

ANNAPURNA BASE CAMP TREK



TRIP OVERVIEW

- ✦ Trip Accommodation : Tea House Clean Bed with Separate Toilet Bathroom
- ✦ Group Size Minimum : 02 Trekkers
- ✦ Maximum Height : 4130m. Height
- ✦ Trip Duration : 11 Nights 12 Days Annapurna Base Camp Trek
- ✦ Mode of Transport : Both-way Tourist Bus Kathmandu to Kathmandu
- ✦ Trip Location : North West Annapurna
- ✦ Trip Grade : Moderate and Adventure Trek
- ✦ Total Holidays in Nepal : 11 Nights 12 Days Total Holidays in Nepal
- ✦ Start/End Point : Kathmandu to Kathmandu

ANNAPURNA BASE CAMP HIGH LIGHT TABLE

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

INTRODUCTION



Standing of above 8000m, Annapurna is the 10th highest peak all over the world. It is located east of Kaligandaki, which separates it from MT. Dhaulagiri. The region Annapurna is famous for its trekking. Jomsom Muktinath, Annapurna Sanctuary and Annapurna Circuit are the trekking route here. Annapurna Sanctuary is also called [Annapurna Base Camp Trek](#). Annapurna base camp at 4130m starts its trek at Nayapul where one can easily go after having a short one and half hour drive from Pokhara. The trails compile with the marvelous and magnificent green forest along with typical beautiful villages. The Ghorepani (Poon Hill 3210m), Ghandruk village, Annapurna Base Camp (4130m) point and Jhinu-natural hot spring are the key attraction here. The trek will be more interesting with the green and red forest of Rhododendron. The presence of exotic Flora and Fauna has made nature quite interesting of the trekking spot. The glittering white Himalayan ranges will attract a normal mind easily. Similarly, the presence of a typical and indigenous culture of people has added smell in the beauty. Many people dreamt to be there once in life.

February, March, April, May, June, September, October, November and early December are regarded as the best season to have trekked over [Annapurna Base camp](#). Mainly, Gurung People has dominantly covered this area. We can have an exciting view of their lifestyle and culture while making our trekking. But Annapurna Base Camp is well known and popular because of the Himalayan range. A beauty seeker or a thirsty of beauty will be well satisfied by the mountains, hills, valleys, Georges, and the local culture on these trekking routes.

ITINERARY

DAY 01: ARRIVAL IN KATHMANDU TRANSFER TO HOTEL
DAY 02: KATHMANDU TO POKHARA BY TOURIST BUS 7 HOURS
DAY 03: POKHARA TO NAYAPUL BY CAR/VAN THE TREK TO ULLERI (1930M) 5HOURS
DAY 04: TREK TO GHOREPANI (2860M) 5/6 HOURS
DAY 05: CLIMB TO POON HILL (3210 M) AND TREK TO TADAPANI (2630M) 6 HOURS
DAY 06: TREK TO CHHOMRONG (2170M) 5 HOURS
DAY 07: TREK TO BAMBOO (23600M) 6 HOURS
DAY 08: TREK TO DEURALI (3200M) 6 HOURS
DAY 09: TREK TO ANNA PURNA BASE CAMP (ABC) (4130M) 5HOURS
DAY 10: TREK TO BAMBOO (2310M) 5 HOURS
DAY 11: TREK TO JHINUDANDA (NATURAL HOT SPRING) (1780M) 5 HOURS
DAY 12: TREK TO NAYAPUL- POKHARA (5HOUR TREK THEN 1-HOUR DRIVE)
DAY 13: POKHARA TO KATHMANDU BY TOURIST BUS
DAY 14: FINAL INTERNATIONAL DEPARTURE

DETAILS ITINERARY

DAY 01: ARRIVAL IN KATHMANDU (1,300M/4,264FT)

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 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

from the hotel to tourist bus park kantipath 10 minute walk and catch tourist bus and departure all same time at 700AM continue to drive 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 ULLERI (1930M) 5HOURS

Today is the first-day walking trek and in the morning we drive from Pokhara to Nayapul by car or van which takes one ½ hour to get to Nayapul. Trekking formally starts from here as you will walk for a couple of along the beautiful trail with Bamboo forests and water springs on the way. The trail continues through the villages and follows the north bank of the Bhurungdi Khola. This is 1050m from Pokhara. After driving to Nayapul then we start to walk and Lunch on the way then continue trek to Ulleri spend one night.

DAY 04: TREK TO GHOREPANI (2860M) 5/6 HOURS

Our trip starts after a hot breakfast at around 8:00 am. The trails continue across a stream through a suspension bridge from Ulleri. It is a bit demanding steep walk up of stone staircase to Ulleri. During the time of trekking, we will pass through the beautiful Gurung village, Landscapes, monasteries and get the chance to see the wonderful views of the mountain. We will have our Lunch on the way and take some rest then after we will move towards Ghorepani. We will pass through the Lush forest of Rhododendron, pine, and oak. It takes 5-6 hours to reach Ghorepani where we stay overnight.

DAY 05: CLIMB TO POON HILL (3210 M) AND TREK TO TADAPANI (2630M) 6 HOURS

Early in the morning time, we will climb to Poon Hill to see the awesome views of the mountain including Annapurna, Dhaulagiri, Annapurna South, Machhapuchhre, and others. The panoramic views of the sunrise over the Himalayas will take your breath away. After taking in the views of this panoramic scenery we return back to Ghorepani then after we will take our breakfast and move towards Tadapani. While

walking on this route, we get the chance to see the wonderful Gurung village, Landscapes, monasteries and get the chance to see the wonderful views of the mountain. And after Reach in Tadapani, we will explore all around the village and spend one night in this beautiful village.

DAY 06: TREK TO CHHOMRONG (2170M) 5 HOURS

In the morning we trek to Chhomrong crossing through the Gurung village. While climbing we can take in the view of the mighty peaks of Annapurna South, Hiunchuli and the Virgin Peak above the village and the view of Machhapuchhre facing the valley which is really impressive. Chhomrong is highly populated by the Gurung people who are one of the major ethnic groups of Nepal. It's a great chance to experience the perfect hospitality of Gurung people. We will have our lunch on the way then after taking some rest then after we will slowly move towards Chhomrong. It takes about 5 hours walking to reach the beautiful and peaceful village of Chhomrong.

DAY 07: TREK TO BAMBOO (23600M) 6 HOURS

After having breakfast in Chhomrong early in the morning then after our trek to the Bamboo will start. We pass through a beautiful forest to Kuldihar followed by an easy downhill walk to Bamboo. 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. It takes about 6 hours to reach Bamboo from Chhomrong and we will spend one night at the lodge of Bamboo.

DAY 08: TREK TO DEURALI (3200M) 6 HOURS

We climb to 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 09: TREK TO ANNAPURNA BASE CAMP (ABC) (4130M) 5HOURS

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. It takes 2½ hours to reach Annapurna base camp. After reaching Annapurna base camp we will explore all around the ABC and we will spend one night Annapurna Base Camp.

DAY 10: TREK TO BAMBOO (2310M) 5 HOURS

From the Annapurna base camp, we retrace 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 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 11: TREK TO JHINUDANDA (NATURAL HOT SPRING) (1780M) 5 HOURS

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

After breakfast, we trek to Nayapul via Birethantitaking about 4-5 hours. We then 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 13: POKHARA TO KATHMANDU

In the morning time around the 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 and spend one night in this village.

DAY 14: FINAL INTERNATIONAL DEPARTURE

We will drop you at the International Airport with our vehicle for your departure and we will see you off.

COST INCLUDES

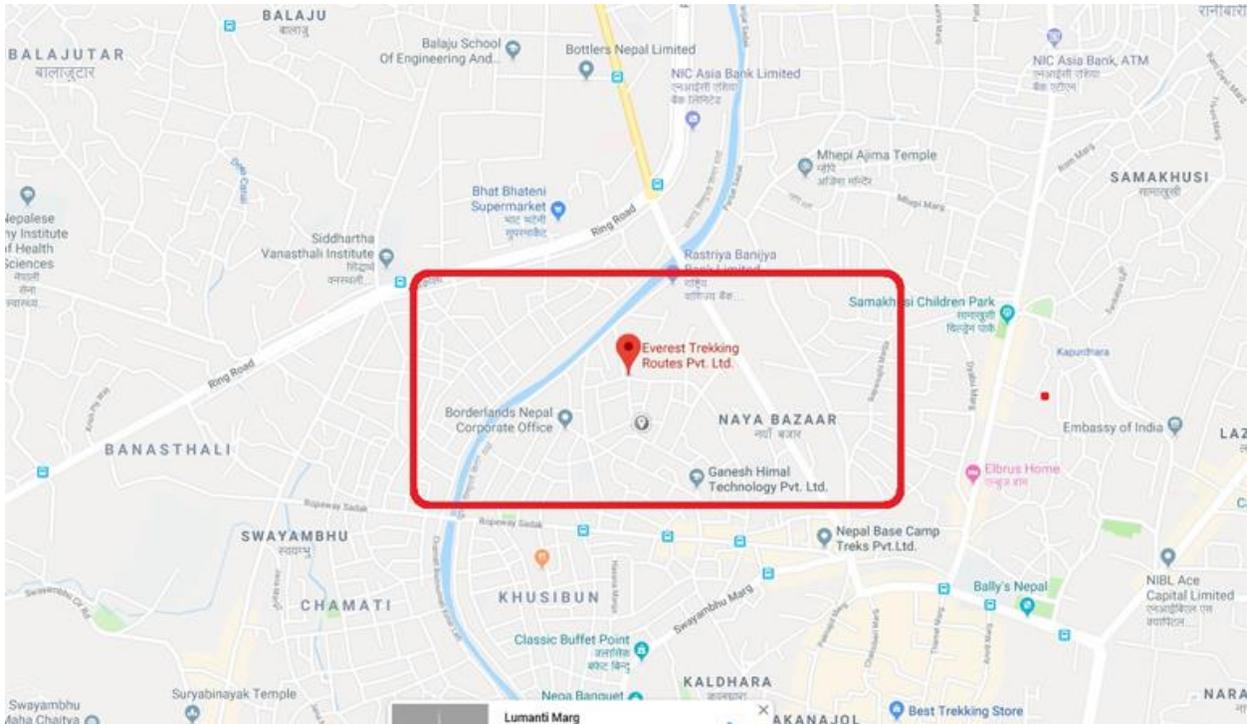
- ✓ Airport / Hotel / Airport pick up and Drop by private car/van/bus.
- ✓ Kathmandu to Pokhara by Tourist bus
- ✓ Hotel In Kathmandu: 2 Nights standard accommodation in Katmandu include Breakfast.
- ✓ 2-night hotel in Pokhara includes Breakfast.
- ✓ You're Meal in During the Trekking as Your standard 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 Sharing Jeep or Van.
- ✓ 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.



EVEREST TREKKING ROUTES

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