



Annapurna Base Camp Trek

For a short trek with few altitude problems, the Annapurna region provides you with unparalleled access to spectacular horizons of snowy peaks, so high that you'll find yourself looking twice before you believe that they are not clouds. As well as providing the views for which the trek is famous, the trail takes you through an ever-changing landscape of rice fields, misty forests and tiny local villages.

You will climb gradually along the ridges that are the foothills of the Annapurnas. Remember, however, that you are in the Himalayas and that 95 percent of the country is hilly and criss-crossed by numerous trails. There is very little flat land. If you take it slowly and walk at an even pace you should not experience any problems. You will pass through many villages

where you will have ample time to take photographs and chat with the local people. Language is not a big problem as many of the local people speak English, your Guide will be happy to translate for you. There are many different ethnic groups along the trail, but the predominant people in this area are the Gurungs. Together with the Magar and Chettrie people, the Gurungs are famous as soldiers in the British Army, better known as Gurkhas.

Along the trail the views of Machapuchare and the Annapurnas are magnificent. The various trails from which we can choose lead us towards such Himalayan giants as Dhaulagiri (8167m), Lamjung, Annapurna II, and Machapuchare (6993m). Climbing higher, the winding trail passes through magnificent forests of oak and rhododendron that line the southern foothills of the Himalaya. 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.

You will visit the famous Poon Hill where you will hopefully be blessed with a fantastic sunrise and 360 deg view of all the Annapurna Range including Annapurna South (7272m) Annapurna I (8091m) with imposing views of the Mt. Dhawalagiri(8157m) and the Dhawalagiri Range to the West. The views here are breath taking before heading down the main trail to Pokhara. Here you will be able to see how things have changed over the years since western man started visiting the Himalayas. One of the added advantage of lodge trekking is being able to sit and chat to the Sougi (Inn Keeper), whilst he spins you yarns about life in Nepal.

After Dovang, you will be walking through alpine meadow and breath taking views of mountains. There can be some avalanches problem in the spring near the Machhapuchhre Base Camp. Once You

arrived at Annapurna Base Camp, you will be surrounded by snow-capped mountain sanctuary. The altitudes of this trek vary between about 915m at Pokhara to approx.4200m at Annapurna, going up and down will test the best pair of knees. The secret is, take it SLOWLY!

- Day 01** Arrive Kathmandu and meet with our representative at the airport. Drive to hotel.
- Day 02** Half day sightseeing and trekking permit arrangements. O/N at hotel.
- Day 03** Kathmandu-Pokhara by tourist bus or fly.
- Day 04** Pokhara - Birethanti - Ulleri
- Day 05** Ulleri - Ghorepani
- Day 06** Ghorepani - Tadapani
- Day 07** Tadapani - Chhomrung
- Day 08** Chhomrung -Himalayan Hotel
- Day 09** Annapurna South Glacier Basin
- Day 10** Annapurna South Base Camp Visit
- Day 11** Annapurna South Base Camp- Dovan
- Day 12** Dovan - Modi Khola
- Day 13** Modi Khola - Dhampus
- Day 14** Dhampus - Pokhara

Day 15 Drive Pokhara - Kathmandu.

Day 16 Depart Kathmandu

ITINERARY

Day 01 Arrive Kathmandu Height: 1320m

Meet with our representative at the airport. Drive to hotel.

Day 02 Kathmandu. Duration: 4hrs Height: 1320m

Half day sightseeing around Kathmandu. O/N at hotel

Day 03 Kathmandu-Pokhara Duration: Drive-6 hrs, fly 30 minute Height: 960m

Drive by tourist bus or fly. O/N at hotel.

Day 04 Pokhara - Birethanti – Ulleri Duration: drive 2 hrs and trek 4 hrs Height: 2070m

Walk through the lush, green Modi river valley, pass waterfalls with plunge pools that invite you to swim. Ascend steep staircase to Magar village of Ulleri. Where you will be rewarded with breathtaking views of the valley below and the peaks of Annapurna South and Hiunchuli.

Day 05 Ulleri - Ghorepani Duration: 5 hrs Height: 2850m

A gentle climb through pasture and cultivated fields. As the trail climbs higher, you walk up beside the cascading river through refreshing cool oak and rhododendron forest to Ghorepani.

Day 06 Ghorepani - Tadapani Duration: 6 hrs Height: 2660m

The trail descends steeply through dense moss-covered forest rich with bird life. A short early-morning climb to the Deurali pass for a spectacular panorama over Dhaulagiri and the Annapurnas, and to Tadapani for beautiful sunset views of Annapurna South and Machhapuchhare.

Day 07 Tadapani – Chhomrung Duration: 5 hrs Height: 2030m

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 Chhumrung. Towering above the village is the mighty peak of Annapurna South, with the Fishtail facing it across the valley.

Day 08 Chhumrung -Himalayan Hotel Duration: 7 hrs Height: 2920m

We 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.

Day 09 Himalaya–Machhapuchere Base camp Duration: 4 hrs Height: 3720m

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 right. This is the site of Machhapuchhre base camp from which can be seen a spectacular panorama of mountains.

Day 10 Machhapuchere- Annapurna base camp. Duration: 3 hrs Height: 4130m

The route begins on a broad grassy path, before climbing over lateral moraine and down to the beautiful ablation valley. We soon reach the British Expedition Annapurna South Face Base Camp (4234m.) The best views are probably obtained from the crest of the moraine, which we follow until it is cut through by the glacier flowing down from Himal Chuli to the north.

Day 11 Annapurna Base Camp- Bamboo Duration: 7 hrs Height: 2300m

Descend down after beautiful view of Annapurnas during the Sunrise and back down with good memories of trip along the Modi river path, which climbed going up.

Day 12 Bamboo – Jhinuwa (Hot spring) Duration: 6 hrs Height: 1400m

The trail passes the small village of Khuldi Gahr, before continuing through rhododendron and bamboo fields to the Alpine-style village of Chhomrung. Stony steps climb steeply to Kabre Chautara and soon after we turn off for Landrung, leaving the Ghandrung path dropping away towards the Jhinuwa.

Day 13 Jhinuwa- Pothana Duration: 7 hrs Height: 1900m

After an easy descent to the Gurung village of Landrung, the trail crosses a pass before arriving at the tiny village of Dhampus, perched high on a ridge.

Day 14 Pothana - Pokhara Duration: 2hrs walk & 1 hrs drive Height:

960m It's a short trek down to Phedi via Dhampus village with good views of mountains, where we meet the road and drive back to Pokhara with private transport.

Day 15 Drive Pokhara-Kathamandu Duration: 6hrs drive or 30minute fly. Height: 1300m

After trek can joins to other activities, Rafting or National park safaris. If not back to Kathamandu.

Day 16: Free on your own, depart Kathamandu

Cost Includes:

- All transfer as per itinerary
- Arrival and departure transfers and Internal flights as per itinerary
- Twin share accommodation in Kathamandu and Pokhara with breakfast as per itinerary
- All accommodation and 3 meals while on the trek in Tea Houses
- Fully escorted trek with English speaking guide and 1 porter between each 2 person
- Trekking permit and National Park Fees
- Wages, equipment, insurance and other facilities to staffs

Not Included:

- International Airfare
- Visas
- Airport Departure taxes/Excess baggage charges
- Other meals not stated (Lunch/Dinner in Cities like Kathamandu and Pokhara) allow \$20 per day
- Items of personal nature ie. Soft/hard drinks, tips etc.
- Travel Insurance (this is a mandatory condition of booking)
- Medical evacuation in case of emergency
- Personal spending money

Important: Before you travel please check your **Tour Voucher** and **Arrival Information** for the latest joining instructions. This will be sent to you upon receipt of final payment.

All itineraries are subject to change without prior notice.