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

Annapurna Base Camp Treks Brief Itinerary

Day 01 : Arrival at the Tribhuvan International Airport in Kathmandu (1,350 M).

On the first day of your historic trek, you will be greeted and welcomed by our representative at the airport. Our representative will guide you through the hotel, where you can tap your refresh button. Kathmandu provides cultural highlights and a very inspiring perspective of the local living. We will do some window shopping in the heart of tourism, Thamel, during the evening. You can grab some of the best local foods and recipes in a variety of restaurants across Thamel.

Day 02 : Kathmandu Valley Sightseeing & Pre-trip meeting.

Our day opens with a nice warm breakfast; today we will explore the local and international heritages that lie in Kathmandu. Grabbing a warm cup of tea and visiting the country yard of Durbar Square will refresh your morning in Kathmandu. In addition to that, we will continue to explore the classics of Kathmandu throughout the day. The legends of cultures like Swoyambhunath, Pashupatinath, Boudhanath, and Patan Durbar Square will highlight our day. Further, in the evening our tour guide will explain everything about the trek, route, and clothing.

Day 03 : Drive to Pokhara (825 M) by tourist bus – 7-8 hrs.

Today, our representative will pick you up from the hotel early in the morning for the drive to Pokhara. If you choose to go in a private vehicle, you can go directly from your hotel. Through the Trisuli river valley, our drive will march on. We explore the hilly regions of different districts. It takes 7-8 hours to reach the beautiful city of Pokhara.

Day 04 : Drive to Nayapul (1,010 M) – 1.30 hr. Trek to Tikhedhunga (1,570 M) – 3.30 hrs.

This morning, we headed towards Nayapul. This drive will take approximately 1.5 hours. After a short walk to Birethanti, it is a small market with tea houses and shops. From here we march on towards the Tikhedhunga, our alley goes along with the Bhurungdi Khola. Our trail also goes for the steep climb towards Hille, after a short walk we reach our destination. This trek is relatively short and easy, it gives a short glimpse of the Annapurna region. Overnight at the guesthouse.

Day 05 : Trek to Ghorepani (2,874 M) – 5-6 hrs.

After a warm breakfast, we commence our trek towards Ghorepani. Our first stop, Ulleri, only come after the steep climb. Magar culture is the highlight of this village. From here, we pass through the cultivated fields and rhododendron forest. We will arrive at Ghorepani which is located at 2870 meters. Our day concludes here at this glorious village of Ghorepani.

Day 06 : Hike up to Poon Hill (3,210 M), and trek to Tadapani (2,610 M)

This day, our day will get the best possible start as we will reach Poonhil to experience a ravishing sunrise view. This vantage point is one of the iconic places for panoramic views Himalayas. After clicking

the cherishing moment in Poonhill, we head towards Tadapani. Our trail will continue to pass through rhododendron and ridges. We will stay at the nearest hotel in Tadapani.

Day 07 : Trek to Sunuwa (2,340 M) – 5-6 hrs.

Our morning starts with the luscious breakfast, our trail starts with a steep descent through rhododendron forests. We go through the Gurjung Gau, a core village of the Gurung people. After passing Chommrong village, we climb towards Sunuwa where we will sojourn the day.

Day 08 : Trek to Deurali (3,210 M) – 6 hrs.

This morning, we will have to relish breakfast and head towards the Deurali. After a silent jungle walk, we will be partnered with the holy River Gange. River Ganga is inspired by the name of the goddess Lakshmi. Deurali offers glorious panoramic views of the higher Himalayan range. We will conclude our day in Deurali.

Day 09 : Trek to Annapurna Base Camp (4,130 M) – 7-8 hrs.

We start our day with a warm breakfast and leave for Annapurna base camp. Our trail passes through the Machhapuchhre base camp at over 3700 meters, this magnificent place is highly cherishable. We continue to march towards our ultimate destination from now on, along with the ascending altitude your legs and lungs might get slightly uncomfortable thus you must keep track of this. As we reach the snowy peaks of Annapurna Range, we witness some of the spell-bounding views of mountains, this region is also known as the Annapurna Sanctuary. Our end goal is finally here, Annapurna Base Camp provides absolute scenery of the mountain, this elevates 4130 meters from sea level. We can capture our moments with Annapurna, it feels like we are at a catchable distance. Furthermore, we can catch a 360-degree view of Himalayan giants like Annapurna I (8091m), Annapurna South (7219m), Machhapuchhre (6997m), and other pinnacles of mountains. We will conclude our day here.

Day 10 : Trek back to Bamboo (2,345 M) – 6-7 hrs.

Our day starts with a cozy breakfast, and we bid farewell to Annapurna Sanctuary as we begin to go down. While descending we will recall our moment in the Annapurna region. After 6-7 hours of descending, we will reach our destination. Overnight at the hotel.

Day 11 : Trek to Jhinu Hot Spring (1,780 M) – 5-6 hrs.

Today we continue to come down the same trail until Chomrong, from here we steeply descend towards Jhinu Hot Spring. Here, you can wash away all your tiredness with a hot bath. Our day concludes at a local hotel in Jhinu Danda.

Day 12 : Trek to Siwai (1,310 M) – 4-5 hrs. Drive to Pokhara – 2 and half an hrs. Same-day guided tour of Barahi Temple and boating in Phewa Lake.

This morning after a warm breakfast we will walk right to the Modi Khola, approximately after 3 hours of the walk, we reach our first destination of the day Siwai. From here we will drive back to Pokhara. Now, we will explore the legends of Pokhara, like Fewa lake and Barahi temple, where we will go by boat. In the evening, we will go lakeside window shopping. Overnight at the hotel.

Day 13 : Drive back to Kathmandu (1,350 M) and farewell dinner.

After breakfast, we head towards our end in Kathmandu. We will return with countless memories of the Annapurna base camp. In the evening, we will organize a farewell party with cultural performances. Overnight at a hotel.

Day 14 : Transfer to international airport for your final departure

This trip wraps up today. Our representative will drop you at the airport, we will bid farewell to Nepal. We will carry the lifetime memories with you.

Cost include

- Airport Pick up/ Drop
- Private tourist vehicle
- Hotel accommodation in Kathmandu for a couple of nights (including bed and breakfast)
- All the standard meals mentioned in the itinerary (B- Breakfast, L- Lunch, and D- Dinner)
- Experience English speaking guide from Global Treks and Expedition
- Permits and logistics
- Food, accommodation, insurance, salary and first aid kit for all staffs
- Lodges and Guesthouses costs throughout the trek
- Government taxes and service charges
- All official expenses

Cost Exclude

- Lunch/Dinner cost in Pokhara and Kathmandu
- Travel insurance covering emergency Rescue and Evacuation
- Alcoholic drinks and other hot & cold drinks
- Tips for staff and drivers (Tips are expected)

Trip Map



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