Global Treks & Expedition P. Ltd.
Chakshibari Marg 591, Thamel
Kathmandu, Nepal

Annapurna Base Camp Trek Brief Itinerary

Day 01 : Kathmandu to Pokhara through tourist bus.

After breakfast in Kathmandu, You are ready to travel by tourist coach from Kathmandu to Pokhara, on the way you will visit Mankamana Temple through Cable Car In the evening, you can enjoy a peaceful walk or relax at Fewa Lake by yourself. Overnight at Pokhara hotel.

Day 02 : Drive from Pokhara to Samrung Danda & trek to Upper Sinuwa (2320 m)

In the morning after breakfast, you will drive for 3 hours from Pokhara to reach Samrung Danda. You will have lunch and your trek will officially begin from **Samrung Danda**. You will walk uphill through forest, a quiet place surrounded by trees and fresh mountain air to reach upper Sinuwa. Overnight at **upper Sinuwa**.

Day 03 : Trek from Upper Sinuwa to Deurali (3700 m)

After breakfast, We will head towards bamboo and Dovan. we will walk through the forest to Kuldihar and a convenient walk down the hill to Bamboo. 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. Overnight at Deurali.

Day 04 : Trek from Deurali to Annapurna Base Camp (4130 m) via MBC (3900 m)

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. 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 05 : Trek from Annapurna Base Camp to Bamboo (2100 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 06 : Trek from Bamboo to Jhinu Danda and visit to natural hot spring (1700 m)

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 07 : Trek to Samrung Danda – 30m and drive back to Pokhara (810 m)

You will leave Jhinu Danda and start your short hike to Samrung Danda, which takes around 20 minutes. you'll walk along simple village paths, surrounded by terraced hills and small farmlands, with birds chirping and the sound of the river flowing below. Once you reach Samrung Danda, a vehicle will be waiting to drive you back to Pokhara. The drive takes around 3 hours. Overnight at Pokhara.

Day 08 : Back to Kathmandu by Tourist Couch

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 (Tourist couch) and spend the night at Kathmandu.

Day 09 : Back to your Final Destination to departure

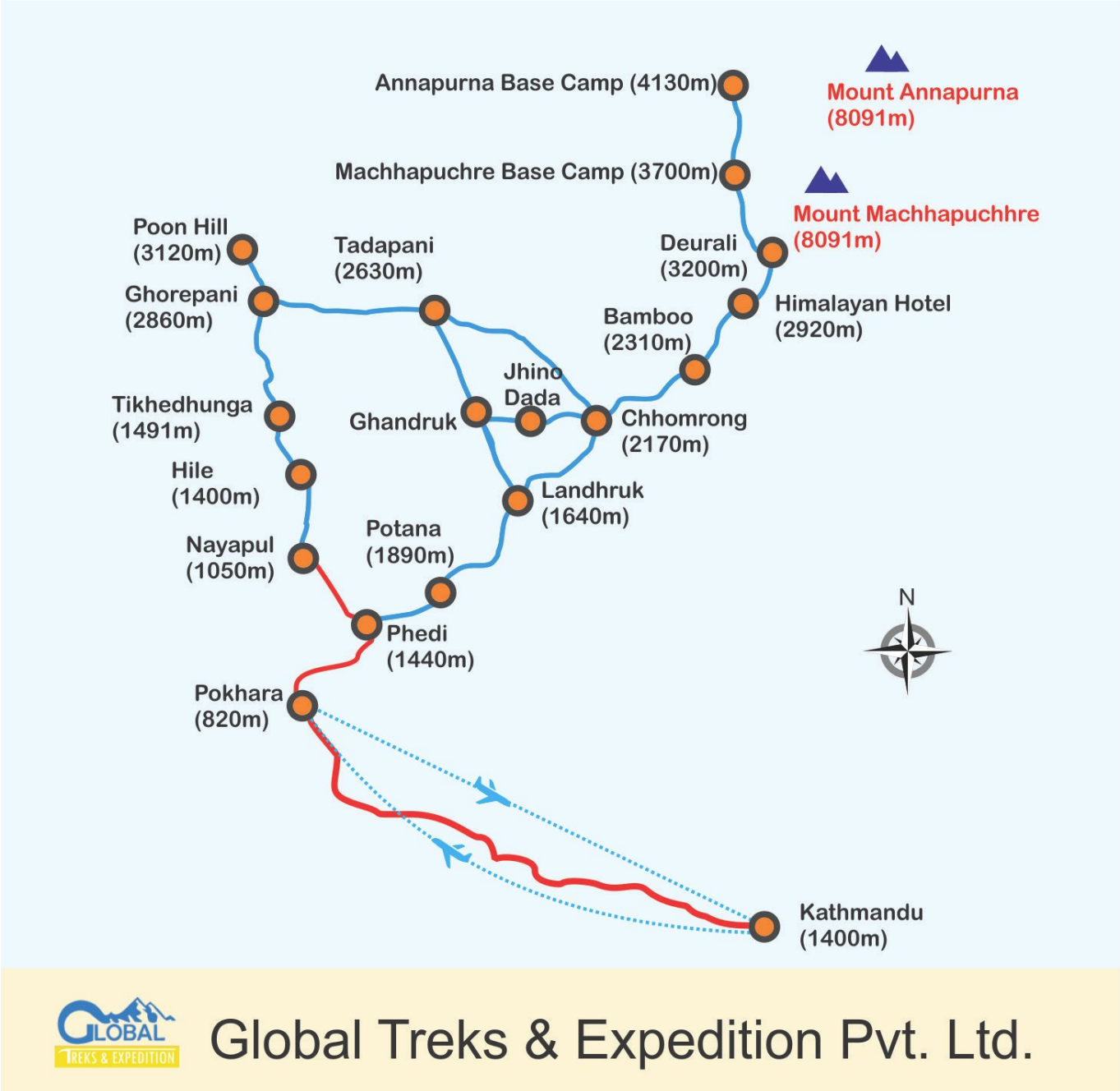
Today trip comes to the final part, our staff will drop you at the airport before the scheduled time of the flight. You will accompany the abundance of memories and an increase in your personal happiness index.

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 **(7 B-Breakfasts, 7 L-Lunches, 7 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