

Annapurna Base Camp

Trek through the heart of Nepal



Annapurna

Annapurna Base Camp Trek combines some of the most spectacular mountain scenery, providing a fascinating insight into the modern hill life of Nepal.

This Annapurna Base Camp Trek is a unique trek along local trails, through forests, villages and terraced farmland treats you to unparalleled mountain scenery, surrounded by enormous glaciers giving you an inside experience into the Nepalese life and culture.

The Annapurna Base Camp Trek follows the Modi Khola (River) and passes through dense stands of rhododendron and bamboo. By the time you reach the large overhanging rock, known as Hinko Cave, you will have noticed that the vegetation has thinned and the gorge narrowed to be only a few hundred meters wide. Steep snow-clad ridges falling from Hiunchuli on the left and Machhapuchhre on the right from the entrance to the Sanctuary. As we pass through the "gate" and enter to the Sanctuary, you find yourself in a huge amphitheatre enclosed by a solid wall of snow capped peaks.

Annapurna Base Camp Trek starts and ends in Pokhara or it can be tailored as part of the Annapurna Circuit or the Jomsom / Miktinath trek, by trekking from Tatopani through Ghorepani and Tadapani and joining the main Sanctuary trails at Chomrrong.

Minimum of 2 required. Private dates available on request.

What to expect

- ✓ Sightseeing around **Kathmandu** and **Pokhara**
- ✓ Impressive Sunrise and mountain views from **Ghorepani** and **Poon Hill**
- ✓ Typical **Gurung village** along the trekking route
- ✓ **Fishtail (Machhapuchhre) Base Camp**
- ✓ Spectacular mountain and glacier views from **Annapurna Base Camp**
- ✓ Natural Bath in hot spring at **Jhinu**

What's Included

Departure and Return Location

Tribhuvan International Airport

Price includes

- ✓ Airport / Hotel / Airport pick up and drop off by private tourist vehicle
- ✓ Standard twin sharing accommodation in a two or three star hotel in Kathmandu; Breakfast included (2 nights)
- ✓ Guided city tour in Kathmandu and Pokhara by private tourist vehicle
- ✓ All standard meals during the trek (Breakfasts, Lunches and Dinners)
- ✓ Accommodation during the trek (8 nights trekking guesthouse in twin sharing and occasionally dormitory style)
- ✓ Local Ace the Himalaya licensed English speaking guide
- ✓ The required number of local staff and porters to carry your luggage during the trek (we assign one porter for every two guests)
- ✓ Food, accommodation, salary, insurance, equipment and medicine for all staff
- ✓ Annapurna Conservation Park permits and TIMS permit for trekking.
- ✓ Surface transfer from and to Kathmandu
- ✓ Sightseeing/Monument entrance fees in Kathmandu and Pokhara (Day 2 and 12)
- ✓ Farewell dinner in typical Nepali Restaurant with cultural dance show on Day 13
- ✓ All government taxes, including VAT, GST, and tourist service charges
- ✓ Official expenses
- ✓ Return flights from Kathmandu to Pokhara
- ✓ **FREE** Ace the Himalaya duffel/kit bag, and sun hat (yours to keep)
- ✓ **FREE** Getaway Trekking quick-dry Walking Shirt
- ✓ **FREE** Getaway Trekking Certificate of Completion
- ✓ **FREE** Training Walks in Victoria

Price excludes

- ✘ Lunch and dinner whilst in Kathmandu and Pokhara
- ✘ Travel insurance which covers emergency Rescue and Evacuation
- ✘ International airfare and airport departure tax
- ✘ Nepal entry visa; you can obtain a visa easily upon your arrival at Tribhuvan International Airport in Kathmandu

Tourist Visa with Multiple Entries for 30 days can be obtained by paying US \$40 or equivalent foreign currency. Similarly, Tourist Visa with Multiple Entries for 90 days can be obtained by paying US \$ 100. Please bring 2 copies of passport size photos.

- ✘ Alcoholic, hot and cold drinks
- ✘ Personal trekking equipment
- ✘ Tips for trekking staff and driver (tipping is expected)
- ✘ Any other expenses which are not mentioned in the 'Price Includes' section

Itinerary

Day 1 Arrival in Kathmandu airport

1,345m

Arrival at the Tribuwan International Airport in Kathmandu (1,345m). Transfer to Hotel in our private tourist vehicle.

- Overnight at Hotel

Day 2 Pre-trip Meeting and Sightseeing around Kathmandu valley

Morning sightseeing trip to Pashupatinath Temple, Boudhanath and Bhaktapur Durbar Square. Afternoon at leisure and shopping in Thamel, near hotel. Pre-trek briefing & supply of trek Duffel Bag, T-shirt and a Cap. First group dinner.

- Overnight at Hotel

Day 3 Domestic flight to Pokhara

900m

Transfer to domestic airport for flight to Pokhara. Pokhara is on the banks of the Phewa Lake, smaller and much less hectic than Kathmandu, hence the perfect starting point for our trek.

- Overnight at Hotel

Day 4 Nayapul and Tikhedunga

Drive to Nayapul | 1,010m | 1 hour
Trek to Tikhedunga | 1,570m | 3 hours

Private vehicle transfer to Nayapul. Trek along banks of Modi Khola to Birethanti (1,015m) a large village with many shops and teahouses. Continue through the village and follow the Bhurungdi Khola before ascending to Hille at 1,495m and continuing to Tikhedunga at 1,570m. A relatively short and easy walk to ease us into the trekking experience in the Annapurna region.

- Overnight at Guesthouse

Day 5 Trek to Ghorepani (2,840m) - 5 hours.

2,840m | 5 hours

A steep climb to Ulleri, a large Magar village at an altitude of 2,070m. A more gentle ascent then takes us through fine forests of oak and rhododendrons towards Banthanti at 2,250m. Continue towards Nangethanti at 2,460m, before arriving at Ghorepani (2,840m).

- Overnight at Guesthouse

Day 6 Poon Hill and Tadapani

Hike up to Poon Hill | 3,210m
Trek to Tadapani | 2,610m

A magnificent sunrise today as we commence very early in the morning for our one hour hike to Poon Hill at an elevation of 3,210m. This vantage point provides an unobstructed view of the sunrise over the high Himalayas. Commence descent to Ghorepani for a hot breakfast before commencing climb along ridges, and through pine and rhododendron forests to Deurali (2,960m). Descent to Banthanti, and through to Tadapani (2,610m).

- Overnight at Guesthouse

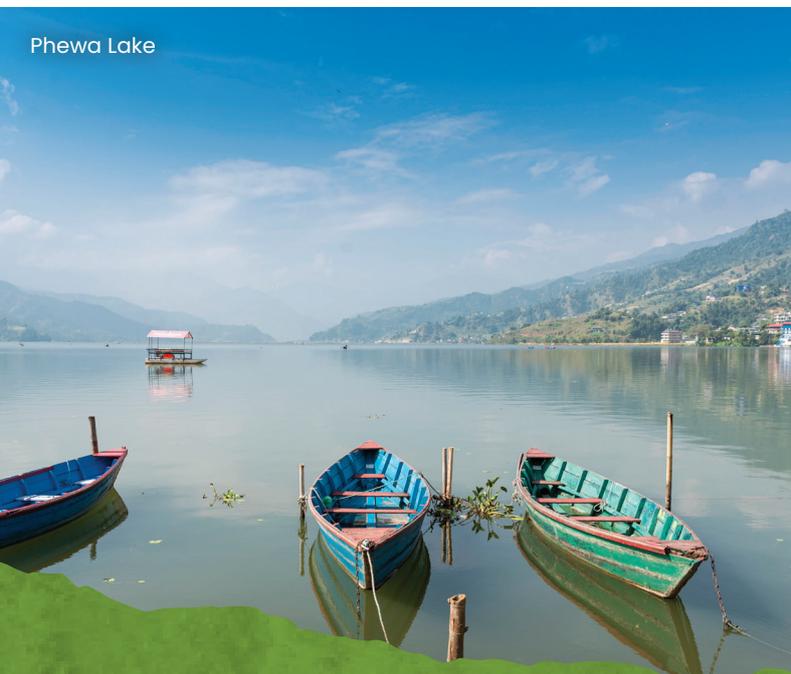
Day 7 Trek to Chomrrong

2,140m | 5 hours

Leaving Tadapani, we descend steeply through the rhododendron forests before the trail eases coming into Gurjung. An easy walk follows, through to Chomrrong at an elevation of 2,140m.

- Overnight at Guesthouse

Phewa Lake



Machhapuchhure





Annapurna Base Camp

Day 8 Trek to Himalayan Hotel

2,950m | 6 hours

The trail drops down to Chhomrong Khola, before climbing to Khuldighar at 2,380m. What goes up must come down! The track travels very steeply down a rock bank then levels out, running through thickets of bamboo at the bottom of the gorge. Trek through bamboo and rhododendron forests to the Himalayan Hotel.

- Overnight at Guesthouse

Day 9 Trek to Annapurna Base Camp

4,130m | 7 hours

Today we trek past the Hinko Cave, Deurali and then Machhapuchhare Base Camp. Totally surrounded by mountains, this area is known as the Annapurna Sanctuary. Two hours trek from Machhapuchhare Base Camp takes us to Annapurna Base Camp (ABC). At elevation of 4,130m, we have unobstructed views of spectacular mountain scenery.

- Overnight at Guesthouse

Day 10 Trek back to Bamboo

2,345m | 6 hours

We follow the same trail down today. The trail drops by 1,700m to the bank of Modi Khola and then onto Bamboo at 2,345m.

- Overnight at Guesthouse

Day 11 Trek to Jhinu hot spring

1,780m | 5 hours

Continue on same trail until Chomrong, and onto Khuldighar where there is an experimental sheep farm. Trail continues through rhododendron and bamboo fields before descending very steeply to the Jhinu Hot Spring, where we can bathe in natural hot spring.

- Overnight at Guesthouse

Day 12 Nayapul, Pokhara, Barahi Temple and Fewa Lake

Trek to Nayapul | 1,010m | 4.5 hours.
Drive to Pokhara | 1 hour

From Jhinu Hot Springs we take a relaxing walk along the Modi Khola for 4.5 hours to Birethanti. After a break here, we continue to Nayapul to meet our vehicle. An hour's drive will see us back in Pokhara, where we walk to the Phewa Lake for our boating trip to Barahi Temple.

- Overnight at Hotel

Day 13 Flight back to Kathmandu and farewell dinner

1,345m

A morning domestic flight will take us back to Kathmandu. Here, we have the option to extend and continue onto Chitwan Jungle Safari, Rafting Adventure, Kathmandu Valley Shopping Tour, Scenic Everest Flight, Mountain Biking and other activities. Final farewell dinner in traditional Nepalese restaurant with cultural performances.

- Overnight at Hotel

Day 14 Departure

Transfer to international airport in Kathmandu for flight departure from Nepal.