

## Overview

### Annapurna Base Camp Trek

Annapurna Base Camp Trek offers you an amazing journey through the picturesque hillside to the natural amphitheater at 4130 meters altitude. The trek covers the dramatic landscape of the Annapurna region of Nepal, varying from the lower altitude terraced green hillsides to the soaring Annapurna peaks. Annapurna base camp is surrounded by the Annapurna massifs from three sides.

The two weeks trek to Annapurna base camp embarks from Nayapaul, where most of the trek to Annapurna begins. Having various route alternatives, you get access to the base of the world's 10<sup>th</sup> tallest peak- Mt. Annapurna (8091 meters). The most recommended route is via Poon hill. The up and down the trail through the rhododendron forest is a remarkable journey to Ghorepani. It is a side trip that takes about an hour uphill walk through the stone staircase to the spectacular viewpoint of Poon Hill (3210 meters). The dazzling sunrise view over the stunning peaks- Mt. Annapurna, Dhaulagiri, Fishtail and others are seen dramatized. Passing through the ethnic Gurung villages, the dense oak and rhododendron forest, it descends to Chhomrong. The trail is almost the uphill climb all the way to Annapurna base camp via Fishtail base camp. If there is a snowfall, the scenery becomes extremely incredible. It deserves to become a hot deal in Nepal trekking with its fabulous attractions. The descending route leads you through Jhinu and walk to Nayapul.

**Blue Himalaya Tours and Travels** operates Annapurna Base Camp Trekking with professional guide and assisting team. March To may and September to November are the best trekking seasons. Please, feel free to contact us for the detailed information about the trek.

## Itinerary Details

### Day 01 : Arrival in Kathmandu

Airport welcome by our Airport representative & transfer to hotel, briefing about Annapurna base camp trekking with officially arrangements. O/N stay at Kathmandu.

### Day 02 : Drive from Kathmandu to Pokhara [210 Km – 6 Hours] & Pokhara Sightseeing

After breakfast, check-out from hotel to depart for Pokhara enjoy a six hours beautiful drive to Pokhara. Arrive at Pokhara check-in hotel, After short refreshment move for Pokhara half day city tour Seti River, Devi's fall, Gupteshowre Cave and Fewa Lake. O/N stay at Hotel.

### **Day 03 : Trek from Pokhara (915m.) to Nayapul (1050m) by car.**

After breakfast at hotel, you could drive by car for 1 and half hours to Nayapul. Then you start your trekking. The first part of your trek is easy passing through numerous small villages and settlements. Afterwards you could ascend gently to the final destination of the day. The majority people here are Gurung and their religion is Buddhist. They are engaged in agricultural activities, tourism business and some are employed in Gorkha and Indian regiments.

### **Day 04 : Trek from Tirkhedhunga to Ghorepani (2675 m.).**

After breakfast begin your trek, you could ascend steeply for the early 2 hours and then ascend gently passing through Ulleri (2070m.) and Banthanti, Magar villages. On the way, you could see good view of Machhapuchhare or Fish Tail (6997m.), Hiunchuli (6441m.), and Annapurna (7219m.) south. Now your trail is quite easier passing through rhododendron and shadowy trees and descends gently up to the final camp. You could see some of the wild life such as monkey and various species of birds.

### **Day 05 : Trek from Ghorepani to Poon Hill (3180m.) to Tadapani (2675m.)**

Early morning trip to Poon Hill (3232m.) to enjoy the sunrise view over Mt. Dhaulagiri (8167m.), Tukucho Peak (6920m.), Nilgiri (6940m.), Varaha Shikhar (7847m.), Mt. Annapurna I (8091m.), Annapurna South (7219m.), Annapurna III (7855m.), Machhapuchhare (6993m.), Annapurna IV (7525m.), Annapurna II (7937m.), Lamjung Himal (6931m.) and other numerous snowcapped mountain peaks. After breakfast trek Ghorepani to Tadapani (2650 m.). After walking for almost one and half hour you reach Gurung Hill which has the splendid mountain views as Poon Hill. From here you follow small forests with rhododendron, bamboos until you reach Deurali. The trail goes steeply down through deep forests all the way to Banthanti. It takes one hour from here to reach Tadapani. After breakfast trek from Ghorepani to Tadapani (2731m.) through the deep forests of rhododendrons, bamboos and oaks. En route, you frequently see waterfalls, rocks, wild animals, local birds and green scenarios. Tadapani is a small village surrounded by beautiful forests which grants you a magnificent view of Annapurna South, Hiunchuli, Fishtail, and Annapurna II and so on.

### **Day 06 : Trek from Tadapani (2675m.) to Ghandruk (1950m.)**

It takes about three hours. It is very easy trek by descending gently all the way through rhododendron, oak and other kinds of dense forests. You could hear different kinds of birds chirping on the way. This is one of the popular destinations for the birds' lovers. Ghandruk is a big Gurung village. There is a handicraft centre and Gurung museum. From this village you could see good views of Annapurna South, Hiunchuli, Gangapurna (7455m.), Annapurna III (7755m.) and Fishtail.

**Day 07 : Trek from Ghandruk to Chhomrong (2040 m.).**

Which takes approximately four hours. At the beginning of the day, you could ascend gently for an hour up to Ghandrukkot (2100m.) and descend steeply to the Kimron Khola (1700m.). Immediately, ascend steeply and walk at a level for an hour and still ascend gently to the final camp. Chhumrung is a gateway to Annapurna Sanctuary trek and inhabited by Gurung, one of the major Ethnic group of Nepal.

**Day 08 : Trek from Chhomrong to Bamboo (2340m.).**

It takes about five hours. Leaving Chhomrong, the trail descends on a stone staircase and crosses the Chhomrong Khola on a swaying suspension bridge, then climbs out of the side valley. High above the Modi Khola on its west bank, the trail passes through the tiny settlement of Tilicho in forests of bamboo, rhododendron and oak. Climbing further on a rocky trail (beware of the stinging nettles) you reach three hotels at Sinuwa, at 2350m. Climb in rhododendron forests to Kuldi, at 2520m. This was once a British sheep breeding project; now the stone houses are an ACAP visitor centre and check post. In winter, it's common to find snow anywhere from this point on. Descend a long, steep stone staircase into deep bamboo and rhododendron forests. It is then a short distance on a muddy trail to Bamboo Lodge (2340m.).

**Day 09 : Trek from Bamboo to Deurali (3230m.)**

Which takes about five hours. You trek gently ascend through bamboo forests with varieties of rhododendron and oak trees. The first town you reach is Dovan (2630m.) where there are few lodges and camp sites. Now you pass through muddy trail which traverses high above the river. There is debris of avalanches except during winter season. After short trek, you reach at Himalayan Hotel (2900m.), the town named after the Himalayan Hotel. Beyond it, the trail is steeply ascent up to Hinko Cave (3160m.), this named as a huge overhanging rock provides some protection against rain and avalanches. It takes approximately twenty minutes through normally ascent path to reach Deorali (3230m.)

**Day 10 : Trek from Deurali to Annapurna Base Camp (4170 m.) via Machhapuchhare Base Camp (3820m.)**

It takes about four hours. From here, the valley widens and becomes less steep and you can see the gates to the sanctuary. The trail is less steep. As the trail continues into the sanctuary, it crosses two avalanche tracks on a narrow trail that hurdles up against the cliffs. After short trek you will be at Bagar (3310m.), a meadow and some abandoned hotels. The normal trail follows the left side of the valley. Now the trail appears gently ascent until you reach Machhapuchhare Base Camp (3820m.). Here you find almost 6 to 7 lodges. This is one of the places, where you can enjoy the view of Mount Hiunchuli (6441m.), Annapurna South (7229m.), Annapurna I (8091m.), Annapurna III (7555m.),

## Annapurna Base Camp Trek

Gangapurna (7454m.) and Machhapuchhare or Fish Tail (6997m.). The path follows through alpine meadow and after some distance your trails go gently up. After a short trek, you begin to approach Annapurna Base Camp (4170m.). From here, you can see the views of several peaks at 360 degree.

### **Day 11 : Trek from Annapurna Base Camp to Dovan (2630m.)**

Which takes about five hours. It's much easier going down. You should have no problem reaching Sinuwa in a single day from Annapurna Base Camp. Now you trek through Himalayan Hotel to Dovan.

### **Day 12 : Trek from Dovan to Jhinudanda (1750m.) It takes about six hours.**

The path is descent up to Bamboo passing through forests with varieties of rhododendron, oaks and bamboo plants. After Bamboo, the trail goes steeply up to the Kuldi Ghar and now the trail is quite flat until you reach Sinuwa. You trek gradually descend to the Chhumrong Khola and you have to follow stone staircase for almost an hour to reach Chhumrong. The last part of the trail is steeply down to Jhinudanda. From the town you should walk down for 20 minutes to reach Hot Spring at the bank of the Modi Khola. You can relax at Hot Spring.

### **Day 13 : Trek from Jhinudanda to Birethanti (1025m.)**

Which takes about five hours. The trail gradually descends all the way to Birethanti along the bank of Modi Khola. En route, you pass through forests, rice terraces, waterfalls and green scenarios. Birethanti is a small town with few lodges, shops and human settlements. Now you walk for almost twenty minutes through flat path upto Nayapul (New Bridge). Here you board vehicle to drive back to Pokhara which takes approximately one and half hours.

### **Day 14 : Drive from Pokhara to Kathmandu by tourist bus that takes about six hours.**

While driving from Pokhara to Kathmandu, you head up to Damauli, Dumre, Muglin and Kurintar where the Nepal's first Cable car is operated to reach to Manakamana Temple. En route, you could enjoy the mountain views, green sceneries, rice terrace fields, vegetable fields and people being engaged in their daily life activities. or You can also fly from Pokhara to Kathmandu which takes almost 30 minutes.

### **Day 15 : Kathmandu - Sightseeing**

After breakfast, our tour guide will take to for historical monuments sightseeing in Kathmandu valley such as Boudhhanath: visit Bodhnath Stupa, one of the biggest Buddhist shrines in the world, where we observe Buddhist monks in prayer in the monasteries surrounding the stupa than visit Pashupatinath: the most famous Hindu

## Annapurna Base Camp Trek

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temple in the country, located on the banks of the holy Bagmati River. Here you see Hindu holy men (sadhus) meditating, pilgrims bathing and occasionally funeral pyres burning on the ghats. Kathmandu durbar square: you will enjoy with different Hindus Temple, Goddess Kumari, and legend of Kathmandu valley and in the evening farewell dinner in Nepalese Restaurant, overnight at Kathmandu in Hotel.

### **Day 16 : Time to say bye bye to Kathmandu**

After breakfast, Relaxing/shopping with own activities than Blue Himalaya Tours Airport representative will drop to you Kathmandu international Airport for onward journeys or if you have time to stay in Nepal trip will arrange accordingly such as Chitwan jungle safari tour, Lumbini, Nagarkot tour , Rafting etc.