

## **ANNAPURNA BASE CAMP**

### **Trip's Summary**

From ancient kingdoms to majestic mountain vistas, trek through the breathtaking Himalayan landscape of the Annapurna Ranges. Pass awe-inspiring glaciers, stay on the banks of pristine rivers, cross mountain pastures, dip into natural hot springs and encounter mule trains carrying supplies to remote villages. Rest and revive in cosy mountain teahouses and meet friendly locals along the way. Time spent in Kathmandu and Pokhara completes the adventure with insights into Nepali culture and tradition.

### **ALTERNATE ITINERARY:**

Due to the nature of outdoor travel, please be aware that this trip will operate on an amended itinerary in high risk weather conditions.

### **Why you'll love this trip?**

- Spend the night in typical Gurung Villages like Ghorepani, Chomorong, etc.
- Experience a unique lifestyle and rich culture of locals
- Get to explore and stay at the stunning Annapurna Base Camp
- Witness the gorgeous sunrise from Poon Hill
- Observe stunning landscapes and panoramic views of the Himalayas
- Spend nights with locals and get to know them
- Enjoy hot spring in Jhinu Danda

### **ITINERARY**

#### **DAY 1 : KATHMANDU ( 1340m)**

Namaste! Welcome to Nepal. You can arrive at any time on day 1 as there are no activities planned until the important welcome meeting at 5 pm. Kathmandu is an incredible mixture of legend and modern development with a rich artistic and cultural heritage. Narrow lanes lead to small squares and courtyards where ornate carved balconies overlook shrines and temples. Buzzy markets and bazaars are the centre of Nepali life where stalls and small hole-in-the-wall shops sell everything from bangles to Buddhas to beetroot. Kathmandu has been a travellers' centre for many years, reflected in the international flavour of the bright lights and 'Coca Cola culture' of the central Thamel district. If you arrive early, why not take time to climb to the Swayambhunath Temple. Situated on a hilltop, the instantly recognisable stupa with its Buddha eyes attracts a steady stream of pilgrims and the views out over the valley are superb. Alternatively, check out Durbar Square, home to the palace of the Kumari Devi, considered to be a living goddess.

#### **Accommodation**

- Hotel (1 night)

#### **Meals**

There are no meals included on this day.

### **Special information**

From 2024, today's welcome meeting will take place at 5pm.

It's very important that you attend the welcome meeting as we will be collecting insurance details and next of kin information at this time. Ask reception or look for a note in the lobby for more information on where the meeting will take place.

### **ALTITUDE SICKNESS:**

Parts of your trip go above 2800 metres / 9200 feet where it is common for travellers to experience some adverse health effects due to the altitude - regardless of your age, gender and fitness. It even happened to Sir Edmund Hillary!

**Before your trip:** Some pre-existing medical conditions are known to severely worsen at high altitude and be difficult to adequately treat on the ground, leading to more serious consequences. It is imperative that you discuss your pre-existing medical condition/s with your doctor. We understand certain medications are reported to aid acclimatising to high altitude. Please discuss these options with your doctor.

### **DAY 2 : POKHARA (840m)**

Late morning we head to the Kathmandu airport and fly west to Pokhara.

The 25-minute flight offers views of the Himalaya range to the north (on a clear day). Be sure to have your camera ready to snap the glory of the surrounding Himalayan peaks in the morning light.

Pokhara is set in a beautiful valley overlooked by the Annapurnas and the fishtail-shaped Machhapuchhare, one of the most distinctive of the Himalayan peaks. Arriving in Pokhara take a short orientation walk before heading to a Tibetan Refugee Camp , Stupa, Devil's Fall, Ghupteshwori Cave...

### **Accommodation**

- Hotel (1 night)

### **Meals**

Breakfast.

### **DAY 3 : NAYAPUL – ULERI(2080m / 6824ft)**

At 8091 metres, Annapurna 1 is one of the highest mountains in the world. Its surrounding sister mountains are equally imposing and create magnificent panoramas from any viewpoint. This trek covers a wide variety of terrain, from lowland pastures and peaceful villages to powerful glaciers and stunning mountain views. In the rugged mountain scenery, you stay in mountain communities and meet friendly Nepali hill people as they go about their daily lives. The expedition is not only visually superb but also a chance to learn about local cultures. Along the way, see thundering waterfalls of melted snow, cross icy rivers and reward yourself with a soak in natural hot springs. An hour-long drive (remember driving

times are always approximate in Asia – patience is your closest friend!) brings you to Nayapul where you commence your trek. Gear up and follow the Bhurungi Khola to Thikhedhunga, trek through farmland before a steep ascent to reach Ulleri.

#### **Accommodation**

- Teahouse (1 night)

#### **Meals**

Breakfast.

#### **Special information**

Trek Distance: 10.5 km

Approximate Duration: 6 hours

Ascent: 1200 m

Descent: 190 m

Due to the nature of outdoor travel, please be aware that this trip will operate on an amended itinerary in high risk weather conditions.

#### **DAY 4 : GHOREPANI ( 2860m / 9383ft)**

Ascend to Ulleri Village through a pleasant rhododendron forest, much more impressive than the trees your grandmother has in the garden! Stay overnight at Ghorepani.

#### **Accommodation**

- Teahouse (1 night)

#### **Meals**

There are no meals included on this day.

#### **Special information**

Trek Distance: 8 km

Approximate Duration: 5 hours

Ascent: 900 m

Descent: 65 m

#### **DAY 5 : TADAPANI (2623m / 8858ft)**

Early birds can bounce out of bed to witness the sunrise over Annapurna from nearby Poon Hill (1-hour uphill climb) – you have to do this at least once in your life, right? Then the adventure continues as you continue your trek on to Tadapani.

#### **Accommodation**

- Teahouse (1 night)

#### **Meals**

There are no meals included on this day.

### **Special information**

Trek Distance: 12 km

Approximate Duration: 8 hours

Ascent: 1200 m

Descent: 1100 m

### **DAY 6 : CHOMRONG VILLAGE (2177m / 7143ft)**

This morning you'll descend to Kimrung Khola before climbing again to Chomrong village, at the base of Hiunchuli (6441 metres). There are breathtaking views of Annapurna and Macchhapucchhre from here, plus delicious pizza!

### **Accommodation**

- Teahouse (1 night)

### **Meals**

There are no meals included on this day.

### **Special information**

Trek Distance: 9 km

Approximate Duration: 5-6 hours

Ascent: 510 m

Descent: 1000 m

D Begin by trekking for approximately 3 hours through the forest to Kuldi Ghar, then down to the banks of the Modi River and up again to Doban.

### **Accommodation**

- Teahouse (1 night)

### **Meals**

There are no meals included on this day.

### **Special information**

Trek Distance: 9.5 km

Approximate Duration: 6 hours

Ascent: 900 m

Descent: 620 m

### **DAY 7 : DOVAN ( 2670m / 8760ft)**

Begin by trekking for approximately 3 hours through the forest to Kuldi Ghar, then down to the banks of the Modi River and up again to Doban.

### **Accommodation**

- Teahouse (1 night)

### **Meals**

There are no meals included on this day.

### **Special information**

Trek Distance: 9.5 km

Approximate Duration: 6 hours

Ascent: 900 m

Descent: 620 m

### **DAY 8 : MACHHAPUCHRE BASE CAMP (3700m / 12139ft)**

Passing through Himalaya Hotel, continue up the narrow valley to Deurali. Sticking to the west bank of the Modi River, enter an open valley near Machhapuchhre Base Camp.

### **Accommodation**

- Teahouse (1 night)

### **Meals**

There are no meals included on this day.

### **Special information**

Trek Distance: 10 km

Approximate Duration: 7 hours

Ascent: 1200 m

Descent: 60 m

### **DAY 9 : ANNAPURNA BASE CAMP (4130m / 13549ft)**

Ascend further from Machhapuchhre Base Camp to Annapurna Base Camp, the highest point of your trek. You can decide how your legs and your lungs are holding up. You may remain at Machhapuchhre Base Camp or stay at Annapurna Base Camp for the night. The views from both base camps are fantastic – all the hard work to get here is worth it!

### **Accommodation**

- Teahouse (1 night)

### **Meals**

There are no meals included on this day.

### **Special information**

Trek Distance: 3 km

Approximate Duration: 2.5 hours

Ascent: 460 m

Descent: 0 m

### **DAY 10 : BAMBOO ( 2335m / 7660ft)**

Wake up early for the beautiful sunrise view in Base Camp! You're close enough now to (almost!) reach out and touch the peaks of Annapurna 1, Macchapucchre, Annapurna South, Tent Peak, Gangapurna, Himchuli and Annapurna 3. After watching a sunrise on these snowy peaks, head back down the valley the same way to Bamboo (or further if the knees can handle it). It's a long day but you have plenty of time to get there.

#### **Accommodation**

- Teahouse (1 night)

#### **Meals**

There are no meals included on this day.

#### **Special information**

Trek Distance: 14 km

Approximate Duration: 7.5 hours

Ascent: 100 m

Descent: 1900 m

### **DAY 11 : JHINU DANDA ( 1780m / 5839ft)**

Passing back through the up and down staircases of Chhomrong, continue the decent to Jhinu Danda. From here it's a 20-minute walk down to a hot spring by the Modi Khola for a well-deserved rest.

#### **Accommodation**

- Teahouse (1 night)

#### **Meals**

There are no meals included on this day.

#### **Special information**

Trek Distance: 9.5 km

Approximate Duration: 6.5 hours

Ascent: 600 m

Descent: 1200 m

### **DAY 12 : LANDRUK – POTHAN (1890m / 6201ft)**

By now you'll have thighs of steel and will be pretty good at carrying your pack! Trek down to cross the river and continue the ascent to Landruk, Tolkha, Deurali and Pothana.

#### **Accommodation**

- Teahouse (1 night)

### **Meals**

There are no meals included on this day.

### **Special information**

Trek Distance: 15 km

Approximate Duration: 7 hours

Ascent: 1020 m

Descent: 940 m

### **DAY 13 PHEDI – POKHARA**

This is the final day of the trek and it is a short downhill stretch all the way from Pothana to Phedi (approximately 1.5 hours) via Dhampus village – you made it! After lunch it's only about a 45 minute drive to Pokhara to check into your hotel for a well-earned shower and an end-of-trek celebration to enjoy the good things in life – like cold beer or cocktail!

### **Accommodation**

- Hotel (1 night)

### **Meals**

There are no meals included on this day.

### **Special information**

Trek Distance: 6.5 km

Approximate Duration: 3 hours

Ascent: 60 m

Descent: 880 m

### **DAY 14 : DEPARTURE**

The trip ends today, and you are free to depart at any time after check out. If you plan on spending more time in Kathmandu, let your booking agent know and they can organise more accommodation for you (subject to availability).

### **Meals**

There are no meals included on this day.

## **Trip Details**

### **Price**

\$1050usd (twin share)

## **Trip length**

- 14days 13nights
- Trip starts from Kathmandu and finishes in Pokhara, Nepal.

## **Meeting point**

Kathmandu, Nepal

## **Departure point**

Pokhara, Nepal

## **Group size**

Maximum 12

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## **Included**

- 2 breakfasts
- 13 nights Accommodation in hotels, guesthouses and trekking lodges/teahouses
- Wilderness first aid qualified guide
- Driver, guide, Porter & luggage transport
- 1 x domestic flight(ktm –pkr)
- Acap & tims permits.
- Transportations.

## **Not included**

- International flights
- Travel insurance (compulsory)
- Any visas required
- Late check-out at hotels
- Meals and drinks not mentioned in the itinerary
- Drinks with included lunches and dinners
- Tips to guide and porters
- Personal expenditure
- Hiking equipment
- Pre or post-trip accommodation