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## Annapurna Base Camp Trek: Best Trekking Itinerary and Cost

Annapurna Base Camp Trek is known as the second most popular, moderate, and more comfortable trekking destination in Nepal after the Everest Base Camp trek. The Annapurna Base Camp Trek takes you to one of the incredible Himalayan kingdoms. You can experience the rural culture and naturally blessed highlights Such as natural waterfalls, breathtaking landscapes, traditional settlements, flora, and fauna, as well as a breathtaking panorama of Mountain. All the Annapurna Mountains are simply fascinating during this trek. Main highlights of this trek are as below

- ❖ Cultural and historical tour of Kathmandu with a professional and knowledgeable tour guide in a private vehicle.
- ❖ stunning landscapes and greenery
- ❖ Travel to Kathmandu-Pokhara-Kathmandu by luxury vehicle
- ❖ breathtaking views of the Himalayas and the gigantic Annapurna and Dhaulagiri massifs
- ❖ Majestic sunrise and sunset views from Ghorepani-Poonhill
- ❖ Rhythmic waterfall and lush rhododendron forest and much more that demonstrates the diversity of Nepal
- ❖ Majestic sunrise and sunset views from Ghorepani-Poonhill
- ❖ Magnificent view of the mountain from Annapurna base camp
- ❖ Jhino Hot Springs
- ❖ Pokhara city exploration and illumination of Phewa lake at the night

## Introduction

Annapurna Base Camp trekking is one of the most popular and reasonably easy treks in the Annapurna region. It is also well-known as the Annapurna Sanctuary trek. It is one of the most beautiful trekking trails in the Annapurna region and the second most popular trekking in Nepal after Everest Base Camp since it opened its door for trekkers. The fascinating Annapurna shrine, consisting of Mount Annapurna, fishtail, Himchuli, and Manaslu, kindles your heart calmly. It is also a place that, according to Hindu mythology, is revered as sacred because it resembles the face of Lord Shiva, an original work of art, full of glaciers and limited cliff.

Annapurna Base Camp Trek offers spectacular mountain scenery at the foot of the Himalayas, leading through beautiful forests, rivers, stone stairs, hanging bridges, terraced farmland, and ethnic settlements amidst the vast glaciers. Finally, our guide will take you to Machhapuchhre Base Camp and Annapurna Base Camp from where you can enjoy the most spectacular mountain panorama. You will experience the typical lifestyle and culture of the mountainous region of Nepal in harmony with nature and away from the hustle and bustle of modern life.

During this 15-day trek into the Annapurna area, you will also enjoy the Poon Hill Hike, which offers you spectacular sunrise views of the Mount Annapurna, Machhapuchhre and many more mountains.

Your Annapurna Base Camp Trek starts from Nayapool after a drive from Pokhara; Trek goes through the picturesque traditional settlements and flourishing rhododendrons forest. Your slow ascent takes you through Ulleri to Ghorepani and Poon Hill. You'll hold stunning sunrise and mountain views from Poonhill. Then, walk over Tadapani and Chomrong to Machhapuchhre base camp. Finally, you will arrive at Annapurna base camp and enjoy a breathtaking view of the mountains. Incredible mountain views like Annapurna-I, Annapurna-IV, Annapurna South, Gangapurna, Himchuli, Manaslu and Ganesh Himal will blind your eyes and your camera. When you back, walk over to Jhino, where you heal

your body ache with warm tap water and ponds. After this, drive to Nayapool and return to Pokhara to end your trek of Annapurna Base Camp.

## Itinerary Details

### **Day 01: Arrive at Tribhuvan International Airport, Kathmandu, and briefing about the trip.**

Upon arrival in Kathmandu, a representative of our company will pick you up from the airport and take you to your hotel. In the afternoon you can relax. In the evening, we host a trip briefing session at your hotel and introduce your tour and trekking guide after this free time. You can walk around the Thamel area. Night stay at hotel in Kathmandu.

### **Day 02: Full day guided tour of the World Heritage Sites in Kathmandu valley.**

Your sightseeing tour begins after Breakfast. You will have a private vehicle and a professional guide and visiting the following world heritage sites.

**Swyambunath Stupa:** You can see the valley from the top of a hill on its west side. Swyambhunath stupa is also known as the monkey temple because countless monkeys live on the site.

**Pashupatinath Temple:** Pashupatinath Temple is the most sacred Hindu temple in Nepal and is located on the banks of the Bagmati River at the eastern end of the Kathmandu Valley. Pashupatinath is the most famous temple dedicated to God Shiva.

**Boudhanath Stupa:** Boudhanath Stupa is a 2500-year-old Buddhist stupa in the valley that was built in the 5th century. Four pairs of Lord Buddha's eyes in four directions regularly monitor people and their actions. You will find Buddhist pilgrims from Tibet walking around the stupa and turning the prayer wheels.

**Patan Durbar Square:** Patan Durbar Square - located in the city center part of Lalitpur. It shows the Newari architecture, which peaked during the reign of the Malla kings, who were great builders and promoters of the arts. The rest of your time is free to explore and shop near your hotel, overnight stay in Kathmandu.

### **Day 03: Drive from Kathmandu to Pokhara: 200 km / 5-6 hours by car**

After Breakfast, leave Kathmandu for Lake City Pokhara. On the way to Pokhara, you will see hills, small settlements, and terraced farms. When you reach in Pokhara city, the beautiful Lakes will reward you with a magnificent view of the Himalayas, including Mount Dhaulagiri, Manaslu, Machhapuchhre, the five peaks of Annapurna and many more. Check-in at the pre-reserved hotel and take a rest. You can also wander the streets of Pokhara and simply be in one of the most beautiful cities in Nepal. You will spend the night in Pokhara hotel.

### **Day 04: 1-hour drive from Pokhara to Nayapul and trek to Tikhedunga: 3-4 hours walk**

Part of your trek to Tikhedunga via Birethanti is a relatively easy flat trek as you walk through various small towns and lively settlements. After a while, it will gently ascend to the final destination, Tikhedhunga. Night stay at Lodge in Tikhedhunga.

### **Day 05: Trek from Tikhedhunga to Ghorepani: 5-6 hour hike**

After having Breakfast at the same Lodge, you climb steeply for the first 2 hours and then gently climb through Ulleri and Banthanti. This trail offers impressive views of Machhapuchhare or Fish Tail, Hiunchuli, and the great Annapurna to the south. Your path will now be relatively easy as you drive through rhododendrons and shady woods amid birdsong, giving you a good feeling until you gently climb up to the last camp. Night stay at Lodge in Ghorepani.

### **Day 06: Trek from Ghorepani to Poon Hill and hike to Tadapani: 5-6 hour hike**

In the early morning, visit Poon Hill (3,210m) to enjoy the sunrise over the mountain. You can see a superb view of Mount Dhaulagiri, Tukucho Peak, Nilgiri, Varaha Shikhar, Mount Annapurna I, Annapurna South, Annapurna III, Machhapuchhare, Annapurna IV, Annapurna II, Lamjung Himal, and many other snow-capped small peaks. Then back to Ghorepani for hot Breakfast at the Lodge and walk to Tadapani. Most of the path leads through the rhododendron forest.

The beautiful flower makes the jungle colorful in spring when it blooms. Night stay at Lodge in Tadapani.

#### **Day 07: Trek from Tadapani to Chhomrong: 4-5 hour walk**

After Breakfast, another descent awaits you as you walk through the rhododendron and oak forests again. Around noon, you will arrive at the Gurung village of Chhomrong, where you will have time to explore the fantastic views of Annapurna South and Machhapuchhre. Night stay at Lodge in Chhomrong.

#### **Day 08: Trek from Chhomrong to Doban: 4-5 hour hike**

After Breakfast, the road to Chomrong Khola begins and continues to Khuldighar (2,380m), where there used to be an ACAP (Annapurna Conservation Area) checkpoint. A little further, there is a clearing from which the path leads very abruptly down a rocky bank and then stretches through bamboo thickets at the bottom of the gorge and always runs on the west side of the river. Night stay at Lodge in Doban.

#### **Day 09: Trek from Doban to Annapurna base camp: 3-4 hour walk**

You will feel the sting of the air when you climb high above Doban's starting point and overlook a river far below. You climb the side moraine of a glittering glacier and then come to the glacier bed on the other side before reaching Annapurna Base Camp. At an impressive altitude of 4237 m above sea level, this is your overnight stopover. It's time to reap the benefits of your hard trekking! Miles above the ground, you have the whole day to walk around the base camp and enjoy the beauty and majesty of Annapurna. Sunrise and sunset are spectacular performances of the original theatre, and you should not miss it.

#### **Day 10: Trek from Annapurna Base Camp to Bamboo: 4-5 hour hike**

You will enjoy a last fiery sunrise in Annapurna before starting the trek down to the mountain. Your route ends in the village of Bamboo, named after the dense and tall bamboo forest that surrounds it. You will spend the night in bamboo at Lodge.

### **Day 11: Trek bamboo to Chhomrong: 4-5 hour walk**

The stone stairs and their steep and unforgiving steps await you again! On the way to Kuldi, walk through the bamboo forest, passing the lively rhododendron flowers. After lunch, walk through Sinuwa and Modi Khola before taking an exhilarating climb to Chhomrong. Night stay at Lodge in Chhomrong.

### **Day 12: Trek from Chhomrong to Ghandruk: 4-5 hour hike**

From Chhomrong, you return to the Taglung and slowly cross a forest to Kummu. You return to Ghandruk and another hypnotically beautiful panorama of southern Annapurna before your last night on the mountain. You will spend the night in the Lodge in Ghandruk.

### **Day 13: Trek from Ghandruk to Nayapul and one hour drive to Pokhara:**

After Breakfast, you will start your trek; it's an easy hike by gently descending into the middle of the rice field and the surrounding villages to Syauli Bazaar and walking a flat section to Nayapul and then driving from Nayapul to Pokhara. The operation lasts about an hour. Night stay at hotel in Pokhara.

### **Day 14: Drive Or Fly from Pokhara to Kathmandu: 210 km / 5-6 hours on the car**

After Breakfast, return trip from Pokhara to Kathmandu. Pokhara Kathmandu trip will be a trip along the riverbank with great views of the hills and the rural Nepalese lifestyle. After arriving in Kathmandu, take a break or shopping. Night Stay at Hotel

### **Day 15: Transfer to Kathmandu Tribhuvan International Airport for departure.**

After a few days of fun and excitement in Nepal Himalaya, the day of farewell has arrived. Our representatives will accompany you to Tribhuvan International Airport according to the time of your flight.

### **What is included in Package**

- ❖ Pick up at the hotel and airport with a private vehicle.
- ❖ A three-star hotel in Kathmandu

- ❖ Guided tour of Kathmandu and the Pokhara Valley
- ❖ City tour and entry fees
- ❖ All accommodation in the small guest house (Lodge) during the trek on twin sharing
- ❖ Transportation from Kathmandu-Pokhara-Kathmandu and by private vehicle Pokhara to the trek starting and ending point to Pokhara
- ❖ All necessary documents, entry permits, and TIMS.
- ❖ An experienced, helpful, and friendly trekking guide and the required Porter.
- ❖ Salary, food, drinks, accommodation, transportation, and insurance for the guide and the Porter.
- ❖ Meals including Breakfast, Lunch, Dinner on the trek.
- ❖ Official expenses and government taxes.

### **What is excluded in Package?**

- ❖ International airfare
- ❖ Entry visa for Nepal; you can get it when you arrive at Tribhuvan International Airport in Kathmandu.
- ❖ Travel insurance that covers rescue and evacuation at high altitudes
- ❖ Personal expenses.
- ❖ Tips for driver, guide, and Porter.

### **Food and Accommodation.**

The food and accommodation during this trek are minimalist, as the areas that fall on the trekking route are far from modern. You will stay in tea houses that offer clean and straightforward services. Heaters can only be found in dining rooms, and dishes such as pasta, pasta, dal Bhat, potatoes, vegetables, cereals, eggs, rice, soup, etc. are served. Depending on the season, you can get single, double, triple, or even dormitory rooms that are shared with more people. During your stay in Kathmandu and Pokhara, you will stay in a three-star hotel, including Breakfast, as per your package. Lunch and dinner are not included in the city.

### **Trekking guide (s) and other staff arrangements**

The most important thing that makes this trip enjoyable and unforgettable is the experienced, polite, and helpful guides and crew who can make your days on the mountain go smoothly. Our trek is led by the best and most professional trekking guide. All employees are carefully selected based on their experience, leadership skills, and personal skills. To preserve local communities, we only employ local staff who have sufficient knowledge of the culture, ecosystem, flora, fauna, geography, and history of the local region (s).

### **Travel insurance**

Travel insurance for each itinerary of our company is a prerequisite for booking vacations. At a minimum, you must have emergency and repatriation insurance that must include the cost of the mountain rescue. Please read the terms and conditions of your insurers carefully, especially make sure that the following are covered: 1) activity (i.e., tourism, trekking or mountaineering) 2) maximum altitude reached on trekking 3) evacuation of the helicopter in an emergency. You must understand that you will bear the cost of the removal and return procedures and that it is your responsibility to pay for the evacuation or medical treatment. You must be fully aware of the effects of travel insurance and understand the limitations and exclusions of your policy. Please note that our company guide may, under certain circumstances, initiate helicopter rescue (or other necessary) operations in medical emergencies without first asking approval from your insurance company.

### **Physical fitness and experience requirements**

The Annapurna Base Camp Trek fits for all trekkers who can walk 5-6 hours a day with a light backpack. The hike is relatively comfortable for those who are used to walking at higher altitudes. We kindly ask you to jog and exercise regularly at least a few months before the start of your trip. Previous hiking experiences would be a bonus, but no need for technical knowledge for this trip. It is also essential to check with your doctor before booking the trek. If you have the following diseases related to heart, lung, and blood, then you must inform us before booking the trek.



**Best travel time**

Annapurna Base Camp Trek is best in the fall (September through November) and spring (March through May). During this time, the sky is clear, and the view is excellent. The weather is perfect for hiking without rain. We can also enjoy lush vegetation in the lower regions of the trail, especially during the spring season.