Lama Adventures Pvt. Ltd.

Annapurna Base camp Trek

Difficulty	Duration	Region	Max. Altitude	Type	Group Size	Accomodation
Easy	16 days	Annapurna	4130m	Trekking	2 - 20 PAX	Tea House and Hotel

Overview

One of the remote and traditional regions of Nepal is the Annapurnas where your journey starts with lush green landscapes along with snow capped mountains and world-class views. Probably one of the classical treks in Nepal, Annapurna Base Camp (ABC) trek offers breathtaking sights at every corner and gives opportunity to the visitors to experience the typical Gurung villages and their way of living a traditional life in the Himalayas. The ABC trail goes passing through spectacular and serene landscapes, charming Gurung villages, lush green valleys filled with Rhododendron, bamboo and alpine forests to the trek's final destination, Annapurna Base Camp at the height of 4130m (13546ft.)

ABC trek starts from Pokhara in the foothills of the Annapurna and goes through different terrains. The trek is indifferently full of ups and downs on the rough trail. Annapurna base camp at 4,130 m is a funnel-shaped valley with panoramic inspection of Annapurna South, Annapurna I (8,091 m), Tent peak, Fishtail and others. Melting snow of the immense rock faces form a glacier that drains into the Modi River. Annapurna I is the tenth highest peak in the world and is the first of the 8,000 m peak climbed as early as in 1950.

The ABC trek is often done in combination with the Poonhill trek, trekking for this route starts at Nayapul from where trekking continues to Ghorepani. Trekkers usually overnight here hiking to Poon Hill (3210 m) for sunrise after which the route continues via Tadapani towards Annapurna Base Camp (ABC). It can also be done by following the trail from Chhomrung and then continuing towards Sinuwa, Bamboo, Machhapuchre Base Camp (MBC) and then finally to ABC.

Itinerary

Days 1: Arrival in Kathmandu

On your arrival in Kathmandu, Tribhuwan International Airport, our representative will welcome you & drive you to the hotel. It's a free day/evening. You can walk around Thamel for shopping.

Days 2: Sightseeing around Kathmandu

Kathmandu is the historical and cultural heart of Nepal and has been a popular destination for tourists ever since Nepal opened its doors to visitors. The city presents a wonderful mix of Hinduism, Tibetan Buddhism and Western influence. There will be a guided tour to the largest Buddhist stupa in Nepal Boudhanath and after that to the most popular Hindu shrine dedicated to Lord Shiva- Pashupatinath. We take a tour to Patan or Lalitpur (the City of Artisans), which is 5km away from Kathmandu. We walk through Patan Durbar Square, and delight in the architectural wonders of the Malla era. Mahaboudha Temple, Kumbeshwor Temple, Krishna Temple and Golden Temple are the major attractions at the square.

Day 03 : Drive/Fly to Pokhara

After breakfast, if you decide to take a bus to Pokhara, you will start off for a 7-hour journey to Pokhara. You can enjoy the beautiful hills, gorges, rivers, villages along the way. If you choose to fly, then it will be a picturesque one with beautiful hills and towering peaks. Once in Pokhara, you can either choose to explore Pokhara or rest at your hotel. You will be staying overnight at the beautiful lake city of Pokhara.

Day 04 : Drive to Kade and Trek to Tolka

Early in the morning after breakfast, you will drive from Pokhara to Kade, the trek-start-point and commence the hike. The drive is about 40 minutes and the trail leads to Tolka from Kade. Tolka is a beautiful Magar and Gurung village. Overnight at Tolka.

Day 05 : Trek to Jhinu Dada

From Tolka, we will have our delicious breakfast and will warm up with the early trekking over to Jhinu Dada. The trekking will be through the exhilarating forest viewing some glorious view along with the encounter with some animals and birds. We will walk through the main trail to the Jhinu Dada for several hours. Overnight at Jhinu Dada.

Day 06 : Trek to Bamboo

We descend via 2500 stone steps and cross the bridge above Chhomrong Khola. From here it is an uphill climb to Sinuwa. Next, we pass through a beautiful forest to Kuldihar followed by an easy downhill walk to Bamboo. Overnight in Bamboo.

Day 07 : Trek to Deurali

We pass through a bamboo forest which is damp and cold then ascend steadily with a few steep sections. It is only after reaching Himalaya Hotel that the forest opens up and we are out in the sun again with astounding views of the glacial river below. It is a steep climb up through a much drier forest before reaching Hinku Cave. From here we can see the trail drop closer to the river before climbing again to Deurali, the most scenic stretch of the day. The vegetation is sparser, allowing magical views of the valley, the river below, and the sheer rock-face cliffs above with bands of wispy waterfalls. Overnight in Deurali.

Day 08 : Trek to Annapurna Base Camp(4130m)

Climb gently through a river bed then over a steep trail over to the mountain side. The hike from Bagar to Machhapuchhre Base Camp is somewhat strenuous. From Machhapuchhre base camp we get excellent views of the majestic Machhapuchhre along with Mt. Hiunchuli, Annapurna South, Annapurna I, Annapurna III, Gandharvachuli and Gangapurna which is certainly a rewarding experience. The vegetation disappears on our way to ABC and the path widens as we enter the Annapurna sanctuary. From here, we get sensational views of the near-vertical south face of Annapurna towering above us. The sanctuary boasts of a dynamic view without anything impeding the 360-degree panorama. From the base camp we again get to savor mesmerizing views of the Machhapuchhre, Annapurna South , Annapurna I, Hiunchuli and other peaks. Overnight at Annapurna Base Camp.

Day 09 : Trek to Dobhan

After accomplishing the Annapurna trekking to our final destination, Annapurna Base Camp, we retrace the route back to Bamboo until we reach Dobhan. Walking involves descending through the trail and we reach Dobhan. Overnight at Dobhan.

Day 10 : Trek to Chomrong

After having breakfast, we descend down the only trail that leads us back. So, we backtrack our journey to Chhomrong from Dobhan by descending along the Modi River. Overnight at Chhomrong.

Day 11 : Trek to Ghandruk

Leaving Chhomrong behind, today we trek towards Ghandruk making a steep descent from the ride to the suspension bridge. Then, we ascend a staircase that leads us to Kimrung Danda, which offers an up-close view of Annapurna South

(7219m), Machhapuchhre (6993m), and Hiunchuli (6441m). From there, we ascend from Kimrung Khola through a forested path filled with oak and fir trees. After crossing the suspension bridge, we make a steep climb up to the ridge to finally reach Ghandruk. Overnight at Ghandruk.

Day 12 : Drive to Pokhara

After enjoying the stunningly close-up towering views of Fishtail, Annapurna South, and Hiunchuli mountains from Ghandruk, we drive back to Pokhara. Overnight in Pokhara.

Day 13: Back to Kathmandu

After breakfast, we say goodbye to the beautiful lake city of Pokhara and drive towards Kathmandu. After reaching Kathmandu, we have the rest of the day off to rest or do some souvenir shopping. To celebrate the successful completion of our journey, we will have a farewell dinner in the evening. Overnight in Kathmandu.

Day 14: Free Day

Just relax at your hotel room and travel around the beautiful cultural city of Kathmandu, Patan and Bhaktapur. You have the day to your own, so enjoy your last day in Nepal.

Day 15: Final Departure

It’s time to leave Nepal, of course with smiles and many memories to cherish. Depending on your flight time we will drop you at Tribhuwan International airport for your final departure to your destination.

Inclusion / Exclusion

Cost Includes

Arrival in International Airport and Departure.
Hotel in Kathmandu with Bed & Breakfast.
Sightseeing in Kathmandu Valley with Guide.
Entrance fees.
Conservation Fee.
Peak Permit and Climbing Guide.
Round Domestic Flight Ticket.
Local Transfer.
Domestic airport departure taxes.
Tea House Accomodation, brekfast and dinner.
All camping Equipment, two men tents, Dining tent, Kitchen Tent, Toilet Tent, Table & chairs.
Breakfast, lunch, dinner in trekking and climbing period.
Guide, Cook, sherpa, Kitchen staffs and porters.
Insurance for trekking staff and Equipments.

Cost Excludes

Personal equipment for Trekking & Peak climbing.
Personal travel Insurance.
Lunch & dinner in Kathmandu.
Emergency Rescue evacuation.
Personal expenses/Bar bills.
Tipping for trekking staff.