Jacket (you can borrow with us if required).
- 5) Fleece liner (you can borrow with us if required).
- 6) Walking poles (Walking poles are optional but recommended, and you can borrow with us if required).
- 7) Water bottle with purification tablets.
- 8) Hand wash liquids.
- 9) Lip guard.
- 10) Sun-block cream.
- 11) Toiletry kit. Be sure to include toilet paper stored in a plastic bag, hand wipes, and liquid hand sanitizer, towel, soap, etc.

Upper Body - Head / Ears / Eyes

- 1) Cap and ears covering hat.
- 2) Glacier glasses
- 3) Head torch.
- 4) Earmuffs and neck warmer is another piece of gear for extra warmth (optional)

Hand

- 1) Hand gloves (One light pair and One warmer pair)

Body

- 2) T-shirts – few.
- 3) Light and weight thermal tops and warm thermal top.
- 4) Light jacket and vest.
- 5) Wind and rain jacket.
- 6) Shirts and warm shirts.

Lower Body – Legs

- 1) Long and short hiking pants.
- 2) Lightweight and warm long underwear.

- 3) Rain and windproof trousers and warm trekking trousers.

Feet

- 1) Thin and thick socks.
- 2) Trekking boots, light shoes, and sandal.
- 3) Trekking Gaiters.

Medicines and First Aid Kits

(Our guide will carry first aid kit bag during the trek. We still recommend you to bring your personal first aid kit as you feel it necessary).

- 1) Headache and fever medicine.
- 2) Ibuprofen for general aches and pains.
- 3) Burnt cream.
- 4) Immodium or Pepto Bismol capsules for upset stomach and diarrhea.
- 5) Diamox (commonly prescribed as Acetazolamide). Please discuss with us before starting to take this medicine.
- 6) Antibiotics.
- 7) Blister treatments such as moleskin, hand plants and-aids, some waterproof tape, anti-infection ointments, etc.

Miscellaneous

- 1) Passport and extra passport photos (2 copies).
- 2) Durable wallet/pouch for travel documents, money and passport.
- 3) Pocket knife.
- 4) Bandanas.
- 5) Favorite snack foods and energy bars
- 6) Paperback books, cards, mp3 player. Avoid players with moving hardware as it may not function. Remember, keep these items lightweights
- 7) Binoculars.
- 8) Camera.

All garments should be kept dry using waterproof stuff sacks or large puncture resistant plastic bags.