

# Annapurna Base Camp Trek

13 Days

12 Nights

Best Season : Spring/Autumn

Walk Per Day : 5-7 hours

Max Elevation: 4130m / 13,545ft

Difficulty : Moderate

Region: Annapurna

Group Size : 2-15 pax

Accommodation : Hotel + Lodge

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## RECENT POSTS



### Everest - Complete guide to everest base camp trek

Mount Everest the highest mountain in the world, has long been a symbol of human achievement and the ultimate test of endurance. For adventurers and trekkers, the Everest Base Camp Trek is the ultimate bucket list experience.

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### Swayambhunath Stupa - Discover the Spiritual Hub of Nepal

Nepal is a country that is well-known for its stunning natural beauty and rich cultural heritage. Among the many attractions in Nepal, the Swayambhunath Stupa is one of the most iconic and popular destinations for tourists and pilgrims alike.

## Itinerary

### DAY 1 - ARRIVAL IN KATHMANDU (1400M) & TRANSFER TO THE HOTEL

Upon your arrival at the Tribhuvan International Airport in Kathmandu, you will be met by our representative who will transfer you to your hotel in the city. After check-in, you can rest for a while and then explore the vibrant city of Kathmandu. You can visit some of the famous attractions like Swayambhunath Stupa, Pashupatinath Temple, Boudhanath Stupa, and Durbar Square. In the evening, we will have a brief orientation about the trek.

### DAY 2 - FLY / DRIVE FROM KATHMANDU TO POKHARA (823M): FLY 30 MINUTES, / DRIVE 5-6 HOURS

After breakfast, we will take a scenic flight or drive to Pokhara, which is known for its natural beauty and serene atmosphere. The flight from Kathmandu to Pokhara takes around 30 minutes, and you will be rewarded with spectacular views of the Himalayan range, including Annapurna and Dhaulagiri. Alternatively, you can opt for a scenic drive that takes around 5-6 hours. Upon arrival in Pokhara, we will check into our hotel and spend the rest of the day exploring the town, boating on the serene Fewa Lake, and soaking in the stunning views of the Annapurna range.

### DAY 3 - DRIVE FROM POKHARA TO NAYAPUL AND TREK TO GHANDruk (1,940M)

After an early breakfast, we will drive to Nayapul, which is the starting point of our trek. From Nayapul, we will trek towards Ghandruk, a beautiful village that offers spectacular views of the Annapurna range. The trek will take around 6-7 hours, and we will pass

After breakfast, we will trek through scenic villages, dense forests, and terraced fields. We will spend the night in a teahouse in Ghandruck.

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#### DAY 4 - TREK FROM GHANDRUK TO CHHOMRONG (2,170M)

After breakfast, we will trek to Chhomrong, which is the gateway to the upper Modi Khola valley. Along the way, we will pass through scenic villages, dense forests, and terraced fields. We will also cross the Chhomrong Khola on a suspension bridge. The trek will take around 5-6 hours, and we will spend the night in a teahouse in Chhomrong.

#### DAY 5 - TREK FROM CHHOMRONG TO BAMBOO (2310M)

After breakfast, we will continue our trek through a dense bamboo forest towards Bamboo, where we will spend the night. Along the way, we will have stunning views of the Annapurna range. The trek will take around 4-5 hours, and we will be staying in a teahouse in Bamboo.

#### DAY 6 - TREK FROM BAMBOO TO DEURALI (3,230M)

After breakfast, we will trek to Deurali, which is a small village situated at the junction of the Modi Khola and the Annapurna Base Camp trail. Along the way, we will pass through a beautiful rhododendron forest and cross the Modi Khola several times. The trek will take around 3-4 hours, and we will spend the night in a teahouse in Deurali.

#### DAY 7 - TREK FROM DEURALI TO ANNAPURNA BASE CAMP (4,130M) VIA MACHHAPUCHHRE BASE CAMP (3,700M)

After breakfast, we will trek towards Annapurna Base Camp via Machhapuchhre Base Camp. We will pass through a beautiful valley, surrounded by snow-capped mountains, and will have stunning views of Mt. Hiunchuli, Annapurna South, Annapurna I, Annapurna III, Gandharvachuli, and Machhapuchhre (Fishtail). The trek will take around 5-6 hours, and we will spend the night in a teahouse in Annapurna Base Camp..

#### DAY 8 - TREK FROM ANNAPURNA BASE CAMP TO BAMBOO

After breakfast, we will start our descent towards Bamboo, retracing our steps back through the same trail. The trek will take around 6-7 hours, and we will spend the night in a teahouse in Bamboo.

#### DAY 9 - TREK FROM BAMBOO TO JHINU DANDA (1,760M)

After breakfast, we will continue our descent towards Jhinu Danda, which is known for its natural hot springs. Along the way, we will have stunning views of the Annapurna range, and we will cross several suspension bridges. The trek will take around 5-6 hours, and we will spend the night in a teahouse in Jhinu Danda.

#### DAY 10 - TREK FROM JHINU TO NAYA PUL AND DRIVE TO POKHARA

After breakfast, we will trek towards Nayapul, which is the end point of our trek. From Nayapul, we will drive back to Pokhara, where we will check into our hotel and relax for the rest of the day. The trek will take around 6-7 hours, and we will have lunch on the way.

#### DAY 11 - FLY / DRIVE FROM POKHARA TO KATHMANDU & TRANSFER TO THE HOTEL

After breakfast, we will fly or drive back to Kathmandu, where we will check into our hotel. We will have some free time in the afternoon to explore the city, do some last-minute shopping, or just relax at the hotel.

#### DAY 12 - SIGHTSEEING AROUND KATHMANDU VALLEY

After breakfast, we will go on a sightseeing tour of the Kathmandu Valley, which is known for its rich cultural heritage and ancient architecture. We will visit some of the famous attractions like Patan Durbar Square, Bhaktapur Durbar Square, and Kathmandu Durbar Square. We will also visit some famous temples like Swayambhunath, Pashupatinath, and Boudhanath.

#### DAY 13 - TRANSFER TO INTERNATIONAL AIRPORT FOR FINAL DEPARTURE

After breakfast, our representative will transfer you to the Tribhuvan International Airport for your final departure. We hope that you had an amazing trekking experience with us and will cherish the memories for a lifetime.

#### TRIP ENDS HERE!



#### Beas - River Rafting Expedition

From April to July manali becomes the hotspot for backpackers and traveller's from all over India and world wether it is rafting, Paragliding trekking, camping you name it manali is home to all the adventure activities . white water rafting in beas river the amazing recreational sport which attract's most of the tourists in Kullu Manali.

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#### A Travel Guide To Experiencing The Tibetan Monastery In Himachal Pradesh

Being born in the lap of Himalayas, in the Manali Valley, we've seen it - the mountains top, the Beas River gushing through the narrow mountains, the wild & dense forests and so much more. We've climbed almost all the mountain range and trekked the mountain passes such as Rohtang Pass

[Read](#)



#### Fishing The Trouts In Kullu Manali

Kufri Trek up there is another kufri in Kullu Manali is the best camping spot in kullu Valley yet Virgin . Besides all the popular trek's of Kullu-Manali the Kufri trek is unique in its own way the trek begins from Raison just 14 km from kullu Town we take a cab or we can walk to jalora village .

[Read](#)

## TREK GALLERY



## ☰ Map

## ☰ What's Included

- ✓ ACCOMMODATION IN KATHMANDU : sharing a twin bedroom at the hotel (3 Star category) in Kathmandu on a bed & breakfast basis
- ✓ AIRPORT PICK-UP & DROP : Airport - Hotel transfer – Airport (Pick Up and Drop).
- ✓ WELCOME DINNER : One Welcome Dinner in a tourist standard restaurant in Kathmandu with Office's Staff.
- ✓ Permits : All necessary paper works: Trekking Permit including MCAP and special permit, TIMS Card & conservation entry fee
- ✓ STAFF INSURANCE : Insurance for all involved Nepalese staff during the trek.
- ✓ MAP: Trekking map of the trek
- ✓ MEMBER TRANSPORTATION : Land Transportation Kathmandu
- ✓ MEMBER LUGGAGE: Up to 15 Kg per member for personal baggage during the trek carried by porters.
- ✓ FOODS & LODGING : 3 meals a day (BLD; including tea and coffee) along with accessible accommodation sharing basis in tea house/camp during the trek.
- ✓ DRINKS : 2 liters of boiled water to carry on thermos per day per member.
- ✓ Guide : Government licensed Guide (English speaking) during the trek and sight-seeing in Kathmandu valley.
- ✓ PORTER : Porters (2 trekkers: 1 porter) during the trek.
- ✓ STAFF SALARY & ALLOWANCE : All Nepalese staff & porter's daily wages, salary, equipment, food & clothing.
- ✓ MEDICAL KIT : Comprehensive Medical kit.
- ✓ Meals on treks only: Breakfast, Lunch , Dinner.

## ✗ What's Not Included

- ✗ NEPAL VISA FEES : Nepali Visa fee is US\$ 60 per person for 30 days (to be applied for 60 days (USD\$ 120).
- ✗ LUNCH & DINNER : Lunch & dinner during the stay in Kathmandu (also in case of early return from Trekking than the scheduled itinerary).
- ✗ EXTRA NIGHTS IN KATHMANDU : Extra nights' accommodation in Kathmandu. In case of early arrival or late departure, early return from Trekking (due to any reason) than the scheduled itinerary.
- ✗ INSURANCE : Travel and high altitude insurance, accident, medical & emergency evacuation.
- ✗ RESCUE EVACUATION : Medical Insurance and emergency rescue evacuation cost if required. (Rescue, Repatriation, Medication, Medical Tests, and Hospitalization costs.)
- ✗ PERSONAL EXPENSES: Telephone calls, Internet, Toiletries, battery recharge, hot shower, laundry, soft drinks, beer, and any alcoholic beverages.
- ✗ PERSONAL EQUIPMENT : Clothing, Packing Items or Bags, Personal Medical Kit, Personal Trekking Gears, etc.
- ✗ TOILETRIES : Soaps, shampoos, toilet and tissue papers, toothpaste, and other items used to keep yourself clean.
- ✗ FILMING : Special Filming, Camera, and Drone permit fee.
- ✗ INTERNET SERVICE : Internet facility during the trek is not included.
- ✗ EXTRA PORTER : \$35 USD for an extra porter per day (If an extra porter is demanded).
- ✗ TIPS : Tips for Guide, porters, and staff.
- ✗ EXTRA : Any other services or activities not mentioned in the itinerary. Any other item not listed in the "Cost Includes" section.

## ❓ Frequently Asked question

CAN I BOOK ON MY OWN ?

+

WHAT IS FOOD LIKE AT TREK ?

+

## CAN I STORE MY LUGGAGE SOMEWHERE ?

+

### Cancellation Policy

- More than 30-days prior to departure - 50% refund.
- In Between 15-30-days prior to departure - 25% refund.
- Less than 15-days prior to departure - No Refund.

#### NOTE

- All our adventures take place in wild places. Things can go wrong in wild places. Your perfectly planned itinerary may change a bit (or a lot) if the weather turns, someone gets hurt, or a landslide takes place. Usually though, changes make it all the better.
- Please be sure of the risks included in the adventure
- You should be medically fit to do the trek. Please consult your doctor to check if you are fit for the trek.
- Please don't litter on the trek Consumption of alcohol or any other intoxicant is not allowed

### Related Treks



 Annapurna Circuit Trek



 Main



 Style



 Beas Kund Trek

#### ADDRESS

THE TRIPPY FROG  
MAKALBARI , KATHMANDU  
NEPAL ( ZIP - 44600 )

#### ADVENTURE

TREKKING  
PARAGLIDING  
RAFTING  
CAMPING  
BIKE TOURS  
4X4 TRAILS

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