



Detailed itinerary for Annapurna Base camp Trek

Day 1

Drive from Kathmandu to Pokhara

- Altitude – 1400 meters
- Special – View of farming land greenery
- Time – 8 hours
- Activity – Travelling in Bus

Drive from Kathmandu to Pokhara takes around 8 hours by road and is the very beginning of your 14 days ABC trekking adventure. View of the farming land, greenery along the side of the highway and the people living around makes your travel interesting. We will travel to Pokhara from Kathmandu by tourist bus; it will have air conditioning system. The bus will usually stop 2 times along the journey; for breakfast & lunch.

Day 2

Pokhara to Hile (1500 meters); 6 hours, approx.

- Altitude – 1500 meters
- Special – Hile village
- Time – 2 hours drive and 4 hours trek
- Activity – Travelling in private vehicle and trekking

Pokhara is a beautiful Lake city of Nepal and the gateway to ABC trekking and many other trekking trails. Today we will drive from Pokhara to Nayapul in the morning; it will take approx. 2 hours by private vehicle. Once getting to Nayapul, we will start our hike for another 4 hours to get to Hile. Hile is a small village with few local guest houses.

Day 3

Hile to Ghorepani (2880meters); 7 hours approx.

- Altitude – 2880 meters
- Special – Ghorepani
- Time – 7 hours
- Activity – Hiking through the trail of stone stairs and jungle trekking

After your breakfast in a local lodge, we will head towards a stunning view point Ghorepani. At the beginning the hike until Ulleri Village has stone stairs. Keep calm and walk slowly. Once we get to Ulleri the trail slowly changes from village trek to Jungle trekking. We will be walking 3 hours literally inside the jungle. Ghorepani is one of the nicest view points during the entire ABC trekking as we can see complete range of Annapurna Himalaya and Dhaulagiri Himalaya in single sight.



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Day 4

Morning hike from Ghorepani to Poonhill and trek to Tadapani; 8 hours approx.

- Altitude – 2630 meters
- Special – Poonhill sunrise and mountains
- Time – 8 hours
- Activity – Trekking to Poonhill and later to Tadapani

Today is one of the most beautiful hiking days of ABC trekking. At first we will hike up to Poonhill to catch the sunrise. It takes around 1.5 hours to get to the hilltop of Poonhill at an altitude of 3200 meters. Stunning view of sunrise just above the mountains is amazing. Sun rises behind the Annapurna Mountain Range. Poonhill is a perfect place to see sunrise in the Nepal Himalaya. Sun and color change on the top of the mountains will look unreal, so make sure you have your camera ready! There is a tea shop at Poonhill, a cup of tea might help you to keep your fingers warm enough to click some great picture of sunrise. After sunrise hike, we will get back to our guest house for breakfast. After breakfast in front of the beautiful view of Dhaulagiri and Annapurna range we will head towards Tadapani village. We stay at Tadapani overnight with great view of mountains, mainly Annapurna south and Fishtail.

Day 5

Tadapani to Chhomrong; 6 hours approx.

- Altitude – 2600 meters
- Special – Chhomrong Village
- Time – 6 hours
- Activity – Trekking through local villages

Trail from Tadapani to Chhomrong goes through local villages. One of the village in today's hike, Gurjung village, has a school right on the side of ABC trekking trail; if you are thinking of small donation or distribute stationery to kids, ask your trekking guide to manage it. Once we get to Chhomrong the view of mountains comes even closer. Chhomrong is a big village along the ABC trekking trail; Chhomrong has a few bakeries and shops if you are willing to buy something.

Day 6

Chhomrong to Himalaya (3100 meters); 7 hours approx

- Altitude – 3100 meters
- Special – Himalaya village
- Time – 7 hours
- Activity – Trekking through bamboo forest

Chhomrong to Himalaya village will take approx 7 hours. The trail goes through jungle, mainly bamboo forest. The real jungle trekking starts right after the real village of upper Sinuwa. We will trek on the side of the river and sleep overnight at a local guest house at Himalaya. Himalaya village is on the riverside, inside the jungle.



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Day 7

Himalaya to ABC; 7 hours approx

- Altitude – 4130 meters
- Special – View of Snow-capped mountains
- Time – 7 hours
- Activity – Trekking through the jungle and no tree zone

After breakfast at Himalaya we will hike towards Annapurna Base camp. We will take the day, easy and slow enough to adjust to the altitude. Trail to Deurali village goes inside the jungle, but once we get to Deurali “NO TREE” zone starts. After crossing the village Deurali trekking gets amazing with view of the mountains. Once we get to Machhapuchre Base Camp we get very close to Mt. Fishtail (6993meter). If you are trekking during the monsoon season, trail from MBC to ABC will look like a garden with all those wild flowers. We sleep at the ABC, but sleeping at base camp doesn’t mean we sleep at the glacier. There are a few guest houses for the night; they are packed most of the time throughout the year. If you are trekking in the winter do not forget to take warmers, as it might get freezing during the nights and morning. Do not miss the sunrise, star watching, moon set and the big glacier from ABC. ABC trekking is different from other base camp trekking is because you get to sleep in the tea house at the base camp.

Day 8

ABC to Sinuwa; 8 hours approx

- Altitude – 2100 meters
- Special – Sunrise View
- Time – 8 hours
- Activity – Walking downhill

After sunrise view and warm breakfast we will start heading back to Sinuwa (the last village). Walking downhill is always easy because of the gravity factor and descending in altitude. We will be trekking in the same route all the way back to Sinuwa from ABC.

Day 9

Sinuwa to Jhinu; 5 hours approximately

- Altitude – 1800 meters
- Special – Jhinu Hotspring
- Time – 5 hours
- Activity – Taking bath in Jhinu Hotspring

We follow the same trail till Chhomrong village and take a new trail towards Jhinu village. Jhinu is famous for Jhinu hot springs. Most of the people doing ABC trekking stay one night at this village and spend most of their time in the hot spring. Hot spring of Jhinu cost around \$2 to get in. Hot spring is by the side of river. It is fun to soak yourself in super cold water of flowing river and getting back to the hot water of hot spring, feel the tickling sensation on your skin.



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Day 10

Jhinu to Pothana: 6 hours Approx

- Altitude – 1890 meters
- Special – Local lifestyle and tradition
- Time – 6 hours
- Activity – Trekking through many villages

After breakfast at Jhinu village, we will start our trek towards Pothana village. Trekking passes through many villages and we will be able to see local lifestyle, their tradition and some of their culture. Before you descend to Pothana there is a good view point of Pokhara valley. Pothana has a magnificent view of mountains; Mt. Fishtail looks amazing from here.

Day 11

Trek from Pothana to Phedi and drive to Pokhara in private Vehicle.

- Altitude – 1400 meters
- Special – Chilling at Pokhara
- Time – 3 hours hike and 2 hours drive
- Activity – Hike and drive in private vehicle and relax at Pokhara

After Breakfast IN Pothana with close view of the mountains, we start our hike towards Phedi. Our ABC trekking ends here and we meet the road that takes us to the starting point of ABC trekking. Once we get to the road, we take a private vehicle to go to Pokhara. Tonight at Pokhara, enjoy the nightlife of Pokhara, Phewalake, chilling at Lake side, Boating or walking in the street of the Lakeside.

Day 12

Sightseeing of Pokhrara

- Altitude – 1200 meters
- Special – Mountaineering museum, waterfall, cave and Tibetan refugee
- Time – full day
- Activity – Sightseeing major landmarks of Pokhara

Pokhara is one of the most beautiful cities in Nepal. Today we will tour around the major landmarks of Pokhara. It includes a cave, waterfall, Mountaineering museum and Tibetan refugee camp. Sightseeing will be in the Private vehicle with a local guide and local information.

Day 13

Drive Pokhara to Kathmandu.

- Altitude – 1400 meters
- Special – Greenery
- Time – 8 hours
- Activity – Travelling in Bus



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After breakfast at the hotel in Pokhara, we will take a bus to get back to Kathmandu. The same road with same kind of bus will take us back to Kathmandu in approx. 8 hours.

Day 14

Guided Sightseeing tour of Kathmandu Cultural Heritage site.

- Altitude – 1400 meters
- Special – Kathmandu City tour
- Time – full day
- Activity – Sightseeing UNESCO world heritage site

Sightseeing tour of Kathmandu includes 4 major UNESCO World Heritage sites. Kathmandu being the capital of Nepal has its unique feature. Among the 9 UNESCO world heritage sites in Nepal, Kathmandu has 7 major UNESCO listed monuments. We will do a tour of Kathmandu Durbar square (famous as Living goddess landmark), Swaymabhunath Stupa (famous as Monkey temple), Boudhanath (Buddhist Temple), Pashupatinath (famous as Cremation Place for Hindu). Our tour guides will take you far and beyond the general tourist activities. We want you to taste local food and feel the local culture and dive into them as deep as possible. We will do a tour of monuments with local insight and take you to the alleys and local restaurants to show the real Nepal. Feel free to ask any questions from our guide and they will be happy to share their knowledge.



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