



Global Treks & Expedition P. Ltd.

Chakshibari Marg 591, Thamel
Kathmandu, Nepal

Annapurna Base Camp Trek 12 Days Brief Itinerary

Day 01 : Arrival at Kathmandu.

You will be welcomed at **Tribhuvan International Airport** by one of our representatives and drop you on the hotel. After refreshment at the hotel, you will head towards our Thamel office, you will receive a detail description of the trek. We will then, take your passport and arrange for permits if required.



Day 02 : Kathmandu to Pokhara through tourist bus

After breakfast, you are ready to move through the tourist couch at [Pokhara](#), on the way to visit [Mankamana Temple](#) through **Cable Car**, in the evening at the dam side you can enjoy at Fewa Lake as your self. Overnight at Pokhara hotel.

Day 03 : Pokhara (825 M) Nayapul by Private vehicle & Hike up to Ghandruk

Pokhara towards the Lake city of Nepal Pokhara, (30 minutes). You can get a view of the Himalayas from the right side of the plane. Reaching [Pokhara](#) we will head towards Nayapul (1 hour 20 minutes' drive) and then start the trekking. From **Birethanti**, start our trekking towards [Ghandruk](#) a beautiful Gurung village. Overnight stay at Ghandruk and if we get enough time will visit Gurung Museum.

Day 04 : Ghandruk to Chhomrong (2,170 M/ 7,120 Ft)

From this point, we climb to **Kimrungdanda** and en-route enjoy the sight of [Annapurna South](#), **Hiunchuli**, **Machhapuchhre**, and **Ganggapurna**. A downward walk will take you to the **Kimrong Khola** followed by a slight ascent from Kimrong Khola to **Chere Danda**. You will descend for a while and walk towards **Chhomrong**. A beautiful village located in the Annapurna area of Nepal.

Day 05 : Chhomrong to Bamboo (2,310 M/7,578 FT)

The journey starts with a sheer descent through 2500 stone steps and walks across the bridge at **Chhomrong Khola**. At this juncture a vertical ascent towards Sinuwa. Then we walk through the forest to Kuldihar and a convenient walk down the hill to Bamboo. Spend the night at Bamboo.

Day 06 : Bamboo to Deurali (3,230 M/10,595 FT)

Walk through a cold Bamboo forest and inclined slowly towards a few upward slopes. The forest opens up at Himalaya Hotel. Here you finally get a glimpse of sun after the dense forest walk and a view of an astonishing view of the glacial river beneath. Then a climb through a drier forest towards **Hinku Cave**. With a view of the river beneath we climb towards **Deurali**, the most enlightening view of the day. The scattered vegetation allows the deep view of the hill and the river below with big rocks is a fabulous view.

Day 07 : Deurali to Annapurna Base Camp (4,130 M/13,545 FT)

Through the bed of the river, incline towards mountainside, trekking from Bagar to Machapuchare a vigorous walk indeed. Reaching Machapuchare we get an awesome view of Machapuchare and Mt.

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Hiunchuli, Annapurna South Annapurna I, Annapurna III, Gandharvachuli and Gangapurna a pleasing view for your eye. With a march towards Annapurna base camp, the vegetation starts deteriorating and the path becomes wider while entering Annapurna Sanctuary. At this point, you get the enthralling view of the near-vertical south face of Annapurna above us.

The Sanctuary flaunts a vibrant sight, an untouched 360- degree view. Furthermore, the Annapurna base camp allows a magnificent view of Machapuchare, Annapurna South, Annapurna I, Hiunchuli and other peaks.

Day 08 : Annapurna Base Camp to Bamboo (2,310 M)

Today we follow back the same track that we came to **Annapurna** and head towards Bamboo. It's a downhill walk so it would be an easy walk and on the way, you will surely enjoy the landscape. Tonight we will reside at Bamboo.

Day 09 : Bamboo to Jhinu Danda. (1,760 M/5,770 Ft.)

From **Bamboo**, an incline walk towards Kuldighar followed by a descent to **Chomrong Khola**. Next a climb of stone steps to Chomrong. The path then slopes down towards Jhinu Danda. Today you get an opportunity to take pleasure in natural hot springs, 15-20 minute walk down from Jhinu Danda. You will spend the night at **Jhinu Danda**.

Day 10 : Trek to Siwai and drive to Pokhara

Today we trek towards Siwai, on your way you can enjoy the wonderful hills at the Western part of Nepal. The trek ends at **Siwai** as we board the vehicle for **Pokhara**. Tonight we will relax in Lake city, Pokhara.

If the construction of the road from Jhinu Danda to Nayapul is completed, the vehicle would be another option.

Day 11 : Back to Kathmandu by tourist Bus

After breakfast, you get an option to extend your trip for Rafting adventure at **Trishuli River or Jungle Safari at Chitwan**. Other things that you can do are shopping tour, attractive Everest flight, Mountain biking, and many other activities. Or you can head towards Kathmandu via road and spend the night at Kathmandu.

Day 12 : Final Departure.

Today trip comes to the final part, our staff will drop you at the airport before the scheduled time of the flight. You will accompany the abundance of memories and an increase in your personal happiness index.

Cost include

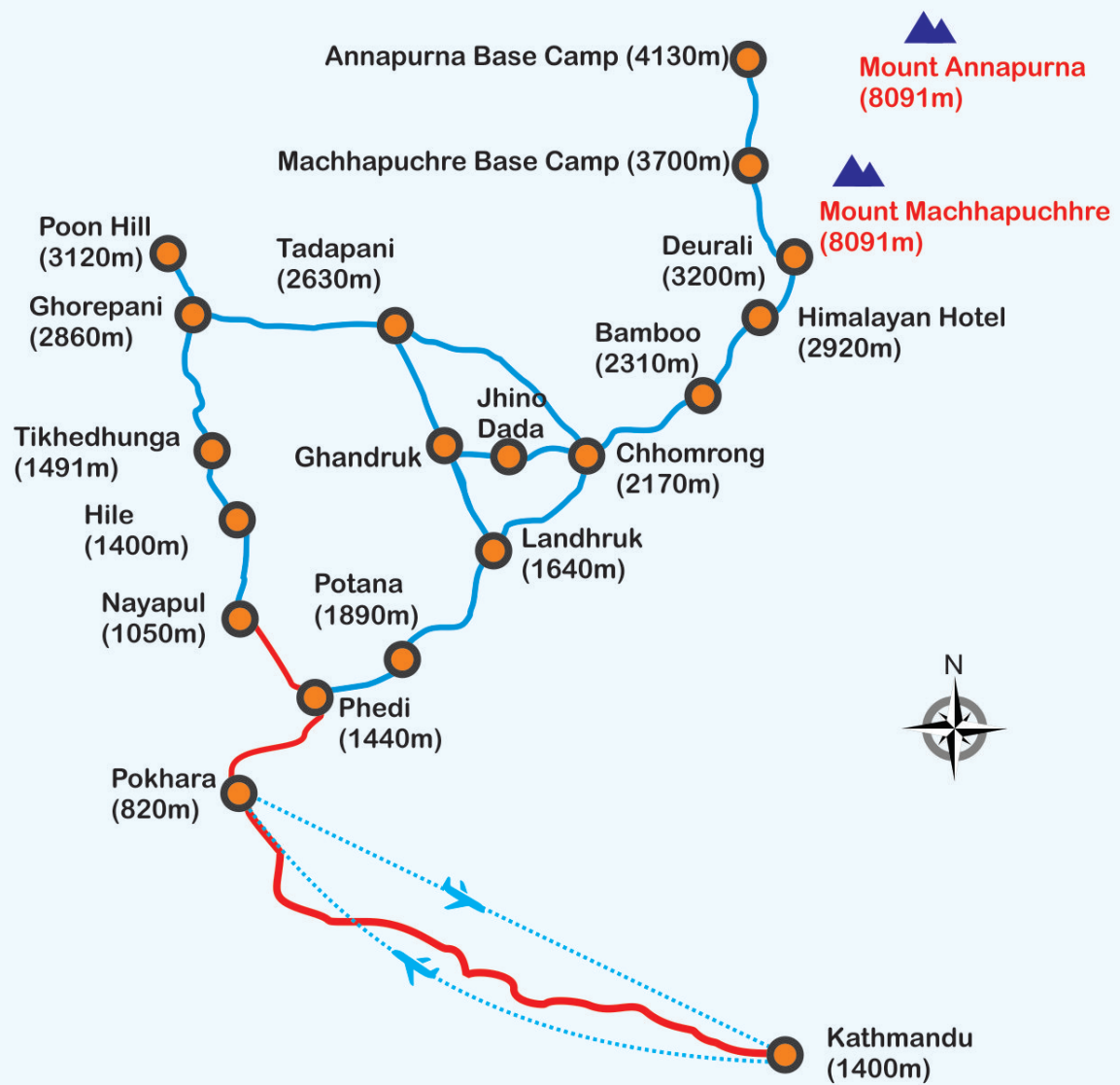
- Airport / Airport pick up & drop by private tourist vehicle.
- Special meet, greet assistance & welcome in the airport.
- Transportation through tourist Couch from Kathmandu - Pokhara - [Kathmandu](#).
- Tea house accommodation during the treks.
- All your standard mentions Meals during the trek (**8 B-Breakfasts, 8 L-Lunches, 8 D- Dinners**).
- Lodges/Guesthouses accommodation during the trek
- Perfect Local **GLOBAL TREKS** English speaking guide.
- National Park Permits and TIMS for trekking.
- Private transportation (**Pokhara-Nayapul /Nayapul-Pokhara**)
- Food, accommodation, salary, insurance, and medicine for staff.
- All our government taxes, vat, tourist service charges.

- Welcome room refreshment on arrival in Kathmandu.
- Official expenses.

Cost Exclude

- Travel insurance covers emergency Rescue and Evacuation.
- Any kind of personal expenses or optional Tours/ Extra Meals ordered.
- Alcoholic, hot and cold drinks.
- Personal trekking Equipment (See the **trekking equipment** page).
- Travel and rescue insurance
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.)
- Excess baggage charges.
- Nepalese visa fee.
- Lunch and dinner in Kathmandu and Pokhara hotel.
- Tips for trekking staff and driver (Tipping is expected).
- Any others expenses which are not mentioned in the 'Price Includes' section.
- Extra night accommodation in Kathmandu and Pokhara in case of early arrival, late departure, and early return from the mountain(due to any reason) than the scheduled itinerary.
- Tips for guide(s), porter(s) and driver(s)

Trip Map



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