

Annapurna Base Camp Trek

in the heart of the annapurna himalaya.

Trek Grade:	Moderate to Adventurous
Trekking Duration:	10 / 11 Days.
Total Trip:	16 / 17 Days Kathmandu-Kathmandu.
Highlights:	from the lush green vegetation of low sub-tropic to the arctic terrain, a complete views of the snow capped peaks, traditional villages and warm locals and trekking right into the heart of the massif Annapurna range.

Introduction:

This trek passes through a more diverse range of climate, vegetation and cultures than most small countries can boast in their entire. From lush vegetation of rain and temperate forests to the terraced rice fields. The land and its people change daily or even hourly, giving the trekkers a tantalising introduction to Nepal's cultural and natural beauty.

The trail is not overly difficult; you will be passing through plenty of villages along the way. The trek begins in Pokhara and the first portion passes through lush green hill country typical of the heartland of Nepal.

Tiny thatched roofed villages, set among the terraced fields, make an attractive picture with the backdrop of the magnificent snowy range of Annapurna, Manaslu and Dhaulagiri including the most majestic peaks of all the Himalayan range the Machapuchere (Fish Tail)

Annapurna area was first explored by the British Adventure Col. James O.M. 'Jimmy' Roberts in the year 1956 and exposed to the world as the 'Sanctuary of Gods'. The Sanctuary has been Christened as "Annapurna Sanctuary" ever since.

Our 14 days adventure trip to the Annapurna Sanctuary starts from Pokhara, a scenic spot. The trek combines spectacular mountain scenery with incredible and cultural diversity and traverses through rural farms and villages. The trail leads towards the deep gorge between the peaks-Hiunchuli and Machapuchere and through the dense rain and bamboo forest of the narrow Modi Khola (river) valley then to the Sanctuary with immense walls of the mountain fortress. Once into the Sanctuary you will be in the midst of Amphitheater of snow peaks Annapurna (26,545ft-8,091m) Other major peaks overlooking the Sanctuary include the Annapurna south (23,693ft-7,219m), Gangapurna (24,457ft.-7,455m) and Annapurna III (24,787ft-7,555m) This area is also referred to as the Annapurna Base Camp and Machapuchere (Fish-tail) Base Camp. Our return journey, descend through the lush terraced Modi Khola valley and finally concluding the adventure at Pokhara, a popular destination with its famed Phewa Lake, dominated by the towering mountain range of Annapurna, Dhaulagiri, Manaslu range including the majestic peak Machapuchere (Fish-Tail).

Itinerary:

Day 01: Arrive Kathmandu meet our staff and transfer to Hotel.

On arrival at Kathmandu Tribhuvan International Airport you will be received by our staff and will escort you to the Hotel, where one of our guide will give you a briefing or orientation of the Hotel, Kathmandu, Treks / Camping, do's and don't and other related information that you might require while in Nepal.

Day 02: Half day guided sightseeing tour in Kathmandu. O/N Hotel.

After your first night in Kathmandu, you will be well informed on arrival about the time for your half day guided sightseeing tour in Kathmandu at places of interest. Sometime, depending upon your flight arrival if it's late in the night we will do this tour in the afternoon instead of morning to give you a good rest before you venture out of the Hotel in our interesting tour.

Day 03: Fly to Pokhara 950m. O/N Hotel.

Early breakfast, then transfer to airport for the flight to Pokhara. It's a scenic half an hour flight to Pokhara. Upon arrival, transfer to Hotel. Afternoon free to walk by the lake side or boating at Lake Phewa.

Day 04: Drive to Nayapul 1100m, and Trek to Tikhedhunga 1450m.

A short 1 1/2-hour drive after breakfast takes you up the newly built Chinese highway to Nayapul (new bridge) where we begin the (approx 3-4 hours) trek, in the beginning the trail passes through the busy areas where you will encounter all types of people from merchants, traders, local, trekkers and mule and donkey trains, as you come to Bhirethathi village the trail splits into many ways, but we follow the main trail to the ancient Trans-Himalayan trade route, after crossing the newly built suspension bridge, after the bridge, from here our trek follows the main trade route through many farm villages and waterfalls till Tikhedhunga is reached for the overnight Camp. Approx. 4 hours walk.

Day 05: Trek to Ghorepani 2,874m approx 5-6 hours.

From here the track winds up to a steep climb for 1 1/2 hrs on the paved stone steps unto Ulleri village, after Ulleri the trail winds up gradually passing through the cool rain forest for few hours with few ups and down, as the trek comes nearer to Ghorepani, you will be gaining altitude as you can feel the cool air and in the change of vegetation, as you walk in the midst of the rhododendron woods till Ghorepani village is reached for the overnight camp.

Day 06: Trek to Tadapani 2,721m. Approx 5 hours.

An early morning one hour hike to the top of Pun-Hill for the beautiful sunrise over the superb panorama from Dhaulagiri- Annapurna to Mt. Manaslu range. After the busy photo session return back to camp at Ghorepani for breakfast. After Ghorepani the trail follows to the upper ridge to Deurali through rhododendron forest, from here the path narrows down hill through the temperate rain forest, steeper path in some places as you come to Bhan Thati a small place in the middle of the forest, after a short break or a lunch, the trek is on the gradual trail for an hour, after coming down to a small stream in the middle of the rhododendron forest, an hour uphill walk to Tadapani.

Tadapani is in the middle of the forest of Rhododendron, Magnolia and Oaks. From this place a grand view of Annapurna South and Machhapuchare (fishtail) can be seen at a close distance. Tadapani with 8-10 lodges a place made by the local Gurung people to serve and cater the needs of trekker's on route.

Day 07: Trek to Chomrong 1,951m approx. 5-6 hours.

The trek from Tadapani is gradual downhill most of the way to through pristine forest of oaks and rhododendron with occasional view of the Annapurnas. This part of the walk is very pleasant till Kimrong khola is reached for lunch. The trail from here leads uphill for 1-2 hours, once at the top of the ridge the walk is fairly easy all the way to village of Chomrong the last village and the gateway to the Sanctuary.

Day 08: Trek to Dovan 2,130m via Bamboo 2,050m approx. 6 hours.

From Chomrong the trail leads to the terraced farm fields as you descent to the river, after the bridge it's uphill most of the way for 2-3 hours till a small place of Khuldi-ghar is reached here your Trekking permit and conservation ticket is checked and registered, after Khuldi the trail leads down hill for 1-2 hour through the bamboo bushes till you reach Bamboo, a place in the mid of the bamboo rhododendron and oaks forest with couple of teahouses. After a brief stop here an hour walk on the gradual uphill path brings you to our overnight halt at Dovan, an isolated spot with 2-3 teahouses, amidst the forest near raging Modi River.

Day 09: Trek to Machapuchere Base Camp 3,720m via Deurali 3,350m.

After Dovan, in the cool shade of the forest the walk is gradual up most of the way following the river Modi upstream, the trail continues with few ups and down as you reach Himalaya Hotel near Hinko cave, which lies straight at the bottom of Hiunchuli peak. Himalaya Hotel is a small place with 2-3 lodges just to cater the need of the trekkers. The trail from here is gradual up for another 1-2 hours to Deurali the last tea-house enroute Machapuchere Base Camp. As you reach Deurali the lush vegetation disappears leaving for high alpine flora and shrubs. Deurali has about 2-3 teahouses, rest of the afternoon at leisure.

From Deurali, the trail leads up to follow the raging Modi River upstream, the track is quite pleasant in some places with few strenuous climb for an hour in between and at the end as you reach the Maccapuchare Base Camp. Machapuchere base camp has about 4-5 Lodges located on the even ground beneath the mighty north face of Machapuchere peak.

Day 10: Trek to Annapurna Base Camp 4,095m. 3-4 hours.

Today's walk leads you in the heart of the Sanctuary at the ABC, the trail follows uphill for few hours, on the snowy grassy path, depending upon the season, the trek is very pleasant as you reach the higher ground with magnificent view of an array of snow peaks all around you with Annapurna I, a great wall of a mountain from this north west face. Annapurna Base Camp has 2-3 teahouses, with the superb panorama. After a great time here retrace the journey back to Machapuchere Base Camp for the overnight.

Day 11: Trek to Bamboo. Approx. 6 hours.

After a lovely time in the tranquility of the mountains and in its serene wilderness trek back to the lush green vegetation, the walk is more or less downhill with few ups to Bamboo for the overnight.

Day 12: Trek to New-Bridge (Naya-Pul) 1,500m via Chomrong.

From Bamboo, the morning walk leads to a short climb to Khuldi where you check out in the register, The trail descends all the way to the bridge, from the bridge uphill will to Chomrong.

After a break here at Chomrong the walk leads to a short uphill, descend towards New-Bridge (if you go straight on the gradual winding trail, leads you to the same path that you entered Chomrong from Kimrong khola, stick with your Sherpa Guide, the new trail branches off from last Tea-house of upper Chomrong, the trail is quite steep downhill for an hour, till you reach the village on the ridge, if you have time you can visit the hot springs down below by the river Modi from Jhinu danda. From Jhinu village another hour downhill will bring you to the village at New-Bridge over the river Modi for the overnight.

Day 13: Trek to Pothana 1,900m. Approx 5-6 hours.

From New-Bridge, the trail leads downhill for an hour to Modi river, after crossing the bridge an hour walk with few short climb will reach you to a Landrung village. After Landrung, the walk is pleasant on the winding gradual path passing through villages and terraced farm fields, after two hours of good walk the trail leads you to the last one hour uphill to a small pass at Deurali ridge 2,250m.

Deurali, a grand spot with 2-3 teahouses, offering great view of the surrounding landscapes, a nice walk from here will lead you through the lovely forest with magnificent view of the Annapurnas and Mt Manaslu range all the way to the small village of Pothana, for the overnight and last camp of this great trek. Pothana, situated in the midst of the woods overlooking magnificent view of snow capped mountain range, valleys and as far up to the lake Phewa in Pokhara.

Day 14: Trek and drive to Pokhara. approx 3 hrs walk & 1 1/2 hours drive.

From Pothana, an easy downhill walk through the village of Dhampus with the ever present view of the central western and eastern Himalayas, a short steep descent brings you to the roadhead at Dhampus Phedi a busy place, it is also the start and ending point of various trekking routes of the Annapurna region. From Phedi an hour drive brings you back to camp at Phewa lake in Pokhara.

Day 15: Transfer to Airport for the flight back to Kathmandu.

As per the flight schedule a short drive takes you to the Pokhara domestic airport, a short scenic sweeping flight of half an hour brings you back to the Kathmandu, at the Kathmandu terminal after clearing the baggage; our staff will receive you for the drive back to the Hotel.

Day 16: Free day at leisure in Kathmandu. O/N Hotel.

A free day in Kathmandu, please let our staff or tour officer know if you would like to go on another short tour in and around Kathmandu Valley or for scenic mountain flight or hot air ballooning.

Day 17: Transfer to Airport for International departure.

Today as per your international flight time, keep your confirmed air ticket, departure tax (in local currency) and your passport handy. Our staff will take you to the airport for your final departure from this amazing country, Nepal.

POKHARA VALLEY:

Pokhara is one of the most unique sub-tropical valley in the Himalaya and probably in the world, where one can marvel the beauty of the Himalayan landscape and reflection of the Annapurna massif including the towering majestic peak of Mt. Machapuchere on its beautiful lakes.. Pokhara is situated in the mid western Nepal. It is linked by the main highway of 200 km driving distance from Kathmandu, and by air approximately 20 to 30 minutes flight with a sweeping panoramic views of the mid east to western Himalayan ranges.

Mother nature has certainly blessed this fertile valley with outstanding scenery of the landscapes, snow capped mountains, moderate tropical climate, and beautiful pristine lakes of Begnas, Rupa and Phewa.

The most stunning of Pokhara's sights is the magnificent panorama of the Annapurna range which forms its backdrop. Annapurna massif includes Annapurna I to IV and Annapurna South.

Among these high peaks it is the towering majestic Mt. Machapuchere (Fish Tail) which dominates all others in this range. Pokhara with its natural beauty is also a starting point of Nepal's most popular adventure destinations. Most of the trekking, mountaineering expeditions begins from this remarkable place and it's a also an ideal spot for all types of holiday makers.

Prices from USD 1315 per person based on 2 travelling
Excludes international flights

For your booking reservation and more information please contact:

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