



## Annapurna Base Camp Trek

<b>Trip code</b>	
<b>Package name</b>	Annapurna Base Camp Trek
<b>Duration</b>	10
<b>Max. elevation</b>	4130 m
<b>Level</b>	EASY
<b>Transportation</b>	Kathmandu - Pokhara - Kathmandu by ( Tourist coach Bus ) Pokhara to Nayapul - Phedi to Pokhara ( private car )
<b>Accommodation</b>	3***Hotel in kathmandu and Pokhara , Lodge twin sharing bed basis during the Trek.
<b>Starts at</b>	Kathmandu/Pokhara
<b>Ends at</b>	Kathmandu/Pokhara
<b>Trip route</b>	Kathmandu - Pokhara - Nayapul - Ghandruk - Chomrong - Himalaya - Annapurna Base Camp - Bamboo - Jhinu Dada - Pothana - Pokhara - Kathmandu
<b>Cost</b>	USD 980 per person

### Highlights

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- Annapurna Base Camp (4,130m)
- Rich flora and fauna.
- Natural Hot springs at Jhinu Danda.
- panoramic mountain views from Poonhill 3210m.
- Exploring Gurung culture & community .
- Tourist Hub in Pokhara.

## Overview

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**Annapurna Base Camp is a worldwide famous trekking venue for all kinds of trekkers (children, young, adults & elders) with different difficulty levels. With this trek, travelers find the magnificent Annapurna region in front of them. Also, this trek offers other snowcapped mountain series, cultural local villages, greenish hills, waterfalls, rivers, and diverse floras & faunas. All the accommodations are arranged in hotels, lodges, and tea houses.**

The most popular trekking region 'Annapurna' is located in Gandaki province of Nepal. ABC trek is a moderate trek suitable for new as well as experienced trekkers too. The trek is a beautiful platform to reach the proximity of the Annapurna range which consists of a series of snowcapped magnificent mountains; one over 8,000 meters, 13 over 7,000 meters, and 16 over 6,000 meters. Annapurna I has an altitude of 8,091 m.

Our trip starts from Kathmandu with an approximately 7-hour drive to the city of Lakes Pokhara'. Spending overnight in Pokhara, with 1.30 hours' drive, tomorrow morning we head to the trekking starting point Nayapool. Then we trek to Ghandruk; a Gurung village rich in their culture, tradition & hospitality. From Ghandruk beautiful imagery of Annapurna & Machhapuchre Mountain can be seen. The next day we ascend to another Gurung village Chhomorong. The next day also, ascend continues through the rhododendron forest to reach the Himalayan hotel. Tomorrow morning we walk towards our destination Annapurna Base Camp via Machhapuchre Base Camp.

The next day we descend to Bamboo and stay overnight there. Another morning too we descend to Jhinu Danda through Rhododendron forest. Tomorrow morning we descend to Modi Khola. Crossing the river we reach beautiful Landruk village and proceed toward today's destination Pothana. Another morning we walk down to Phedi and then drive back to Pokhara. On the last day, we drive back from the city of lakes 'Pokhara' to the city of temples 'Kathmandu'.

This trek is a short and easier trail than any other route in the Annapurna Himalayan Range. Even those traveling with children or elderly trekkers can enjoy this trip. You sleep and eat at mountain lodges called "tea houses" and your luggage is carried by a porter.

## Trip Itinerary

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### **Day 1 : Drive Kathmandu / Pokhara (850 m/2788 ft)- 7 hrs**

Early morning, after breakfast, board a bus and drive to Pokhara. It's a drive of about 8 hours through lush green forest, meandering road through the hills and gracefully flowing riversides. You will also come across lively markets and clusters of villages on the way. Lunch will be taken in one of the road side restaurants. Upon reaching in Pokhara, you will be received and driven to the hotel. Check into hotel.

Pokhara

### **Day 2 : Drive Pokhara / Nayapool 1:30 hrs, & trek to Ghandruk (1940 m/6365 ft) – 4/5 hrs walk**

After breakfast, with 1:30 hours' drive from Pokhara you'll reach to the starting point of the trek; Phedi. Having around 3 – 4 hours walk the beautiful Ghandruk village arrives. The village is the largest settlement of Gurung so you'll be exposed with their culture and lifestyle. Overnight at lodge.

NayaPool

### **Day 3 : Trek Ghandruk / Chhomrong (2170m/7120 ft) – 5/6 hrs walk**

After breakfast, we ascend up to the top of Ghandruk and then descend down to Kimron Khola (river) on the other side. We cross the Khola via suspension bridge and ascend up to the Chhomrong village. The major locals of this village too are Gurungs. This place offers a magnificent view of snowcapped mountains viz. Machhapuchre (Fishtail), Neelgiri, Hiunchuli, Annapurna south etc. Overnight at lodge.

### **Day 4 : Trek Chhomrong / Himalayan Hotel (2920m/9580 ft) – 6/7 hrs walk**

After breakfast, we walk across Chhomrong Khola through green lush jungle and stony steps. Afterward we ascend up across rhododendron & bamboo forest, Bambo village and Dobhan village to reach Himalayan hotel. During the journey we'll enjoy flux of Modi River, magnificent view of Machhapuchre Himalaya and beautiful waterfalls. Overnight at lodge.

Chhomrong

### **Day 5 : Trek Himalayan Hotel / Annapurna Base Camp (4130m/13550) via Machhapuchchhre Base Camp (3720m/12205 ft) – 5/6 hrs walk**

After breakfast, we walk across the gorge of Modi Khola and reach Annapurna Base Camp through Machhapuchre Base Camp. During the journey we'll enjoy magnificent view of mountains on a backdrop and closure view of Annapurna glacier. ABC is a 360 degree viewpoint of different snowcapped mountains like Annapurna I, Annapurna III, Annapurna south, Gangapurna, Hiunchuli, Khangsar Kang and Machhapuchre. Overnight at lodge.

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### **Day 6 : Trek ABC / Bamboo (2,340 m/7677 ft) – 6/7 hrs walk**

After breakfast, now we descend from Annapurna base Camp via. Machhapuchre Base Camp, Deurali, Himalayan Hotel and Dobhan respectively to reach Bambo. Overnight at lodge.

### **Day 7 : Trek Bamboo / Jhinu Danda (Hot Spring) (1755m/5757 ft) – 5/6 hrs walk**

The route passes through beautiful fields of rhododendron flowers, oaks and bamboo. After breakfast, we trek through Sinuwa, cross the Chhumrung Khola and continue on to Chhumrung Village. From here it is downhill to Jhinu Danda. Jhinu Danda is small local commercial village where we stay tonight. For those with enough energy there is a 20 min walk to a nearby hot water spring to relax all those muscles. Overnight at lodge.

### **Day 8 : Trek Jhinu danda / Pothana (1700 m/5577 ft)- 5 hrs walk**

After breakfast, we walk for 2 hours in a jungle to reach Modi Khola. We further walk ahead crossing 2 suspension bridges and reach Landruk. Landruk is a beautiful village of Gurung community. Walking across Landruk village for 45 minutes we reach Tolka village. Hereafter ascent through a jungle for 1:30 hours Deurali arrives. Then a 45 minute descent we reach to Pothana. Overnight at lodge.

### **Day 9 : Trek Pothana / Phedi (1050m/3445 ft) – 2.5 hrs walk, Drive to Pokhara (820m/2690 ft) – 45 min drive**

After breakfast, we descend upto Dhampus for half an hour. Then we pass across rice field for 1:30 hours to reach Phedi. Meanwhile panoramic views of magnificent Annapurna range are seen. From Phedi we take a 45 minute drive to reach Pokhara. Overnight in hotel.

### **Day 10 : Drive Pokhara / Kathmandu (1350 m/4430 ft) – 7 hrs**

It takes about 6 – 7 hours to drive back to Kathmandu crossing over some mountain passes and rivers along the way. In the evening we enjoy a farewell dinner and reflect on a great adventure, Overnight in hotel.

## **Inclusions**

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### **What is included?**

Airport drop and Pick up in Kathmandu.

Accommodation in Kathmandu and Pokhara .

Drive to Nayapul by Private Car

Kathmandu - Pokhara - Kathmandu by Tourist Bus.

Trekking permits and TIMS (Trekking Information Management System) card.

Experienced and licensed trekking guide.

Porter service to carry your luggage (one porter for every two trekkers).  
Accommodation in teahouses or lodges twin sharing bed basis during the trek.  
All meals (breakfast, lunch, and dinner) with cup of Tea/Coffee during the trek.  
Accommodation, meals, insurance, equipment, and allowances of guide and porter.  
Annapurna Conservation permit fee  
Basic first aid kit.  
Emergency evacuation arrangements (helicopter rescue, if needed).  
Government taxes and service charges.

### **What isn't included?**

International airfare to and from Kathmandu.  
Nepal entry visa fees.  
Personal travel insurance (covering medical, evacuation, and trip cancellation).  
Extra accommodation and meals in Kathmandu (beyond the itinerary).  
Extra activities or sightseeing not mentioned in the itinerary.  
Personal expenses, such as laundry, phone calls, internet access, etc.  
Additional porters or services if needed.  
Tips for guides, porters, and other staff (tipping is customary in Nepal).  
Any expenses arising due to unforeseen circumstances, such as flight delays, natural disasters, political unrest, etc.

### **Complimentary**