



Global Adventure Trekking

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Annapurna Base Camp Trekking

Summary: Walk through the Chhetri and Magar village in lower part and Gurung Village in the Upper part, climb through Rhododendron, variety of Impatiens and Pleone Orchids and Birch into the Annapurna Sanctuary, a valley is surrounded by Himalayan peaks. Annapurna Base Camp traverses a terrain from low land village and rice terraces to glacier and offers the amazing high mountain view.

Trip Fact:

Duration of the trek: 14 Days

Group Size: 2 +people

Specialty Categories: Hiking and Trekking

Max. Elevation: 4130m

Trek Grade: Moderate

Best Season: Mid September – Mid December and March - May

Airfare Included: No

Tour Customizable: Yes

High Light:

- Natural beauty of Fewa Lake and snow capped mountains like Mt. Annapurna I (8091m.) Mt. Dhauligiri (8167m.) and Mt. Manaslu (8163m.) range of mountain 30 minutes scenic flight, walking through Rhododendron forest and several different kinds of orchid,
- Unparallel mountain views,
- Sun rise and sun set from Poon Hill and Annapurna Base camp. Biggest Gurung settlement Chhumrung.

ABC trip information:

Annapurna Base Camp trekking is the most exciting popular trekking destinations in Nepal. The Annapurna sanctuary / base camp trek is a hike into the dazzling natural amphitheater formed by the staggeringly beautiful peaks of the giants-Annapurna I, Glacier Dom, Gangapurna, Annapurna Fang and the Fishtail peak of Machhaputche. Although there is only one entrance to the sanctuary itself, we follow locally known, lesser used approaches and exit routes on our primer annapurna Base Camp trek. The vast amphitheater of the Annapurna sanctuary is encircled by the famous Himalayan peaks- the "Fishtails" spire of Machhaputche (6997m) Gangapurna (7454m), Annapurna I (8091m), the unclimbed Fang (7647m and Annapurna South

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(7273m). The only approach follows the Modi Khola valley through forest of oak, rhododendron and bamboo, passing through local Gurung village to a world of soaring peaks.

Details Itinerary:

Day 01: Upon arrival at Kathmandu airport, we will warmly welcome and transfer to Hotel. Rest of the time is free and evening group briefing at GAT office.

Day 02: Kathmandu-Pokhara by bus 7hrs. 200KM (optional by Air 30 min). Tourist Bus leaves early morning from Kathmandu. It is a comfortable Tourist bus and goes through Prithivi highway into scenic valley along the Trisuli River. Overnight in Pokhara at Hotel. B.L.D.



Day 03: Pokhara-Nayapul 1hrs. 1100m.-Hille 3hrs. 1475m.-Tikhedhunga 1hrs. 1520m. In the morning trek begins after the short drive to Nayapul. Trails goes through the deciduous forest and over look water fall, local village and rice field. Overnight at guest house. B.L.D.

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Day 04: Tikhedhunga-Ulleri 1.5hrs. 2075m.-Banthanti 1hrs.-Ghorepani 3hrs.2780m. The trails ascend step by step till Ulleri then trails leads you up hill to Ghorepani gradually but apart from the first part till to Ulleri then gradually up through the rhododendron and vegetation. Over night at Guest house. B.L.D.

Day 05: Ghorepani-Deurali 2hrs.3000m-Banthanti 1hrs.-Tadapani 2hrs.2600. Early morning GAT guide takes you to Poon hill 3155m. for Sun Rise, Mountains views and back to lodge and trek begins through the rhododendron forest, offers you the great views of Dhauligiri range, Annapurna range and Lamjung Himal range. After Deurali the path goes into the valley facing dense forest and river to Banthanti. Short walk to tadapani into the forest all up hill to Tadapani. Over night at Guest house.



Morning Climb up to Poonhill (3100m) to see sun rise in the panoramic views of Annapurna, Dhaulagiri, Lamjung ranges and many more. Same day trek to Tadapani. B.L.D.

Day 06: Tadapani-Chulle 2hrs.1800m-Chhumrung 3hrs. 2100m. Your trek descends to Chhule with great views of himalaya and settlement village, farming land, water falls. After Chhule the path goes gradually flat to Chhumrung through the Gurung village. Over night at Guest House. B.L.D.



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Day 07: Chhumrung-River side 45min.-Sinewa 1.5hrs.-Bamboo 2hrs.-2310m-Dovan 1hrs. 2600m. The path goes down hill to Chhumrung Khola and ascends to Sinuwa top. Then goes flat to Khuldi Ghar and descends to Bamboo. Bamboo is in between the massive bolder and forest. After lunch your trek goes through the bamboo forest and sound of river and water fall take you Dovan. Over night at Guest house. B.L.D.

Day 08: Dovan-Himalaya 2hrs.2900m.-Deurali 2hrs. 3200m. In distance it is short day hiked but the altitude makes different to go. Slowly you are going above the tree lines. over night at Guest house. B.L.D.

Day 09: Deurali-Machhaputtre Base Camp 3hrs.- 3700m.-Annapurna Base Camp 2hrs. 4265m. You're trekking above the 3000m. facing to the Himalaya and walking on the ice/snow some times depends on the seasons. You are soon going in your destination ABC which is like an amphitheater. Over night at Guest house. B.L.D.

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Day 10: Annapurna Base Camp - Bamboo Morning sun rise and breathing talking views of Annapurna ranges and Fishtail. Trek descends to Bamboo which will be much easier to you but be sure about your knee as downhill is not good for knee. Over night at Guest house. B.L.D.



Day 11: Bamboo-Sinuwa-Chhumrung-Hot Spring 6hrs 1780m. Untill Chhumrung you are trekking the same way. This is another Biggest Gurung tribe inhabited village. After Chhumrung your are descending to Hot spring(natural hot spring where can have bath) which will takes about 1hrs. Over night at Guest House. B.L.D.

Day 12: Hot Spring-Birethanti- Nayapul- Pokhara The path descends to Kimrung Khola and gradullay down to Landruk Besi and easy walk to Birethanti. Lunch break and walk 45 minutes to Nayapul. Drive back to Pokhara by (Bus/ Car/ Van).

Day 13: Tourist bus drive to Kathamndu (optional flight to KTM) Hotel accommodation in B/B plan.

Day 14: Final departure to onward destination.



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Cost Include(s)

- TIMS (Trekker Information Management System)
- Annapurna Conservation Area Entry Permit.
- All ground transportation by Tourist or public Bus/ Car/ Van
- Best available lodge/T- House Accommodation during the trek.
- Two night accommodation in Pokhara(B &B Plan)
- Two night accommodation in Kathamndu on B/B plan.
- Experienced English Speaking guide with well equipped (Gov. License Holder)
- Porters 1 for each 2 clients
- Airport pick up and drop by private bus/Jeep/Car
- Company guarantee for Gov't Rescue Services
- Insurance of Nepalese Staff.
- Gov't tax and VAT

Cost Exclude(s)

- Domestic air ticket for clients or staff,
- Special permit fees for Restricted Areas or Climbing,
- Food, Snacks, Bar Bills, Mineral water or other cold drinks, shower, Battery charge, internet, equipments,
- Emergency evacuation by Helicopter,
- Staff Gratuities (tips)
- Personal expenses and all kind of drinks,
- Int'l tickets and departureTax,
- Custom charge, Visa fees,

Note-

Your safety is of paramount concern while travelling with Global Adventure Trekking. Please keep in mind that above itinerary is just the guideline, it might be customized if required. The weather could be change quite often in the Himalaya, we may have heavy rain fall or snow fall which caused flooding, land-slide and road blockage which is beyond the human control. We can't give any guarantee for natural disaster, weather condition, health condition of the group member and unexpected natural disasters. Our team leader/ group leader will try to ensure that the trek runs according to our original plan.