

Annapurna Base Camp Trek – Ambition Himalaya Treks

Trip Overview: Annapurna Sanctuary trek, trekking under the gloominess of the beautiful Annapurna is suitable for beginners and who are willing to find spectacular natural world with no trouble. Walking through the villages of Gurungs; the brave Gurkha Soldiers offers you probability to practice their civilization and traditions along the trail. Walking through the thunderous song of Modi River, Annapurna Sanctuary trek is an attractive trek that you had to do. Watching breathtaking sunrises over the White Mountains and viewing the big tail of big fish ‘Mt. Fishtail’ in front of your eyes is really fantastic. When you will view the sunrise over the mountains from Poon Hill early in the morning makes you out of control.

Annapurna Base Camp Trek is done inside the Annapurna Conservation Area Project and it’s illegal to do any kind of trekking or visit inside the area without entry permit. This project has a total area of 7,629 sq. Kilometers. This project was launched in 1968 by King Mahendra Trust for Nature Conservation. The biological diversity of the Annapurna Region is equally rivaled by its rich cultural diversity. Since the first trekker came to the Annapurna area in 1957, the natural and cultural features of ACAP have made it the most popular tourist destination in Nepal, drawing more than 60 per cent of the country's total trekkers. ACAP follows the three grass root philosophy of maximum people’s participation, sustainability, and its role as at catalyst (facilitator) whereby the local people are involved in all aspects of the conservation and development processes, both as principal actors and prime beneficiaries.

Known as one of the paramount classic treks of the world, the Annapurna sanctuary trek offers you diverse part of natural world on different days. The mixture of thick rhododendron forests, white snowcapped colorless mountains, natural hot spring, accommodating & fearless British Gurkha villagers & high water falls are inviting you to touch them.

Facts:

Maximum Height	4130 meters / 13549 ft.
Grade	Easy / Moderate
Season	Spring / Autumn
Accommodation	Hotels / Tea Houses
Total Duration	17 Days Total (11 Days Trekking)
Trekking Starting Point	Naya Pul
Trekking Ending Point	Phedi

Day to Day Itinerary for Annapurna Base Camp Trek:

Day 01

Arrival in Kathmandu

Entering the city of Temple; Kathmandu with a panoramic adventure flying on a clear day would definitely be an adventure experience. Our airport representative and driver will be waiting for you to

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pick you up from airport to your hotel. Our airport representative will take you to your hotel. In the evening you will have briefing about your trip from your guide.

Accommodation: Hotel

Maximum Height: 1300m / 4265ft.

Day 02

Kathmandu valley sightseeing & preparation of your Trek

Kathmandu is known for its historical and cultural values. One can't say that how many temples exist in Kathmandu valley and how important are they. After having your breakfast, your day will start with our guided tour of Kathmandu valley which includes world heritage listed sites includes Swoyambhunath or The Monkey Temple, Pashupatinath; the famous Hindu Temple, Patan Durbar Square and finally The Kathmandu Durbar Square.

Accommodation: Hotel

Maximum Height: 1300m / 4265ft.

Approximate Duration: 5 – 6 Hours

Day 03

Fly / Drive from Kathmandu to Pokhara

Early in the morning you will take deluxe tourist bus / private car or flight from Kathmandu to Pokhara. Whether taking drive from Kathmandu to Pokhara, you will be exploring Nepalese traditional countryside and small country village around green landscapes. And taking flight to Pokhara will take you over the white snow capped mountains of Nepal. Prepare for your trekking and overnight at hotel.

Accommodation: Hotel

Maximum Height: 823m / 2700ft.

Approximate Duration: 5 / 6 Hours (car), 6/7 Hours (Tourist Bus), 45 Minutes (Flight)

Day 04

Drive to Nayapul and start trek to Ulleri

Early in the morning, you will have your breakfast and will drive to Nayapul which takes approximately 1 hour from Pokhara. This drive will give you the first impression of Mount Fishtail on the way. After you drive you will start your trek to Ulleri, which takes around 5 hours from Nayapul. The trail slightly goes up until Tikhedhunga through ever green hills with Modi River on your left. And after Tikhedhunga it goes rapid up to Ulleri for about 30 minutes up after you cross Modi River. The trail is not so hard until you cross the Modi River and through the whole trail you will be exploring the Nepalese villages all over.

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Accommodation: Tea House

Maximum Height: 2070m / 6791ft.

Approximate Duration: 1 Hour drive + 5 Hours trek

Day 05

Trek to Ghorepani

This day goes all the way through gloominess of gorgeous looking rhododendron forest and oak forests and traditional villages of Gurungs always with amazing landscapes with Himalayan sceneries. Definitely, those heart breaking sceneries will provide you internal command to climb the slight steps of uphill trails. While you will finish your job after reaching Ghorepani, the Himalayan beauty of snow capped silver mountains will show you its first glimpse of Annapurna and Dhaulagiri mountain ranges.

Accommodation: Tea House

Maximum Height: 2850m / 9350ft.

Approximate Duration: 5 hours

Day 06

Hike to Poon Hill in the morning and trek to Tadapani

Early in the morning; first you will have a 1 hour hike to Poon Hill which is the amazing view point throughout the whole Annapurna Base Camp Trek. Poon Hill offers you the 360 degree panorama of Annapurna and Dhaulagiri Himalayan ranges from the top of a hill with rhododendron and oak forests and definitely the sunrise over the mountains will be attractive attraction for you. Poon Hill offers you glorious views of Mt. Dhaulagiri, Mt. Manaslu, Mt. Annapurna, and Mt. Fishtail etc. And after returning back to the hotel from Poon Hill, you will have your breakfast and start trek to another beautiful village Tadapani for overnight. Still the trail offers you rhododendron and oak forests and beautiful glimpse of mountains.

Accommodation: Tea House

Maximum Height: 3210 m / 10,531ft.

Approximate Duration: 1:30 hour to Poon Hill + 5 hours to Tadapani

Day 07

Trek to Chomrong

After having your breakfast; you will be starting your trek to Chomrong, a big Gurung village in Annapurna region. Until the Kimrong Khola (stream) the trail goes slightly down and after Kimrong Khola, the trail is flat and little uphill and you will reach Chomrong village which lies at the base of Mt. Himal Chuli. The trail is not hard to walk and offers good chances of easy trekking.

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Accommodation: Tea House

Maximum Height: 2200 m / 7217ft.

Approximate Duration: 5:30 hours

Day 08

Trek to Dovan

On the first part of the trail, it goes down to Chomrong Khola through beautiful stone step trails and after that slightly uphill to a small village Sinuwa. And after Sinuwa, the trail goes flat for a while and enters Upper Modi River on your right side. After Sinuwa, the trail offers you dense Bamboo forest and Bamboo village all around, then, you will continue your trek to Dovan means joints of two rivers.

Accommodation: Tea House

Maximum Height: 2610m / 8562ft

Approximate Duration: 5:30 Hours

Day 09

Trek to Machhapuchre Base Camp

Now, the whole trail to Machhapuchre (Fishtail) Base Camp goes by uphill trail through beautiful ever green forest on the shadow of Mt. Fishtail. On the way to Machhapuchre Base Camp, we will explore the small Hinku Cave. Just further down to Hinlku Cave, we will cross one major avalanche place until our lunch destination Deurali. After Deurali again you will be crossing numbers of minor Avalanche places on the way through closest views of Mt. Fishtail, Annapurnas and Mt. Gangapurna. And finally the beautiful Machhapuchre Base Camp offers you the very best close view of Mt. Fishtail in front of your eye.

Accommodation: Tea House

Maximum Height: 3700m / 12139ft.

Approximate Duration: 4:30 Hours

Day 10

Trek to Annapurna Base Camp

Finally, the final day to Annapurna Base Camp is short timing and full of enjoying. The trail takes around 4 hours to reach Annapurna Base Camp and gives you close views of silver lighting mountains in front of you. On the first part, the trail goes slightly up and after so almost flat to the Sanctuary and passes through roofless small shepherds huts along the side of moraine. Normally, this area is snow bounded and quite windy. Annapurna Base Camp offers you superb views of Annapurna range surrounded by White Mountains on each side.

Accommodation: Tea House

Maximum Height: 4130m / 13549ft.

Approximate Duration: 4 hours

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Day 11

Trek Back to Bamboo

In the morning, you will see beautiful sunrise over Annapurna mountain ranges and after having breakfast in Annapurna Base Camp you will slightly return down through the same trail. As you know that there are few small guest houses to serve tourists.

Accommodation: Tea House

Approximate Duration: 5 hours

Day 12

Trek to Jhinu Danda

This day's trek will take you to another interesting place called Jhinu Danda and also called Hot Spring. You will be following the same trail until Chomrong, and after Chomrong you will follow rapid down trail to Jhinu Danda where you can encounter with natural hot spring and you can enjoy the natural bath in the small pond.

Accommodation: Tea House

Approximate Duration: 5 Hours

Day 13

Trek to Pothana

Being more near to Pokhara, today you will go to Pothana, another big Gurung village around Annapurna region. Pothana offers numbers of guest houses to accommodate tourists of Annapurna region. Make your overnight in Pothana and prepare for your next day to Pokhara.

Accommodation: Tea House

Approximate Duration: 5 Hours

Day 14

Trek to Phedi and Drive to Pokhara

The final day of your trek offer you quite amazing views of mountains of Annapurna ranges. On the way you will explore rhododendron village Dhampus and the trail rapidly goes down to Phedi valley after Dhampus. While we will reach Phedi, we will drive back to Pokhara with a private van / taxi to Pokhara and takes only around 30 minutes.

Accommodation: Hotel

Approximate Duration: 4 hours trek + 30 minutes drive

Day 15

Drive to Kathmandu

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Today, you will drive / fly back to Kathmandu.

Accommodation: Hotel

Approximate Duration: 5 / 6 Hours (car), 6/7 Hours (Tourist Bus), 45 Minutes (Flight)

Day 16

Rest day in Kathmandu

This is almost your final day in Nepal and if you are interested to do shopping for your memories of Nepal, then you can explore the big Kathmandu city. And on your request your guide will be assisting you to fulfill your shopping desire.

Accommodation: Hotel

Approximate Duration: On your hand

Day 17

Departure to your onward destination

Fly or drive back to your onward destination.

Cost Includes and Excludes:

Cost Includes:

1. Airport arrival and departure by private vehicle
2. Deluxe twin sharing accommodation in Kathmandu
3. All local transportation by private vehicle in Kathmandu & Pokhara
4. Welcome & farewell dinner in Kathmandu
5. Sightseeing trip with city tour guide in Kathmandu as per itinerary & monument entry fees
6. Kathmandu to Pokhara & return by regular tourist bus
7. Pokhara to Nayapul & return by private vehicle
8. Meal on full board (breakfast, lunch, dinner, tea & coffee) basis during the trek
9. Accommodation on teahouse/lodge during the trek
10. Trek leader (English speaking, First Aid and eco trained), Sherpa helper and all payments
11. Annapurna Conservation entry fee and permit
12. Down jacket and four seasonal sleeping bag
13. Exclusive medical kit bag
14. All government and local taxes

Cost Excludes:

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1. Visa fees, intl. airfare & departure taxes
2. Excess baggage charges
3. Lunch and dinner in city
4. Travel and rescue insurance
5. Personal expenses e.g. phone calls, laundry, bar bills & extra porters
6. Tips for driver, guides and porters
7. Any service does not includes in service inclusive column

Acclimatization and High Altitude Sickness: Altitude is defined on the following scale High (8,000 - 12,000 feet [2,438 - 3,658 meters]), Very High (12,000 - 18,000 feet [3,658 - 5,487 meters]), and Extremely High (18,000+ feet [5,500+ meters]). Since few people have been to such altitudes, it is hard to know who may be affected.

Guide, Porters and Staffs Arrangement: Ambition Himalaya Treks and Expeditions Pvt. Ltd. has permanent trekking crews who are already trained and licensed from the government of Nepal. We always provide you permanent and experienced crews for your any trip in Nepal. Our staffs are licensed from the government of Nepal, qualified, experienced and eco trained so that they are perfect for your adventure trips in Nepal. We have permanent local staffs working with us who are the backbone of their particular society.

Our guides / leaders have good capacity to speak English language. They will give you chances to practice some of our local greeting which can add your more pleasure on your adventure travel with us. Our guides and porters are experienced in the routes, practices local cultures and have great respect of local community.

We would also like to tell you that as our guides and helpers will provide you high respect as if you also reply them the same kind of respect it would be great on your trip.

Experience, Health & Fitness of You: Normally, a healthy person who has strong desire of adventure can do adventure travel with us. We suggest you to be well prepared physically and mentally to cooperate with us. We recommend you to say us any kind of previous and current health problems that you have faced or facing on the time of booking your trip with us. That will make us to take decision on your adventure that you are fit enough to experience adventure or not. On something wrong, and if you need medical treatment and rescue then it's your responsibility to pay the expenses and Ambition Himalaya Treks and Expeditions Pvt. Ltd. or any staffs of our company will not be responsible for that. We also recommend you to consult with your doctor before starting your travel. We reserve the rights to check your medical checkup certificates if required.

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Normally, trekking is done on high altitude area. Because of that we suggest you to talk with your guide for any kind of new difficulties or health problem you face. Your guide is trained so he might give your required suggestions or medicines for the betterment of your health.

Pre Trip Meeting in Kathmandu: Ambition Himalaya Treks and Expeditions Pvt. Ltd. will have a short meeting with you before starting your trip. Normally, we held this meeting before starting your trip with us or most of the time we start this trek on the first evening of your arrival. You will be introduced your trek guide and you can talk with him about your adventure trek, any questions regarding the trip, about his experiences, qualifications or any other things. That means you will have opportunity to talk face to face regarding your trip. He may give you short briefing about your trips.

Accommodations in Kathmandu and Trek: Ambition Himalaya Treks and Expeditions Pvt. Ltd. will provide 4 star hotels in Thamel, Kathmandu. Thamel is the most touristic city of Kathmandu. While talking about Pokhara, we provide your 3 star hotels. Regarding the trekking, you will have cozy tea house / lodge. We give priority for hygiene, standards of the services, location etc. During the trek, your guide will take you in nice hotel where you might have chances to experience typical Nepalese style and you will be offered hygienic foods. Our accommodations are based in twin sharing facility and if there are difficulties in twin sharing we will provide you extra room without any supplementary charges. But we recommend you to tell us regarding this before booking your trip with us.

Toilet Facilities: In Kathmandu you will have private toilets and bathrooms but regarding the trek in the remote area, you will have common toilets. If there is availability of private toilets, then your guide will give your rooms with private toilets and bathrooms.

Meals and Fast Foods: In Kathmandu and Pokhara, your breakfast is included in the itinerary. Lunch and dinners or any other meals are not included. But regarding the trek, all meals on full board basis is included. You will have three meals breakfast, lunch and dinner on a day. You will be given a menu to choose your foods. You will have options to choose Nepalese, Chinese, Italian or continental foods from the menu. Each day, you will have dinner and breakfast in the same tea house / lodge the lunch can be in different lodges. Regarding the welcome and farewell dinner, we will provide your typical Nepalese restaurant either in Kathmandu or in Pokhara.

Please remember: Suchlike itinerary prepared here by Ambition Himalaya Treks & Expedition Pvt. Ltd. is for those trekkers who wish to do the absolute package trip. You can apply for your own type of Itinerary for the trip. We are constantly prepared to serve you as per your demand. If you want to customize your excursion, you can request us at any time. You can demand alternative ways as per the

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circumstances of your holiday duration, financial situation, private interests etc. If the fixed itinerary doesn't suits per your desire, please fill the 'Customize your itinerary' and send us. We will be delighted to prepare your holiday as per your conditions.



Itinerary copyright:

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