

# Annapurna Base Camp Trek

## Basic Package

Price Starting at: NRs. 196,495

### Inclusions

1. Airport Pick up on arrival and drop off after the trip
2. Guide and Porter
3. Food and accommodations (first day dinner to final day breakfast)
4. All the required permits and local taxes
5. Luggage transportation / Porter
6. Mineral water
7. Food, accommodations, salary, insurance and transportation for supporting staff
8. Office service charge

### Exclusions

1. Visa fee to Nepal
  2. Flight to and from Nepal
  3. Domestic flights
  4. Alcoholic drinks
  5. Beverage/soft drinks in mountains
  6. Travel, activity, medical and emergency evacuation insurance
  7. Tipping for guides, porters and supporting staff
- 

## Standard Package

Price Starting at: NRs. 237,430

### Inclusions

1. Private car/van transfer from the airport to the hotel.

2. 2 nights deluxe residence in twin bed sharing basis with breakfast at 4\* hotel in Pokhara.
3. 1 night deluxe lodging in Kathmandu on a twin bed sharing basis with breakfast at a 4\* hotel.
4. City Tour in Kathmandu or Pokhara with our tour guide and all entrance fees.
5. 1 Domestic flights from Pokhara to Kathmandu or vice-versa, as well as airport taxes.
6. During the journey, meals (breakfast, lunch, and dinner) are served with tea and coffee, as well as hot and cold filter water.
7. During the trip, accommodation is provided from lodge to lodge.
8. Experienced, helpful, and friendly guide, porters (1 porter for every 2 people), their food and lodging, salary, equipment, and insurance.
9. All transportation is provided by private vehicle.
10. All required permits to enter the Annapurna Conservation Area.
11. Service charge for the office.
12. All local taxes
13. A bottle of beer every evening

### **Exclusions**

1. Private car/van transfer from the airport to the hotel.
2. 2 nights deluxe residence in twin bed sharing basis with breakfast at 4\* hotel in Pokhara.
3. 1 night deluxe lodging in Kathmandu on a twin bed sharing basis with breakfast at a 4\* hotel.
4. City Tour in Kathmandu or Pokhara with our tour guide and all entrance fees.
5. 1 Domestic flights from Pokhara to Kathmandu or vice-versa, as well as airport taxes.
6. During the journey, meals (breakfast, lunch, and dinner) are served with tea and coffee, as well as hot and cold filter water.
7. During the trip, accommodation is provided from lodge to lodge.
8. Experienced, helpful, and friendly guide, porters (1 porter for every 2 people), their food and lodging, salary, equipment, and insurance.
9. All transportation is provided by private vehicle.
10. All required permits to enter the Annapurna Conservation Area.
11. Service charge for the office.
12. All local taxes
13. A bottle of beer every evening

---

## Premium Package

Price Starting at: NRs. 278,366

### Inclusion

1. Private car/van transfer from the airport to the hotel and hotel to the airport after trip.
2. 2 nights super-deluxe residence in twin bed sharing basis with breakfast at 5\* hotel in Pokhara.
3. 1 night super-deluxe lodging in Kathmandu on a twin bed sharing basis with breakfast at a 5\* hotel.
4. City Tour in Kathmandu or Pokhara with our tour guide and all entrance fees.
5. Two way domestic flights, as well as airport taxes.
6. During the journey, meals (breakfast, lunch, and dinner) are served with a cup of tea or coffee.
7. During the trip accommodation is provided from lodge to lodge.
8. Mineral water, cold drinks and energy bars.
9. Experienced, helpful, and friendly guide, porter, their food and lodging, salary, equipment, and insurance.
10. All transportation is provided by private vehicle.
11. All required permits.
12. Service charge for the office.
13. All local taxes
14. A bottle of beer or a glass of fine wine every evening.

### Exclusions

1. Other than breakfast, any meals (lunch and dinner) in Kathmandu and Pokhara.
2. Travel coverage.
3. International flight tickets to and from Nepal.
4. Fee for a tourist visa to Nepal.
5. Personal expenses.
6. Expenses on laundry, phone call, internet.
7. Personal Trekking Gear such as sleeping bags and jackets.
8. Evacuation in an Emergency (Helicopter Rescue).

9. Any costs incurred as a result of a change in itinerary, such as landslides, domestic flight delays, political unrest, and strikes.
  10. Any other costs that are not included in the quoted price.
  11. Renting of horse or additional porter due to any potential accident or natural disaster.
  12. Tipping to guide, porter, driver and any other supporting staffs.
- 

## Itineraries

### 1. Day 1: Arrival in Kathmandu (1,400m)

Upon arrival at Tribhuvan International Airport in Kathmandu, you'll be welcomed by our representative, who will escort you to your hotel in Thamel. Depending upon your arrival time in Kathmandu, you can choose to spend the day resting, exploring the city, or preparing for your trek.

### 2. Day 2: Drive to Pokhara (850m)

After breakfast, you'll take a scenic drive or fly (depending on the package booked) to Pokhara, a city located on the banks of Phewa Lake. The drive takes about 6-7 hours and you will get the opportunity to immerse in the local culture and enjoy the views of stunning Himalayas along the way. The flight takes around 30 minutes to land in Pokhara. The option of driving or boarding on a plane depends on the selection of package.

**Distance: 210 Km**

**Time: 6-7 Hours**

### 3. Day 3: Drive to Nayapul and trek to Tikhedhunga (1,540m)

After breakfast, we'll take a 1 and half hour drive to Nayapul, the starting point of our trek. From there, we'll begin our trek to Tikhedhunga, a village on the bank of the Bhurungdi Khola River. The trail is a mixture of jeep trail and hiking trail that gradually climbs up through forests and past waterfalls.

**Distance: 8 km,**

**Time: 4-5 hours**

### 4. Day 4: Trek to Ghorepani (2,850m)

Today's trek is a steep climb through stone stairs that counts 3280 steps to the village of Ulleri (1950m). Along the way, we'll have stunning views of Hiunchuli (6441m) and the Annapurna South (7219m). We will be walking through the dense forest of Rhododendrons and oaks to reach Ghorepani. Ghorepani is a popular stop for trekkers, and there are plenty of teahouses and shops in that little hilltop town.

**Distance: 12km**

**Time: 6-7 hours**

### 5. Day 5: Hike to Poon Hill (3,210m) and trek to Tadapani (2,610m)

Today's hike is an early morning ascent to Poon Hill, a viewpoint that offers panoramic views of the Dhaulagiri (8167m), Annapurna I (8091m), Fishtail (6993m) and other mountain peaks. After observing the

sunrise and the views of stunning Himalayas, we'll return to Ghorepani for breakfast and then begin our trek to Tadapani. At first the trail climbs to Thapla hill and Deurali pass and after that the trail descends through rhododendron forests and past waterfalls to Deurali and Banthati the villages before the final short but difficult climb to Tadapani.

**Distance: 11km**

**Time: 5-6 hours**

#### **6. Day 6: Trek to Chhomrong (2,170m)**

Today's trek is mostly descent with few climbs through Rhododendron forests and pastures of Chuile and Gurjung to the village of Chhomrong. The village is located on the side of a steep hill and has great views of Annapurna South, Hiunchuli and Machhapuchhre. Along the way, we will traverse through several villages, terraced fields and cross the bridge.

**Distance: 11km**

**Time: 5-6 hours**

#### **7. Day 7: Trek to Dovan (2,600m)**

Today's trek is a steep descent to the Chhomrong Khola River, followed by a steep ascent to Sinuwa. From there, the trail descends through bamboo forests to the place known as Bamboo and another 1 ½ hour walk leads to Dovan, a small village on the bank of the Modi Khola River.

**Distance: 10km**

**Time: 5-6 hours**

#### **8. Day 8: Trek to Machhapuchhre Base Camp (3,700m)**

Today's trek is a gradual climb through forests and pastures to Machhapuchhre Base Camp. Along the way, you'll have stunning views of Machhapuchhre and the surrounding peaks.

**Distance: 8km,**

**Time: 4-5 hours**

#### **9. Day 9: Trek to ABC and back to MBC and to Sinuwa**

Today you will wake up early morning to catch the sunrise view from ABC which will take maximum of 2 hours. After having enough time to soak in the beauty of the majestic Himalayas, we will have our well earned breakfast and hike back to Machhapuchhre Base Camp, pack our things and start heading back to Sinuwa. Though the distance is longer than any other days, the hike will be comparatively easier. We will be walking through bamboo bushes and Rhododendron forest to Sinuwa.

**Distance: 20 Km**

**Time: 6-7 Hours**

#### **10. Day 10: Trek to Jhinu Danda (1,760m)**

Our day starts with the breakfast at the tea house in Sinuwa. The first part of the trail begins with the descend to Chhomrong Khola and the big climb to reach Chhomrong village which takes around an hour. After reaching the top of Chhomrong, we will start to head down to Jhinu Danda. The village is known for its natural hot spring, where we can relax our sore muscles with the bottle of beer in our hands to cherish the moment.

**Distance: 8 km,**  
**Time: 4 hours**

### **11. Day 11: Trek to Landruk (1500m)**

Today's trek is mostly descending to Landruk village. We will get the opportunity to walk along the paddy fields and immerse in the culture of the region. Landruk is a small village that offers an incredible view of Annapurna South and Hiunchuli along with the sight of Ghandruk village and awesome landscapes.

**Distance: 10 Km Approx.**  
**Time: 4 hours**

### **12. Day 12: Trek to Dhampus and drive back to Pokhara**

Today is your final day to enjoy your holiday in the Himalayas of Nepal. You will be walking through smaller villages like Tolka and Prittam Deurali to reach Dhampus. Along the way, you will get the opportunity to capture local people working in their farms and their culture. You will be walking through the rain forest of the region which offers you with the chance to see some wildlife. Upon arrival in Dhampus, we will have our hearty lunch and pack our things on the private jeep and start driving back to Pokhara.

**Hiking Distance: 10 Km**  
**Time: 4-5 hours**

### **13. Day 13: Drive or fly back to Kathmandu, as per the package**

After breakfast, you'll take a scenic drive or fly back to Kathmandu, as per the selection of package. Along the way, you'll have stunning views of the Himalayas and rural Nepali life. The drive from Pokhara to Kathmandu takes 6-7 hours, however the flight takes just around 30 minutes to reach the capital city of Nepal.

### **14. Day 14: Departure from Kathmandu**

Today marks the end of your Adventure with us. We hope it was a fruitful adventure and you collected a lot of sweet memories with us. And we do look forward to serve you in future for your next adventure holiday.

Depending on your flight time, you may spare some time to explore Kathmandu before departing for the airport.

**Note:** This is just an outline of an itinerary and may vary depending on weather conditions, group size, and the pace of the trek. In case of unexpected circumstances such as the politics, pandemics, natural disasters, weather events or any other situations that may incur a risk to our guests, PMTBA reserves the right to modify the program for the safety of our participants.