

## Annapurna Base Camp Trek-12 Days

Duration: 12 Days



### Overview

<b>Trip Grade: Moderate</b>	<b>Max Altitude: 4130m/13545ft</b>
<b>Activity: Trekking, Hiking &amp; Sightseeing</b>	<b>Group Size: Minimum 02 Pax</b>
<b>Arrival On: Kathmandu, Nepal</b>	<b>Departure From: Kathmandu, Nepal</b>
<b>Meals: All meals during trek &amp; breakfast in kathmandu</b>	<b>Accommodation: Stone Built Houses (tea houses) during trek</b>

**Annapurna Base Camp Trek** brings to you the sheer scale and enormity of the Himalayas, diversity of rare flora and fauna, contrasting landscapes and vegetation, the unique lifestyle of the local inhabitants, the richness of culture as well as ancient and historical heritage. From the medieval aged heritages of Kathmandu valley and the relaxing, scenic city of **Pokhara** to the rural countryside with cool waterfalls and pristine rivers, delicious cuisines and welcoming hosts, and enthralling sunrise and sunsets, trekkers are sure to be mesmerized. Join the Annapurna Base Camp Trek to get enthralled with the enormity of the glaciers, be blissful with the colorful rhododendron forest and scenic landscapes and feel triumphant in the natural amphitheater of Annapurna massif amidst the **Annapurna Sanctuary**. The exploration to Annapurna Base Camp Trek, one of the most popular trekking destinations in the world, begins from Pokhara, the Lake City of Nepal after exploring the cultural and historical heritages in Kathmandu and then traversing through the dramatic road leading to Pokhara. As you start walking from the trail-head of Nayapul, you will soon reach to Birethanti, a beautiful village nearby the Modi River. Explore the rhododendron, bamboo and moss covered forest and put some effort on the long stone staircase as you trek to the village of Ulleri. With the scenic landscape and the view of the mountains including unique Fishtail Mountain, some peaks of Annapurna range, Dhaulagiri Peak, you shall trek to ancient trade stoppage of **Ghorepani** through the settlements of Banthati and Nangethati with Magar communities as the major dwelling community. Hike to the Poonhill for iconic sunrise over the extensive mountain range including the Annapurna massif, Dhaulagiri, Fishtail Mountain, Dhampus Peak, Tukucho Peak, Baraha Shikhar Peak and many more. Through Ghorepani and Ghurjung villages, dominated by the Gurung community, we traverse through bamboo thickets and rhododendron forests, and several rural villages to reach the false base camp of Fishtail Mountain. Trekking ahead of the base of this sacred and unique peak, you shall reach to the base of majestic Annapurna Peak, the climax of Annapurna Base Camp Trek and the heart of Annapurna Sanctuary. Retracing the same trail through the natural hot water spring at Jhinu Danda, the trek is wrapped up as you reach Pokhara and to

Kathmandu. The beautiful Annapurna Base Camp Trek is a moderately strenuous adventure experience in the hills of western Nepal. March to June and September to December is the preferred trekking season for this destination though you can also embark it in the winter season. You would go poetic about the majesty of the mountains and scenery, cultural richness and authenticity of the rural lifestyle in this trek. Join the team of professionals of **Himalayan Holyland Treks & Expedition** to get the best out of this trek with meticulously designed itinerary, quality service and experienced team members.



## Itinerary

### Day 01: Kathmandu to Pokhara (850m) Duration: 7 hrs by Ac tourist bus-210km.

After the breakfast, we leave for the long drive to Pokhara, the second largest city in Nepal. The scenery along the road is dramatic and you will see rivers, valleys, cascading rice terraces and rocky gorges. Upon arrival, we will check in to the hotel. In the evening, you can enjoy leisure boating on the scenic Fewa Lake and see the magnificent reflection of Mount Machhapuchhre and the Annapurna Range in the crystal clear water of the Lake (a wonderful photo opportunity!) Overnight at the hotel, B/B

### Day 02: Pokhara - Nayapul and trek to Ulleri (1960m) Duration: 6hrs.

After breakfast, we will drive to Naya Pul (42km) by car (1h30) via the village of Lumle. We start trek to Birethanti, a beautiful town nearby the river (Modi Khola). The trail follows the main street of Birethanti, going on through bamboo forests and passing a waterfall and swimming hole. The trail continues to Ramghai where you will have lunch. After lunch, we will climb gradually up the side of the valley, reaching Tikhe Dhunga. We continue our walk crossing suspension bridge in Tikhedhunga and climb up to Ulleri. Overnight at guesthouse.

### Day 03: Ulleri to Ghorepani (2800m) Duration: 5h30 hrs.

From Ulleri the trail slightly goes up to Banthanti and we will walk through the forest looking at the beautiful view of surrounding hills and Mt. Machhapuchhre. The trail then crosses two sparkling streams before making a short, final climb to Nangethanti where we stop for lunch. After lunch we walk about 1.5h to reach the Ghorepani village. Thanti is a Nepali word meaning 'rest house'. In the winter, sometimes the trail can be covered with snow. From Nangethanti we will climb to Ghorepani (2800m), this is a Magar village specially Pun Magar, a sub-ethnic group within Magar ethnicity. From here we can see the spectacular panorama of Dhaulagiri (8167m), Nilgiri (6940m), Annapurna I (8091m), Annapurna South (7219m), Hiunchuli (6441m) and Tarke Kang (7193m). Overnight at guesthouse.

### Day 04: Hiking - Poonhill (3210m), trek to Tadapani (2630m) Duration: 6h30.

This morning, we will get up before dawn to climb up to Poon Hill. From here we see superb view of the sunrise over the panoramic vista of the Himalayas, including Mt. Dhaulagiri, Annapurna I, Annapurna South, Fishtail, himchuli, Thapa Peak, Dhampus Peak, Tukuhe peak, Baraha sikhra etc. After Poonhill, we will return to Ghorepani, have a hot breakfast, and continue walking to Tadapani through rhododendron forest and overnight at a guesthouse.

### Day 05: Tadapani to Chhomrong (2170m) Duration: 5 hrs.

The day begins with a steep descent through the forest. Leaving Tadapani, and then the trail eases as we reach Ghurjung, the village of the Gurung ethnicity. We will see the view of fishtail, Annapurna south and Himchuli from the close distance. Overnight at guesthouse.

### Day 06: Chhomrong to Dovan (2600m) Duration: 5 hrs.

Today, the trail drops down to the Chhomrong Khola and then we start to climb up to Sinuwa. After this the trek is a continuous descent to Bamboo. After lunch, we climb up to Dovan and overnight at a guesthouse.

### Day 07: Dovan to Deurali (3200m) Duration: 4 hrs.

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The day begins with a climb through bamboo thickets, then rhododendron forests to Himalaya, this is the half way of the day. After Himalaya there is a Hinku Cave under the huge rock. This is the stretch of trail that is most subject to avalanche. We will be in between Himchuli and Machhapuchhre in a very close distance. Overnight at guesthouse.

**Day 08: Deurali to Annapurna Base Camp (4130m) Duration: 4h30.**

Today the trail climbs passing the Machhapuchhre Base Camp (3700m). Since, it is totally surrounded by mountain; this area is known as the Annapurna Sanctuary &#8211; hence the Annapurna Sanctuary Trek. You can either end the day at Machhapuchhre Base Camp or trek for two more hours to Annapurna Base Camp. There, you will see mountain scenery which will leave you speechless with wonder! Overnight at guesthouse.

**Day 09: Annapurna Base Camp to Bamboo (2245m) Duration: 6h30.**

We descend the same trail today as it drops by 1,700m to the banks of Modi Khola at Bamboo (2245m) where there are some teahouse/lodges available. This is a small village among the bamboo forest. Overnight at guesthouse.

**Day 10: Bamboo to Jhinu Danda (hot spring) (1760m) Duration: 5h30.**

Today, we will follow the same trail until Chomrong. The trail continues through rhododendron and bamboo fields to Chomrong then descends very steeply to the Jhinu hot spring. Here you can enjoy a bath in natural hot spring where there are two small ponds at the bank of the river. Overnight at guesthouse.

**Day 11: Jhinu Danda to Pokhara (850m) Duration: 5 hours walk and 1h30 drive by car.**

From Jhinu hot springs, we walk on the right side of Modi Khola for 5 hrs to Birethanti. Some people consider this to be one of the best and the most relaxing walks of the entire trek! We then reach Nayapul and after one and half hour drive, we will be back to Pokhara. Overnight at hotel in Lakeside.

**Day 12: Pokhara to Kathmandu(1350m) and farewell.**

Seven hours scenic drive back to Kathmandu. Lunch will on the half way. We have farewell dinner together. Overnight at hotel B/B

## Cost Includes

- => Airport pickup and drop in a private vehicle.
- => Hotel accommodation in Pokhara in B/B basis.
- => Tea house accommodation during the trek.
- => Three times meal during the trek.
- => Extra tea/coffee at the afternoon.
- => Hot soup in the high places.
- => Farewell dinner in Kathmandu after trek.
- => All the transportation as per the itinerary.
- => A professional guide for trek.
- => Porter service (2 trekkers : 1 porter).
- => Insurance for guide and porters.
- => Food and accommodation for guide and porters.
- => All necessary documents (ACAP Permit and TIMS).
- => All government and local taxes.
- => Medical kit.
- => Trekking map as itinerary.
- => T-shirt from the company.
- => Trip completion certificate from company.

## Cost Excludes

- => Visa for Nepal.
- => International flight to and from Kathmandu.
- => Food and accommodation on Kathmandu.
- => Travel and rescue insurance of clients.
- => Personal expenses : Hot shower, battery charge during trek, bar bills, cold drinks, laundry etc.
- => Extra night accommodation in Pokhara in exception of itinerary.
- => Tips for guide and porters.