

# Annapurna Base Camp Trekking

## Detail Itinerary

**Day 01:** Arrive Kathmandu. Meet assist and transfer to hotel. Overnight at hotel.

**Day 02:** AM – Half day sightseeing tour of Pashupatinath and Boudhanath  
PM – Half day sightseeing tour Kathmandu city and Soyambhunath.

**Day 03:** Kathmandu – Pokhara

Have early breakfast and drive to Pokhara (200km). have lunch on the way and arrive Pokhara in the late afternoon. Rest of the day you are at leisure for exploring the area or boating on Lake Fewa or getting prepared for Annapurna Base Camp trekking. Overnight at hotel.

**Day 04:** Pokhara - Tirkhe Dhunga (1491m.)

Drive for about one and half hours to Nayapul (42km) via large village of Lumle and walk about 20 minutes to Birethanti, a large and prosperous town. The trail follows the main street of Birethanti, going through bamboo forests and past a large waterfall. After lunch climb steadily up the side of the valley , reaching Hile at 1495m and trek further to Tirekhedhunga. Overnight guesthouse/lodge.

**Day 05:** Tirkhe Dhunga - Ghorepani (2855m)

From Tirkhedhunga the trail crosses a stream on a suspension bridge and ascends a steep stone staircase to the large Magar village Ulleri at 2070m. The trail crosses two sparkling clear two streams before making a short, final climb to Nangethanti. In the winter the trail can be covered with snow. From Nangethanti about one hours trek, climb to Ghorepani at 2850m. Overnight guesthouse/lodge.

**Day 06:** Ghorepani - Poon hill - Tadapani

Early morning climb to Poon Hill (3195m) to get unobstructed magnificent views and sunrise over the high Himalayas. Return for breakfast at Ghorepani and climb south on muddy path through the deep forests. It finally emerges on a grassy knoll which offers very good mountain views, including views of Machhapuchhare and a panorama all the way south to the plains of India. View from here is similar to that from Poon Hill. Climbing along the ridge in pine and rhododendron forests descend to at a second pass also called Deurali, at 2960 mt.

The trails a ridge hides the mountains as makes a steep, sometimes treacherous, descent on a narrow path alongside the stream, as the descent continues. The stream has some clear pools alongside the trail and finally becomes a series waterfalls over a jumble of boulders. The steep descent becomes more gentle way to reaches Banthanti.

From Banthanti, the trail follow the stream down to a bridge where the trails start climbing, leaving the high mountain forests and entering a field of cane, making some ups and downs past to a vantage point Tadapani (2540 mt) that offers a brief view of the mountains. Overnight guesthouse/lodge.

**Day 07:** Tadapani - Chhomrung

From Tadapani, trek to Chhomrung. It takes about 4 hours. Chhomrung is a Gurung Village has evolved into two separate parts. There is a tremendous view of Annapurna South, which seems to tower above the village, and there are good views of Machhapuchhare (Fish Tail) across the valley. Overnight guesthouse/lodge.

**Day 08: Chhomrung - Dovan**

From Chhomrung the trail descends on a stone staircase and cross the Chhomrung khola. Climbing high above the Modi Khola on its west banks, the trails passes through forest of bamboo, rhododendron and oak. Climbing further on a rocky trail you reach at Sinuwa, 2250 mt. The trails continues rhododendrons forest, climb Kuldi. From Kuldi, the trails descends a long steep stone staircase into deep bamboo and rhododendron forests, then short distance on a muddy trail to Bamboo. From Bamboo the trail climbs steeply through stands of bamboo, occasionally dropping slightly to cross the tributary streams, its take approximately one and half hours to trek to Dovan. Overnight guesthouse/lodge.

**Day 09: Dovan - Annapurna Base Camp**

From Dovan the trail is muddy and high above the river, but is no problem, for those who suffer vertigo, because thick stands of bamboo block the view of the rushing river and waterfall. The trail then crosses a landslide and another avalanche track, to the Himalaya Hotel at 2680 mt. Walking up the bed of the glacier is safe and quite easy and the British Expedition Base Camp is reached after about another two hours. Annapurna Base Camp is at 4 237 mt. Overnight guesthouse/lodge.

**Day 10: Annapurna Base Camp -Bamboo**

Climb to view point spot where you can see sunrise over the mountains. You will also visit near Annapurna Base Camp. The track remains on the west bank of the Modi, now flowing through a more open valley and eventually emerges into the Sanctuary. Straight ahead is the high lateral moraine. Return to lodge for breakfast and trek to Bamboo same way. Overnight guesthouse/lodge.

**Day 11: Bamboo- Chhomrung**

From Bamboo, the trail short distance is muddy, then descends a long steep stone staircase in to uphill through the Bamboo, the bamboo and rhododendrons forest to Kuldi, 2300 mt. The trail continues in rhododendrons forests down to Sinuwa, 2250 mt. From Sinuwa the trail is down hill till Modi Khola then climb for about one hours to Chhomrung. Overnight guesthouse/lodge.

**Day 12: Chomrung - Landrung**

From Chhomrung the trail follows down hill to Hot Spring through the village and terraced fields. The trail is very easy after Hot Spring till Nayapool. Crossing the New Bridge, climb to Landrung. Overnight guesthouse/lodge.

**Day 13: Landrung- Dhampus**

From Landrung, it is an easy walk past fields, a school and some unusual oval-shaped houses. Descend to Tolka a small settlement at 1710 mt, with several lodges along the trails. The trail emerges into the main Modi Khola Valley. The trail climb through forests alive with birds, fern and orchids in to a huge side canyon of the Modi Khola. After crossing a stream on a suspension bridge at 1690 mt, the trail climbs to Bichok.

Climb through forests to Deurali. From here all the way is downhill to Dhampus at 1580 mt. It takes approx. two and half hours. Trek through Pothana to Dhampus and enjoy great views of the mountains that continue to improve as you ascend along the ridge. Overnight guesthouse/lodge.

**Day 14: Dhampus- Pokhara**

From Dhampus, all the way downhill through the village to Phedi. Starting at an elevation of 1580 mt, in a village and then forests that is so overgrazed that is look like a manicured municipal park, the trail down steeply to the ridge at Phedi at 1080mtres. The trek takes approx. two hours. Drive to Pokhara. Overnight Hotel.

**Day 15: Pokhara**

Half day sightseeing tour in Pokhara covering Devi's Fall, Seti Gorge, Bendebasini temple and local market.

**Day 16:** Drive back to Kathmandu. Evening Nepalese cultural program followed by farewell dinner. Overnight at hotel.

**Day 17:** Transfer to airport for departure flight.