



## **Annapurna Base Camp Trekking - Itinerary**

### **1. Arrival in Kathmandu & Transfer to Hotel**

Our airport representative picks you up from airport and transfers you to hotel for the further briefing about the upcoming trip. In the evening, a small meeting shall be held to discuss and prepare for the trek. And after meeting you can roam around Thamel to get familiar with environment and location.

### **2. Drive form Kathmandu to Pokhara and Nayapul (2 hrs) - trek to Tikhedhunga (1570m) or Ulleri (1940m) 4-5 hrs**

Early morning we will drive to Pokhara. Pokhara is the heaven place for Nepalese people containing many natural tourists' sites and again we take a jeep to Nayapul where we get to enjoy the scenic views with mountain vistas with beautiful countryside. After reaching Pokhara, we drive about 2 hour and reach either Tikhedhunga. We trail along the Modi River and Burungdi River to reach Tikhedhunga – a small charming village full of lodges where we get to observe the local living style of people from different community. Meals included – Breakfast, Lunch and Dinner and finally overnight stay in trekking lodge

### **3. Tikhedhunga (1570m) - Ghorepani (2750m) 5-6 hrs**

After breakfast, we initiate our trip to Ulleri & Banthati village to continue our trek to Ghorepani. Trekking around 2 hrs leads to Ulleri (after stepping around 3000 stone steps) and from there we take the trail that climbs gradually to Ghorepani through the forest. Along the way we get to see breathtaking views of Machhapuchhre (6997m), Hiuchuli (6441m) and grand Annapurna (7219m). Meals included – Breakfast, Lunch and Dinner and finally overnight stay in trekking lodge

### **4. Ghorepani (2750m) - Poon Hill (3210m) - Tadapani (2650m) 6 hrs**

Early in the morning, we hike to Poon Hill and enjoy amazing sunrise view over Mt. Dhaulagiri (8167m.), Tukucho Peak (6920m.), Nilgiri (6940m.), Varaha Shikhar (7847m.), Mt. Annapurna I (8091m.), Annapurna South (7219m.), Annapurna III (7855m.), Machhapuchhare (6993m.), Annapurna IV (7525m.), Annapurna II (7937m.), Lamjung Himal (6931m.) and other mountain giants and then return back. For the rest of the day, we trek through the forest of rhododendron (mostly in spring) ultimately reaching Tadapani. Meals included – Breakfast, Lunch and Dinner and finally overnight stay in trekking lodge

### **5. Tadapani (2650m) - Chomrong (2170m)- 5 hrs**

We can see the beautiful view of Annapurna South and Fishtail Mountain. From here we climb down steeply about 900 m to the valley basin at Ghurjung River. Climb gradually along the mountainside to Chhomrong which is perched high up on the mountain ridge. It is a large Gurung village at the corridor of Annapurna Sanctuary. Meals included – Breakfast, Lunch and Dinner and finally overnight stay in trekking lodge

### **6. Chomrong (2170m) - Dovan (2600m) 6-7 hrs**

We trek down to Chhomrong Khola (river) and climb up to Sinwa. From here we enter into the steep valley towards Annapurna sanctuary at the buttresses of Annapurna South and Fishtail. From Sinwa we will climb down to Modi River at the little hamlet of 'Bamboo' and then climb gradually to Dovan (2,400m). Meals included – Breakfast, Lunch and Dinner and finally overnight stay in trekking lodge

## **7. Dovan (2600m) - Machhapuchhre Base Camp (3700m) 7-8 hrs**

Initiating our trek through the intermittent bamboo forest, the valley is very edgy with steep slopes and many travelers witness periodic avalanches here. You take rest in Hotel Himalaya (2873m) and again start trek through Bagar to reach Machhapuchhre Base Camp. Meals included – Breakfast, Lunch and Dinner and finally overnight stay in trekking lodge

## **8. Machhapuchhre Base Camp (3700m) - Annapurna Base Camp (4130m) 3 hrs (1/2 day hike to glacier at higher elevation optional)**

Observing the best landscape from the nicest spot, we enjoy the view of Mount Hiunchuli (6441m.), Annapurna South (7229m.), Annapurna I (8091m.), Annapurna III (7555m.), Gangapurna (7454m.) and Machhapuchhre (6997m.). We start trekking through alpine meadows and after a while, our trail goes gently up. Trekking short distance from there, we begin to approach Annapurna Base Camp at (4170m.). Meals included – Breakfast, Lunch and Dinner and finally overnight stay in trekking lodge

## **9. Annapurna Base Camp (4130m) - Bamboo (2310m) 7-8 hrs**

After a beautiful sunrise view over the Annapurna's, we head down slowly to Bamboo. The first part of the trail might be steep and slippery but trail begins to get better after some time. Walking constantly for some hours we reach at Bamboo. Bamboo is a clean settlement on the bank of the river where we see the living style of local Mongolian people following their own traditional and cultural values. Meals included – Breakfast, Lunch and Dinner and finally overnight stay in trekking lodge

## **10. Bamboo (2310m) - Jhinu Danda (1780m) via Chomrong; visit hot springs 7 hrs**

We follow the same trail that we took to climb up till Chhomrong. Climb down steeply on the stone steps down to the village of Jhinu. We settle into our lodge and then head down half an hour to natural hot spring pool on the Shore of Modi River. Enjoy the natural hot spring. Meals included – Breakfast, Lunch and Dinner and finally overnight stay in trekking lodge

## **11. Trek back to Pokhara**

Once we have breakfast in Jhinu, we set up our trek to Nayapul. The trek passes by the bank of the river and the trail is until Birethati. From there we trek about half an hour to Nayapul and be escorted to Pokhara (city life). Pokhara is the city of lakes with many adventures to choose from. Meals included – Breakfast, Lunch and Dinner and finally overnight stay in hotel.

## **12. Pokhara to Kathmandu Drive**

Pokhara to Kathmandu drive takes around 5/7 hours. It is a scenic drive along the Trishuli and Marshyangdi Rivers. After your arrival in Kathmandu, in the evening, you are treated to a special cultural dinner program as a complimentary commencement of Sunrise Adventure Trek. Meals included – Breakfast, and Dinner and finally overnight stay hotel

## **13. Farewell/Departure**

After the victorious ending of our trip, our representative drops you to the airport for your journey home. You are dropped off 3 hours earlier so that there is no any delay in flight. Or you can join another adventure and explore hidden gems of Nepal. Till then, have a safe journey to Home! Meals included – Breakfast

## INCLUSIONS

- All airport pick up and departure
- All transportation two flight ticket -fly Kathmandu to Lukla & Fly out from Lukla to Kathmandu ,A/C car, tourist deluxe bus during trips
- Three star category hotel in the city in twin sharing bed with breakfast basis & standard trekking lodge during trekking
- Kathmandu sightseeing with city tour guide
- Whole accommodations during trips
- Some necessary equivalents as we can provide\
- Full meals during trekking as mention in the itinerary (Breakfast, Lunch, Dinner )
- First aid medicine item
- Trekking permit & TIMS card (Trekking Information Management System)
- Necessary staff, guide & porters their salary, accommodation, meals and their insurance, two professional guide (for two guest one Sherpa porters to carry baggage)
- One especial cultural show and farewell dinner program
- Our government tax official expenses

## EXCLUSIONS

- All your personal expenses any types of drinks
- Tour entrance fee in the city, your extra meals in the Kathmandu, bar bills etc,
- Clients international air ticket
- Clients travel insurance & tips for the trekking crew

URL: <https://sunriseadventuretrek.com/print/107>