

## Annapurna Base Camp Trek – 17 Day Trip

### Overview

The Annapurnas are Nepal's most popular trekking area and it's not hard to see why. Spectacular scenery, diverse cultures, forests, lakes and glaciers combine to make it one of the most scenic areas for novice or experienced trekkers. When you reach Annapurna Base Camp, sometimes referred to as the Annapurna Sanctuary in the centre of the Annapurna Range you will be reward with 360 degree views of awesome soaring peaks and glaciers.

### Trip Details

#### Day 01 Welcome to Kathmandu

A local Himalayan Holidays' representative will meet and welcome you at Kathmandu airport and transfer you to your hotel. After checking in at the hotel a pre-trek briefing will be held. The rest of the day is yours to explore the local area. o/n at hotel

#### Day 02 Kathmandu Sightseeing

After breakfast you will be picked up at the hotel to begin an interesting tour around Kathmandu. Your English-speaking guide will escort you to Durbar Square the historic centre of the city and home to the living goddess Kumari. Then on to Swayambhunath or Monkey Temple, situated high on a hill top, this stupa is one of the most recognized images of the Kathmandu Vally and affords magnificent views of the city and valley below. From here you travel to Pashupatinath the site of the most important Hindu temple in Nepal and located on the banks of the holy Bagmati River. Here you will see holy men known as Sadhus performing their religious rituals and you may witness funeral pyres burning on the river side ghats. o/n at hotel

#### Day 03 Kathmandu – Pokhara

Today you will take an interesting drive to Pokhara by tourist bus. Nestled on the Phewa Lake Pokhara is a thriving township where you can spend your time doing any last minute shopping for your trek at one of the many equipment stores or enjoy a drink at one of the lakeside restaurants. It has a very relaxed atmosphere and is the perfect starting point for our trek. o/n at hotel

#### Day 04 Pokhara -Nayapul - Tickendunga 2070m

(Approx 4 hrs walking)

Drive to Nayapul then commence your walk to the small town of Birethanti before walking on through the lush, green Modi river valley and past waterfalls with plunge pools where you are welcome to swim. You will pass through several villages and see farmers at work with their buffalos in the fields. o/n at lodge

#### 05 Tickendunga – Ghorepani 2900m (Approx 5-6 hrs walking)

After a short descent, you ascend to the village of Ulleri, where you will be rewarded with breathtaking views of the valley below and the peaks of Annapurna South and Hiunchuli Then it is a gentle climb through pasture and cultivated fields. As the trail climbs higher, you walk up beside a cascading river through cool oak and rhododendron forest to Ghorepani where you take the track a little further on to your resting place for the night and a perfect kick off point for those wishing to walk up to Poon Hill in the morning o/n at lodge

#### Day 06 Ghorepani - Tadapani 2540m (Approx 6 hrs walking)

For early risers, a 1 hour climb up to Poon Hill at 3210m offers you an awesome 360 deg view of all the Annapurna Range. Your guide will point out the peaks of Annapurna South (7272m) Annapurna I (8091m) Hiunchuli (6441m) and you will have imposing views of the Dhaulagiri Range to the West. From the Deurali pass the trail continues along a plateau before descending steeply through dense moss-covered forest rich with birdlife, to Tadapani for beautiful sunset views of Annapurna South and Machhapuchhare. o/n at lodge

#### Day 07 Tadapani - Chhomrung 2040m (Approx 5 hours walking)

The trail drops down from Tadapani, through dense rhododendron forest. From Ghandrung there are good views of the upper Modi valley. The route starts the long ascent high above the west bank of the Modi Khola, and continues up to the village of Chhomrung (2040m.) Towering above the village is the mighty peak of Annapurna South, with the Machhapuchhare (the Fishtail) facing it across the valley. o/n at lodge

#### Day 08 Chhomrung – Doban 2505m (Approx 4- 5 hours walking)

You walk through the forest to Kuldi Ghar, before the route goes steeply down a bank of rock and then levels out, running through riverside bamboo thickets along the base of the gorge. Then the track winds steeply up through deep bamboo and rhododendron forest to the village of Doban. o/n at lodge

#### Day 09 Doban – Rest Acclimatization Day

Depending on how the group is travelling, weather conditions etc, the rest day may be taken at any point on the trek. If not required, you simply arrive back at Pokhara 1 day earlier which will give you further opportunity for sightseeing, relaxing etc. Should you choose to stay at Doban, short acclimatization walks will be taken during the day. o/n at lodge

#### Day 10 Doban to Machhapuchhare Base camp (Approx 5 hours walking)

The track remains on the west bank of the Modi, now flowing through a more open valley, and eventually emerges into the Sanctuary. Straight ahead is the high lateral moraine of the South Annapurna glacier and the Modi follows a deep cliff to the

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right. This is the site of Machhapuchhare base camp (3480m) from which can be seen a spectacular panorama of mountains. o/n at lodge

### **Day 11 Visit Annapurna Base Camp 4130m – Doban 2505m** (Approx 6-7 hours walking)

An early morning start for our one and a half to two hour climb to reach Annapurna Base Camp by sunrise. The sun rising over the 360 degree panorama of snow capped mountain is an experience you will never forget. After many photos of happy trekkers have been taken, you can enjoy a hot well earned breakfast at one of the lodges at Annapurna Base Camp before retracing our steps down to Doban where you spend the night. o/n at lodge

### **Day 12 Doban - Chomrong 2040m** (Approx 4- 5 hours walking)

The trail passes the small village of Khuldi Bikas, before continuing through rhododendron and bamboo fields and returning to the Alpine-style village of Chhomrung. o/n at lodge

### **Day 13 Chomrong - Ghandrung 1940m** (Approx 3 hours walking)

After a fairly short walk today, you again return to Ghandrung, where you have more time to explore this village, and you may like to visit the information centre of the Annapurna Conservation Area Project (A.C.A.P.) and see a video on how conservation and tourism are handled in this area, or how local handicraft is encouraged. There is also a small museum and for those interested, a kindergarten/ children's centre where you are welcome to visit. o/n at lodge

### **Day 14 Ghandrung – Pokhara** (Approx 5 hours walking)

Today is your last day on the trek, and as you make your way back to Birenthanti, the sound of the donkey bells fade and the sounds of traffic become clearer as you near the road which takes you back to Pokhara. This is usually the time to farewell your trekking crew and many people like to treat their porters to a farewell dinner in one of the many restaurants in Pokhara, which will seem like a teeming metropolis after the serenity of the hill trails. o/n at hotel

### **Day 15 Pokhara – Day at leisure**

Today you are free to spend the day as you wish, further sightseeing at Devi Falls, the Tibetan Refugee Centre or the World Peace Monument can be organized, you can hire a canoe to visit the Varahi Temple on a small island in Phewa Ta lake, or relax with a beer or a coffee while overlooking the lake. o/n at hotel

### **Day 16 Pokhara to Kathmandu**

Today you will be transferred by tourist bus to Kathmandu o/n at hotel

### **Day 17 Kathmandu**

Transfer from your hotel to airport for international departure

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## **Overview of the Annapurna Base Camp Trek**

You begin your trek in the Annapurna region north of Pokhara. You will climb gradually along the ridges that are the foothills of the Annapurnas. Passing through many villages you will have ample time to take photographs and chat with the local people. There are many different ethnic groups along the trail, the Gurungs, Magar and Chetria people the predominant being the Gurungs, better known as Gurkhas, soldiers in the British Army.

Along the trail the scenery is magnificent, and you will see Himalayan giants such as Dhaulagiri (8167m), Lamjung, Annapurna II, and Machapuchare (6993m). The terrain varies from sub-tropical valleys with banana trees and rice paddies to high ridges clad in thick rhododendron forest. In January and February these may well be covered in snow, while during March and April they will be a blaze of red rhododendron flowers.

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### **Altitude**

Altitude on this trek varies from 915m at Pokhara to 4130m at Annapurna Base Camp, and the majority of people do not experience any major symptoms of "Altitude Sickness" at these levels. However if you are feeling unwell due to the altitude, you may discuss with your guide, the option of staying and resting in lodge accommodation at a lower point of altitude eg. Chomrong as your companions will retrace their steps via Chomrong after reaching Annapurna Base Camp.

### **Accommodation on the trek**

Accommodation will be simple twin or triple share rooms in lodges, and toilets and showers will be of varying standards.

### **Food**

Mostly rice, pasta, potato dishes, soups and pizzas for lunch or dinner. Delicious pancakes, porridge, toast and eggs are the main breakfast fare, while tea, coffee and hot chocolate are always available. You will probably be pleasantly surprised at the variety of food at the lodges.

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**Physical Fitness**

There are a lot of steep ascents and descents on the trek and a good level of fitness is required, as some days you may be required to walk up to 6 hours, please note that the estimated walking time each day will vary according to the fitness of the group and the weather conditions.

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**Inclusions :**

All land transfer as per itinerary  
Arrival and departure transfers as per itinerary  
Twin share accommodation in Kathmandu and Pokhara in standard 3 star hotel  
½ day sightseeing in Kathmandu  
All accommodation on the trek in trekking lodges  
Fully escorted trek with English speaking guide and 1 porter between each 2 person  
Trekking permit and National Park Fees

**Not Included :**

International air fare  
Visa  
Meals, tea, coffee, soft/hard drinks  
Airport Departure taxes/Excess baggage charges  
Items of personal nature, tips etc  
Travel Insurance (this is a mandatory condition of booking)  
Medical evacuation in case of emergency  
Personal spending money