Itinerary

14 Day Annapurna Base Camp Trek

***IMPORTANT NOTE: Any extra nights, optional tours or other amendments, will not be visible on this itinerary.**

DAY 1: Arrive Kathmandu

You will be greeted by our airport representative/driver on your arrival at Kathmandu Airport. Transfer to your hotel. Your evening is free and after you've refreshed, you can go for a stroll down the street to get familiar with the surroundings.

MEALS:

Nil

OVERNIGHT:
Samsara Resort

DAY 2: Kathmandu Day Tour

After breakfast at the hotel, you will off on a sightseeing tour of Kathmandu escorted by a professional tour guide.

This tour includes a visit to Kathmandu Durbar Square, the Monkey Temple, the Pashupatinath Temple and the Bauddhanath Stupa. All 4 of these places are UNESCO world cultural heritage sites and very worthy of a visit.

The Kathmandu Durbar Squire is an ancient royal place of Nepal, the Swayambhunath (monkey temple) is a Buddhist Supta and monastery and example of Kathmandu Buddhism. The Bouddhanath Stupa is the biggest stupa in Asia and the Pasupatinath temple is a great Hindu temple.

Our guide will drop you back to hotel and you will have time to shop for trekking gear if you need.

MEALS: Breakfast

OVERNIGHT: Samsara Resort

DAY 3: Kathmandu to Pokhara

An early morning breakfast at the hotel before driving to Pokhara (approx 6-7 hours). The drive travels the scenic Trisuli and Marsyangdi River valleys to reach Pokhara and you will see Ganesh Himal and the Manaslu peak as well during the drive.

Arrive Pokhara and checkin to your hotel.

Pokhara is a tourist's paradise full of natural as well as cultural heritage sites such as lakes, caves, & temples of Buddhist and Hindus along with her lovely mountains.

MEALS: Breakfast

OVERNIGHT: Hotel Splendid

DAY 4: Pokhara to Nayapul and Trek to Tikhedunga

After having breakfast at the hotel, you drive to Nayapul (1.5 hours).

From here start the first part of the trek to Tikhedunga (1577m) Via Birethanti (1065m) - this part of the trek is an easy hike passing through several small, lively villages and settlements.

MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: Guest House

DAY 5: Trek to Ghorepani

After breakfast at the guest house, you start the trek and ascend steeply for the first 2 hours then ascend gently passing through Ulleri (2070m) and Banthanti. This path gives you breathtaking views of Machhapuchhare or Fish Tail (6997m), Hiunchuli (6441m), and the grand Annapurna (7219m) south on the way.

he trail now gets quite easy going as you pass through rhododendron and shadowy forests amidst the cackling of birds which gives good feelings till you ascend gently up to the final camp of Ghorepani.

MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: Guest House

DAY 6: Hike to Poonhill and trek to Tadapani

Today, trek to Poonhill (3232m) very early in the morning to enjoy the sunrise views over Mt. Dhaulagiri (8167m), Tukuche Peak (6920m), Nilgiri (6940m), Varaha Shikhar (7847m), Mt. Annapurna I (8091m), Annapurna South (7219m), Annapurna III (7855m), Machhapuchhare (6993m), Annapurna IV (7525m), Annapurna II (7937m), Lamjung Himal (6931m) and other numerous snow capped mountain peaks.

The Poonhill has always been a symbol of beauty for the Annapurna region, then hike down to Ghorepani to have a hot breakfast at our lodge and trek to Tadapani (2650m.). The trek goes through blooming rhododendron forest (if you travel in spring season).

MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: Guest House

DAY 7: Trek from Tadapani to Chhomrong

After having breakfast at the lodge we will descend gently all the way through rhododendron, oak and other kinds of dense forests. You can hear the chirping of different kinds of birds on the way to Kimrung Khola.

Then onto a steep ascend and walk at a flat level for about 45 minutes with gentle steep paths in-between and flat all the way to Chhomrong and the gateway to the Annapurna Base Camp.

MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: Guest House

DAY 8: Trek from Chhomrong to Himalaya

After having breakfast at the lodge, the trek starts for today and the trail descends on a stone stairway for the first one and a half hours and crosses the Chhomrong Khola on a suspension bridge.

The trail then passes through forests of bamboo, rhododendron and oak. You climb further on a rocky path to reach Sinuwa, at 2350m & then trek gently through the forest and descend a long, steep stone staircase into deep bamboo and rhododendron forests to reach Bamboo and walk on gently towards Dovan.

You then gently ascend through bamboo forests with varieties of rhododendron and oak trees to reach Himalaya.

MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: Guest House

DAY 9: Trek from Himalaya to Annapurna Base Camp

After having breakfast at lodge, the trek starts and the valley widens and becomes less steep. You can see the gate to the sanctuary from here. As the trail continues into the sanctum, it crosses two avalanche tracks on a narrow trail that hurdles up against the cliffs.

After a short trek you reach Bagar (3310m), a green meadow with some abandoned hotels. The normal trail follows the left side of the valley. Now the trail appears gently ascending until Machhapuchare Base Camp (3820m) - one place where you enjoy some of the best landscapes in the venture.

You enjoy the view of Mount Hiunchuli (6441m), Annapurna South (7229m), Annapurna I (8091m), Annapurna III (7555m), Gangapurna (7454m) and Machhapuchhare or Fish Tail (6997m). The path follows through alpine meadows and after some distance our trails go gently up.

After a short trek, you begin to approach Annapurna Base Camp at (4170m), CONGRATULATIONS! You have reached the Annapurna Base Camp!

MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: Guest House

DAY 10: Trek from Annapurna Base Camp to Dovan

After having breakfast at the lodge, you visit the Base camp and surrounding views - the views of the Himalayas from the base camp is amazing.

Then start the trek back to the Dovan, It takes about 6 hours. It's much easier to go down now!

MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: Guest House

DAY 11: Trek from Dovan to Jhinudanda

After having breakfast at the lodge, you start the trek and the path is a descent to Bamboo passing through forests with varieties of rhododendron, oaks and bamboo plants. After Bamboo, the trail goes steeply up an hour and the trail is quite flat until Sinuwa.

You trek gradually descending to the Chhumrong Khola and follows a stone staircase for almost an hour to reach Chhumrong. The last part of the trail is steep down to Jhinudanda and you could go to the Hot Springs to take a refreshing bath in the warm natural hot waters.

MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: Guest House

DAY 12: Trek from Jhinudanda to Nayapul and drive to Pokhara

Final day of trekking! Start today’s journey with a gradual descent that flattens out for a few hours before reaching Siwai and drive to Pokhara.

You have almost full day in Pokhara to explore yourself.

APPROXIMATE WALKING DISTANCE: 5km

MEALS: Breakfast, Lunch

OVERNIGHT: Hotel Splendid

DAY 13: Drive from Pokhara to Kathmandu

After having breakfast at the hotel, transfer to the bus station to drive to Kathmandu by tourist bus that takes about 6-7 hours.

The drive is a fantastic experience as you drive through many satellite towns on the way and are able to see rural settlements, gushing rivers, terraces and green rural landscapes.

MEALS: Breakfast

OVERNIGHT:
Samsara Resort

DAY 14: Departure from Kathmandu - End of Tour

You will be transferred to the international airport for your final departure home! Thank you for visiting Nepal with MyHoliday2!

MEALS:
Breakfast