

Annapurna Base Camp Trek

Annapurna base camp trek is one of the most famous treks in Nepal. The Annapurna Base Camp (ABC) trekking route is also known as the Annapurna Sanctuary Trek. The ABC is surrounded by a ring of mountains known as the Annapurna Range (most peaks are 7000m+). The entrance of the Annapurna Sanctuary is through a gorge made by the Modi Khola river, between Hiunchuli and Machapuchare. We begin the ABC Trek from Pokhara to Nayapul by car. We hike to the Birethanti village (1000m) alongside the Modi. From 'Poon Hill' we see the beautiful 'fishtail' of Gangapurna (7454m), Annapurna 1 (8091m), and Annapurna South (7273m). Trekking through oak forest we pass many valleys running into the Modi Khola, and climb a stone 'staircase' to the Gurung village of Chomrong (2060m) (the Gurung are an ethnic group that migrated from Mongolia around 600 AD). We trek past Hinku cave and reach the 'gate' into the Sanctuary; a pass between the spectacular peaks of Hiunchuli and Machapuchare.

Itinerary

Day 01 Arrive Kathmandu. After you arrive at Kathmandu airport please check our company board outside the main gate. Our airport representative will meet you and take you to your hotel by car. We will help you check-in and settle your gear, and then it's off to our office for a short briefing about the trip. Overnight at the hotel.

Day 02: Sightseeing, Swayambhunath, Kathmandu and Patan. After breakfast a tour guide will take you for a full day of sightseeing to famous cultural spots such as Swayambhunath (The Monkey Temple), Kathmandu's Durbar Square and Patan (a UNESCO World Heritage Site). Overnight at the hotel in Kathmandu.

Day 03: Drive to Pokhara (820m). Our staff will arrive at your hotel at 6:30 am to pick you up. The tourist bus to Pokhara normally leaves at 7:00 am and the journey is apx. 7hrs. (or choose a 40 min. flight w/surcharge). You can have breakfast at the hotel (request 'early breakfast' the night before) or request the front desk to pack a breakfast for you to eat on the bus. The bus will stop for lunch so you may try some Nepalese food (Dal Bhat). We arrive at Pokhara in the afternoon, check-in at the

hotel and refresh. Pokhara is beside a lake (Phewa) in a beautiful valley with panoramic views of Annapurna, Machapuchare (north), Dhaulagiri (west), Lamjung Himal and Manaslu (east). Pokhara is very popular yet much smaller than Kathmandu. It is the perfect starting point for our trek. Overnight at hotel in Pokhara.

Day 04: Drive to Nayapul then trek to Tikhedhunga. We begin our trek at Nayapul after a 1 hour drive from Pokhara by car. After a 30 minute hike along the Modi Khola we reach Birethanti, a village with many teahouses and little shops. The trail continues through the village and follows the north bank of the Bhurungdi Khola. We will climb up the side of the valley to Hille (1495m) and then another short climb to Tikhedhunga (1570m). Today's trek is a short and easy day, allowing you to become familiar with the experience of trekking in Nepal. Overnight at a teahouse.

Day 05: Trek to Ghorepani (2855m) From Tikhedhunga, we begin our journey with a steep climb to Ulleri. Ulleri is a large Magar (ethnic group) village (2080m). Here we ascend more gently, through fine forests of oak and rhododendrons towards Banthanti (2250m). We trek on to Nangethanti (2460m) and after another hour we arrive at Ghorepani (2855m). Overnight at teahouse.

Day 06: Hike up to Poon Hill (3210m) and next, Tadapani (2610m). Today we begin early with a 1 hour hike to Poon Hill (3210m), a brilliant spectacle. From Poon Hill we have an unobstructed view of the sunrise over the Himalayas (Dhaulagiri, Tukucho Peak, Dhampus Peak, Nilgiri, Annapurna South, Hiunchuli Peak, Machapuchare, and Lamjung Himal). After enjoying the views we return to Ghorepani for breakfast at the teahouse; then depart Ghorepani to head for Tadapani (2610m). We climb along ridges of pine and rhododendron to Deurali (2960m), and then descend to Banthanti and finally Tadapani. Overnight at a teahouse here.

Day 07: Trek to Chomrong (2170m). Today we begin our trek with a steep downhill through rhododendron forests and then the trail eases as we reach Gurung (another Gurung ethnic village). Finally, an easy walk to Chomrong (2170m).

Overnight at a teahouse.

Day 08: Trek to Dovan (2600m). Today the trail drops down to the Chomrong Khola and then we climb to Khuldighar (2380m). There is a clearing in the forest here and then the route travels down a steep rock bank which levels out. We will pass through thickets of bamboo at the bottom of the gorge; remaining on the west side of the river. Overnight at a teahouse in Dovan.

Day 09: Trek to Machapuchare Base camp (3700m). From Dovan we trek 2 hrs. up a steep winding bank of rock that levels out through thickets of bamboo. We will come upon a small shrine at Panchen Barah and from here climb to 'Himalaya Hotel' (apx. 1 hr.). The trail is rocky at first and then up a steep ravine to Hinko (2,960m.). The trail crosses a major avalanche track (no worries!) just beyond Hinko. Thirty (30) mins. beyond Hinko we reach Deurali (3,000m.) as the trail enters 'the Sanctuary'. We cross 2 more 'avalanche tracks' as we trek alongside the cliffs. Now we descend to meet the Modi Khola and follow the river to Bagar. From Bagar we climb across a moraine and stream and continue climbing to the Machapuchare Base Camp (3700m.). Here the panoramic views of Hiunchuli, Annapurna I, Annapurna III, Gangapurna and Machapuchare are breathtaking. Overnight at a teahouse.

Day 10: Trek to Annapurna Base Camp (4130m). On the way to ABC from Machapuchare Base Camp (MBC) we reach the tree line and vegetation disappears. We will see snow boulders melting and forming small streams. The path is wide as we enter 'the Sanctuary'. We follow a stream, and pass a few huts climbing alongside the moraine. There are sensational views of the near-vertical south face of Annapurna towering above 'the Sanctuary'. ABC Sanctuary boasts a panoramic view of 360 degrees! Almost hypnotic views of Machapuchare, Annapurna South, Annapurna I and Hiunchuli surround you. We will overnight here at a teahouse. Please let me remind you that 'we' are now in a very special place. Namaste.

Day 11: Trek to Bamboo (2310m). This morning, a sunrise over the Himalayas from The Annapurna Base Camp is waiting for you. After breakfast we begin our descent from ABC to Bamboo through MBC, Deurali, Himalayan Hotel, Dovan and

finally Bamboo (2310m). Waterfalls drop down from high points to the rocks below. We trek through the forested areas again with great views of Fishtail and Hiunchuli. Overnight in Bamboo.

Day 12: Trek to Jhinu Danda (1780m) Hot Spring. From Bamboo we make a steep ascent to the Kuldi Ghar and then to Sinuwa following the stone steps that lead to Lower Chomrong. We continue our brief ascent on the ‘Thousand Stony Steps’ which lead to Upper Chomrong. From Chomrong we descend to Jhinu Danda. Here you can enjoy hot springs in just a 15mins. walk from Jhinu Danda (you may need it!). Overnight at a teahouse in Jhinu Danda.

Day 13: Trek to Pothana (1900m). The first part of the day is a descent and then flatland until you reach Himal Pani, where there is a beautiful waterfall. Beyond Himal Pani the trail rises gently across many streams and terraces. Soon you will be at Landruk village (1545m), a fairly big village inhabited by an ethnic mix of Gurung, Magar and Brahmin people. Gently ascending we come to Tolka (1700m.) and continue on to Bherikharka. Now, a brief up-trek to Deurali (2100m.) to view the famous panorama. We will now descend to Pothana (ethnic Gurung population) through oak forests. Pothana is a charming small ‘town’. Overnight at a teahouse.

Day 14: Trek to Dhampus Phedi and drive to Pokhara (820m). Trek from Pothana to Dhampus Phedi (3hrs.). The trail gently descends to Dhampus then steeply descends to Dhampus Phedi. Now your private transportation will drive from Dhampus Phedi to Pokhara (apx. 35 mins.). Overnight at a hotel in Pokhara.

Day 15: Drive to Kathmandu by tourist bus (unless you chose air transport). 7hr. drive time from Pokhara to Kathmandu through Damauli, Dumre, Muglin and Kurintar (where Nepal's first cable car is operated to reach to Manakamana Temple). Along the way you can enjoy mountain views, green pastures and rice terraces; watching people engaged in Nepalese daily life. From Naubise you can stop and climb up to Thankot, a capital city of the Bagmati Zone (in case you haven’t had enough climbing!). Remember you can also fly from Pokhara to Kathmandu with surcharge. Overnight at a hotel in Kathmandu.

Day 16: Sightseeing to Boudhanath, Pashupatinath and Bhaktapur. After breakfast a tour guide will take you for a full day of sightseeing to historical places including Boudhanath, one of the largest (Buddhist) Stupas in the world, Pashupatinath temple (Hindu) and Bhaktapur Durbar Square. Bhaktapur is an ancient Newar (ethnic Newa people) city. Then drive back to the hotel in Kathmandu.

Day 17: Leisure day in Kathmandu. Today, you can choose an early morning mountain flight to Mt. Everest (apx.1 hr.) then back to the hotel for breakfast. You can also simply relax and go shopping in Kathmandu. Choose your own activities or consult with us to arrange something for you.

Note #1: Please decide on which day you would like the group to have the celebratory dinner (**Day 16** or **Day 17**). We realize not all people in the group may be on the same flights.

Day 18: Depart Kathmandu

After breakfast, departure to Kathmandu Airport (KTM) to board your flight to your next destination.

Note #2: Above itinerary includes FB (Full Board) which is Accommodations, Breakfasts, Lunches and Dinners while on trek. BB (Bed and Breakfast while in Kathmandu).

Special note:

Above itinerary can be designed according to your preferences. Please let us know whether you would like to make it a shorter or longer trek. Also, if you would like to stay more than 18 days, we offer city guided tours of Kathmandu, white water rafting, jungle safaris or Everest mountain flights.

Brief Package Highlights:

In this package, we have included 4 nights hotel in Kathmandu at 3 star hotels on BB plan, meals and accommodations during trekking, farewell dinner in Kathmandu, tourist bus to Pokhara and all ground transportation by private car, an

experienced guide and porter and all of the government taxes and necessary permits.

Included in the cost:

- Airport transfers (round-trip)
- 4 nights' accommodation in Kathmandu on BB plan.
- Meals (Breakfast, lunch and dinner) during trekking.
- Farewell dinner in Kathmandu.
- Fresh fruits during trekking.
- Double occupancy rate.
- Annapurna Trekking Map.
- Tourist bus to Pokhara
- Experienced Government licensed holder guide.
- Travel & Rescue arrangements.
- Porter / Sherpa who will carry your bags during the trekking.
- Food, accommodation, insurance, salary, equipment, transportation, local taxes for guide and porter.
- Group medical supplies (i.e. first aid provisions).
- All necessary paper work and national park permits.
- TIMS (Trekking Information Management System).
- All government taxes and tourist service charges.

Services excluded in the cost:

Meals and drinks while in Kathmandu.

Your personal travel insurance.

Nepal entry visa fee.

Tips for trekking staff and drivers (tipping is expected but it is not mandatory).

Personal shopping and laundry.

Personal extra trekking equipment (i.e. custom poles).

For your information, you must stay two nights in Kathmandu before and after the trek. That is why we have included them. They are 3 star hotels. You may upgrade your accommodations for a surcharge.

For the current pricing, please use the contact form.