



Annapurna Base Camp Trek

Free cancellation up to 15 day(s) prior departure, after which the tour cancellation policy applies.

- **Activities:**

- Nepal Trekking and Hiking
- Backpacking
- Camping and Stargazing
- City Museum
- Cultural Walking
- Cycling
- Eco Tourism
- Expedition
- Helicopter
- Honeymoon
- Liveaboard
- Mountaineering
- Multi Sport
- National Parks & Wildlife Sanctuaries
- Nature
- Overland
- Paragliding
- Paramotoring
- Photography
- Pilgrimage
- Safari
- Trekking and Hiking
- Volunteer and Educational
- Wildlife Safaris

- **Travel Style:** Premium

- **Guiding Type:** Live Guide/Instructor

- **Activities:**
 - English
- **Tour Vibe:** Active
- **Guiding Type:** Live Guide/Instructor
- **Recommended For:**
 - Couple
 - Family/Kids
 - For Art Lovers
 - LGBTQ
 - Senior
 - Women
 - Youth
- **Country:**
 - Asia
 - Nepal
- **Routes:**
 - Kathmandu
 - Kathmandu
 - Pokhara
 - Tikhedhungga
 - Ghorepani
 - Tadapani
 - Sinuwa
 - Deurali (???????)
 - Annapurna Base Camp
 - Sinuwa (upper Sinuwa)
 - Jhinu Danda
 - Ghandruk
 - Pokhara
 - Kathmandu
 - Tribhuvan International Airport
- **Pickup:** Kathmandu International Airport ;

From:6:00 AM

To:6:00 AM

- **Drop-off:** Kathmandu International Airport ;

From:6:01 PM

To:11:59 PM

- **Age Range:** 12 - 70 (Years Old)
- **Tour Highlights:**
 - The Annapurna (8,091 m) and the Dhaulagiri (8,167 m) Himalayan Ranges
 - Biodiversity of Annapurna Sanctuary
 - Machhapuchhre Base Camp and Annapurna Base Camp

- Ghorepani Poon Hill Trek for the best sunrise view
- Jhinu Danda for natural hot spring
- Gurung Museum of Ghandruk

- **Tour Introduction:**

Annapurna Base Camp Trek is the most appreciated trek in Nepal. It is a wonderful experience of the cultural villages, snowy peaks, birds and animals of the Annapurna Conservation Area Project.

This trek is historically important as well because Mt. Annapurna (8,091m) is the tenth highest peak in the world and the first 8,000m+ peak ascended by humankind.

The Gurung and Magar villages of the Annapurna Region are cultural museums in themselves. You can get the firsthand knowledge of their culture, tradition, and lifestyle in these villages.

Ghorepani Poon Hill Trek also known as Annapurna Sunrise View Trek rewards you with the world's best sunrise view. This region lies the largest rhododendron forests in the world. Doing 15-Day Annapurna Base Camp Trek in spring is the best time to observe the blossoming rhododendron flowers of 8 different species.

Annapurna Sanctuary, Machhapuchhre Base Camp (3,700m), and Annapurna Base Camp (4,130m) are the major highlights of this trek. MBC and ABC are the best vantage points of Annapurna Base Camp Trek.

- **Itinerary:**

- **Day 1: Arrival in Kathmandu (1,350m/4,429ft)**
On the arrival day, you will be welcomed at the Kathmandu Airport and transferred to the hotel. Explore Thamel Bazar on your own after becoming fresh.
- **Day 2: Kathmandu Sightseeing Tour & Trek Preparation**
Under Kathmandu Sightseeing Tour, our tour guide takes you around the World Heritage Sites of the Capital City. The Monkey Temple, Patan Durbar Square, Pashupatinath Temple, and Bouddhanath Stupa are visited one after another. After returning to the hotel, your team leader gives you orientation about Annapurna Base Camp Trek itinerary.
- **Day 3: Drive to Pokhara (910m/2,986ft) - 7 Hours**
You can reach Pokhara from Kathmandu either by flight or drive. Flight takes only 25 minutes while drive takes nearly 6-7 hours. Both the modes of transportation reward you with superb view of the Himalayas, flat lands, green hills, and small trading centers. After checked in to the hotel, explore the beautiful places of the Lake City. Night life around the Lakeside is a must-do activity here.
- **Day 4: Drive to Nayapul (1,070m/3,511ft) and Trek to Tikhedhunga (1,540m/5,053ft) - 5 Hours**
After breakfast, you head towards Nayapul, the gateway to Annapurna Base Camp Trek and Mardi Himal Trek. Then, following the trail along the Modi River banks, you reach

Birethanti. Afterwards, by crossing the Bhurungi Khola and Hile Village, you walk along a long stone-paved staircases to reach Tikhedhunga. Relish the occasions sights of the birds and animals of the ACAP and majestic peaks of the Annapurna Region.

- **Day 5: Trek to Ghorepani (2,875m/9,432ft) -5 Hours**

After breakfast, you begin ascending along the 3,000+ stone-paved staircases to reach Ulleri. Ulleri is a Magar Village having slate-roofed houses, clean surrounding, and well-maintained trails. Enjoying the views of Annapurna South and Hiunchuli, you proceed along the rhododendron and oak forests. Crossing Banthanti and Nangethati (both travellers' Inns), you reach Ghorepani Village. Enjoy the stunning view of the Annapurna (8,091m) and the Dhaulagiri (8,167m) Massifs.

- **Day 6: Trek to Tadapani (2,610m/ via Poon Hill (3,210m/10,532ft) -7 Hours**

Waking up early in the morning, you hike to Poon Hill (3,210m). Ghorepani Poon Hill Trek (also called Annapurna Sunrise View Trek) is known for some of the best sunrise views in the world. Cherish the splendid peaks of the Annapurna, the Dhaulagiri, and Mt. Fishtail from here. Then, hike back to Ghorepani and have some breakfast before heading towards Tadapani. While traversing through the rhododendron and oak jungles, you might have some glimpses of birds and animals as well.

- **Day 7: Trek to Sinuwa (2,360m/7,743ft) -7 Hours**

Descending alongside the thick forests, terraced fields, and the Kimrung Khola, you move towards Chhomrong Vilalge. Crossing Taulung Village and the bridge over the Chhomrong Khola, finally you end up in Sinuwa Village.

- **Day 8: Trek to Deurali (3,170m/10,400ft)- 6 Hours**

In the beginning of today's trek, the trail runs through the jungles of oak, rhododendron, and bamboo. After walking across Kullighar, the trail moves past a thick bamboo forests. Following the Modi Khola banks, you walk past the Hinku Cave, which used to be a travellers' inn before teahouses were developed. Moving across a few pastureland, you reach Deurali, a hilltop village.

- **Day 9: Trek to Annapurna Base Camp (4,130m/13,550ft) - 7 Hours**

Today's trail mostly moves along the Annapurna Sanctuary. Catching sight of the biodiversity and stunning mountains, you reach Machhapuchhre Base Camp. Machhapuchhre Base Camp (3,700m) offers you a wonderful sight of the looming peaks and the debris of the Annapurna South Glacier. Further, ascending along the winding trail, you reach Annapurna Base Camp (4,130m) at the end. ABC serves you with the 360-degree panoramic views of the snow-clad peaks of the Annapurna Region. You see Mardi Himal (5,587m), Fishtail (6,993m), Annapurna II (7,937m), Gangapurna (7,455m), Singu Chuli (6,501m), Kangsar Kang (7,454m), Hiunchuli (6,441m).

- **Day 10: Trek to Bamboo (2,050m/6,726ft) -6 Hours**

After enjoying the sunrise view while having breakfast, you trek down along the same trail you walked a couple of days ago. Moving along the Machhapuchhre Valley, you reach Bamboo to stop the trek.

◦ **Day 11: Trek to Jhinu Danda (1,780m/5,840ft) -5 Hours**

While walking through the villages such as Sinuwa, Tilche, Chhomrong, and Taulung, enjoy the enchanting views of birds and animals in green forests, snowy peaks, and deep valleys. Walking for about 5 hours, you arrive in Jhinu Danda, a village popular for natural hot spring. Take a bath in the hot natural spring to relax from the travel fatigue and bruises if any.

◦ **Day 12: Trek to Ghandruk (1,950m/6,398ft) -4 Hours**

Walking past bamboo forests and cultivated lands, you arrive in Ghandruk Village. Visit the Gurung Museum to learn about culture, tradition, and lifestyle of the Gurung people. Living with a Gurung family in their home is more memorable part of Annapurna Base Camp Trek.

◦ **Day 13: Trek to Nayapul and Drive to Pokhara -6 Hours**

Descending through the Modi Khola banks, you walk past Syaulibazar. Witnessing the incomparable sight of Mt. Machhapuchhre (6,993m) and beautiful hamlets, you arrive in Nayapul. From here, you board on a tourist bus or in a private jeep and move towards Pokhara. After you are checked in to the hotel, you can stroll around the city.

◦ **Day 14: Drive back to Kathmandu – 7 Hours**

Return journey to Kathmandu from Pokhara either by road or air. It depends upon the itinerary while booking. After arriving here, you will be relocated to the hotel. In your free time, navigate Thamel Bazar to purchase the handicraft products of Nepal. In the evening, you will be invited to farewell dinner.

◦ **Day 15: Final Departure**

Today is the last day of Annapurna Base Camp Trek 15-Day package. One of the team members guides you up to the Tribhuvan International Airport before 2 hours of your flight.

WHAT'S INCLUDED

Location	Nights	Type	Property Name	Rating	Occupancy
Nepal	14	Guesthouse	Thamel Hotel	3 Star	Shared

• **Pickup & Drop-Off**

- Airport Transfer

Airport pick up and drop off service by private vehicle

• **Guide**

Tour and Trekking during the tour and trekking

Porter service 2 traveler = 1 Porter

- **Meals**

- Halal
- Meat
- Vegan
- Vegetarian

Breakfast while you are in city

BLD while you are in Trekking

- **Insurance**

All our staff are insured by block policy

- **Transport**

- Coach / Bus

Kathmandu to Pokhara and Pokhara to Kathmandu by tourist bus

Pokhara to Nayapul and Pokhara by Private vehicle

- **Extra Services**

Stick, Down jacket and sleeping bag provided by Company

WHAT'S EXCLUDED

- Flights
- **Other Excluded:**

Travel insurance for traveler

Visa fee

Tips for Trekking staff, Tour guide, Driver

Covid Safety

As always, guests health and safety, as well as that of our team members, local partners, and the communities we visit, continues to be our top priority. So, from October 15, 2021:

All adults over the age of 12 must be fully vaccinated against COVID-19 before you can travel with us, for all trips in all destinations.

For adults who cannot be vaccinated due to valid medical exemptions, we will need to see a negative COVID-19 test result (official paper or official electronic) showing the test was carried out within 72 hours of the first day of your trip.

You will also be asked to sign a COVID-19 waiver, which is part of our

Tour Cancellation Policy

Free cancellation up to 15 day(s) prior departure, Or traveler will pay 20 % of the tour amount

Good To Know

FAQs