



# 07 Days ABC Trek Itinerary

## Outline Itinerary

**Day 01:** Drive to Nayapul and Trek to Ghandruk (1950m.) 1 hour drive and 4-5 hour trek.

**Day 02:** Trek to Sinuwa (2340m.) 5-6 hour

**Day 03:** Trek to Deurali (3230m.) 6-7 hour

**Day 04:** Trek to Annapurna Base Camp (4130m.) 6 - 7 hour

**Day 05:** Trek to Bamboo (2310m.) 6 hour

**Day 06:** Trek to Jhinu Danda Hot Spring (1780M) 7 - 9 hour

**Day 07:** Trek to Nayapul and Drive to Pokhara 5 - 7 hours

**Day 01:** Drive to Nayapul and Trek to Ghandruk (1950m.) 1 hour drive and 4-5 hour trek.

## Detail Itinerary

**Day 01:** Drive to Nayapul and Trek to Ghandruk (1950m.) 1 hour drive and 4-5 hour trek.

After breakfast, we drive to Nayapul by car or van and it takes one and half hours 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 Ghandruk. From Birethanti we have followed the beautiful water forest and rice flew Gurung village between Nayapul to Ghandruk, Then trek to Ghandruk which takes almost 4 hours to reach Ghandruk from Pokhara where we will stay overnight at lodge.

- Accommodation: Tea House Basisss
- Meals: Breakfast, Lunch & Lunch

### **Day 02: Trek to Sinuwa (2340m.) 5-6 hour**

After breakfast, we trek to the Chhomrong 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 Chhomorong 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 it takes about 6-7 hours of walking to reach the Edge of Kumrong Khola and Stay Overnight at Lodge.

- Accommodation: Tea House Basis
- Meals: Breakfast, Lunch & Lunch

### **Day 03: Trek to Deurali (3230m.) 6-7 hour**

We climb on Deurali through the thick Rhododendron and Bamboo forest to reach Deurali, this takes nearly 5-6 hours. After reaching Deurali, 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 Rhododendrons, pine, and oak. During the time trekking, we will cross many beautiful tea Houses, and 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.

- Accommodation: Tea House
- Meals: Breakfast, Lunch & Lunch

### **Day 04: Trek to Annapurna Base Camp (4130m.) 5-6 hour**

After breakfast and climb to Machhapuchre Base Camp takes under 3 hours. take a lunch break and another 2 hour Climb up to Annapurna Base Camp. You descend a small ridge branching out from the mountain pass to the mountainside with widespread terraced fields showcasing tranquil meadows and lush fertile farming land. The sanctuary boasts of a dynamic view without anything impeding the 360-degree 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 at Annapurna Base Camp.

- Accommodation: Tea House
- Meals: Breakfast, Lunch & Lunch

### **Day 05: 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 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.

- Accommodation: Tea House

- Meals: Breakfast, Lunch & Lunch

### **Day 06: Trek to Jhunu Danda 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 are 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 mountain from Jhinu Danda. It takes almost 5 hours to reach Jhinu Danda and we will explore all around Jhinu Danda and come back to the hotel where we will spend one night.

- Accommodation: Tea House
- Meals: Breakfast, Lunch & Lunch

### **Day 07: Trek to Nayapul and Drive to Pokhara 5 hours**

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

- Meals: Breakfast & Lunch

### **Cost Details**

#### **Cost Includes**

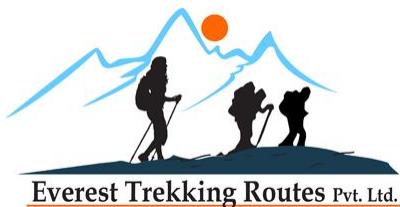
1. Pokhara to Nayapul and Back to Pokhara by Private Car or Van
2. Your Meal During the Trekking as Your standard meals (3 times a day Breakfast, Lunch, and Dinner with a cup of tea or Coffee).
3. All Trekking Permit and Paperwork as Annapurna conservation entry permits (ACAP) and Trekkers' Information Management System (TIMS) Permit.
4. 6-night Lodge Accommodation/tea houses during the treks.
5. **Trekking Guide:** Government License holder Trekking An experienced, helpful, friendly, and English-speaking. His well-paid salary, meals, accommodation insurance, etc.
6. **Trekking porter** (one porter for two members) **No Porter for Solo Trekkers**
7. After the successful trip, Everest Trekking Routes will Provide an Adventure Certificate.
8. Arrangement of Emergency Helicopter service which will be paid for by your Travel insurance company.
9. All government taxes and Services are charged.

#### **Cost Excludes**

1. All Meals & Hotel in Kathmandu and Pokhara (**If you need we arrange you**)
2. Kathmandu Pokhara and Return to Kathmandu transportation (**If you need we arrange for you**)
3. Internal & Domestic Flight fare
4. Personal Expenses (Hot Shower, bar bills, beer, coke, a bottle of water, hot water, phone call, laundry service, Helicopter rescue, Electronic device recharge such as Mobile, Camera, etc.)
5. Tips for guide, porters, and driver.

If you are satisfied with the trip details, itinerary, and cost, we would be happy to proceed with the booking process.

### Rabin Gurung



### Everest Trekking Routes Pvt. Ltd.

Mobile: [+977-9843467921](tel:+9779843467921) (**Rabin Gurung**)

Mobile: [+977-9851167285](tel:+9779851167285) (**Maitaram Gurung**)

Timila Marg, Kathmandu 44600 Nepal

Email: [info@everesttrekkingroutes.com](mailto:info@everesttrekkingroutes.com)

Email: [everesttrekkingroutes@gmail.com](mailto:everesttrekkingroutes@gmail.com)

URL:- [www.everesttrekkingroutes.com](http://www.everesttrekkingroutes.com)

URL:- [www.adventuremountainguide.net](http://www.adventuremountainguide.net)

**Customer Feedback on:** [https://www.tripadvisor.com/Attraction\\_Review-g293890-d12862118-Reviews-Everest\\_Trekking\\_Routes\\_Pvt\\_Ltd-Kathmandu\\_Kathmandu\\_Valley\\_Bagmati\\_Zone\\_Central\\_.html](https://www.tripadvisor.com/Attraction_Review-g293890-d12862118-Reviews-Everest_Trekking_Routes_Pvt_Ltd-Kathmandu_Kathmandu_Valley_Bagmati_Zone_Central_.html)