



Contact Info

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ANNAPURNA BASE CAMP TREK VIA GHOREPANI

Considered one of the best trekking destinations in Nepal, the Annapurna Base Camp trek is an adventure in itself. we recommend you choose the 7-day Annapurna Base Camp Trek to share beautiful lifelong memories with friends and family. This is an easy and short hike. Anyone who is fit can easily complete this Trek. However, good mental preparation is the key. The ABC route introduces you to the unique culture, flora, and wildlife of the Gurung and Magar communities. Also, you can see small tasks and chewing gum. And stunning views of Annapurna Mountains, Machhapuchre, Hiunchuli, and Dhaulagiri - the best part of ABC.

Includes

- All (airport to airport) transfer by private vehicles as per group size.
- 10 nights' accommodation Luxury Resort/Hotels as mentioned below.
- Meals: 10 breakfasts, 06 lunches and 07 dinner
- Local village and schools visit on the way wherever is possible.
- Visit Tibetan carpet factory and Thangka painting while guided sightseeing tour in Kathmandu and Pokhara
- Seasonal and regional festivals and unique experiences as per region, (Min 10 Pax requires in the group)
- Visit of spiritual Places in the city areas and outside the city while by surface travel.
- Spiritual performances, visiting temples, meditation centers on request

- Participate in harvesting and cultivation activities depending on the season.
- Monumental areas entrance fees as per the itinerary levied by the government and local authorities.
- Professional licensed local English/other language speaking guide service in Kathmandu, and Pokhara.
- Other festivals, festivities and spiritual activities will be observed or participated while on tour,
- Accompanying official escort throughout the trip.
- Special souvenir on farewell / departure

Includes While on Trek:

- Annapurna Conservation area Permits
- All 3 major meals including Tea/Coffee, hot water to drink,
- Airfare for trekking guide for sector Kathmandu Pokhara Kathmandu
- Licensed trekking guide, his allowance, hotel and meals
- Trekking Sherpa porter (2:1porter), allowance, hotel and meals.
- Duffle bag to put your belongings,
- Medical kit.

Excludes

- International flights tickets
- Nepal entry visa fee
- Travel Medical Insurance
- Emergency Evacuation Service
- Items of a personal nature such as alcoholic/nonalcoholic drinks, laundry
- Any other expenses which are not mentioned at the included section

- Tips/gratuities/Donations for driver, guides and escorts
- Force Majeure

Itinerary

Day 1: Arrival Day at Kathmandu

Arrival in Kathmandu in the morning, meeting with guide/representative. Traditional welcome, transfer to the hotel, check-in. Refreshments at hotel after check-in. Short briefing and an introduction to the itinerary. Welcome Dinner with national folklore entertainment show at city restaurant

- Elevation of Kathmandu: 1300m/4264ft
- Transportation: Private car/Tourist bus as per group size
- Driving distance: 30min drive to Hotel by Private vehicle
- Accommodation: Star hotel as per choice
- Meal: Welcome Dinner

Day 2: Fly to Pokhara, Drive to Jhinu, and Trek to Chhomrong

After morning breakfast, we start our way to Pokhara. We drive to the International airport for catching a domestic flight to Pokhara which will be a flight of 30 MIN. After reaching Pokhara you will meet your trek guide who will be waiting for you with a vehicle and drive towards Jhinu which will take around two hours drive from Pokhara. The trek continues to Jhinu Dada, crossing a suspension bridge over Modi Khola on the way. Having lunch at Jhinu, we travel up the steep staircase to Chhomrong. Spend the night at Chhomrong. In this village, we can absorb the traditional culture of Gurung and the Magar, people Right from there we will trek to the village of Chhomrong which will take around 2 Hours. After reaching the village of Chhomrong. Check-in at the local lodge. Dinner and overnight at the Lodge.

- Elevation of Chhomrong: 2160m
- Transportation: Bus/Jeep
- Driving distance: 41km/2hr
- Trek duration: 2hrs
- Accommodation: Tea house/Lodge
- Meal: Full-board Tea/coffee en route, Lunch, Dinner

Day 3: Trek to Doban

After breakfast, we start descending to Chhomrong creek, cross the suspension bridge, and hike to Sinuwa Danda. Sinuwa is a beautiful village at the top of this uphill trail, from here the trek becomes flat. The trail now passes through a dense and dark rhododendron forest to Khudi Ghar and then steeply traverses rocky cliffs to the "Bamboo Lodge". You will continue the trek and arrive at Doban where you will take shelter and celebrate that you have come this far in the Annapurna Base Camp trek. After reaching Doban, check-in and enjoy your stay in Doban and explore the area. Dinner and overnight at the hotel.

- Elevation of Doban: 2505m
- Trek duration: 2hrs
- Accommodation: Tea house/Lodge
- Meal: Full-board Tea/coffee en route, Lunch, Dinner

Day 4: Trek to MBC (Machhapuchre Base Camp)

Breakfast and You will start your Trek through the dense forest along the banks of the Modi Khola Valley, which will take approximately two and a half hours. Further, ascend Hinku Cave (3,139m) and continue trekking to Deurali. You will take a break for lunch at Deurali before starting the climb again to reach Machhapuchre Base Camp. From the base camp, you will enjoy stunning views of Mount Annapurna (8,091m), Mount Machhapuchre (6,997m) and the surrounding countryside. Dinner and Overnight at Machhapuchre Base Camp.

- Elevation of MBC: 3700m
- Trek duration: 5-6hrs
- Accommodation: Tea house/Lodge
- Meal: Full-board Tea/coffee enroute, Lunch, Dinner

Day 5: Trek to ABC (Annapurna Base Camp) and Back to MBC

Today is going to be the most exciting day as you will reach Annapurna Base Camp (ABC). You will wake up early in the morning, begin ascending towards the ABC after having breakfast. Upon reaching the Annapurna Base Camp, you will get to see panoramic views of snow-capped mountains like Annapurna South (7,219 m), Mt. Hiunchuli (6,441 m), Mt. Machhapuchre (6,993 m), Mt. Gangapurna (7,455 m), and many other mountains. You will explore the base camp and soak the beauty of this region. Afterward enjoying a time at ABC, Trek back to MBC and rest of the day enjoy in MBC.

- Elevation of ABC: 4130m

- Trek duration: 3hrs
- Accommodation: Tea house/Lodge
- Meal: Full-board Tea/coffee en route, Lunch, Dinner

Day 6: Trek to Bamboo

Breakfast and then we pack up our bags and start the trek from Machhapuchre Base Camp (MBC) to Bamboo 2,300m/ 7,546 feet. Today will be a longer day, as we will hike for 5-6 hours as we retrace our steps to Bamboo. The trail drops 1,830m/ 5,577 feet, to the bank of Modi Khola to Bamboo at 2,300m/ 7,693 feet. We stay overnight at a lodge.

- Elevation of Bamboo: 2300m
- Trek duration: 5-6hrs
- Accommodation: Tea house/Lodge
- Meal: Full-board Tea/coffee en route, Lunch, Dinner

Day 7: Trek to Jhinu

Today it is worth getting up early in the morning and starting the trek early, as you want to get to the hot springs. Bamboo to Jhinu Danda 1,740m/ 5,709 feet, which will take approximately 5 hours. We continue to retrace our steps through the rhododendron and bamboo forest, where the trail then descends very steeply from Chhomrong to Jhinu and the Hot Springs. On arrival, we can relax in Jhinu at the nicest lodge in the village. After lunch we will then head down to the river's edge to the hot springs to enjoy the afternoon.

- Elevation of Jhinu: 1740m
- Trek duration: 4-5hrs
- Accommodation: Tea house/Lodge
- Meal: Full-board Tea/coffee en route, Lunch, Dinner

Day 8: Drive to Pokhara

Today is our final day of trekking where we will walk the two hours to Siwai jeep pick up. There is some downhill to the river and then back up the other side to a narrow trail that takes us to the pickup point. This is one of the most relaxing and shortest walks of the entire trip. From Siwai we drive all the way back to Pokhara. This drive will take about two to two and a half hours. After reaching Pokhara, check in to the Hotel and rest of the day relax at the hotel. Later in the evening you can evening walk around the

lakeside and enjoy the lakeside vibe. Overnight at the hotel.

- Meals: Breakfast

Day 9: Fly to Kathmandu and Half day Sightseeing

After breakfast Check out, and Transfer to Pokhara Domestic Airport to take a flight to Kathmandu, upon arrival in Kathmandu our representative will be waiting at the airport and proceed for the Half day Kathmandu Sightseeing to Boudhanath and Pashupatinath. After finishing the trip drive back to the hotel. Check into the hotel. Dinner and overnight at the Hotel.

- Meals: Breakfast

Day 10: Full-day Kathmandu Sightseeing

Breakfast & proceed to Kathmandu sightseeing (Patan Durbar Square, Kathmandu Durbar Square, and Swayambhunath). After finishing the trip drive to Thamel 'Tourist hub of Kathmandu' and spend little time shopping and exploring around. Finally, return to the hotel and overnight at the hotel.

- Meals: Breakfast, Lunch, Dinner

Day 11: Departure Day

Breakfast and Timely transfer to International Airport for your onward destination.

Highlights

- Pass through the base camp of Mt Fishtail; Machhapuchhre Base Camp.
- Experience an unreal mountain sunrise and panorama view from Annapurna Base Camp.
- Steep down to the upper area of Mardi Khola, where torrent forms by ice and snow in the Mardi Himal area
- Trekking through the Annapurna region of Nepal, known for its diverse

landscapes and cultures

- Spectacular views of Annapurna and Dhaulagiri peaks and other famous peaks in the Himalayas
- Passing through traditional villages and terraced farmland
- The opportunity to experience the unique culture and way of life of different ethnic groups in the region
- Challenging trek that will test your physical fitness and mental endurance
- The trek also offers the chance to explore the beautiful rhododendron forest.
- The trek is also known for the hospitality and warmth of local people.
- Explore the city of lakes, Pokhara with its peculiar scenario.

Travel Information

- Permits: A TIMS (Trekking Information Management System) card and Annapurna Conservation Area Permit (ACAP) are required for trekking in the Annapurna region. These can be obtained in Kathmandu or through a trekking agency.
- Best time to go: The best time to trek in the Annapurna region is between September and November and March to May when the weather is clear and stable.
- Route: There are several popular routes for trekking in the Annapurna region. Some of the most famous include the Annapurna Circuit, the Annapurna Base Camp Trek, and the Jomsom Trek.
- Accommodation: Accommodation during the trek is typically in teahouses or lodges. These provide basic but comfortable accommodation and meals. It is also possible to camp but it will require hiring equipment and porters.
- Physical fitness: The Annapurna treks are considered challenging, and a good level of physical fitness is required. It is important to be prepared for long days of hiking at high altitude and to acclimatize properly.
- Altitude sickness: Altitude sickness is a concern at high altitude. It is important to be aware of the symptoms and to take necessary precautions to prevent it.
- Guides and porters: It is possible to trek independently but hiring a guide and

porters is recommended for safety and to ease the burden of carrying equipment.

- Insurance: It is important to have comprehensive travel and trekking insurance before embarking on an Annapurna trek. Make sure it covers emergency evacuation and medical expenses.
- Respect the local culture and customs: The Annapurna region is home to diverse ethnic groups and it's important to respect their culture and customs. Dress modestly and be mindful of cultural sensitivities.
- Be prepared for the change in weather: Weather in the mountains can change rapidly.

Things to know

- Visa requirements: Make sure to check the visa requirements for Nepal before you travel. Tourist visas can be obtained upon arrival at the airport or in advance from a Nepalese consulate or embassy.
- Currency: Nepalese Rupee (NPR) is the official currency of Nepal, but US dollars are also widely accepted. It's a good idea to carry cash, as credit cards and debit cards may not be accepted in some places.
- Weather: Nepal has a diverse climate, with temperatures varying greatly depending on the region and altitude. It's important to check the weather forecast and pack accordingly.
- Altitude sickness: Altitude sickness can be a concern when travelling to higher altitudes in Nepal. It's important to be aware of the symptoms and to take necessary precautions to prevent it.
- Food: Nepal has a diverse cuisine, with a mix of Indian, Tibetan, and Nepalese dishes. Some traditional Nepalese dishes include Mo:Mo (dumplings), Dal Bhat (lentil soup and rice), and Chow Mein (stir-fried noodles).
- Language: Nepali is the official language of Nepal, but many people also speak English.
- Culture: Nepal is a culturally diverse country with a mix of Hindu and Buddhist influences. It's important to be respectful of local customs and traditions, and to dress modestly when visiting temples and other religious sites.
- Conservation and sustainability: Nepal are home to many unique and endangered species and fragile ecosystems, it's important to be mindful of

environmental conservation and sustainability while traveling.