

Annapurna Base Camp Trek - 16 Days

Annapurna Base Camp Trek, popular as ABC trek takes us to the base of the 10th tallest peak in the world-Mt. Annapurna (8,091 m). Annapurna Base Camp sits at 4130 m /13549 ft. just beneath Mt. Annapurna and several other surrounding peaks. Standing at ABC, trekkers will immerse themselves in the magnificent sceneries of Annapurna I, Machhhapuchhre, Hiunchuli, Annapurna South, and dozen other zeniths of Annapurna Himalayan ranges.

Annapurna Trek.jpeg

An adventure to Annapurna Base Camp begins and ends at Pokhara, a heavenly site. Passing numerous ascends & descends, lovely forests of rhododendron, pine & bamboo, waterfalls, and small picturesque villages. For Annapurna Base Camp Trek doesn't require any prior trekking experience, yet if you have one, it will surely benefit, so the journey is perfect for all ages. In fact, it's known as most beautiful sanctuaries in the world. Therefore, every year, thousands of travel lovers visit this region to experience the breathtaking views.

Sunrise at Poonhill.jpeg

The villages of Ghandruk, Ulleri, Ghorepani, Sinuwa, Deurali, Jhinu Danda, and some others will offer you the best available accommodation, food, and cultural exchanges. Standing at Poonhill, Annapurna Base Camp, Jhinu Danda, and others, travelers will get the best views of the mountains, lush hills, and marvelous sceneries of the springs, rivers, and rocky ridges.



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PRICE INCLUDES

Transportation

- Private vehicle for transfers as per in itinerary; airport pickup & drop, sightseeing
- Private vehicle for Kathmandu to Pokhara, Pokhara to Nayapul to Pokhara, Pokhara to Kathmandu drive

Food and Accommodation

- Three nights in Kathmandu in a 3-star category hotel
- Two nights in Pokhara in a 3 - star category hotel
- Ten nights in the best available local lodge/teahouse throughout the trek
- All standard meals (Breakfast, Lunch, and Dinner) during the trek
- Available seasonal fruits throughout the trek
- Breakfast at a hotel in Kathmandu
- Farewell Dinner in Kathmandu

Staff

- A Government licensed English-speaking trekking guide including wages, meals, insurance, lodging, transportation, and other necessary gear & equipment.
- For more than six trekkers, one assistant guide includes wages, meals, insurance, lodging, transportation, and other necessary gear & equipment.
- A porter for two trekkers/ climbers including wages, meals, insurance, lodging, transportation, and other necessary gear & equipment
- A Government licensed English-speaking tour guide for the Sightseeing Program at Kathmandu

Permits and Tariffs

- Annapurna Conservation Area Permit (ACAP)
- Trekkers' Information Management System (TIMS) card
- All other government, local taxes, and official expenses

Additional

- A Gortex (100% Waterproof) Duffle bag to keep your personal belongings to be carried by the porter
- Assistance in arranging rescue operations in case of complicated health conditions (funded by travel insurance)
- Annapurna Base Camp trekking map, Outward Adventure t-shirt
- Outward Adventure Appreciation Medal after the successful trek
- A first aid medicine bag in each group (carried by trekking leader)

PRICE EXCLUDES

- International Flight Cost
- Nepal Entry Visa Fees
- Extra night accommodation in Kathmandu due to early arrival or late departure, or early return from the climb
- Personal expenses such as alcoholic drinks, shopping, snacks, boiled bottle water, hot (Tea/ Coffee) and cold drinks, hot shower, alcohol, Wi-Fi, telephone call, battery re-charge fee, extra porters, etc
- Additional costs suffered due to causes beyond our control, such as natural disasters, weather conditions, itinerary modifications due to safety concerns, emergency evacuation, changes in government policies, strikes, and so forth
- Tips for guides, porters, and drivers (Tips are expected and appreciated)





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ITINERARY IN DETAIL

Day 1: Kathmandu Arrival (1338 m / 4390 ft)

Welcome to Nepal!

As you land at Tribhuvan International Airport, Kathmandu, complete your customs and visa formalities. Afterward, one of our office representatives will be seen outside the terminal gate holding an Altitude Adventure Treks sign having your name on it. Then you will be transferred to your hotel in Kathmandu. Check-in your hotel and have some rest to avoid being jetlagged or you can take some fresh air strolling around the Thamel area.

Day 2: Kathmandu Sightseeing and Trek Preparation

After having breakfast, we begin our sightseeing tour of the incredible Kathmandu valley in a private tour vehicle. Kathmandu offers to see ancient monuments with a modern touch accompanied by cultural, historical, and religious tolerance. Crowded, streets with local vendors, cars, cycles, and buses are a common sighting with colorful bazaars still horde with lively ethnic people.

This city boasts of many UNESCO world heritage sites within its parameters such as the sacred Hindu monument Pashupatinath temple, religious Buddhist shrines Swyambhunath and Boudhanath, and historical Kathmandu Durbar Square with a dazzling glimpse of the beautiful sunset.

In the evening, visit Thamel, and get some trekking gear and equipment if needed as suggested by the trekking leader. And get prepared for an adventure for Annapurna Base Camp.

Day 3: Drive Kathmandu to Pokhara (820m / 2690 ft)

Today, we begin our journey driving towards Pokhara enjoying green valleys, woodlands, traditionally modernized villages, ridges, fields, and settlements throughout. On the way, we do have a lunch stop in a restaurant.

Upon arrival at the beautiful city of seven lakes and dozens of other touristic destinations, we check in the hotel and rest for a while. Then go out to enjoy the overall atmosphere, take a stroll around the lakeside of Phewa lake and taste the local food items in the restaurants around.

Day 4: Drive from Pokhara to Nayapul (1070m / 3510 ft) and trek to Tikhedhunga (1540m / 5051ft)

After breakfast at hotel, we take a short drive to Nayapul through the astonishing landscapes. Upon reaching Nayapul, we begin our trek. Gradually, we arrive at the small town of Birethanti across passing through couple of suspension bridges, bamboo forests through long waterfall and finally arrive at Tikhedhunga for overnight stay.

Day 5: Trek from Tikhedhunga to Ghorepani (2860 m / 9380 ft)

After a nourishing breakfast at our lodge, we begin our trek towards Ghorepani initially walking up the steep trek for 2 hours which will lead us to Ulleri (2,070m). Now the trail ascends gently through a thriving forest of rhododendron and oak to the Magar village of Bhandanti (2,250m). On the way, we can get picturesque views of the Annapurna South



Mountain (7,219m), Machhapuchhre Mountain (6,997m), and Hiunchuli Mountain (6,441m). Then we cross a stream and trek to Nangethanti (2,460m).

From there after an hour of trek, we arrive at Ghorepani (2,860m), where we can observe amazing and breathtaking views of Annapurna South, Hiunchuli, Annapurna I, Dhaulagiri, and other mountains.

Day 6: Trek from Ghorepani to Poonhill (3210 m / 10531 ft) and descend to Tadapani (2630 m / 8628 ft)

Annapurna and Dhaulagiri mountain ranges seem mesmerizing from Poonhill. Awaking early in the morning before dawn, we walk up towards Poonhill for mesmerizing sunrise. As it is dark, we need to walk with torchlight following the footsteps of our trekking leader.

Once we reach Poonhill, suddenly the magic happens. Poonhill opens the treasures of the Himalayan panorama. As the golden rays of the sun kiss the Annapurna mountains, it looks heavenly all around and the scene can't be explained by the world! The majestic views of Dhaulagiri, Machhapuchhre, Annapurna South, Himchuli, Nilgiri, and several other mountains, lush vegetation, and the hills all around make the surroundings breathtaking.

Capturing the pictures of each moment, we hike back to Ghorepani and set another journey to Tadapani after breakfast. Now, we hike downhill passing the beautiful hills, and rhododendron forests to reach Tadapani. From Tadapani, we catch the main trekking route of ABC and trek further.

Day 7: Trek from Tadapani to Chhomrong (2170 m / 7120 ft)

Initially, we hike down passing lustrous rhododendron forest and terraced fields. It continues till we reach at Kimrong Khola. We cross this river and begin our upward hike for Chhomrong. Although it is an upward hike in the beginning, the trail becomes straight to Chhomrong at the last part. On the way, we leave a couple of villages, terraced fields and lush vegetation with wildlife.

Chhomrong is a densely populated village comprising the Gurung communities. The people are very cheerful, helpful, friendly and calm here. Upon entering in a teahouse here, we get rest for a while and go out for exploring the village where we interact with locals, taste local cuisines and so on. We get the close up views of Mt. Annapurna South, Himchuli, and Machhapuchhre from here. The peaks are so close and so real!

Day 8: Trek from Chhomrong to Dovan (2600 m / 6190 ft)

Leaving a genuine hospitality of Chhomrong, we trek towards Dovan today. As we are going to gain a bit more elevation than on other days, need to walk smoothly following the instruction of our trekking leader.

Crossing down to the Chhomrong river, we cross it and ascend through a rocky trekking route that will take us to Sinuwa village and continue the walk passing the densely forested lands to Kuldahar (2540m). From here, we descend to Bamboo and take a gradual ascend to Dovan.

Day 9: Trek from Dovan to Deurali (3200 m / 10500 ft)

We are gradually moving to the remote parts where more nature and a less hectic lifestyle is observed. Saying bye to



Dovan, you follow a serene, emerald-green forest of bamboo and rhododendron route towards Deurali. The trekking course is dotted with prayer flags giving a vibrant flair to the surrounding.

The greeneries quickly fade away, leaving a barren landscape strewn with boulders and scree in its place. Upon reaching the Himalayan Hotel, we will know that we are closer to our destination.

Continue walking from here, passing the Hinku cave, which was once used as a shelter and overnight stop for historical Annapurna expeditions, we finally reach Deurali and conclude our trek.

Day 10: Trek from Deurali to Machhapuchhre Base Camp (3700 m / 12135 ft)

We are getting to even closer to the mountains. Today we will reach at the base of Mt. Machhapuchhre, the virgin peak of Nepal. Leaving Deurali, we gradually trek through the river bed over a steep trail then again above the mountainous side. Now, a bit challenging hike about 2-3 hours from the Bagar leads us to MBC (Machhapuchhre Base Camp-3700m)

Now, we are fully surrounded by the mountains. Popular as Annapurna Sanctuary, MBC offers the splendid views of Mt. Annapurna I, Annapurna III, Annapurna South, Gangapurna, Machhapuchhre itself, Gandharvachuli, and Hiunchuli. Climbing Machhapuchhre is not permitted.

Day 11 Trek from Machhapuchhre Base Camp to Annapurna Base Camp (4130 m / 13545 ft)

We are so close to our destination and it is the most important day of our entire trek. Walking just two hours, we will reach Annapurna Base Camp. As we are already in around 4000m above sea level, we won't see much vegetation at this elevation. Upon reaching ABC (Annapurna Base Camp), we check in one of the teahouses there and explore the surroundings entire the day.

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Day 12: Trek from Annapurna Base Camp to Bamboo village (2310 m / 7576ft)

Saying goodbye to Annapurna Base Camp, we head towards the village of Bamboo today. Walking downhill can be problematic for travelers with knee and ankle problems. Thus we must be mindful of our walking pace. Following the same trail to base camp, we descend to Modi Khola to reach Bamboo. Surrounded by the mountains, bamboo offers panoramic views of the mountains.

Day 13: Trek from Bamboo to Jhinu Danda (1780 m / 5840 ft)

We leave the mountains gradually and trek back to the places to ascent earlier. We head back towards the village of Chhomrong passing the rough terrains, and slightly ascends. Afterwards, the route takes us down through plenty of

stone stairs.

With a couple of descends and ascends, we reach at Jhinu Danda today. Jhinu is popular for its natural hot spring. After walking just 20 minutes from the main trail, we take a dip at hot spring and simply relax. Then we will back to teahouse and will spend overnight there.

Day 14: Trek from Jhinu Danda to Naya Pul then drive to Pokhara

This is the last day of our entire trek. We leave Jhinu Danda and descend down till we see the river stream, again climb through valleys and down through the forests. After some ascends, we finally reach at Syaulibazaar. Then we trek to Nayapul. Reaching Nayapul marks end of the trek

From Nayapul, we catch a jeep and drive back to Pokhara. In Pokhara, conclude the trip and do some farewell party there with all the crew members.

Day 15: Drive from Pokhara to Kathmandu

Early morning, we catch our private vehicle and drive to Kathmandu. A way to Kathmandu traces through mid hills, river banks, terraced fields, and traditionally modernized settlements.

Once in Kathmandu, we drop you in your hotel and you can have your last night in Nepal enjoying different ethnic live events, shop for some souvenirs or click some pictures as memories of the visit to Nepal.

In the evening, you will be welcomed to one of the cultural restaurants in Thamel for the farewell dinner organized by Outward Adventure Treks and Expedition.

Day 16: Airport drop and international departure from Kathmandu

Today marks the last day of our entire Annapurna Base Camp adventure. We are grateful that you accompanied us for 16 days. You can either plan for another adventure in Nepal or fly back home. If you are planning another adventure, please let us know. If you are flying back home, one of the representatives from Outward Adventure Treks and Expedition will transfer you to the Tribhuvan International Airport 3 hours before your departure time for your safe flight back home.