

Trip Name : Annapurna Base Camp Trek

Trip Cost	US \$850
Starting Point	Drive in Pokhara-Nayapul
Ending Point	Drive out Nayapul-Pokhara
Type	TeaHouse/Lodge Trek
Grade	Medium-Hard
Duration	11 Days
Daily Walk	5-6 hours
People in Group	Minimum 1 and Maximum 12
Best Time	March to mid-May and September to mid-November
Max. Elevation	4130 mt.

### Trip Highlights:

- No internal flights required
- Stunning Sunrise views from Poonhill
- Amazing Mountain views along the route
- Typical Magar and Gurung settlements
- Spectacular views from Annapurna and Machhapuchhre Base Camps
- Natural hot spring pond at Jhinu
- The green lush and rhododendron forests

### Trip Details:

**Annapurna Base Camp route** has become one of the most popular trekking trails among the solo and adventure trekkers because it can fulfill their dream to see the 8,000 meters mountains and glaciers in less than 10 days from city escape. It is also known as the Annapurna Sanctuary trek which has an extraordinary variety of ecosystems because of its unique combination of heights, depths and cultures. This oval-shaped high glacial basin is situated at an altitude of over 4,000 meters surrounded by a ring of mountains-the Annapurna Himalayan range, most of which are above 7,000 meters including two eight thousanders namely Annapurna (8,091m/26,546ft) and Dhaulagiri (8,167m/26,796ft).

Annapurna Sanctuary is like a natural amphitheater and has been sacred to the local people for centuries. The entire sanctuary was held as sacred to the Gurung tribe, one of the many native inhabitants of the Annapurna area. Our Annapurna Base Camp trek starts at Nayapul, about an hour scenic drive from Pokhara. We continue our trek towards the west trail from Birethanti which follows to Tikhedhunga and Ghorepani. The next early morning, our guide will wake you up to hike to Poonhill/Pun Hill, the popular view point where you can enjoy with the panoramic views of 32 snow-capped mountains of the Annapurna Himalayan range. The views at sunrise from Poonhill are simply stunning and impressive. We then trek towards Chhomrong and commence our journey into the Annapurna Sanctuary and further to Annapurna Base Camp. Annapurna Base Camp trekking is a good introduction to higher altitude without being too strenuous so that we have categorized this trek as medium-hard trek.

### Weather in the Annapurna region:

The best times considered for Annapurna Base Camp trek are undoubtedly spring (March to mid May) and autumn (Sept to mid Nov). The days are sunny and warm yet the evenings are cool and can tumble to solidifying in higher elevations. However, trekking in winter (Dec, Jan, Feb) is also possible in Annapurna

Sanctuary trail in favourable weather conditions. The only issue is cold and might be a problem due to ice/snow blockade with a possibility of avalanche. The Annapurna Base Camp route gets busier in spring and autumn but monsoon and winter are relatively quieter. Some people even enjoy trekking in summer to the Base Camp of Annapurnas.

### **High Altitude Warning:**

The maximum elevation of Annapurna Base Camp trek is 4,130 meters and there may be a chance to overcome some symptoms of altitude sickness. In this regard, we advise you to descend and take rest. Headache is the most common symptom and there are other signs of Acute Mountain Sickness (AMS) for different people but include fatigue, dizziness, loss of appetite, nausea or vomiting, difficulty in walking and rattling breath. You may try to continue the trek next day if you feel alright. We are very much concerned of your safety and our guides are aware of such situations how they should be handled.

### **Experience Required:**

We have categorized Annapurna Base Camp trekking as medium-hard trek and passionate trekkers need to walk at least 5-6 hours everyday. Please also expect to walk 6 to 7 hours or more on some days. However, your passion and desire for this trek are major keys to accomplish the Annapurna Base Camp trek successfully. Regular exercising and jogging for some weeks prior to the trip is useful to enhance your strength and stability. If you have any previous hiking experience, that would be an asset. It is important that you consult with your doctor before making decision for this trek if you have any medical problems in the history. Participants with pre-existing medical conditions such as heart, lungs or any other serious disease should inform Trekking Encounters before booking the trek.

### **How We Make This Trip Responsible?**

**Trekking Encounters promotes Responsible Tourism and strictly follows the responsible travel guide lines.**

### **Cost Includes:**

- Accommodation in Kathmandu for two nights
- Standard accommodation in Pokhara for two nights
- Annapurna Conservation Area Permit (ACAP) and TIMS Card (Trekking Information Management System)
- Three times meals (B/L/D) everyday while on trekking from teahouse/lodge
- Accommodations at local teahouse/lodge in the mountains
- An experienced and English speaking Trekking Guide
- A porter shared between two trekkers
- Staff insurance, salary, food, accommodation and their transportation
- Land transportation before and after the trek in Pokhara by private vehicle
- Tourist bus transfers for Kathmandu-Pokhara-Kathmandu [*Private vehicle or flights are available on request and extra*]
- First aid kit box
- Emergency co-operation service

### **Complimentary:**

- Arrival/departure transfers between International Airport and Hotel in Kathmandu
- A Trekking Encounters T-shirt
- A farewell Nepali dinner with live culture program

### **Cost Excludes:**

- Meals in Kathmandu and Pokhara
- Bar and beverages bills, bottled water
- Nature of personal expenses
- Personal cloths and equipment such as sleeping bag, jacket, boots etc.
- Insurance for accidental, medical and evacuation
- Tips to the staff
- International Airfare and Taxes

#### **Add-Ons:**

#### **Kathmandu City Tour**

**Activity:** Cultural tour to the World Heritage Sites.

**Major sites:** Swoyambhunath, Boudhanath, Pashupatinath, Kathmandu/Patan/Bhaktapur Durbar Square and Changunarayan Temple.

**Duration:** Full/Half day.

**Frequency:** Tour can be organized in any day and at your suitable time.

**Cost:** US\$ 50 per person. Group discounts available.

**Ground transfer:** Included by a private vehicle as per group size (Car/Van/Bus).

**Guide:** English Speaking City Tour Guide included. Additional language Guides are also available on demand.

**Meals:** Not included.

**Entrance fee:** Applicable and not included.

#### **Mt. Everest Flight**

**Activity:** Mount Everest sightseeing flight.

**Duration:** One hour.

**Frequency:** Everyday in the morning between 6am to 9am.

**Cost:** US\$ 190 per person. Group discounts available.

**Ground transfer:** Included by a private vehicle. Two persons minimum needed.

**Airport tax:** Included.

**Airline:** Buddha Air, Simrik Airlines and Yeti Airlines.

#### **Jungle Safari in Chitwan National Park**

**Activities:** Jungle safari on elephant-back, jungle walk, canoe ride, jeep drive, experience of Tharu culture.

**Accommodation:** Resorts, Hotels and Lodges.

**Transportation:** Private Car included (Kathmandu/Pokhara-Kathmandu).

**Meals:** Included.

**Duration:** 3 days and 2 nights.

**Cost:** Starts from US\$ 225 per person.

#### **Jungle Safari in Bardia National Park**

**Activities:** Jungle safari on elephant-back, jungle walk, boat ride, jeep drive.

**Accommodation:** Jungle lodges.

**Transportation:** Not included.

**Meals:** Included.

**Duration:** 4 days and 3 nights.

**Cost:** Starts from US\$ 475 per person.

## **Bird Watching in Koshi Tappu Wildlife Reserve**

**Activities:** Bird watching, boat ride and wildlife viewing on jeep drive.

**Accommodation:** Resorts, Tented camps.

**Transportation:** Not included.

**Meals:** Included.

**Duration:** 3 days and 2 nights.

**Cost:** Starts from US\$ 480 per person.

## **Rafting in Nepal**

**Trishuli River:** 2/3 Class – 1 Day – 17 Kilometers – Cost starts from US\$ 30 per person.

**Seti River:** 3 Class – 2 Days – 32 Kilometers – Cost starts from US\$ 80 per person.

**KaliGandaki River:** 4 Class – 3 Days – 56 Kilometers – Cost starts from US\$ 140 per person.

**BhoteKoshi River:** 4/5 Class – 2 Days – 18 Kilometers – Cost starts from US\$ 85 per person.

- **Cost includes:** Top quality Rafting equipment, Highly trained Crew, Well organized camping, Hygienic food.

- **Transportation:** Bus transportation included and depends.

## **Bungy Jumping / Canyoning / Paragliding / Ultralight Flight**

We can check and deliver information and cost as per your interest received for Bungy Jumping, Canyoning, Paragliding and Ultralight Flight. Bungy and Canyoning can also be customized together.

## **Shopping Tours**

Package available on demand.

**Shopping items:** Pashmina items, Paubha/Thangka, Woolen Carpets, Root Art, Ceramics, Shaligram (Holy Rocks), Masks of deities, Khukuri, Tea, Spices, Garments and Knitwear, Musical Instruments and Music, Glass Ornaments, Jewelry and Gems, Metal Wares, Sculptures, Wood Carvings, Rudraksha (Rosary), Incense, Natural Buttons, Fiber Products, Wood Game Boards, Fancy Hats, Bamboo Crafts, Bags and Accessories, Leather Articles, Lokta Paper and items made by Lokta, Nepali Dolls, Home Decors, Books and Maps and innumerable other unique items which are found nowhere else.

## **Trip Itinerary:**

### **Day 01 : Drive/fly from Kathmandu to Pokhara (884m/2,900ft).**

Today we have a 200km (124 miles) drive (6-7 hours by bus or car) from Kathmandu to Pokhara. We take a tourist bus that leaves at 7am from Kantipath, near Thamel. This is a scenic drive along the bank of the Trishuli River with great country side. Alternatively one can also fly between Kathmandu and Pokhara.

### **Day 02 : Drive from Pokhara to Nayapul then trek to Tikhedhunga (1,540m/5,052ft).**

We take a drive for one hour from Pokhara to Nayapul. From the road at Nayapul (New Bridge) we go down the slope, cross a tributary by a suspension bridge and follow a broad track to the village of Birethanti (1,040m/3,412ft). This is a busy, attractive important bazaar with a number of shops, a post office, hotels and teahouses. The ACAP check post is located at the end of the suspension bridge where you must show your entry permit. Leaving Birethanti we keep to the north bank of the Bhurungdi Khola. Passing through bamboo forest you go through three other villages, Matathanti, Sudame and Hille before reaching Tikhedhunga where some of the lodges are run by ex-Gurkha soldiers, the village is near the confluence of the Tirkhedhunga and

Bhurungdi Khola (River). Trekking time 4-5 hours.

**Day 03 : Trek Tikhedhunga to Ghorepani (2,860m/9,383ft).**

Out of Tikhedhunga or Tirkhedunga we start to tackle the long staircase of stone steps over 3,000 of them that lead to Ulleri (1,960m/6,430ft). This will take us around 2 hours. We continue to trek to Banthanti (2,210m/7,251ft) and then to Nayathanti or Nanggethanti (2,430m/7,972ft) where keen bird watchers should keep a look out for the grey Langur as it inhabit the rhododendron forests at either side of Ghorepani. We stay overnight at Ghorepani/Ghodepani. This is a bustling village with shops, lodges and camp grounds and because of the attraction of nearby Poonhill the route is the most heavily traversed in Nepal. Trekking time 5-6 hours.

**Day 04 : Trek early morning Ghorepani to Poonhill (3,210m/10,532ft) then to Tadapani (2,650m/8,694ft).**

We have an early morning start to catch the sunrise at the summit of Poonhill or Pun hill a unique trekking experience. We start out on a path from the centre of Ghorepani village and climb for about one hour before sunrise and climb through rhododendrons to the top. There is a lookout tower on the highest point and below it is a very welcome teahouse. We will take in the stunning view of the sun rising above the whole Annapurna range and the Dhaulagiri massif, a truly spectacular event. After taking many photo's we then set off for Tadapani "far water" not to be confused with the village of Tatopani "hot water". The "far water" title dates back to times before a piped supply came to this remote lodge settlement and water had to be carried here from afar by locals and porters. The seven fairly large lodges provide spectacular views across the Kimrong Khola (River) valley to Annapurna South and Machhapuchhare. Trekking time 6-7 hours.

**Day 05 : Trek Tadapani to Chhomrong (2,170m/7,119ft).**

We start our trek from Tadapani and go through the village of Kimrong (1,880m/6,168ft), continuing onto Taulung (2,180m/7,152ft) and then we enter our overnight stop at Chhomrong. Trekking time 5-6 hours.

**Day 06 : Trek Chomrong to Dobhan (2,600m/8,530ft).**

Today we start off by navigating down the steep stairway which consists of over 2,000 stone steps to reach the valley bottom an altitude difference of more than 300 meters before a steep climb up the other side of the valley. Trekking time 5-6 hours.

**Day 07 : Trek Dobhan to Machhapuchhre Base Camp/MBC (3,700m/12,139ft).**

Our trek winds up through bamboo forest to Hinku where we descend to cross a ravine and climb over the other side. This is a classic avalanche trap and on occasions the gorge is virtually blocked here and is often necessary to climb over the debris. We continue to the village of Deurali (3,230m/10,597ft) and continue up to Machhapuchhare Base Camp for the overnight halt. Trekking time 5-6 hours.

**Day 08 : Trek MBC to Annapurna Base Camp/ABC (4,130m/13,500ft) & return trek to Bamboo (2,310m/7,579ft).**

Today we start the steady climb to ABC, never very steep yet the altitude is likely to make you feel tired. Take

a slow pace and enjoy the expanding panorama before you. It will take us about 1-2 hours to reach the base camp where we can take a well earned rest and enjoy a cup of hot tea before we explore the surrounding area and view the glacier at the heart of the Sanctuary. We will then commence our descent back to Bamboo. Trekking time 5-6 hours.

**Day 09 : Trek Bamboo to Jhinu Hot Spring (1,780m/5,840ft).**

Return trek continues through the same trail until Chomrong. The trail goes through the rhododendron and bamboo fields. The trail then steeply descends to Jhinu Hot Spring. Trekking time 5-6 hours.

**Day 10 : Trek Jhinu to Nayapul (1,070m/3,510ft) and drive to Pokhara.**

Today we continue our trek along the side of Modi Khola River to Birethanti. We continue the trail to the road that ascends to a taxi stand at Nayapul. We catch a taxi or bus from Nayapul and drive back to Pokhara. Trekking time 4-5 hours.

**Day 11 : Drive/fly from Pokhara to Kathmandu.**

We are more relaxed in Pokhara with the beautiful morning and later we drive back to Kathmandu. Regular tourist buses leave at 7am.

**Option available for extending your trip with Jungle Safari adventure, white water rafting or a trip of your choice.**