

ANNAPURNA BASE CAMP TREK



ITINERARY/ INCLUSIONS/ EXCLUSIONS

Day 01:

Arrive and are met at Tribhuvan International Airport. Transferred to your hotel. Briefed on the process for the trip.

Day 02:

Kathmandu – Pokhara (6 hrs)

You will be driven along the Kathmandu-Pokhara highway, passing through Nepals rural landscapes of villages, farm terraces, waterfall, jungles and great views of the mountains. On arrival, explore and enjoy this beautiful 'city of lakes'.

Overnight stay in Beshi Sahar.

Day 03:

Pokhara to Nayapul, then to Tikhedhunga (1525m)

You are driven to Nayapul and from there your trekking begins. Passing through the village of Birethanti, with its many shops and teahouses, steadily climbing to Tikhedhunga. A short and relatively easy day to start.

Overnight stay at Tikhedhunga.

Day 04:

Tikhedhunga to Ghorepani (2775m)

A steep climb to the village of Ulleri, easing to a more gentle ascent through forests of oak and rhododendron, passing through two more villages to our destination of Ghorepani.

Overnight at Ghorepani.

Day 05:

Ghorepani to Poonhill to Ghorepani to Tadapani

An early start with a short excursion to Poonhill to catch an amazing sunrise and panoramic views of the Himalayas. Then back to the teahouse, enjoy a hot breakfast, commence our days trekking to Tadapani.

Overnight at Tadapani.



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Day 06:

Tadapani to Chhomrung (2020 m)

Today starts with a steep downhill trek through forests, easing off at the ethnic community village of Gurjung, followed by an easy walk to Chhomrung.

Overnight at Chhomrung.

Day 07:

Chhomrung to Dovan

The trek descends to Chhomrung Khola, then we start climbing to Khudighar at 2380m, then on to our overnight stay at Dovan.

Day 08:

Dovan to Deurali

The day brings a climb through bamboo and rhododendron forests onto Hinko at 3020m. Then a short trek up to Deurali, which sits on the ridge overlooking Hinko.

Overnight stay at Deurali.

Day 09:

Deurali to Annapurna Base Camp (4230 m)

Trekking up past Machhapuchare, we then trek for two hours, heading for Annapurna Base Camp, known also as Annapurna Sanctuary because it is surrounded by mountains.

Overnight stay at Annapurna Base Camp.

Day 10:

Annapurna Base Camp to Dovan

Our trek descends to the river then climbs out of the valley to the tiny settlement of Tilico, in forests of bamboo, rhododendron and oak onto Sinuwa at 2350m, through to Kuldi before descending a steep stone staircase, through more forest, to Bamboo Lodge.

Overnight stay at Dovan.



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Day 11:

Dovan to Jhinu Danda - hot spring - (1750 m)

Today we descend to Bamboo, up to Kuldi Ghar, flattening out through to Sinuwa, then descending to Chhumrong, with a steep downhill trek to the village of Jhinu Danda. Spend the evening on the banks of the Modi Khola, relaxing and enjoying the Hot Springs.

Overnight stay at Jhinu Danda.

Day 12:

Jhinu Danda to Pothana (1600m) – via Landruk

Our trek starts with a descent, flattening out until reaching Himal Panj. From there, a gentle ascent crossing streams and terraces, to Landruk, one of the bigger villages inhabited by the Gurung, Magar and Brahmin communities. Continuing through forests, passing waterfalls and offering panoramic views, reaching our overnight stay at Pothana.

Day 13:

Pothana to Phedi – then drive to Pokhara

An early morning start to enjoy the stunning sunrise through Annapurna South, Himchuli and Machhapuchare peaks. After breakfast, a 2 hour easy downhill trek to Phedi, then a short 30 minute drive to Pokhara for our overnight stay. Relax, shop, enjoy the lakes.

Day 14:

Pokhara to Kathmandu

You are driven back to Kathmandu, taking in a great scenic route through Damauli, Dumre, Mugling and Kurintar – the site of Nepals first cable car – to Manakamana Temple (The Temple of Wishes).

Day 15:

Kathmandu Valley - half day sightseeing tour

The historical and cultural heart of Nepal, the city presents a wonderful mix of Hinduism, Tibetan Buddhism and western influence. Neighboring cities Patan and Bhaktapur bear immense historical, cultural and religious significances. Enjoy a half day guided tour to the famous and biggest Hindu shrine of Pashupatinath; Boudhanath - the largest Buddhist stupa in Nepal; Swoyambhunath – the 15th century Palace. Explore, shop, relax for the remainder of your day.



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Day 16:

Kathmandu - departure

You will be taken from the hotel to Tribhuvan International Airport or bus depot for your departure from Kathmandu.



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Cost Includes

- ✓ Airport – Hotel - Airport pick up & dropoff.
- ✓ Three nights standard accommodation in 2/3 star hotel in Kathmandu's tourist centre.
- ✓ Transport from Kathmandu to Pokhara and return - by bus
- ✓ Pokhara to Payapul – by car
- ✓ Two nights standard accommodation in Pokhara, with breakfast.
- ✓ All breakfast, lunch and dinner during the trek – Pokhara to Pokhara.
- ✓ All Tea House (lodge) accommodation during the trek.
- ✓ Kathmandu Valley guided sightseeing – as per Day 15 of itinerary.
- ✓ An experienced Government Licensed Holder guide and porter(s) to carry your luggage during the trek.
- ✓ All guide and porter(s) accommodation, meals, drinks, insurance, salary, equipment, transportation, local tax during the trek.
- ✓ Group medical supplies (first aid kit will be available).
- ✓ All necessary Government required paperwork and National Park Entry Permits and TIMS Card, etc.
- ✓ Travel & Rescue arrangement.
- ✓ All Government taxes and Vat.

Cost Excludes

- × All meals in Kathmandu and Pokhara, other than breakfast, lunch & dinner during the trek.
- × All drinks – tea, coffee, other hot, water, soft drinks, alcoholic.
- × Your Travel insurance.
- × International airfares to and from Kathmandu.
- × Sightseeing spot entry fee.
- × Nepal Entry Visa – obtained easily upon your arrival at Kathmandu Airport.
- × Personal shopping, laundry, etc.
- × Personal trekking equipment.
- × Tips for trekking staff and driver. (Tipping is expected, but not mandatory)
- × All other tour, sightseeing and other activities outside of the main trek.



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