

Annapurna Base Camp Trek, Nepal

13 Days/12 Nights Itinerary



Day 1: KATHMANDU (4265 ft / 1300 m elevation)

Kathmandu Hotel

Welcome to vibrant Nepal! Gigantic mountains and lush valleys, rural ethnic villages, ancient cities and exotic warm-hearted people. Nepal's breathtaking scenery is an adventure lover's dream.

Upon arrival you will be met at the Kathmandu airport and transferred to your beautiful and stylish hotel.

You will meet your leader and your local professional and qualified guide at 5 pm this afternoon and have a full briefing on your adventure.

Enjoy your **dinner on your own** this evening.

Day 2: KATHMANDU – POKHARA (2,713 ft / 827 m elevation)

Pokhara Hotel – meals Breakfast, Lunch, Dinner (B,L,D)

30-minute flight Kathmandu – Pokhara.

Pokhara is a city on Phewa Lake, in central Nepal. It's known as a gateway to the Annapurna Circuit, a popular trail in the Himalayas. Tal Barahi Temple, a 2-story pagoda, sits on an island in the lake. On the eastern shore, the Lakeside district has yoga centers and restaurants. In the city's south, the International Mountain Museum has exhibits on the history of mountaineering and the people of the Himalayas.

It's a wonderful city to explore on your own or with your guide and leader. Optional hike to Peace Pagoda Stupa across Phewa lake on boat. It's a good warm up hike for the upcoming trek. Weather permitting you will have wonderful views of Annapurnas including sacred mountain Fishtail reflecting on the lake and the valley.

Optional to enjoy lunch and dinner on your own today.

Day 3: GHANDRUK (6365 ft / 1940 m elevation)

Teahouse Lodge – meals B, L, D

After breakfast we take a short drive (90 min) to our trekking starting point Nayapool. The walk will follow gently along the Annapurna's foothills with surrounding views of the Modi River Valley. This route then takes us up a steep trek to a beautiful Gurung Teahouse Lodge in Ghandruk. Ghandruk is a village in the mountains that you can only reach on foot. It has a temple with a beautiful view, and you can learn about some of the unchanged local traditions in the area.

Ghandruk has breathtaking views of Machapuchare. The mountain, with the double summit resembles the tail of a fish and it is sacred to the god Shiva, and is off-limits to climbing. In addition, the lodge has magnificent views of Annapurna South and Hiuchuli. Lunch if followed by an optional walk to the nearby village temple, monastery and local museum. The afternoon is free to explore the surrounding village.

Trekking time is about 5 hours.

Day 4: CHOMRONG (7120 ft / 2170 m elevation)

Local Lodge – meals B, L, D

The trail heads steeply downhill to the Kyumnu Khola, a tributary of the Modi Khola, where we will stop for lunch. In the afternoon, we climb to a ridgeline on the west bank of the Modi Khola, gaining a spectacular view of the Matterhorn – like spire of 23,000 ft Machhapuchhare. We continue along to Chomrong, the last permanent village below the Annapurna Sanctuary, set at the base of Hiunchuli (20,782 ft / 6300 m)

Trekking time about 5 hours.

Day 5: DOVAN (8580 ft / 2600 m elevation)

Basic Local Lodge Dormitory Style – meals B, L, D

Hiking through lush forest festooned with ferns and orchids, we reach Kuldi Ghar, a small settlement perched on the steep-sided valley. We descend quickly across a dense bamboo forest, often over a tangle of roots and fallen bamboo that can be slippery when wet. From Bamboo, we continue up for another hour or so until we reach Dovan.

Trekking time about 4 hours.

Day 6: DEURALI (10,597 ft / 3230 m elevation)

Basic Local Lodge Dormitory Style – meals B, L, D

Following the trail uphill then downhill through bamboo forest, we climb gradually but steadily until we emerge into the open spaces above treeline. After trekking across a grassy pasture at Tomo (8400 ft / 2545 m), we reach the narrowest point in the canyon, Panchenin Barha, the natural “gate” to the sanctuary, with its small trailside shrine. Before 1956, no one of low caste, no foreigners, and no “impure” foods such as pork, beef, chicken, garlic, and eggs were allowed beyond this shrine into the sacred confines of the Annapurna Sanctuary.

Trekking time about 5 hours.

Day 7: ANNAPURNA BASE CAMP (13,550 ft / 4100 m elevation)

Basic Local Lodge Dormitory Style – meals B, L, D

The gorge widens as we climb towards Hinko Cave and finally we feast our eyes upon the full glory of the Annapurna Sanctuary. Ahead of us lies the lateral moraine of South Annapurna Glacier, with the Modi Khola flowing to our right. We pass through the Machhapuchhare Base Camp (12,150 ft / 3680 m), site of a 1957 British Expedition to Machhapuchhare that climbed to within 200 ft of the summit. Because the peak is sacred to the Gurung people and considered the home of a Gurung goddess, Nepal’s government subsequently declared it off limits to climbers and it has remained unclimbed since. The trail then continues to Annapurna Base Camp and contours the broad, grassy and sometimes snow-covered valley. At base camp we are surrounded by a 360-degree panorama of incredible Himalayan peaks: Hiunchuli, Annapurna South, Fang, Annapurna II, Roc Noir, Glacier Dome, Gangapurna, Annapurna III, and Machhapuchhare

Trekking time about 5 hours.

Day 8: DOVAN (9580 ft / 2920 m elevation)

Basic Local Lodge Dormitory Style – meals B, L, D

After we enjoy our last views of the Annapurna Sanctuary, we head out the “gate” and begin our decent to the Modi Khola Valley.

Trekking time about 5 hours.

Day 9: CHOMRONG (7120 ft / 2170 m elevation)

Local Lodge – meals B, L, D

We have a number of steep ascents and descents today, retracing our steps to Chomrong, passing through spectacular bamboo forests.

Trekking time about 5 hours.

Day 10: Pokhara (2900 ft/ 884 m elevation)

Pokhara Hotel – B,L,D

We continue downhill, then detour off our former trail and head steeply down to the “Jhinu Danda” on the Modi Khola. From here, the route flattens out somewhat until reaching a small settlement of lodges, known as New Bridge. It’s about a 1.5 hours trek to New Bridge. Then we drive to Pokhara.

Trekking time about 1.5 hours and driving time 3 hours.

Day 11: Kathmandu (4265 ft / 1300 m elevation)

Hotel in Kathmandu – B, L, D

After breakfast, we leave our Pokhara hotel and fly back to Kathmandu. Upon arrival we will visit Kathmandu Durbar Square, famous Boudhanath: the largest Buddhist Stupa in Nepal. Lunch at sightseeing point. Then we will return to our hotel. Tonight we will enjoy a **farewell dinner** at a traditional restaurant.

Day 12: KATHMANDU (4265 ft / 1300 m elevation)

Kathmandu Hotel – B, L, D

OPTIONAL Full-day sightseeing around world heritage sites: Bhaktapur, Patan, and Pashupatinath. **Last shopping day.**

Day 13: Depart Nepal

Breakfast provided.

More optional sightseeing in Kathmandu. Transfer to the International airport for your final departure from Kathmandu.

Lunch and dinner on your own.

Flights are typically evening or night flights. We are available until everyone departs!

If you wish to extend your stay, we are happy to assist you with accommodations and tours. Our local guide has a wealth of information on culture, spirituality, and Buddhism. We highly recommend a short trip to the ***Pharping Monastery***.

A visit to Royal Chitwan National Park is highly recommended

The rich wildlife of Chitwan has been famous for centuries, and for the next two days you will view wildlife from canoes and jeeps through the towering grasslands in search of animals. Royal Bengal tiger, leopard, Greater One-Horned rhinoceros, gaur, four kinds of deer, two species of monkey, two types of crocodile, and 450 different species of birds all live in the park, adding color and music to the biological symphony in the jungle.

From the peace and tranquility of Kasara Resort, walks (escorted by trained naturalists) are an opportunity to enjoy the remote jungle. In addition, bird watching, jungle treks, wildlife viewing, and photography allow you to experience the wildlife on an intimate basis.

THE DETAILS

In Case of Emergency:

While you are in Nepal your mobile phones may work some of the time depending on service and your carrier. In the case of emergency, your family can contact the following numbers to get a message to you.

Anthea Health Main Office: (541) 482-2985 or Emergency Number: (541) 880-8062

Bodhi Adventures’ Kathmandu Office: +977 9841484556 or +977 9741250499

Inclusions:

- Co-guides and in-country support of Barbara Wings Conflitti and Man Raj Gurung, local porters and local tour company
- 12 nights travel accommodations as noted on daily itinerary
- Health and Wellness Discovery, Meditation guidance program.
- All meals as noted on daily itinerary
- Full baggage support/transfer
- All transfers as noted on daily itinerary including individual guest transfers from Kathmandu airport to hotel upon (arrival, and Kathmandu hotel to airport at trip's departure
- Round trip tickets to/from Pokhara, entrance to the Himalayas
- Annapurna Sanctuary entrance fees and hiking permits

Exclusions:

- Nepal Visa
- *Meals in Kathmandu Day 1 and Day 13) and Activities not listed on the itinerary above*
- Soda and Alcoholic beverages, Items and services of a personal nature (phone calls, laundry, souvenirs, massage, spa, etc.)
- Tips for porters and local guide

A FEW NOTES

- Nepal **Visa** may be individually purchased at the arrival airport in Kathmandu – you will need **3 Passport Photos**
- Local **lodges** (tea houses) are basic in nature; most do not have attached bathroom. We will share all sleeping accommodation and common bathroom. We will need to be flexible!
- **Itinerary** is subject to change at any point based on lodges, weather, and added local interests.
- **Weather** in the region during all months of the year is extremely variable and you should pack for a variety of conditions. Our trek passes multiple bio-zones ranging from high altitude alpine conditions to jungle. Anything is possible, even dry sunny days or wet cold days!

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