



## Annapurna Base Camp Trek Itinerary

### Day 1: Arrival in Kathmandu and transfer to hotel

You will arrive in **Kathmandu**, the **capital city** of **Nepal**. Upon arrival at the **airport**, you will be greeted by a **representative** from our office, He or She will transfer you to your hotel in **Thamel**, Kathmandu.

The journey from the **airport** to your **hotel** will likely take around **30-45 minutes**, depending on the **traffic** and your **location** within the city. During the drive, you will get a chance to see the **bustling streets** of Kathmandu and get a feel for the **local culture** and way of life.

Upon reaching your hotel, you will **check in** and **freshen up** after your **long journey**. You will then have the **rest of the day** to **relax**, **explore the city**, or participate in any **optional activities** that may have been arranged as part of your **itinerary**.

It's a good idea to **stay hydrated** and get plenty of **rest** on your first day, as you will likely be feeling **jetlagged** from your **long flight**. You can also spend some time getting **oriented with the city** and **familiarizing yourself** with the **local area**. You may want to consider taking a **short walk** around the **neighborhood** or visiting a nearby **market** or **temple** to get a sense of the **local culture**.

### Day 2: Kathmandu City Tour – Full Day

On the second day of your itinerary, you will participate in a **city tour of Kathmandu**, during which you will visit some of the city's most popular **landmarks** and **cultural sites**.

Here is an overview of the places you will visit:

**Swayambhunath Stupa**: Also known as the "**Monkey Temple**," this ancient **Buddhist temple** is located on a hill overlooking the city and is a popular place for **tourists** to visit. The temple is considered a **UNESCO**

**World Heritage Site** and is known for its stunning views of the surrounding valley and its resident **monkeys**.

**Patan Durbar Square:** Located in the city of Patan, this historic square is home to a number of temples and palaces, including the **Golden Temple** and the **Patan Museum**. The square is a popular destination for tourists and is known for its beautiful **architecture** and **cultural significance**.

**Pashupatinath Temple:** Located on the banks of the Bagmati River, this **Hindu temple** is one of the most important places of worship in Nepal. It is dedicated to the god Shiva and is a popular place for Hindus to visit for **rituals** and **ceremonies**.

**Boudhanath Stupa:** This large **Buddhist stupa** is located in the Boudhanath area of Kathmandu and is considered one of the most important **Tibetan Buddhist sites** in Nepal. It is a popular place for tourists to visit and is known for its beautiful architecture and **peaceful atmosphere**.

During your city tour, you will have the opportunity to **learn about the history and cultural significance** of each of these sites and to observe local **religious practices** and **traditions**. You will also have the chance to take in the stunning views and **photograph** these iconic landmarks.

### **Day 3: Drive from Kathmandu to Pokhara by Tourist Bus and Flight is Optional -6/7 hours**

On the third day of your itinerary, you will drive from **Kathmandu** to **Pokhara**, a popular **tourist destination** located in the **western region** of Nepal. The drive from Kathmandu to Pokhara is approximately **200 kilometers (124 miles)** and will take around **6-7 hours**, depending on the **road conditions** and **traffic**.

The journey from Kathmandu to Pokhara is quite **scenic**, as you will pass through **picturesque countryside** and **small villages** along the way. You will have the opportunity to stop at various **points of interest** and take in the views of the surrounding **mountains** and **valleys**.

Upon arrival in Pokhara, you will **check in to your hotel** and have the **rest of the day** to **relax** and **explore** the city. Pokhara is known for its beautiful **lakes** and stunning views of the **Annapurna mountain range**, so you may want to take a walk around the city or visit **Phewa Lake**.

## **Day 4: Drive from Pokhara to Nayapul (1.5 hours) and start the trek to Uller (2070m) - 6/7 hours**

On the fourth day of your itinerary, you will drive from **Pokhara** to **Nayapul**, a small town located about **1.5 hours** from Pokhara. Nayapul is the starting point for the **Annapurna Base Camp Trek**, a popular **trekking route** that takes you around the **Annapurna mountain range** in the Himalayas.

Upon arrival in Nayapul, you will begin your trek to **Uller**, a small village located at an elevation of **2070 meters (6800 feet)**. The trek to Uller is a **moderate hike** that will take you through **beautiful forests**, **terraced fields**, and small villages. You will have the opportunity to see **stunning views** of the surrounding mountains and interact with the **local communities** along the way.

During the trek, you will be accompanied by a **guide** and a **porter**, who will help you navigate the route and carry your gear. It is important to **listen to your guide's instructions** and to take it slowly, as the trek can be **physically challenging** at times. You should also be prepared for changes in **weather** and to **dress appropriately** for the conditions.

Upon arriving in Uller, you will **check in to your guesthouse or homestay** and have the **rest of the day** to **rest and acclimatize** to the altitude. It is a good idea to **drink plenty of fluids** and get plenty of rest on your first day of the trek, as you will need to be well-rested for the days ahead. You can also spend some time **exploring the village** and **getting to know the local community**.

## **Day 5: Trek from Ulleri to Ghorepani (2860m) – 6/7 hours**

**Day 5** of the trek begins with an **early breakfast** at **Ulleri**, a small village located at an **altitude of 2070 meters**. From Ulleri, the trek route **ascends gradually** through the **forests of rhododendron and oak trees**, offering **breathtaking views** of the **Annapurna South (7219m)** and **Hiunchuli (6441m)** peaks.

After about **5 hours of trekking**, you will reach **Ghorepani**, a beautiful village located at an **altitude of 2860 meters**. Ghorepani is known for its **panoramic views** of the **Annapurna range**, which can be enjoyed from the **viewing tower** at the village.

After arriving at Ghorepani, the group will **check in to the guesthouse** and have **lunch**. The **rest of the day** is free for rest and relaxation, or for **exploring the surrounding area**. In the evening, the group will have **dinner** at the guesthouse and **retire for the night**.

## **Day 6: Hike to Poon Hill (3193m) for sunrise and then trek to Tadapani (2630m) – 6/7 hours**

Today, the trek begins with an **early wake-up call** and a hike to **Poon Hill**, a popular **viewpoint** located at an **altitude of 3210 meters**. The hike to Poon Hill takes about **1 hour** and offers **stunning views** of the **Annapurna range** and the surrounding landscapes. You will reach Poon Hill in time to witness the **sunrise** and capture some **amazing photographs**. You will have breathtaking views of **Annapurna South (7219m)**, **Hiunchuli (6441m)**, **Fishtail (6997m)**, **Annapurna I (8091m)** - this Mountain is known as Barasikha, **Nilgiri (7061m)**, **Annapurna III (7555m)**, and many others peaks.

After spending some time at Poon Hill, you will return to **Ghorepani** for **breakfast** and then start their trek to **Tadapani**, a small village located at an **altitude of 2630 meters**. The trek route from Ghorepani to Tadapani passes through **forests of rhododendron and oak trees** and offers breathtaking views of the **Annapurna range**.

After about **5 hours of trekking**, you will reach Tadapani, where they will **check in to their guesthouse** and have **lunch**. The **rest of the day** is free for **rest and relaxation**, or for **exploring the surrounding area**. In the evening, you will have **dinner** at the guesthouse and **retire for the night**.

## **Day 7: Trek from Tadapani to Chomrong (2170m) – 6/7 hours**

Today, the trek begins with an early breakfast at **Tadapani**, a small village located at an altitude of **2630 meters**. From Tadapani, the trek route descends through the forests of **rhododendron** and **oak trees**, offering breathtaking views of the **Annapurna South (7219m)**, **Fishtail (6997m)**, and **Hiunchuli (6441m)** peaks.

After about **5 hours** of trekking, you will reach **Chomrong**, a beautiful village located at an altitude of **2170 meters**. Chomrong is known for its panoramic views of the **Annapurna range** and the surrounding landscapes.

After arriving at Chomrong, you will check into the **guesthouse**. The rest of the day is free for rest and relaxation, or for exploring the surrounding area. In the evening, you will have **dinner** at the guesthouse and retire for the night.

## **Day 8: Trek from Chomrong to Dovan (2510m) – 6/7 hours**

Day 8 of the trek begins with an early breakfast at **Dovan**, a small village located at an altitude of **2510 meters**. From Dovan, the trek route goes through the forests of **rhododendron** and **oak trees**, offering breathtaking views of the **Annapurna South (7219m)** and **Hiunchuli (6441m)** peaks. After about **5 hours** of trekking, you will reach **Machhapuchhre Base Camp**, a popular destination located at an altitude of **3700**

**meters.**

**Machhapuchhre Base Camp** is known for its panoramic views of the **Annapurna range** and the surrounding landscapes. After arriving at Machhapuchhre Base Camp, you will check in to the **guesthouse**. The rest of the day is free for rest and relaxation, or for exploring the surrounding area. In the evening, the group will have **dinner** at the guesthouse and retire for the night.

### **Day 9: Trek from Dovan to Deurali (3230m) – 6/7 hours**

On day 9 of the **Annapurna Base Camp trek**, you will start your journey from **Dovan**, a small village located at an altitude of **2630 meters**. After having a hearty breakfast, we will begin our trek towards **Deurali**, a small settlement located at an altitude of **3230 meters**.

The trek from Dovan to Deurali is a **moderate to challenging trail** that takes around **6-7 hours** to complete. The trail initially passes through dense forests of **rhododendron** and **oak trees**, offering stunning views of the **Annapurna mountain range**. As we ascend higher, the vegetation becomes sparse and the landscape becomes **rocky** and **barren**.

We will take several breaks along the way to catch our breath and enjoy the **breathtaking views** of the **snow-capped peaks** and the surrounding landscapes. As we reach Deurali, we will check into our **guesthouse** and rest for the night. **Dinner** will be served in the guesthouse, and we will retire for the night, preparing for the next leg of our journey.

### **Day 10: Trek from Deurali to Annapurna Base Camp (4130m) -6/7 hours**

On day 10 of the **Annapurna Base Camp trek**, you will start your journey from **Deurali**, a small settlement located at an altitude of **3230 meters**. After having a hearty breakfast, you will begin your trek towards the **Annapurna Base Camp**, a popular destination located at an altitude of **4130 meters**.

The trek from Deurali to Annapurna Base Camp is a **challenging trail** that takes around **5-6 hours** to complete. The trail initially passes through **Hinku Cave**, dense forests of **rhododendron** and **oak trees**, offering stunning views of the **Annapurna mountain range**. As we ascend higher, the vegetation becomes sparse and the landscape becomes **rocky** and **barren**.

You will take several breaks along the way to catch your breath and enjoy the **breathtaking views** of the **snow-capped peaks** and the surrounding landscapes. As we reach the Annapurna Base Camp, you will be greeted by the majestic views of the **Annapurna mountain range**. You will spend the night in a **guesthouse**, enjoying a warm dinner and preparing for the next leg of your journey.

## **Day 11: Trek from Annapurna Base Camp to Bamboo (2310m) -5/6 hours**

On day 11 of the **Annapurna Base Camp trek**, you will start your journey from the **Annapurna Base Camp**, a popular destination located at an altitude of **4130 meters**. After having a hearty breakfast, you will begin your descent towards **Bamboo**, a small village located at an altitude of **2310 meters**.

The trek from Annapurna Base Camp to Bamboo is a **moderate to challenging trail** that takes around **7-8 hours** to complete. The trail initially passes through the **rocky** and **barren landscape**, offering stunning views of the **Annapurna mountain range**. As we descend lower, the vegetation becomes denser and the landscape becomes more verdant.

We will take several breaks along the way to catch our breath and enjoy the **breathtaking views** of the **snow-capped peaks** and the surrounding landscapes. As we reach Bamboo, we will check into our **guesthouse** and rest for the night. **Dinner** will be served in the guesthouse, and we will retire for the night, preparing for the next leg of our journey.

## **Day 12: Trek from Bamboo to Jhinu Danda (1780m) and visit the hot springs – 5/6 hours**

On **12 days** of the trek, you will start your journey from **Bamboo**, a small village located at an altitude of **2310 meters**. After having a hearty breakfast, you will begin your descent towards **Jhinu Danda**, a small settlement located at an altitude of **1780 meters**.

The trek from Bamboo to Jhinu Danda is a **moderate trail** that takes around **5-6 hours** to complete. The trail initially passes through dense forests of **rhododendron** and **oak trees**, offering stunning views of the **Annapurna mountain range**. As we descend lower, the vegetation becomes denser, and the landscape becomes more verdant.

We will take several breaks along the way to catch our breath and to enjoy the **breathtaking views** of the **snow-capped peaks** and the surrounding landscapes. As we reach Jhinu Danda, you will visit the **hot springs**, a popular tourist attraction in the area. The hot springs are believed to have therapeutic properties and are a great way to relax and rejuvenate after a long day of trekking.

After enjoying the hot springs, we will check into our **guesthouse** and rest for the night. **Dinner** will be served in the guesthouse, and you will retire for the night, preparing for the next leg of our journey

## **Day 13: Trek from Jhinu Danda to Nayapul and drive back to Pokhara – 5/6 hours**

On day 13 of the **Annapurna Base Camp trek**, you will start your journey from **Jhinu Danda**, a small settlement located at an altitude of **1780 meters**. After having a hearty breakfast, you will begin your descent towards **Nayapul**, a small town located at an altitude of **1080 meters**.

The trek from Jhinu Danda to Nayapul is a **moderate trail** that takes around **5-6 hours** to complete. The trail initially passes through dense forests of **oak trees**, offering stunning views of the **Annapurna mountain range**.

As we descend lower, the vegetation becomes denser, and the landscape becomes more verdant.

You will take several breaks along the way to catch your breath and to enjoy the **breathtaking views** of the **snow-capped peaks** and the surrounding landscapes. As we reach Nayapul, we will meet our transportation and **drive back to Pokhara**, a popular tourist destination in Nepal.

Upon arrival in Pokhara, you will check into our hotel and rest for the night. **Dinner** will be served in the hotel, and we will retire for the night, preparing for the next leg of our journey.

## **Day 14: Drive from Pokhara to Kathmandu – 6 hours approx.**

On day 14 of the **Annapurna Base Camp trek**, you will start your journey from **Pokhara**, a popular tourist destination in Nepal. After having a hearty breakfast, you will meet our transportation and **drive back to Kathmandu**, the capital city of Nepal.

The drive from Pokhara to Kathmandu takes around **7-8 hours by tourist bus** and around **25 minutes by flight** (if you opt for the flight). The road journey is a scenic one, passing through picturesque towns and villages, and offering stunning views of the **Himalayan mountain range**.

Upon arrival in Kathmandu, you will check into our hotel and rest for the night.

## **Day 15: Departure from Kathmandu**

On day 15 of the **Annapurna Base Camp trek**, you will bid farewell to Nepal and start your journey back home. After having a hearty breakfast, you will check out of your hotel and make your way to the airport.

You will board your flight back home, taking with us unforgettable memories and experiences of the **Annapurna Base Camp trek**. We hope to see you again and get an opportunity to operate your tours.

URL: <https://www.adventureclub.com.np>