

# Annapurna Base Camp Trek

## Standard Itinerary

### Annapurna Base Camp Trek Itinerary

#### Day 01: Kathmandu

Arrival in Kathmandu 1350m | 4428ft. Airport pickup by a representative from Himalayan Nepal Trek and transfer to hotel on BB plan

##### Highlights:

- Airport Pickup by our staff with our (Place card) Company Logo and your name on it.
- Hotel check-in at Thamel (tourist city).
- Briefing related to the Annapurna Base Camp Trek.
- Staff's introduction Guide and Porters.
- Shopping for the necessary items if needed.
- Welcome dinner program.
- Overnight at a hotel on BB plan.

#### Day 02: New Bridge

Drive from Kathmandu by public van to Pokhara 6/7 hours then again by public jeep to New Bridge 1760m 3 hours. Overnight at Lodge.

##### Highlights:

- Drive to Pokhara via beautiful typical villages and small cities.
- View of the beautiful Trishuli River and Marshyangdi River along the road.
- View of one of the most beautiful Pokhara lakes surrounded by the Annapurna Mountain range.
- Jeep drive to New Bridge with an incredible suspension bridge and natural surroundings.

#### Day 03: Chhomrung

Trek from New Bridge to Chhomrung 2170m via Jhinu hot spring, 6/7 hours. Overnight at Lodge.

### Highlights:

- Visit the natural hot spring.
- View of Annapurna South and Machhapuchhere (fishtail mountain).
- Observation of a typical ethnical village.
- Climb along the subtropical forest of Nepal.
- Observation of different traditional farming styles.
- Encounter simple livestock farming and birds.

## Day 04: Dovan

Trek from Chomrung to Dovan 2560m 5/6 hour. Overnight at Lodge.

### Highlights:

- Steep descent on stone stairs of Chomrung.
- View of beautiful terrace farming and the local tribes.
- Trek via the thick bamboo forest.
- View of Annapurna south and Machhapuchhere.
- Trek via Rhododendron and Temperate Forest.

## Day 05: Machhapuchhare Base Camp

Trek from Dovan to Machhapuchhare Base Camp 3700m 5/6 hours. Overnight at Lodge.

### Highlights:

- Continue our trek via the bamboo forest.
- View of magnificent waterfalls sliding down from huge rock hills.
- Trek via high and long steep Georges.
- Trek via the sub-alpine forest of Annapurna.
- Visit Machhapuchhere Base Camp.
- View of Annapurna Glacier.
- View of Annapurna South, Annapurna I, Annapurna III, Hiunchuli, Gangapurna and Machhapuchhere.

## Day 06: Annapurna Base Camp

Trek to Annapurna Base Camp 4130m 5 hours. Overnight at Lodge.

### Highlights:

- Climb via the beautiful landscapes towards Annapurna Base Camp.
- Chances to encounter mountain goats.
- Observation of Mt. Machhapurchhere and Annapurna south along the trail.
- View of Annapurna glacier and Annapurna I, Hiuchuli, Machhapurchhere, and Annapurna south.

## **Day 07: Dovan**

Trek back to Dovan 2560m 5 hours. Overnight at Lodge.

### Highlights:

- Beautiful sunrise view from Annapurna Base Camp.
- Trek down to Dovan via crossed steep Georges.
- Trek via Bamboo and Rhododendron Forests.
- Trek via Waterfalls and amazing hills of rocks.
- Descend 1500m.

## **Day 08: Jhinu Dada**

Trek to New Bridge or Jhinu Dada 1760m 6/7 hours. Overnight at Lodge.

### Highlights:

- Trek via Bamboo and Rhododendron Forests.
- Climb along the subtropical forest of Nepal.
- Observation of different traditional farming styles.
- Climb the long stone stairs on the way up to Chomrong.
- View of Annapurna South and Machhapuchhere (fishtail mountain).
- Observation of a typical ethnical village.

## **Day 09: Pokhara**

Trek to Nayapul 1050m 3 hours and drive to Pokhara 4 hours. Overnight at hotel on BB plan.

### Highlights:

- Drive to Pokhara via beautiful typical villages and small highway cities.

- Enjoy boating in Pokhara with crew members.
- Evening dinner in a typical Nepali restaurant with a cultural dance show.
- Overnight at a lakeside hotel in Pokhara with beautiful midnight city life.

## **Day 10: Kathmandu**

Drive by tourist bus to Kathmandu, Farwell dinner typical Nepali cultural dance restaurant, overnight at Hotel on BB plan.

Highlights:

- Drive back to Kathmandu via a beautiful highway.
- Hotel drops by a representative.
- Employee feedback and company review.
- Suggestions and recommendations for the company.
- Farewell dinner with cultural dance in a typical Nepali restaurant.

## **Day 11: Departure**

Departure from Kathmandu to your onward destination our representative will assist you to the airport for your further destination ahead.

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## **Includes and Excludes**

### **Includes**

- 2 Times airport pick up and drops (domestic and international) Car, Van, Hi-ace, or Coaster in a standard private vehicle.
- 3 Times food per day during the trek. Breakfast, Lunch, and Dinner including tea or coffee.
- 2Night 3\* star label hotel in Kathmandu on BB plan (on twin sharing basis).
- 1 Night hotel in Pokhara with BB plan (on twin sharing basis).
- Sightseeing world heritage sites in Kathmandu valley with a private vehicle and experienced cultural guide.
- Drive by public van from Kathmandu to New Bridge 258km guest and guide (optional: flight or private vehicle as per participant's preference).
- Dive by public van from New Bridge to Pokhara 26 km guest and guide.

- Drive to Kathmandu 200 km by tourist bus guest and guide (optional: flight to Kathmandu or private vehicle if guest required).
- Staff transportation Kathmandu/Kade/Nayapul/Kathmandu.
- Twin-sharing accommodation during the trek (guest house/Tea house/lodge).
- Experienced English-speaking local guide (Trained and licensed holder by the government of Nepal) and other languages as per the participant's preference.
- Necessary Porter 1: 2 (one porter for two guests) porter carries 25kg only.
- All Government and local Taxes (ACAP and TIMS).
- Annapurna conservation area project entry permits ([ACAP](#)).
- Trekking information management systems ([TIMS card](#)).
- First aid and equipment for a porter for the extreme adventure route.
- Guide and porter salary as per the company policy and government rules.
- Duffel bag during the trek.
- Company t-shirt.
- Route map.
- Staffs medical insurance during the trek

## Excludes

- Lunch and Dinner in Kathmandu valley.
  - Participants trekking equipment and any type of personal expenses such as alcoholic beverages, phone, battery charging, hot shower, hot/mineral water, and laundry.
  - Emergency rescue and travel Insurance (most required factor in high altitude trek).
  - Trip cancellation cost, loss, damage, and personal effects.
  - Entrance fees for temples, monasteries, and museums during sightseeing and trekking.
  - Tips and gratuities for the staff.
  - Additional overnight stays cost at any place (due to any reason) except for mentioned itinerary.
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