

Annapurna Base Camp Trek



TRIP FACTS

Picturesque landscape, superb Mountain View, ethnic group, Rhodendron flower (March/April), 180 degree mountain views from Poon Hill & 360 degree mountain views from Annapurna Base Camp including 2 eight thousander mountain..

Trip duration:	9 Days
Maximum altitude:	4130m
Grade:	Moderate to fairly challenging
Starts in:	Pokhara
Ends in:	Pokhara
Accommodation:	Tea House (lodge)
Transportation:	Car/Van
Trek itinerary	Flexible (you can adjust with your convenient, guide is flexible)

Day 01 Pokhara to Nayapul drive and trek to Tirkhedhunga

Altitude: 1577m

Trek Length: 4 HOURS

Meal: Lunch, Dinner

After your Energetic Breakfast, at around 8:00am your guide will meet you at the hotel premises. You will be transferred to Nayapul via Office transport. Nayapul is 1.5 hours' drive from pokhara, the drive covers the distance of 43kms. After Reaching Nayapul you will begin your trek towards Tirkhedhunga. The Trek Begins with 15 mins walk towards the village Of Birethanti Then walking across the Banks of Modi Khola, Then a short Ascending Trek to The village of Tikhedhunga. The guide will take you to your Tea House Accommodation for overnight stay in Tirkhedhunga. Today's trek is a slight Preparation for the upcoming trek.

Day 02 Trek to Ghorepani

Altitude: 2855M

Trek Length: 6 HOURS

Meal: Breakfast, Lunch, Dinner

The trek starts with the uphill climb through the village of Ulleri, the path rises more gently from this point, over the forests of oak and rhododendrons, towards Banthanti as we hike towards Nangethanti. Finally reaching the village of Ghorepani standing at 2840m. Overnight at a guesthouse.

Day 03 Trek to Poon Hill for Sunrise then to Tadapani

Altitude: 3210M/2840M

Trek Length: 7 HOURS

Meal: Breakfast, Lunch, Dinner

We wake up at 4:30 am early morning and start an hour hiking to Poon Hill at an altitude of 3,210 m, a view point that treats you with a 180 degrees Mountain View. We return to Ghorepani for Breakfast after spending an hour in Poonhill. Then we make a climb along ridges, and through pine and rhododendron forests. After that, we go downhill to the Banthanti, then off to Tadapani.

Day 04 Trek to Chumrung

Altitude: 2140m

Trek Length: 5 HOURS

Meal: Breakfast, Lunch, Dinner

Starting the day with steep downhill through the rhododendron forest. Today trek will be an easy downhill climb towards the village of Chumrong which concludes the 5 hours walk.

Day 05 Trek to Himalaya

Altitude: 3000M

Trek Length: 6 HOURS

Meal: Breakfast, Lunch, Dinner

Now the real quest of the trek Begins as we Leave Chumrung and climbing to Khuldighar. We continue our ways across steeply down a rock bank and Walking through the bottom of the gorge. We end our 6 hours trek as we reach Himalaya Hotel.

Day 06 Himalaya to Annapurna Base Camp via Machhapuchre Base Camp (3700m)

Altitude: 4130M

Trek Length: 7 HOURS

Meal: Breakfast, Lunch, Dinner

The quest for the base camp is at its final day, we trek across Hinko Cave, Deurali and then Machapuchare Base Camp. The overwhelming view on the trail is surely a lifetime experience. The trek ends at the Base of Majestic Annapurna Base Camp as the rigorous 7 Hours Trek finally comes to end. Overnight at Annapurna Base Camp.

Day 07 Excursion to Annapurna Base Camp meters and Back to Bamboo

Altitude: 2340M

Trek Length: 6 HOURS

Meal: Breakfast, Lunch, Dinner

After the successful basecamp Trek we return back by the same path towards Bamboo. The trek passes through Rhododendron and Bamboo Forests as it finally leads to the Village of Bamboo after 6 hours of downhill trek. Overnight in Bamboo.

Day 08 Trek to Jhino (hotspring)

Altitude: 1775M

Trek Length: 6 HOURS

Meal: Breakfast, Lunch, Dinner

We follow the same path and continue our downhill descend towards the village of Jhino. The trail continues through rhododendron and bamboo forests. The trail descends very steeply to the Jhino, Jhino is also the home to Natural hot spring where you can take a bath to refresh yourself up after tough 5 hours trek. Overnight at Jhino.

Day 09 Jhino to Nayapul trek; 6 hrs and drive to Pokhara

Altitude: 827M

Trek Length: 5 HOURS

Meal: Breakfast, Lunch, Dinner

The last day of trek we walk through the banks of Modi Khola and going through Birethanti finally reaching Nayapul. Then an hour drive will take us back to Pokhara.

(NOTE: Since this information is a standard representation of what we provide, the above trip schedule can be customized as per your request and requirements.)

Cost Includes

- International and Domestic airport pickup service and drop service
- Trekking land transport as per mention in the itinerary
- Trekking conservation permit
- Trekking Register Certificate
- Equipped and insured trekking porter (one porter in between 2 person)
- Experienced and first aid trained license holder trekking guide
- Tea House accommodation during the trek in double occupancy
- All meals during the trek (B=breakfast, L=Lunch, D= Dinner)
- Sleeping bag (only if require)
- Government taxes and service charges

Cost Excludes

- Drinks and Bar Bill (beverage/all kind of drink) in the tea house trek
- Helicopter evacuation/rescue in case of emergency
- Personal insurance
- Personal use trekking equipment
- Hotel in Kathmandu and Nagarkot
- Tipping to guide and porter

EQUIPMENT LIST

- ✓ Long Pants / Shorts
- ✓ Thermal tops/leggings
- ✓ Jerseys
- ✓ Jacket – water, wind proof – warm (down or fibre fill)
- ✓ Tramping Boots
- ✓ T-shirts, underwear.
- ✓ Trackpants – warm comfortable clothing for night
- ✓ Gloves – warm, wool
- ✓ Light shoes for night –sneakers or slippers/ug boots, etc
- ✓ Towel and personal toiletries
- ✓ Sleeping bag, warm to -20 degrees(down or fibrefill – or rent one in Kathmandu)
- ✓ Duffel bag (canvas or nylon, without a frame - for porters to carry); can get the one from Trekking Team office
- ✓ Daypack (small, waterproof, for you to carry)
- ✓ Water bottle 1 litre (can purchase in Kathmandu)
- ✓ Headlamp or flashlight

USEFUL INFO

General Trekking temperature in Spring season; trekking in Autumn is more cold

800- 2000m:

Day: 26 degree Celsius

Night: 8 degree Celsius

2000-3000m:

Day: 24 degree Celsius

Night: 4 degree Celsius

3000-4000m:

Day: 20 degree Celsius

Night: minus 4 degree Celsius

Annapurna Base Camp:

Day: 19 degree Celsius

Night: minus 8 degree Celsius

Trekking Guide we provide: English speaking trekking guide, equipped and insured, flexible during the trek, sense of humour and friendly.

Porter we provide (*if needed): Experienced for high altitude trek, equipped and insured, sense of humour and friendly.

General minimum Tips for Guide and Porter (tipping in Nepal are not obligatory but always trekking staff they hope from you to have tips at the end of the trek and they always do their best make the memorable holiday in Nepal).

Important note: Travel insurance is mandatory for each member of your group and must include cover of trekking or high alpine insurance, up to 5000m, including helicopter rescue.

Annapurna Base Camp is not real adventure trek ; but we never know anyone can have health problem anywhere. So, I would like to request you come with good insurance which will even cover helicopter evacuation; I am sure you will not needed helicopter evacuation but just for in case.

Meals that serve in mostly lodge/tea house: Nepali, Indian, Chinese, Italian foods are available in the trekking meal; and you can order meal with looking into meal menu. Be vegetarian is best choice during the trek; meat item may not be good enough hygiene for your stomach. Mountains made food are just simple; do not expect high about the meal during the trek.

Electricity facilities in trekking lodge: Mostly place they have hidro power line but some place you will have solar power system. You will have battery charging facilities in mostly tea house; for these facilities you may need to pay some money (cost about USD 1 for 1 hour charge).

Annapurna Base Camp trek; Room in Tea house: You will have mountain hut (tea house accommodation). In this trek you cannot expect high room quality. Mostly time you will have common bath room. At higher elevation trekking lodge rooms are limited. Lodge also offer solar hot water or gas hot water for the shower; service for extra payment.