



## **Annapurna Base Camp Trek Itinerary**

### **Basic Itinerary**

- Day 1: Arrive in Kathmandu – Overnight in Hotel**
- Day 2: Fly to Pokhara – Overnight in Hotel**
- Day 3: Ulleri**
- Day 4: Ghorepani**
- Day 5: Poon Hill to Tadapani**
- Day 6: Chhomrung**
- Day 7: Dovan**
- Day 8: Machhapuchere Base Camp**
- Day 9: Annapurna Base Camp**
- Day 10: Bamboo**
- Day 11: Jhinu Danda – Hot Springs**
- Day 12: Nayapul to Pokhara – Overnight in Hotel**
- Day 13: Flight to Kathmandu – Overnight in Hotel**
- Day 14: Day of Leisure in Kathmandu before transfer to airport**

### **Detailed Itinerary**

#### **Day 1: Arrive in Kathmandu – 1,400m/ 4,500 feet**

Arrive in Kathmandu International Airport as early as possible on this day. We will provide your airport transfer to the hotel we include for the night. All accommodations on the trek are on a shared basis. If you want to arrive in early, that is not a problem, we are happy to book additional nights in the hotel for you. We will have a group briefing this evening to go over the schedule for the coming days and answer any additional questions you may have.

#### **Day 2: Fly to Pokhara – 850m/ 2,788 feet**

After having breakfast in the morning today, we will head back to the airport and take the short 25-minute flight to Pokhara. On arrival in Pokhara, you can enjoy the quiet and slower paced city and lakeside area. Pokhara sits at 850m/2,788ft above sea level and we will stay the night in a hotel in the city.



### **Day 3: Ulleri – 2,020m/ 6,627 feet**

Today the actual trekking begins! We will wake early for breakfast and then drive from Pokhara to Tikhedhunga (1,577m/ 5,173ft), which takes approximately 3-4 hours. Once you arrive in Tikhedhunga, we will have lunch before beginning our hike! We will follow the staircase all the way up to Ulleri which is at 2,020m/6,627ft. The hike will take approximately 2 hours before we reach Ulleri where stay overnight at a lodge.

### **Day 4: Ghorepani – 2,869/ 9,412 feet**

Today we will trek from Ulleri to Ghorepani at 2,869m/ 9,412ft, which will be approximately a five-hour trek. Our trail ascends more gently from this point through fine forests of oak and rhododendrons towards Banthanti 2,250m/ 7,381ft. After walking for a couple of hours, we arrive at Ghorepani 2,869m/ 9,412ft, where we stay overnight.

### **Day 5: Poon Hill – 3,210m/ 10,531 feet to Tadapani – 2,610m/ 8,562 feet**

Today, we will be up early in the morning and start an hour's hike to Poon Hill (3,210m/ 10,531ft), which is one of the best viewpoints in the Annapurna Region. Poon Hill offers the best opportunity to witness the stunning panorama of the beautiful peaks including Annapurna and Dhaulagiri. You can enjoy amazing views of sunrise over the stunning snow-capped mountains. After spending about an hour at Poon Hill, we return to Ghorepani to have breakfast. After breakfast, we continue climbing along the ridges through the forest of pines and rhododendron. The climb brings us to Deurali at 2,960m/ 9,711ft, and we then descend to Tadapani 2610m/ 8,562ft to sleep for the night.

### **Day 6: Chhomrung – 2,140m/ 7,020 feet**

We start our steep downhill walk today through the forests of rhododendrons. Leaving Tadapani and descending through the forests, we will reach the Gurung village of Gurjung as the trail eases. After Gurjung, we eventually walk to Chhomrung which is at the elevation of 2,140m/7,020ft, where we stay overnight at a lodge. The hike today is approximately 5 hours.



**Day 7: Dovan – 2,500m/ 8,202 feet**

Today we will trek from Chhomrung to Dovan 2,500m/ 8,202ft, which will take approximately 5½ hours. The trail drops down to the Chhomrung Khola today and again we climb to Khuldighar. We leave the forest and then continue steeply downhill to the village of Dovan, where we stay overnight at a lodge.

**Day 8: Machhapuchere Base Camp – 3,700m/ 12,139 feet**

Trek from Dovan to Machhapuchere Base Camp, which sits at 3,700m/ 12,139 ft. Today is a beautiful day of hiking to reach the Base Camp of Machhapuchere. This will be a long day at approximately 7 hours of hiking, but worth it when you see the peaks of the Annapurna Region! We will stay in a lodge in the Base Camp for the night.

**Day 9: Annapurna Base Camp – 4,131m/ 13,553 feet**

Today, the approximately 2-hour day of trekking will bring us to Annapurna Base Camp at 4,131m/ 13,553ft. We will leave Machhapuchhre Base Camp and walk uphill for approximately two hours to reach Annaupurna Base Camp at the elevation of 4,131m/ 13,553ft. From Annapurna Base Camp, the views of the mountain are stunning, we will stay overnight at a lodge. We will have plenty of time in the Annapurna Base Camp area to explore this afternoon!

**Day 10: Bamboo – 2,345m/ 7,693 feet**

Trek from Annapurna Base Camp (ABC) to Bamboo 2,345m/ 7,693m. Today will be a longer day as we will hike for 6 hours as we retrace our steps to Bamboo. The trail drops 1,700m/ 5,577ft, to the bank of Modi Khola to Bamboo at 2345m/ 7,693ft. We stay overnight at a lodge.

**Day 11: Jhinu Danda – 1,780m/ 5,839 feet**

Trek from Bamboo to Jhinu Danda 1,780m/ 5,839ft, which will take approximately 5 hours. We continue to retrace our steps through the rhododendron and bamboo forest, where the trail descends very steeply from Chhomrung to Jhinu Hot Springs. You can relax in the natural hot springs at Jhinu, where we stay overnight at a lodge.



### **Day 12: Pokhara – 850m/ 2,788 feet**

Today is our final short day of trekking where we will walk approximately one hour to the pickup point where our Jeep will await! We will then drive back to Pokhara, approximately 3-4 hours, and then have the rest of the afternoon at leisure in the beautiful city of Pokhara.

### **Day 13: Fly to Kathmandu – 1,400m/ 4,500 feet**

We will wake today and have breakfast before returning to the Pokhara Airport for the flight back to Kathmandu. You can spend the day at Leisure in Kathmandu, enjoying the sites, including Pashupatinath, Swayambhunath and the districts of Bhaktapur and Patan. Durbar Square is also on the essential list, as is the shopping area of Thamel or get a treatment at one of the many spas in Kathmandu. We include a celebration team dinner in a nearby restaurant and the night in the hotel is also included on a shared basis.

### **Day 14: Kathmandu**

Today is the final day of our itinerary. We recommend that you do not book your return flight until no earlier than the evening on this day. That will be critical if there are any delays getting out of the mountains on the day before. We include your return transfer back to the international airport for your onward journey. If you want to spend any extra time in Kathmandu, we are happy to book additional nights for you in the hotel.

### **Important Notes:**

Every effort will be made to keep to the above itinerary, but as this is adventure travel in a remote mountain region, we cannot guarantee it. Weather conditions, road conditions, vehicle breakdowns and the health of participants can all contribute to changes. The trek leader will try to ensure that the trip runs according to plan, but an easy-going nature will be an asset!

We are your number one resource for the trip and if you sign up to one of our trips, we will send out a 40+ page Dossier with an itemized kit list and further information on how to fully prepare for the trip. While you are waiting for the Dossier, here is a very useful page on the trek to Annapurna Base Camp: <https://iantaylortrekking.com/blog/all-you-need-to-know-about-trekking-to-annapurna-base-camp/>.



### **The Cost Includes:**

- 4 Guides for every group of 10 trekkers
- Internal flights
- Professional guides
- Porterage of gear (Carrying 15kg/33lb per person Maximum)
- 2 nights hotel and breakfast in Kathmandu (2 people sharing, 4 Star)
- 2 nights hotel and breakfast in Pokhara (2 people sharing)
- All lodge accommodation when in mountains
- All permits and National Park fees
- Insurance cover for our staff
- Full time office support on the ground in Kathmandu
- Airport Transfers to/from International Airport in Kathmandu
- Using the communal medical kit (you will need a personal kit as well)
- 3 meals a day while in the mountains
- 5 days a week expert support prior to trip
- Celebratory final meal in Kathmandu

### **The Cost Does Not Include:**

- Nepalese Visa entry fee (\$50, which can change at any time)
- International flights
- Trekking insurance (compulsory)
- Tips for Guides/Porters (approximately \$200)
- Personal equipment
- Meals and drinks while in Kathmandu (excluding Breakfast)
- Meals and drinks while in Pokhara (excluding Breakfast)

### **Typical Menu in Mountains:**

Breakfast: Eggs, oatmeal, porridge, toast, pancakes, tea & coffee

Lunch: Egg fried rice, Potato's, Beans, fries, Pizza, Pasta

Dinner: Pasta, Vegetable rice, soups, Chicken (Namche and below), Dhal (traditional Nepalese food), Curry