

# Annapurna Base Camp Trek | Duration: 16 Days

## Days | Cost: \$1452

The Annapurna Base Camp also known as ABC Trek is a showcase of cultural and physical diversities. High and beautiful mountain peaks such as Annapurna 1, Gangapurna and Machhapuchhre encircle the Annapurna Sanctuary. The lodge-based trek is through terraced hillsides, picturesque villages and dense rhododendron forests with the magnificent Himalaya on the backdrop. The trek is through forested hillsides to Ghorepani. Ascend next to Poon Hill for a magnificent panoramic sunrise view of the Annapurnas and Dhaulagiri. It passes below Mount Machhapuchhare before reaching the Annapurna Sanctuary. This trek offers opportunity to explore magnificent place before returning to Pokhara via Landrung and Dhampus.

### At a Glance:

- **Tour code:** NABC003
- **Style:** Trekking | Hiking
- **Grading:** ▲▲▲▲▲
- **Suitable for:** 4130m
- **Duration:** 16 Days
- **Start in:** Kathmandu | Airport
- **End in:** Kathmandu | Airport
- **Transport:** Private
- **Price:** 1452

### Highlights of the tour:

- One of the Most popular treks in Nepal
- Explore the typical Nepali Village and traditional way of life
- Surrounded by a wall of 7000 meter Himalaya peaks
- Classic easy paced trekking holiday in Nepal
- Visiting of Ancient palace, temples of Kathmandu and Pokhara
- Friendly Gurung people and their hospitality
- Magnificent sunrise at Poon Hill

## **What's Included:**

- Airport transfers
- An experienced insured and equipped English speaking Guide
- Guided sightseeing and entry fee in Kathmandu
- Internal flights and land transport involved in the itinerary
- Airport tax
- Good standard Hotel ( 3\*) accommodation in Kathmandu & Pokhara with breakfast
- 3 meals during trek
- Teahouse accommodation on trek twin sharing basic
- Tims permit
- Annapurna Conservation Fee
- Insured and equipped porter as on IPPG rules

## **What's Not Included:**

- Travel Insurance
- Nepalese Visa
- Tips for Guide and other trek staff
- Lunch and dinner in the city
- Additional costs due to illness, rescue, force majeure, changes of flight and itinerary
- Personal drinks and Bar Bill
- Battery charge 1\$ each time and Hot shower 3-5\$ each time

## **Arrival and transfer to hotel**

Arrival at Tribhuvan International Airport, Kathmandu. A traditional warm welcome by our airport representative. Short briefing about the package in the hotel. Typical welcome dinner in the evening.

## **Kathmandu sightseeing**

You will be taken for sightseeing of Kathmandu Valley to explore the vibrant city after breakfast at your hotel. Drive to famous Buddhist Stupa Swayambunath, also known as Monkey temple, on the hill of Kathmandu Valley where you can see stunning view of mountains and Kathmandu valley. This temple attracts Buddhists and tourists from around the world. Swayambhunath Stupa is the most ancient and enigmatic of all the holy shrines in Kathmandu valley. Its lofty white dome and glittering golden spire are visible from far and wide. Next is Pashupatinath, the temple of Lord Shiva. This is probably the most famous temple for Hindu in Indian Sub-continent. There is crematorium beside the temple where dead bodies are burnt to ashes. After exploring Pashupatinath you will visit fascinating sights of Patan Durbar Square, one of the most glorious examples of

traditional Nepalese architecture, full of centuries old temples and palaces.

## **Drive to Pokhara**

After breakfast drive towards the beautiful town of Pokhara in western part of Nepal. Taking fresh air, enjoy the staggering beauty of an area surrounded by some of the world's highest mountains. In the afternoon, we boat across Lake Phewa for magnificent views of the Annapurna mountain range. Watch reflections of their dazzling white peaks sparkle in the mirror-like water. Annapurna range is probably one of the finest mountain panoramas in the world. Enjoy the sunset in the lake and take dinner in one of the famous restaurant at lake side.

## **Drive to Nayapool & trek to Tirkhedhunga**

After breakfast you will drive approximately 1.5 hour to Nayapul, the starting point of the trek, on a private vehicle. Trek to Tirkhedhunga on nice dirt road alongside beautiful stream. The beginning of the trek gives you glimpses of the Himalayan peaks but rest of the day you will enjoy the beauty of green mountain surroundings and local villages. You will spend the night at a guest house.

## **Trek to Ghorepani**

Today's trek is bit challenging as you have to conquer 3300 stone steps. The trail crosses a suspension bridge across a stream. You climb through the steep stone steps to Ulleri, a settlement of Magar community. You will now gradually climb through meadows, cultivated fields and rhododendron forest. If you are a keen on bird-watching, here you can explore different kinds of redstarts, varieties of kingfishers, dippers and forktails in the area. You further trek to Nangethanti and finally reach Ghorepani. From Ghorepani you can enjoy the magnificent panorama of Dhaulagiri I, Annapurna I, Tukucho, Nilgiri, Hiuchuli and Tarke Kang. Overnight in Ghorepani lodge.

## **Sunrise at Poon Hill & trek to Tadapani**

Wake up early today and trek about four hundred meters uphill to Poon Hill which takes about forty five minutes. You enjoy mesmerizing sun rise over the Annapurna range. Watch the mountain peaks turn from soft pink to shimmering gold as the sun climbs higher in the clear blue sky. Of 14 mountain peaks above 8000 metres in the world, eight are in Nepal. Two among them can be seen from this spot if the sky is clear. Back to the hotel for breakfast and trek to Tadapani. Stay overnight at a lodge there.

## **Trek to Chhomrung**

The trail descends through forest with the chirping of birds. After walking down about 45 minutes the trail goes very steep downhill through the terraced field to Kimrung Khola, cross the suspension bridge and walk to Gurjung. The trail ascends for 45 minutes and walk straight to reach Chhomrung at an altitude of 2170m.

## **Trek to Dovan**

The trail descends 310 meter through thousands of stone steps, cross Chhumrung stream and climbs up to Sinuwa at the height of 2340 meter. It is easy walk through rhododendron festooned with orchids and ferns.

Climb down through steep stone steps to Bamboo where you take lunch. You walk throughout the cool forest for about an hour and reach Dovan at an altitude of 2630 meter. Stay overnight at lodge.

## **Trek to Machhapuchre Base Camp**

You have a peaceful jungle walk to Himalaya from Dovan. It is believed that mountains are sacred and holy. Annapurna in Nepali means plenty of food. Annapurna is a Goddess of Harvests. She is taken as kitchen-goddess who feeds human beings. Her popular shrine is located in Kashi, on the banks of the river Ganga, in India. As you walk higher up to the hills, natural vegetation changes from tropical species to more temperate stands of forest trees including oak, beech and Rhododendron. Wildlife and natural greenery make Machhapuchera Base Camp Trekking lively. Tea garden, Caves and waterfalls are the attraction of the trail. Stay overnight at lodge.

## **Trek to Annapurna Base Camp/Annapurna Sanctuary**

Today is the most important day of the trek as you will be stepping at Annapurna Base Camp. The base camp is inside Annapurna Conservation Area Project (ACAP), initiated by Nepal government to protect local flora and fauna. This area is home to many indigenous local inhabitants and dense rhododendron forests. There is a high chance of encountering with various wildlife blue sheep, Pika, Snow-leopards and Himalayn Thar. Similarly conservation area is the home of various birds like colorful Impheyans, Koklas, and Blood Pheasants etc. The trail towards Annapurna base camp is not very steep, you will be progressing through gentle uphill walk through peaceful meadows with enthralling views of towering Himalayan peaks. You can get the 360 degree panoramic views of Annapurna Himalayan range from base camp. The best view that you can't get elsewhere. One will be dumbstruck upon seeing the most beautiful and rewarding views of Annapurna, Machhapuchre and Gangapurna. You will surely miss these moments as you follow the same route to Himalaya Hotel for overnight stay.

## **Trek down to Dovan**

Enjoy Mountain View sipping hot tea or coffee. After breakfast you trek down to Dovan or Bamboo via MBC, Deurali and Himalaya. On the way to Dovan you will have lunch break. You will walk through Rhododendron, orchids and ferns. Stay overnight at lodge.

## **Trek to Chromrong**

Then you will trek to Chhomorang where you can explore Gurung village and know about their culture and tradition. Chromrong is the village in the Annapurna region of Nepal which is the most popular overnight stop for those walking through the Annapurna sanctuary trek. You can have the stunning views of the Annapurna and Machupachare. Tonight at Chromrong.

## **Trek to Tolka**

From Chhomrong you will trek down to Kimrung Khola to cross the suspension bridge and gradually trek to Landruk to have a lunch and further trek to Tolka. Tolka is the Gurung settlement where you can explore their culture and tradition. Can have interaction with the locals there.

## **Trek to Pokhara**

After breakfast an easy start up to Bhaise Kharka before ascending to Deurali. Trek through beautiful scenery and exploring Himalayan range to enjoy the lunch at Pothana. Furthermore downhill walking takes you to Phedi where our car will be waiting to transfer to beautiful Pokhara for overnight.

## **Fly to Kathmandu**

Fly from Pokhara to Kathmandu, enjoy panoramic mountain views. Spend the rest of the day sightseeing, exploring, shopping or just relaxing in Kathmandu's numerous cafés and roof-top restaurants before spending the evening celebrating your achievements.

## **Drive to Airport for Return flight**

Your final day in Kathmandu is a free day. You do as you like. Many people take the time for shopping others enjoy exploring the cultural sites of the city. Our local guide can advise you on the best shops in the area. Farewells! Our airport representative will travel with you to the airport.

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