

Overview

Annapurna Base Camp Trek is a world-renowned trek, located in the lap of the Annapurna Himalayas. Unforgettable views of the surrounding peaks will greet you. Furthermore, the trek starts with lush lowlands and goes higher elevation amphitheater at the foot of Annapurna Himalayas. You will never forget the feeling of being on the heart of the Himalayas on our Annapurna base camp trek.

You will have thrilling views of Annapurna I and many other mountains. The Annapurna I is the first peak above 8000 meters to have been climbed in history of mountain expedition in Nepal. A feat accomplished by a French team in 1950. The Base Camp Trek offers non-stop natural diversity with lovely mountain views and Himalayan landscape. Furthermore, terraced fields of rhododendron and bamboo with a wide range of flora and fauna are the main attraction of the trek.

The **Annapurna base camp trek** lies in the Annapurna Conservation Area and is the most popular trekking trail in the region. Furthermore, it passes through many villages of different ethnic communities having different cultures and lifestyles. The sub-tropical forests come alive with an immense variety of bird life and waterfalls. Likewise, thunder down from steep cliff sides and monkeys chatter from the tree-tops. The terraced fields and tropical fruit trees around the trail are extra attractions of the trek. The white-washed Gurung villages draw the eye to vistas dominated by some of the Himalayas on Annapurna Base Camp Trek.

We at Outfitter Nepal have designed a 14-day itinerary for the ABC Trek that includes your arrival and departure days. [A day tour in Kathmandu](#) before the trek is ideal to see the heritages in Kathmandu. The real trek starts with a day drive to Pokhara. You will then take an hour and half drive to the Nayapul to start the real trek in the next morning. You continue trek to the Base Camp of Annapurna. You will have overnight stays at Tikhedunga, Ghorepani, Tadapani, Chhomrong and Himalaya to reach the base camp of the Annapurna. You will also [visit the Poon Hill](#) with a breathtaking panorama of the peaks and Sunrise.

The **Annapurna Base Camp** trail then continues up and enters the majestic sanctuary near Machhapuchhre base camp. Then you go gently up to the base camp which is your final goal of the trek. You will take time to enjoy the magnificent surroundings of nearly 360° of peaks unlike anywhere else in the world. You will then return the same trail till the Chhomrong. You will trek down to Jhinudada where you have a chance to take a natural hot bath at hot spring. You will trek to Nayapul and drive back to Pokhara in the next day. You will drive back to Kathmandu to conclude the trek in the next day or you have options to take a 30-minute flight to Kathmandu as well.

We offer the **Annapurna base camp trek** on a group basis or private departure. Please look at our website for more details.

teâ€™s list and choose one suitable for you. Do let us know if you would like to have private trek just with your people, beloved one, family or group of friends. The departure for the **Annapurna Base Camp Trek** available on any day of the year so, does let us know if the given dates are not suitable for you.

Outline Itinerary

Day 01 : Arrive at Kathmandu airport transfer to hotel (No meals):

Day 02 : Full day sightseeing of Kathmandu valley & an orientation (B):

Day 03 : Drive from Kathmandu to Pokhara (200 Kilometers west of Kathmandu) (B):

Day 04 : Drive from Pokhara to Nayapul and Trek to Tikhedunga (B, L, D):

Day 05 : Trek to Ghorepani (B, L, D):

Day 06 : Hike to Poonhill and trek to Tadapani (B, L, D):

Day 07 : Trek from Tadapani to Chhomrong (B, L, D):

Day 08 : Trek from Chhomrong to Himalaya (B, L, D):

Day 09 : Trek from Himalaya to Annapurna Base Camp (B, L, D):

Day 10 : Trekking from Annapurna Base Camp to Dovan (B, L, D):

Day 11 : Trekking from Dovan to Jhinudanda (B, L, D):

Day 12 : Trek from Jhinudanda to Nayapul and drive to Pokhara (B, L):

Day 13 : Drive from Pokhara to Kathmandu (B):

Day 14 : Transfer to airport for your departure (B):

Itinerary Details

Day 01 : Arrive at Kathmandu airport transfer to hotel (No meals):

You will be met & greeted by our airport representative who will be on standby to pick you up and transfer you to your hotel. Your evening is free and after youâ€™ve refreshed, you can go for a stroll down the street to get familiar with your surroundings. Window shopping would be a good start to look around. Your first overnight in the valley of temples & cows.

Probably the most in the world; however, these unusual sights are sometimes welcome & interesting.

Day 02 : Full day sightseeing of Kathmandu valley & an orientation (B):

After having breakfast at hotel, we take you for the sightseeing tour in Kathmandu Valley; you will be escorted by a professional guide and Your tour will include Kathmandu Durbar Square, Monkey Temple - Swayambhunath (note, there are real monkeys down here & they can be a pain in the neck, especially if you are munching something while climbing the steps to the temple; whatever your munching could vanish from your hands in seconds if youâ€™re not careful and the best way to appease these monkeys is by buying some bananas from vendors just by the roadside to the temple & distribute them on your way up, theyâ€™d be happy & leave you alone). Pashupatinath Temple and Bau dhanath Stupa. The Pashupatinath is a significant place of visit because this is a heritage site & is the most important religious site for Hindus in Nepal & India and within the boundaries of this temple are cremation zones where the bodies of Nepalese, right from the pauper on the streets to the king of Nepal are cremated at this old temple. In the early evening we get back to our hotel & refresh after which your trek leader will meet the group & orient you on the whole program related to your trip. You will even have sufficient time to buy some trek gear if you need any in Thamel area.

Day 03 : Drive from Kathmandu to Pokhara (200 Kilometers west of Kathmandu) (B):

After having early breakfast at hotel, we start our drive and the drive goes along the scenic Trisuli and Marsyangdi River to reach Pokhara, itâ€™s a pretty good drive as we go by the beautiful river which is also good for rafting; we view Ganesh Himal and the Manaslu peak as well We drive along the scenic Trisuli and Marsyangdi River to reach Pokhara, itâ€™s a pretty good drive as we go by the beautiful river which is also good for rafting; we view Ganesh Himal and the Manaslu peak as well during the Driving. Pokhara is a tourist's paradise full of natural as well as cultural heritage sites such as lakes, caves, & temples of Buddhist and Hindus along with her lovely mountains; after 6 hours of driving; we will arrive in Pokhara, the city of lakes, welcome to this beautiful town of serene lakes that gives so much meaning to your holidays, overnight at your Hotel.

Day 04 : Drive from Pokhara to Nayapul and Trek to Tikhedunga (B, L, D):

After having breakfast at the hotel, we start to drive to Nayapul which takes approximately one and half hours, we then start the first part of our hiking out to Tikhedunga (1577M) Via Birethanti (1065m.) this is a pretty easy flat out hike as we pass through several small lively villages and settlements, after some time, we will ascend gently to the final destination of the day, overnight at Guesthouse.

Day 05 : Trek to Ghorepani (B, L, D):

After having hot breakfast at lodge, we start trek and ascend steeply for the first 2 hours then ascend gently passing through Ulleri (2070m.) and Banthanti, villages. This path gives breathtaking views of Machhapuchhare or Fish Tail (6997m.), Hiunchuli (6441m.), and the grand Annapurna (7219m) south on the way. Our trekking trail now gets quite easy going as we pass through rhododendron and shadowy forests amidst the cackling of birds which gives us good feelings till we ascend gently up to the final camp to the Ghorepani, check into the Lodge and overnight at Guesthouse.

Day 06 : Hike to Poonhill and trek to Tadapani (B, L, D):

Today, we hike to Poonhill (3232m.) to enjoy the sunrise views 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 snow capped mountains in the morning. Poonhill has always been a symbol of beauty for the Annapurna region then we will return down to Ghorepani and have a hot breakfast at our lodge and trek to Tadapani (2650m.). Most part of the trail we trek is through blooming rhododendron forest; the beautiful flower makes the jungle colorful in spring when they bloom, check in to the lodge in Tadapani and overnight at Guesthouse.

Day 07 : Trek from Tadapani to Chhomrong (B, L, D):

After having breakfast at lodge, we start the trek and enjoy our hike by descending gently all the way through rhododendron, oak and other kinds of dense forests along the trail, We hear the chirping of different kinds of birds on the way to Kimrung Khola. We then straightaway ascend steeply and walk at a flat level for 45 minutes with gentle steep paths in-between and flat all the way to Chomrong which the gateway to Annapurna Base Camp., check into the Lodge and overnight at lodge.

Day 08 : Trek from Chhomrong to Himalaya (B, L, D):

After having breakfast at lodge, we start our trek; the trekking trail descends on a stone stairway for the first one and half hour and crosses the Chhomrong Khola on a suspension bridge, then climbs out of the side valley. High above the Modi Khola on its west bank, the trail passes through forests of bamboo, rhododendron and oak, then we climb further on a rocky path, we will reach Sinuwa, at 2350m & then we trek gently through the forest and descend a long, steep stone staircase into deep bamboo and rhododendron forests to reach Bamboo and walk on gently up towards Dovan and Himalaya, check into the lodge.

Day 09 : Trek from Himalaya to Annapurna Base Camp (B, L, D):

After having breakfast at lodge, we start our trek, the valley widens and becomes less steep and we will see the gates to the sanctuary from here as the trail continues into the

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sanctum, it crosses two avalanche tracks on a narrow trail that hurdles up against the cliffs. After a short trek we will be at Bagar (3310m.), a green meadow with some abandoned hotels. The normal trail follows the left side of the valley. Now the trail appears gently ascending until Machhapuchare Base Camp (3820m.) Which is one place where we enjoy some of the best landscapes in the venture; we will enjoy the view of Mount Hiunchuli (6441m.), Annapurna South (7229m.), Annapurna I (8091m.), Annapurna III (7555m.), Gangapurna (7454m.) and Machhapuchhare or Fish Tail (6997m.). The path follows through alpine meadows and after some distance our trails go gently up. After a short trek, we begin to approach Annapurna Base Camp at (4170m.), congratulation that you now have reached the Annapurna Base Camp, the destination of our holiday, overnight at Guesthouse.

Day 10 : Trekking from Annapurna Base Camp to Dovan (B, L, D):

we will have great views of the Himalayas with sunrise in Annapurna base camp then we will have breakfast and ready to return trekking to Dove that takes about five hours and much easier as we go down. You should have no problem reaching Sinuwa from Annapurna Base Camp in a single day however; we have chosen this route as some trekkers may have problem on going down due to shaking or wobbling legs that could be fatigued, check in to the lodge and overnight at Guesthouse.

Day 11 : Trekking from Dovan to Jhinudanda (B, L, D):

After having breakfast at lodge, we start our trek to Jhinu dada, the trekking trail is a descent till Bamboo passing through forests with varieties of rhododendron, oaks and bamboo plants then, after Bamboo, the trail goes steeply up an hour and the trail is quite flat until Sinuwa. We trek gradually descending to the Chhumrong Khola and we have to follow a stone staircase for almost an hour to reach Chhumrong village, the last part of the trail is steep down to Jhinudanda. We check into our rooms at the guest house then we could go to the Hot Springs to take a refreshing bath in the warm salt waters, overnight at Guesthouse.

Day 12 : Trek from Jhinudanda to Nayapul and drive to Pokhara (B, L):

After having breakfast at guest house in Jhinu, we start our trekking and the first part of the trek is little descent then flat level trail until Birethati along with the bank of the river, we will stop at Birethati for lunch and after walking about 30 minutes to Nayapul, there will be our car/van waiting for us to take us back to the civilization, Pokhara the city of lakes and natural wonders, overnight at hotel..

Day 13 : Drive from Pokhara to Kathmandu (B):

You will have early breakfast at hotel in Pokhara and Our tourist bus leaves at 7 AM to drive us to Kathmandu and the driving will be a fantastic experience as we drive past many satellite towns on the way and we are able to see rural settlements, gushing rivers,

terraces and green rural landscapes; after 6 hours driving we will arrive Kathmandu and its overnight at your hotel.

Day 14 : Transfer to airport for your departure (B):

You will be transferred to the international airport for your final departure to your loving home. OUTFITTER NEPAL has taken pleasure in serving you all of these weeks; you counted on us & we didn't let you down because we know how hard you've worked to enjoy this holiday. Meeting you was an immense pleasure & we do hope you will remember us down the years with memories of the time you've spent in this amazing country that's Nepal. A safe BON VOYAGE home takes care!!!.

Cost Includes

- All the airport transfers.
- Three night hotel in Kathmandu including breakfast.
- Sightseeing tour in Kathmandu as per the itinerary.
- All accommodations in lodges/tea houses during the trek.
- Your standard meals during the trek with hot tea/coffee in breakfast.
- All necessary paper works, Conservation entry permits and TIMS permit.
- Two night's hotel in Pokhara including breakfast.
- Ground transportation from Kathmandu to Pokhara - Kathmandu by tourist bus.
- An experienced, helpful and friendly guide and porters (1 porter for 2 peoples).
- Salary, food, drinks, accommodation, transportation and insurance for the guide and porters.
- Arrangement of Emergency Helicopter service which will be paid by your Travel insurance company.
- Sleeping bag, down jacket and trekking map, if necessary, (return after the trek).
- All government taxes, VAT and service charges.

Cost Excludes

- Nepal entry visa fee (you may easily issue the visa upon your arrival at Tribhuvan International Airport - Kathmandu). You will require 2 passport size photos.
- Your Travel insurance (compulsory).
- Meals (Lunch and Dinner) while you are in Kathmandu & Pokhara.
- Your personal expenses and entrance fees while you do the sightseeing tour in Kathmandu.
- All the alcoholic, non alcoholic drinks and dessert.
- International airfare and airport departure tax.
- Tips for the guide, porter & driver.
- Any others expenses which are not mentioned on including section.

Note

Hotel and Accommodation on Annapurna base camp trek:

We offer 2/3 star standard hotel (3 nights in Kathmandu) and (2 nights in Pokhara) and Lodge/teahouse during the Annapurna base camp and the rooms are basic, normally just a bed with a pillow and blankets, A few have electric lights and all have a spacious dining room-lounge on lodges during the trek, we will accommodate group in local lodges available each day. We send a porter ahead of us to book the required number of rooms for the group (rooms cannot be booked in advance in all places). Please remember that some of them are very basic and a sense of adventure is necessary and there is some luxury 4/5 star accommodation available in Kathmandu and Pokhara and if you want, we can book them for you for your Kathmandu and Pokhara stay so, do let us know if you want to upgrade your accommodation in Kathmandu and Pokhara.

Transports used on Annapurna base camp trek:

We at Outfitter Nepal will provide private vehicles for the airport transfers and sightseeing tour in Kathmandu, tourist bus transportation from Kathmandu to Pokhara and return however there are options:

Would you like to take private transport such as car/van instead of tourist bus: then it cost 200.00 USD for both way (100.00USD per way) for car (you can sit up to 4 person), 300.00USD for Jeep/Van (150.00USD per way, can sit up to 6 person) , Hiece 400.00 USD (200.00USD per way and can sit up to 13 people) or you can take 30 minute flight to Pokhara or return from Pokhara to Kathmandu as well, please ask us for the up to date flight fare.

Electricity and battery charges on trek:

There are electricity available in some of the villages where you can re- charges your camera batteries and there is solar power in some villages we trek through and you can recharges your batteries in those places as well if they have enough power and we suggest you to have spare batteries as well and you will have pay some for recharging batteries on our Annapurna Base Camp Trek.

Meals and drinks on trek:

The meals are included in our price of the Annapurna Base Camp Trek and they are taken in lodges; we will have breakfast and dinner at the lodge where we stay overnights and our will guide will choose and stop for lunch on available place every day and we recommends you to bring water purification pills since you will have normal water for free, then you can have the normal water and use the medicine and drink however you have options of buying bottled water or boiled water in every places as well.

Luggage/Bag pack on Annapurna base camp trek:

Your main luggage on the trek will be carried by porters and you simply carry a day pack with water bottle, camera, sun-screen, spare jacket, and etc, during the trek, as small loads allows you for full enjoyment of the trek. A trek bag is ideal for your main luggage, plus a small lockable bag for travel clothes or anything that you do not need during trek which you can leave at hotel's locker room/safe deposit box in Kathmandu or in Pokhara for free of charge. Weight allowance at Nepal's domestic airlines (if you are taking flight to Pokhara or return) is 15 Kg including your hand bag; excess weight is chargeable at USD 1 or more which is extra on our tour cost.

Guide and Porter on trek:

We provide trained trekking guide (handles the logistics and guides you and your team on the trek) and porters, A porter for each 2 trekkers and a porter carry about 20 Kg (10 Kg from each trekkers) and if there are more than 10 people in the group then we will provide you additional guide for the group.

Group size, guide and crew member:

We organize Annapurna Base Camp trek for single people to maximum 14 people at once or even if you have more than 14 people then we can split the group in to two or more groups (according to the number of trekkers) however you all can walk together and stay at same guest house and there are only different guide, and there are 1 guide up to 10 people and 2 guide for 11-14 people and a porter for each 2 trekkers.

Join a fixed date group tour or private departure:

The Annapurna Base Camp Trek is available on both fixed departure and private basis. If you are looking for a group to join then please check our fixed departures dates and ask for availability or if you would like to travel independently, or with your friends, families & colleagues then you are invited to choose any date at your convenient timeframe for any number of people.

Personal expenses on trek:

Personal expenses depend largely on your habit and all the meals are included on our Annapurna Base camp trek, You only need money for table drinks (alcoholic/non alcoholic beverages), snacks while walking (some smaller shops are available along the trail in the areas), tips, souvenirs, hot shower (available in some places), and meals (A meal cost 5-7USD in Kathmandu and Pokhara) for your Kathmandu and Pokhara stay, entrance fees (approx: 25USD) while your tour in Kathmandu, if you do not drink alcohol and sopping then 12-15USD per day should be enough for the hot drinks, shower and snacks on trek and Tips are appreciated by your support team after the trek. The amount depends on

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your budget and appreciation of their work. As a suggestion, we advise you to allocate 10 - 15% of the total tour cost as tips to the staff and you can do this if you feel the services have been good.

Gears available in Kathmandu:

It's not necessary to spend a lot of money buying equipment for the Annapurna Base camp trekking in your country as Majority of these gears can be bought at reasonable rates in Kathmandu.

A typical day on trek:

Each morning on our Annapurna Base Camp trekking, after packing your bags and having hot breakfast at lodge, you set off on the day's walk/hike/trek and after walking for 3-4 hours, you will stop for lunch at around midday. The afternoon's walk is generally shorter and usually arrives at destination in time for afternoon tea. The remainder of the afternoon can be spent exploring the village, doing a bit of washing or simply relaxing with a good book. On some days you will arrive at our destination by lunchtime and the entire afternoon will be free then after dinner, the evening will often be spent playing cards and reliving the day's adventures, before retiring for a well-earned sleep.

Our meeting in Kathmandu:

You should to pass your International flight details to us once you confirm and book Annapurna base camp trek with us for a meeting and greeting service at the airport on your arrival, once you pass through the Customs and come out of the Terminal building where you will see someone standing with a placard with either "Outfitter Nepal" or your name written on paper then our airport representative or tour officer will greet you and transfer you to the hotel or if you have not booked your Kathmandu hotels with us (you have done it yourself) and have just booked the trekking part then you should pass your hotel detail in Kathmandu, we fix the date and time to meet through e mail when we communicate while booking trek.

Itinerary and changes on it:

We have 14day itinerary for the Annapurna Base Camp trek that includes your arrival and departure days plus a day tour in Kathmandu however if you do not want our accommodation in Kathmandu and tour in Kathmandu and want to book your hotel yourself in Kathmandu and just want to take our trekking part then we arrange the trek on that way as well on your request, do let us know your inquiry then we will communicate and finalize the cost and itinerary that you required and The given itinerary for the Annapurna Base Camp trek should be taken as a guideline only, depending on the prevailing situation, you can modify it to some extent after consulting with your guide while you are on trek as well, however, the date of trek completion should always coincide with the original itinerary where many unforeseen events may contribute to the need for a

change in itinerary, In such cases, we or our guide will suggest the best alternative similar to your original program.

Insurance/Rescue/Evacuation:

In case of a serious sickness or a casualty while you are on Annapurna Base camp trek (which we believe will not happen), we will do everything to transfer you to the nearest hospital to save your life (this has happened to us few times) and you are entirely liable for all the expenses incurred in evacuation/rescue, so, please make sure that these expenses are covered by your insurance policy before assigning for the trek or be prepared to pay on your own after getting back to Kathmandu. Ensure that you've insured yourself before doing the trip, Common sense dictates this, it's good for you and please visit Nepal Travel insurance page for more info about it.

Trip extensions or adds on:

In addition of Annapurna Base camp trek, we organize extensions both within Nepal and other neighboring countries like Bhutan and Tibet of you have time and want us to arrange your extensions tours, you may do water rafting on the way to Pokhara or a jungle safari in [Chitwan National park](#), Pokhara tour or [Lumbini Tour in Nepal](#) or Bhutan or Tibet tour.

Booking and payment:

You are required to make 10% (non refundable) payment in advance in order to confirm and book Annapurna Base camp along with your passport copy and flight detail (Arrival detail, flight name, number and time) and the remaining 90% balance is payable when you arrive in Nepal and you have options of paying the advance by bank transfer or credit card, so, do let us know which modes of payment is convenient for you then we will forward the detail for payment.