

7 DAYS ANNAPURNA BASE CAMP TREK



TRIP OVERVIEW

- + **Trip Accommodation** : Tea House Clean Bed with Separate Toilet and Bathroom During the Trip
- + **Group Size Minimum** : 02 Trekkers
- + **Maximum Height** : 4130m. Height
- + **Trip Duration** : 06 Night and 07 Days Annapurna Base Camp Trek
- + **Mode of Transport** : Both-way Tourist Bus Kathmandu to Kathmandu
- + **Trip Location** : North West Annapurna Region
- + **Trip Grade** : Moderate and Adventures
- + **Total Holidays in Nepal** : 08 Nights 09 Days Total holidays in Nepal
- + **Start/End Point** : Pokhara to Pokhara

ANNAPURNA BASE CAMP HIGH LIGHT TABLE

- ❖ [20 Years Experience Mountain Guide Trip Operate](#)
- ❖ [Professional Annapurna Base Camp Trek Agencies associate of Nepal](#)
- ❖ [The Google Satellite Annapurna Base Camp Map](#)

INTRODUCTION



The [7 days Annapurna Base Camp Trek](#) is counted among the most popular treks on the earth. Mt. Annapurna towers to 8091m and is regarded as the 10th highest peak in the world. The Annapurna region actually lies in the base of Mt. Annapurna in the north-central region in Nepal extending from the Kali Gandaki River in the west to the Marsyangdi Khola in the east. With its stunning scenery and hilly traditions, Annapurna Region has been a popular destination for trekkers from all over the world. This region offers unbelievable diverse setting, with huge captivating peaks like Dhaulagiri (8167m), Annapurna I (8091m), Manaslu (8156m), Machhapuchhre (6996m), Tukche peak (6920m), Nilgiri (6940m), Annapurna south (7219m), etc. as well as low land. Annapurna route also lets you encounter with unique Gurung culture.

This reviving [trek to Annapurna Base Camp](#) will let you walk through waterfalls, farmlands, villages, rhododendron forests along with stunning mountain vistas. The Annapurna Base Camp trek starts and finishes nearby Pokhara which is a peaceful spot to end after beginning or completing one of the memorable treks. Likewise, we will pass all along a diverse geographical as well as the cultural difference with wonderful ranges of wild lives and vegetation. The trail will let you alongside terraced rice fields, lush rhododendron woods, and high elevated landscapes, with the stunning views of Annapurna Range many times.

Being in the company of some of the top mountains of the world and the witnessing the glorious sunrise views over the snow-topped Himalayas with [Everest Trekking Routes](#) will be a really unique and memorable experience. We will tailor the itinerary as per your wish and your schedule. Do let us know if you are planning to go for Annapurna Base Camp Trek.

ITINERARY

DAY 01: ARRIVAL IN KATHMANDU AND TRANSFER TO HOTEL
DAY 02: KATHMANDU TO POKHARA BY TOURIST BUS 7 HOURS DRIVE
DAY 03: POKHARA TO NAYAPUL BY CAR/VAN THE TREK TO JHINU (1780M) 6 HOUR
DAY 04: TREK TO BAMBOO (2350M) 6 HOUR
DAY 05: TREK TO DEURALI (3200M) 6 HOUR
DAY 06: TREK TO ANNAPURNA BASE CAMP (ABC) (4130M) HOUR
DAY 07: TREK TO BAMBOO (2310M) 6 HOUR
DAY 08: TREK TO JHINU DANDA (NATURAL HOT SPRING) (1780M) 5 HOUR
DAY 09: TREK TO NAYAPUL- POKHARA (5-HOUR TREK THEN 1-HOUR DRIVE)
DAY 10: POKHARA TO KATHMANDU BY TOURIST BUS/7 HOURS
DAY 11: FINAL INTERNATIONAL DEPARTURE

DETAILS ITINERARY

DAY 01: ARRIVAL IN KATHMANDU (1,400M)

After arriving in Kathmandu, a delegate from Everest Trekking Routes will meet you at the airport and transfer you to your hotel. In the afternoon, you may take a rest or visit the Everest Trekking Routes office. In the evening there will be a welcome dinner given by Everest Trekking Routes where you will be served Nepalese food which will introduce you to the country's food culture.

DAY 02: KATHMANDU TO POKHARA BY TOURIST BUS 7 HOURS DRIVE

from the hotel to the tourist bus station take a 10-minute walk and catch a tourist bus. The All Tourist bus is a departure at 7:00 AM in the morning. And if you are going by

tourist bus to Pokhara, the drive will be about 6-7 hours on the Prithvi Highway. After reaching Pokhara you can explore the local places and their culture. It is an exciting and romantic drive that we can enjoy the beautiful scenic view of terraced rice field, eye-catching landscapes, and wonderful views of the mountain. The evening can be spent strolling around the beautiful lake area and we will spend one night in this beautiful Pokhara City.

DAY 03: POKHARA TO NAYAPUL BY CAR/VAN THE TREK TO JHINU (1780M) 6 HOUR

After breakfast, we drive to Nayapul by car or van and it takes one and half hour to get to Nayapul. This is 1050m far from Pokhara. During the time of trekking, we will pass through the beautiful Rhododendron forest and we will have our lunch on the way and take some rest then after we will move towards Jhunu. From Birethanti we have followed the beautiful water forest and rice field Gurung village between Nayapul to Jhunu, Then trek to Jhunu which takes almost 6 hours to reach Jhunu from Pokhara where we will stay overnight at lodge.

DAY 04: TREK TO BAMBOO (2350M) 6 HOUR

After breakfast, we trek to Bamboo crossing through the Gurung village. While climbing up. we can take the view of the mighty peak of Annapurna South, Hiunchuli and the Himchuli Peak above the village and the view of Machhapuchhre facing across the valley which is really impressive and the Chhomrong is highly populated by the Gurung people which are one of the major ethnic groups of Nepal. It's your great chance to experience the perfect hospitality of Gurung people which takes about 6 hours by walking to reach the Edge of Modi Khola into the Bamboo forest and we will stay overnight at lodge.

DAY 05: TREK TO DEURALI (3200M) 6 HOUR

We climb onto Deurali through the thick Rhododendron and Bamboo forest to reach Machhapuchhre Base Camp, this takes nearly 5 hours. After reaching MBC, the views of Mt.Hiunchuli, Annapurna South, Annapurna I, Annapurna III, Gangapurna and the Fishtail are really touchable. Annapurna I is the tenth highest peak in the world. We will pass through the lush forest of Rhododendron, pine, and oak. During the time of trekking, we will cross many beautiful villages, landscapes of this region. We will have our lunch on the way and take some rest then after we will move towards Deurali. It takes almost 6 hours to reach Deurali and spend one night in this village.

DAY 06: TREK TO ANNAPURNA BASE CAMP (ABC) (4130M) HOUR

The climb to Annapurna Base Camp takes under 4 hours. You descend a small ridge branching out from the mountain pass to mountainside with widespread terraced fields showcasing tranquil meadows and lush fertile farming land. The sanctuary boasts of a dynamic view without anything impending the 360 degrees panorama. We will have our

lunch on the way and take some rest and move towards our destination. After reaching Annapurna base camp we will explore all around the ABC and we will spend one night Annapurna Base Camp.

DAY 07: TREK TO BAMBOO (2310M) 6 HOUR

From the Annapurna base camp, we return our steps to Bamboo and today's trek is downhill, so it shouldn't be very difficult. During the time of trekking, we will pass through the beautiful Gurung village, the lush forest of rhododendron, pine, and oak and get the chance to see the wonderful views of the mountain. And by the way, we will have our lunch then after we will take some rest and we move towards Bamboo. After reach in Bamboo, first of all, we check out the hotel then after we will explore all around the Bamboo and return back to the hotel and we will stay overnight at Bamboo.

DAY 08: TREK TO JHINU DANDA (NATURAL HOT SPRING) (1780M) 5 HOUR

The trail then descends to JhinuDanda, where we will rest for the night. Today we will have an opportunity to enjoy the hot springs which is just a 15-20 minute downhill walk from JhinuDanda to soothe our aching bodies. The trail continues through rhododendron and bamboo field. The major attractions are the hot spring the tourist can take a dip in the hot water spring. You can also enjoy the views of the soaring the mountain from Jhinu Danda. It takes almost 5 hours to reach Jhinu Danda and we will explore all around the Jhinu Danda and come back to the hotel where we will spend one night.

DAY 09: TREK TO NAYAPUL- POKHARA (5-HOUR TREK THEN 1-HOUR DRIVE)

After breakfast, we trek to Nayapul via Birethanti takes about 4-5 hours. then we drive to Pokhara by private car or van, after reach in Pokhara city we will go to explore all around the Pokhara city which is also known as the city of the lake and we will stay one night in Pokhara.

DAY 10: POKHARA TO KATHMANDU BY TOURIST BUS/7 HOURS

In the morning time around 7:00 am we will drive towards Kathmandu valley. We get a chance to see the wonderful scenery of Nepal. After reach in Kathmandu valley, First of all, we will check out our hotel first then after we will explore all around the Thamel Bazaar and have a farewell dinner. And return back to the hotel, spend one night in the hotel.

DAY 11: FINAL INTERNATIONAL DEPARTURE

We will drop you at the International Airport from our vehicle for your departure and we will do bye hoping to see in the next time.

COST INCLUDES

- ✓ Airport / Hotel / Airport pick up and Drop by private car/van/bus.
- ✓ Kathmandu to Pokhara by Tourist bus
- ✓ Hotel In Kathmandu: 2 Nights standard accommodation in Katmandu include Breakfast.
- ✓ 2-night hotel in Pokhara includes Breakfast.
- ✓ You're Meal in During the Trekking as Your standard meals (3 times a day Breakfast, Lunch and Dinner with a cup of tea or Coffee).
- ✓ All Trekking Permit and Paperwork as Annapurna conservation entry permits (ACAP) and Trekkers' Information Management System (TIMS) Permit.
- ✓ Local Transportation.
- ✓ All accommodations in lodge/tea houses during the treks.
- ✓ Trekking Guide: An experienced, helpful, friendly and English speaking Trekking Guide. His well- paid salary, meals, accommodation insurance etc.
- ✓ Trekking Porter: porters (1 porter for 2 peoples). Salary, Food, Drinks, Accommodation, Transportation.
- ✓ After the Success Trip, Everest Trekking Routes will Provide Adventure Certificate.
- ✓ Arrangement of Emergency Helicopter service which will be paid by your Travel insurance company.
- ✓ Medical supplies (first aid kit will be available).
- ✓ All government taxes.
- ✓ Service charge.

COST EXCLUDES

- Meals in Kathmandu and Pokhara
- Deserts (cakes, bakes and pies)
- The additional size of Pots Hot Drinks
- Bottled drinks
- Boiled water
- Electronic device re-charge
- Hot shower
- On the trekking Wi-Fi
- Personal expenses any type
- Travel insurance and evacuation insurance
- Tipping for Guide and Porter

Manual Note :

According to actual plan extend the date on a trip above the custom Itinerary and take **private Car** or **Flight Kathmandu to Pokhara** and **Pokhara to Kathmandu** and also if you need luxury accommodation after your trip that cost will be additional. We cannot guarantee it if weather, road condition bad, and vehicle breakdown mountain acute sickness for trekkers. We will try to ensure that our official schedule trip runs, And if you have more extra days pre-plan then let us inform we assist by your requirement.

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