

Annapurna Base Camp Trek



Trip Grade: Easy
Duration: 13 Nights/14 Days
Max. Altitude: 4130m

Destination: Nepal
Region: Annapurna
Activity: Trekking & Hiking
Theme: Lodge & Tea House

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Overview

Mount Annapurna (8091m) is the 10th highest mountain in the world. Mount Annapurna region is situated in Annapurna Conservation Area (ACAP). Annapurna region is world's famous trekking destination where thousands of trekkers trek there every year. Trekking Experts has designed this Annapurna Base Camp Trek to bring you to the base camp of world's tenth highest mountain Annapurna.

Annapurna Base Camp Trek is one of the most scenic treks in Annapurna region. This trip has gained its popularity by sheer combination of beautiful landscapes, hospitality and rich culture of the local community. The trail passes through waterfalls, villages, farmlands, rhododendron forests, and snow-capped mountains. The trek starts from Pokhara, widely known as the 'City of Lakes' in Nepal which was long time back use to be the gateway for most of the trekking trail in the Annapurna Region. This trek allows you to see the Base Camp of the mighty peaks of Annapurna I (8091m), Annapurna South (7219 m), Machapuchare (6993 m) and Hiunchuli (6441 m) with gradual ascend avoiding altitude sickness. The trail follows many passes through cascading waterfalls, beautiful villages, terraced farmlands, lush rhododendron forests, and amazing mountain vistas before reaching the base of the mighty Annapurna.

Highlights

- ✓ The beautiful Lake City, Pokhara
- ✓ Panoramic views of mountains along the Annapurna region
- ✓ Within a short period, you will be close to the base of 7000 & 8000m High Peaks
- ✓ Breathtaking sunrise view over the Annapurna range including other 7000m Peaks

- ✓ Breathtaking view of the mountains and sunrise from Poon Hill

- ✓ Typical Gurung village along the trekking route
- ✓ Bath in natural hot spring at Jhinu Danda

Trip Itinerary

Day 01: Kathmandu (alt. 1310m)

Upon your arrival at the Tribhuvan airport Trekking Experts representative welcomes you and assists to transfer in your hotel in Kathmandu. Upon arrival at hotel, our tour manager will brief you about trekking information and other necessary information. And then you'll free time to explore Kathmandu. Dinner will be booked at the hotel.

Accommodation: Three Star Hotel

Meals: N/A

Walking Hours: N/A

Altitude: 1310m

Day 02: Kathmandu (1310m) - Pokhara (alt. 820m)

After an early breakfast at hotel, our trekking guide will pick you from hotel and drive towards Pokhara by a private air-conditioned vehicle. On your way, you can see the picturesque Trishuli and Marsyangdi rivers along green and Rocky Mountains, rivers connecting each other and small springs too. It will take about six hours drive to reach Pokhara. You'll stop on the way for lunch. Upon arrival in Pokhara, you'll be checked-in at hotel and you'll free time to relax at hotel or explore around Pokhara. Pokhara is a beautiful valley set on the banks of the Phewa and Begnas Lake, also known for its panoramic views of Annapurna (8,091m), Machapuchare (6,993m) in the north, Dhaulagiri (8,169m) in the west, Manaslu (8,156m) and Lamjung Himal (6,983) in the east. Pokhara is one of the most popular tourist's paradises with many facilities for travelers.

Accommodation: Three Star Hotel

Meals: Breakfast

Walking Hours: N/A

Altitude: 820m

Day 03: Pokhara-Ulleri (alt. 2020m)

After early breakfast at Pokhara, you'll continue your journey with a short drive through beautiful landscape on the way to Nayapul/Birethanti. Upon arrival at Nayapul, our porters will pack up your baggage and will start your today's walking journey. First of all you'll the bridge and register your trekking permits there at TIMS counter and ACAP counter. Trekking route to Ulleri follows pleasantly through fertile jungle and terraced fields along a rushing river. This route is important trekking route that runs from Pokhara towards the Annapurna and Machhapuchhre base camps and further towards the town of Jomsom, then you'll follow the trail through the north bank of the Bhurungdi Khola, steadily up the side of the valley to Hille (1495m) and after a short climb, you'll reach Tikhedhunga (1570m). And then you'll walk steep up to Ulleri (2020 meters), a large beautiful Magar village.

Accommodation: Lodge

Meals: Breakfast/Lunch/Dinner

Walking Hours: 3-4 Hours Walk

Altitude: 2020 meters

Day 04: Ulleri – Ghorepani (alt. 2860m)

After breakfast at lodge, today you'll head towards a steep ascent. You can view spectacular views of the snowy peaks of the Annapurnas, Machhapuchhare and Hiunchuli. Then you'll ascend more gently through rhododendron forest where you can see wild animals like monkeys and along the way we can also see springs and rivers making the land seem like paradise towards Nanghethani (2460m). After an hour more walking you'll reach Ghorepani, a spectacular settlement located on a ridgeline. From Ghorepani, you can enjoy the views of the mountain ranges and local settlements. You can see panoramic views of Annapurna, Dhaulagiri I, II, III, IV, V, Tukucho, Dhampus, Nilgiri, Annapurna South, Barah Sikhar, Machhapuchhre (commonly known as Fishtail) and many more peaks from Ghorepani.

Accommodation: Lodge

Meals: Breakfast/Lunch/Dinner

Walking Hours: 3-4 Hours Walk

Altitude: 2860 meters

Day 05: Ghorepani- Tadapani (alt. 2630m)

If you're sunrise lover today is your day, today you can wake up early and start early walk to Poonhill to views astonishing sunrise views from Poonhill situated at 3210 meter above from sea level. From Poonhill, you can see majestic views of snow-capped mountains, green hills and valleys around there. You can have panorama views of mountains such as Dhaulagiri, Nilgiri, Annapurnas and other mountains from here. After

enjoying the views, you'll return to your lodge for breakfast, and then follow a pleasant forest trail through rhododendron and oak groves to Deurali (2960 m), then you'll descend to Bandhani and finally to Tadapani another beautiful village with great views of the peaks. As you can assume today will be the day of glancing mountains and hills to make memories for life.

Accommodation: Lodge

Meals: Breakfast/Lunch/Dinner

Walking Hours: 4/5 Hours Walk

Altitude: 2630 meters

Day 06: Tadapani- Chomrong (alt. 2170m)

After breakfast at lodge, today you'll trek to Chomrong; another beautiful village in the lap of mighty Annapurna. From Tadapani, you can enjoy the views of mountains while sunrises. From Tadapani, you'll hike through Ghandruk and a steep descent to Kimron River, and up to Chhomrong, on your way; you will see the great view of Annapurna South and Fishtail. Chomrong is a beautiful village in the Annapurna area of Nepal and a popular overnight stop for those walking the Annapurna sanctuary trek or base camp trek. The village is spread over a hillside that has stunning views of the Annapurnas and Machapuchare.

Accommodation: Lodge

Meals: Breakfast/Lunch/Dinner

Walking Hours: 5/6 Hours Walk

Altitude: 2170 meters

Day 07: Chomrong - Himalaya (alt. 2920 m)

Today's trek is a bit longer than previous days. After breakfast at lodge, you'll make your way down through the spread out, picturesque village as you follow the trail down to Chomrong Khola, through the picturesque village and climb to the valley of the Modi River. You'll follow the trail through a clearing in the forest then through the lush jungle with rhododendron, dense bamboo and oaks. You'll pass a trailside canyon and eventually you make it to your evening's destination.

Accommodation: Lodge

Meals: Breakfast/Lunch/Dinner

Walking Hours: 6/7 Hours Walk

Altitude: 2920 meters

Day 08: Himalaya- Annapurna Base Camp (alt. 4130 m)

After breakfast at lodge, you'll trek to Annapurna Base Camp today. Annapurna Base Camp is your last destination for this trip. From Himalaya you'll follow a route through the narrow gorge along the Modi Khola glacier valley, you'll pass a large overhanging rock known as Hinku Cave and the lodges of Deurali before making it to the entryway of the 'sanctuary' which ultimately takes you to Annapurna base camp. You will be close to the Annapurna glaciers. On your way, you'll pass by Machhapuchhre Base Camp which offers you the stunning panoramic view of surrounding mountains. From Annapurna base camp you'll get a 360 degree view from Hiunchuli, Annapurna South to Annapurna I (8091m) and Khangsar Kang, Gangapurna, Annapurna III and Machhapuchhare. Today is also mountain scenery day, you'll see plenty of other mountains from very close such the Annapurna Massif (Annapurna I-IV), Dhaulagiri, Machhapuchhre, Manaslu, Gangapurna, Tilicho Peak, Pisang Peak, and Paungda Danda. Numerous other peaks of 6000-8000m in elevation rise from the Annapurna range. This might be the day which you'll never forget in your entire life being around snow-capped mountains. You will spend overnight in base camp.

Accommodation: Lodge

Meals: Breakfast/Lunch/Dinner

Walking Hours: 5 Hours Walk

Altitude: 4130 meters

Day 09: Annapurna Base Camp –Bamboo (alt. 2310 m)

After breakfast at lodge, you'll descend down to Bamboo. From Annapurna Base Camp, you'll trek about 10 miles today retracing your steps out of the Modi River Valley. You eventually make it to your serene stop-over point named Bamboo. You'll encounter huge mountains on our way and feel the cold breeze on our way. After a long journey, you'll spend overnight at Bamboo.

Accommodation: Lodge

Meals: Breakfast/Lunch/Dinner

Walking Hours: 6 Hours Walk

Altitude: 2310 meters

Day 10: Bamboo- Jhinu Danda (alt. 1780 m)

After breakfast at lodge, you'll continue our way down river towards Jhinu Danda, passing through the se-

rene forests of you continue your way down to Kimrong Khola and start ascending passing through the serene forests of rhododendron, bamboo and oak. Jhinu Danda is located in a very exotic geographical place. Due to which trekkers can find the soothing natural hot springs. Here, you can just relax and sooth out your tired muscles at natural hot spring. Hot spring area is filled with rhododendron forest and vegetation. Along with that, you can even celebrate the achievement of reaching Annapurna Base Camp. Moreover, the place seems to attract tons of new visitors each year without any decrease in the overall tourist numbers. Meanwhile, you then ascend to Chomrong village before dropping by the small peaceful settlement of Jhinu Danda. This village has a nearby riverside hot springs where we can soak our tired muscle.

Accommodation: Lodge

Meals: Breakfast/Lunch/Dinner

Walking Hours: 4 Hours Walk

Altitude: 2310 meters

Day 11: Jhinu Danda- Pokhara (alt. 820 m)

After breakfast at lodge, today you'll make your last trekking journey of this trip. You'll follow the plain dust road along the right of Modi Khola which is regarded as one of the best and most relaxing walks of the entire trek. After about 2-3 hours walk, you'll reach Siwa/Ghandruk Phedi and from there you take a jeep ride to Pokhara. Upon arrival in Pokhara, you'll say good bye to all trekking crew (guide and porters). After check-in at hotel, you'll have for relax, massage around lake side area of Pokhara.

Accommodation: Three Star Hotel

Meals: Breakfast/Lunch

Walking Hours: 2-3Hours Walk

Altitude: 820 meters

Day 12: Pokhara-Kathmandu (alt. 1310 m)

After early breakfast at hotel, you'll drive to Kathmandu by air-conditioned vehicle. The 200 km route goes along the Marsyangdi River and then the Trishuli river offering a good view of the natural scenery and farmland. Upon the arrival to Kathmandu, you will drop to hotel and then free to relax there. If you would to upgrade and take flight option to Kathmandu, you can take flight to Kathmandu at an extra cost.

Accommodation: Three Star Hotel

Meals: Breakfast

Walking Hours: N/A

Altitude: 1310 meters

Day 13: Kathmandu (alt. 1310 m)

Today is your last day in Nepal and you can relax at hotel or do souvenir shopping for your loved ones. Also you can visit world heritages sites of Nepal. There are seven world heritage sites in Kathmandu which are very beautiful, interesting and meaningful. You shouldn't miss to visit them. You may contact our tour officer if you need any support for visiting those sites and its costs.

Accommodation: Three Star Hotel

Meals: Breakfast

Walking Hours:

Altitude: 1310 meter

Day 14: Departure from Kathmandu

Depending on your flight time, you'll be transfer to airport before 3 hrs of flight time.

What's Included

- Meals & Accommodations:**
 - 3 nights in Kathmandu at three star-hotels on twin sharing basis with bed & Breakfast
 - 13 nights in local lodges during the trekking on twin sharing basis in common rooms with full board (breakfast, lunch and dinner)
 - Farewell Dinner in Kathmandu at the end of the trip with typical Nepalese food
- Transportations & Flights:**
 - All airport/hotel/airport transfers by private air-conditioned vehicle
 - Ground transfer for Kathmandu sightseeing by private air-conditioned vehicle
 - Kathmandu-Lukla and Lukla-Kathmandu flight with airport taxes
 - 15 kg baggage per person for cargo and trek

- Permits & Fees**
 - Everest National Park Fee
 - Local Government Fees/TIMS Fee

- Guide & Supporting Crew**
 - 1 English speaking experienced trekking guide
 - 1 porter for every two members to carry personal baggage

- Value-Added Services**
 - Comprehensive First Aid Kit
 - Comprehensive Trekking Map and Kathmandu Valley Map

What's not Included

- All personal expenses like alcoholic beverages, bottled drinks, telephone calls, laundry services etc.
- Medical and travel insurances
- International airfare and taxes
- Nepal Visa fees
- Emergency helicopter rescue charges
- Main meals in Kathmandu (lunch and dinner)
- Tips for trekking crew