



## **Annapurna Base Camp Trek - 14 Days**

The Annapurna Base Camp Trek also referred as Annapurna Sanctuary Trek has a stunning route that follows the Modi Khola (River) Valley up to the Annapurna South base camp. The base camp is located in a beautiful natural bowl formed by a ring of eight 7000+ Himalayan peaks. As the trek progresses, it passes through a huge variety of landscapes as the altitude increases until the glaciers of the Himalaya are reached at the sanctuary.

The Annapurna Region in central Nepal is the most geographically and culturally diverse region for trekking. The area boasts a variety of diverse cultures, tribes and castes including the Brahmins, the Chettris, the Newars, the Gurungs, the Magars, Manangis and the Tibetans. This area has sub-tropical lowlands, valleys, forests of bamboo, oak and rhododendron, alpine meadows, windswept desert plateaus and the towering Annapurna Mountains. This area has the world's deepest river gorge, Kali Gandaki, lying some 6900 metres (22,563 ft.) that lies below Annapurna I, world's eighth highest mountain) and the Fishtail mountain. The area is home to over 440 species of birds and animals like the marten deer, Langur (monkey) and the elusive snow leopard.

**Duration:** 14 Days

**Cost:** USD 1120

**Destination:** Nepal

### **Day 01: Arrival in Kathmandu (1400m).**

Upon arrival at International Airport in Kathmandu, you will be welcomed by our representatives and transferred to hotel. Today you are free and easy to spend time on your own. You may wish to do some shopping of trekking gears such as pants, trousers, t shirts, jacket, trekking boots, hats, caps, globes, water bottles etc which are found everywhere in Thamel at a reasonable price.

In the evening we will proceed for welcome dinner hosted by our company.

### **Dinner included**

### **Day 02: Drive to Pokhara (800m) – 7 hours drive.**

After breakfast, we will start our drive to Pokhara which is approx 6 to 7 hours from Kathmandu. Pokhara is a beautiful valley surrounded by Annapurna Range and Fishtail Mountain. Pokhara is also famous for lakes and its natural beauty. Pokhara is the starting place for many beautiful treks of Nepal. Upon arriving in Pokhara, check in to hotel and free time to rest or have a nice walk in the beautiful lake side area.

### **Breakfast included**

### **Day 03: Drive to Nayapul (1010m) and trek to Tikhe Dhunga (1570m) – 2 hours drive & 3 to 4 hours trek.**

After breakfast we will drive to Nayapul and then commence our trek to Birethanti, a large and prosperous town beside the Modi River. Head up the main trail to Sudami where we climb gradually up the side of the valley, reaching Hille (1495m) before pushing on to Tikhe Dhunga.

**Breakfast, Lunch & Dinner included**

**Day 04: Trek to Ghorepani (2850m) - 5 hours.**

Today will be a pleasant walking day. We will trek through rhododendron and oak forests and across streams before making a short, final climb to Nangethanti. From Nangethanti we head up to Ghorepani (2850m). Ghorepani is a popular area during this trek as there are many family friendly tea houses and it is also a place from where we start the famous Poon Hill view point trek.

**Breakfast, Lunch & Dinner included**

**Day 05: Visit Poon Hill (3210m) and trek to Tadapani (2550m) – 5 to 6 hours.**

An early start and an hour hiking to Poon Hill (3195m) leads us to a brilliant spectacle, this vantage point provides an unobstructed view of sunrise over the high Himalayas. Poon Hill is a very popular view point for Himalayan Sunrise along with amazing Mountain views. After spending about 45 minutes on the hillside, we come back to Ghorepani, have a hot breakfast, and start walking to Tadapani. From Ghorepani the trail climbs along ridges and through pine and rhododendron forests to Deurali (2960m). We descend to reach Banthanti, before winding our way to Tadapani (2550m)

**Breakfast, Lunch & Dinner included**

**Day 06: Trek to Sinuwa (2310m) – 6 to 7 hours.**

Dropping down from Tadapani, the route offers good views of the upper Modi valley. The path then starts the long ascent high above the west bank of the Modi Khola. We pass the village of Chhomrong which lies tucked at the very base of Himal Chuli. From Chhomrong the trail descends until Chhomrong Khola then trail begins a slow climb as we head up to our destination for the day.

**Breakfast, Lunch & Dinner included**

**Day 07: Trek to Deurali (3150m) – 5 to 6 hours.**

We will walk towards Kuldi Ghar about 2.5 to 3 hrs walking. There is a clearing in the forest a little further on, from there the route goes very steeply down a bank of rock and then levels out, running through thickets of bamboo at the bottom of the gorge, keeping always on the west side of the river. We will pass by the pasture of Tomo, and then the very neck of the gorge at Pantheon Barah, where there is a small trail and a shrine. The track climbs to Himalaya hotel at the campsite where we will overnight.

**Breakfast, Lunch & Dinner included**

**Day 08: Trek to Annapurna Base Camp (4090m) – 4 to 5 hours.**

Today we climb past the Machhapuchhare Base Camp (MBC) which isn't really a base camp since climbing the mountain is not permitted to reach Annapurna Base Camp (ABC). This area is called the Annapurna

Sanctuary since it is totally surrounded by mountains. From here it is a two-hour trek to Annapurna Base camp, which offers spectacular views of amazing mountains.

**Breakfast, Lunch & Dinner included**

**Day 09: Trek to Dovan (2600m) – 5 to 6 hours.**

This morning, we will enjoy brilliant mountain views with our breakfast. Then we will trek down to Dovan via MBC. Trek for around 5 hours to reach Dovan which is located at 2600m and commands beautiful sceneries.

**Breakfast, Lunch & Dinner included**

**Day 10: Trek to Chhomrong (2110m) – 4 to 5 hours.**

Today we will trek down to Chhomrong which is close to Ghandruk Village. Once we have passed Khuldibikas where there is an experimental sheep Farm, the trail continues through rhododendron and bamboo fields before reaching to Chhomrong.

**Breakfast, Lunch & Dinner included**

**Day 11: Trek to Ghandruk (1940m) – 4 to 5 hours.**

This is an easy and short day trekking. From Chhomrong the trail descends through forests to Gurjung Khola and then the trail ascends slightly until Kimche. Ghandruk is a village of Gurung people, one of the ethnic groups of Nepal; they have their own dialect, culture, costume, and life style. Ghandruk is one of the famous destinations for trekkers for its beautiful mountain views and easy reach from Pokhara or Kathmandu. Our early arrival means we have the afternoon to visit the Annapurna conservation office, Museum and explore the village.

**Breakfast, Lunch & Dinner included**

**Day 12: Trek to Nayapul and drive to Pokhara – 4 hours trek & 2 hour drive.**

As we are coming to an end of a beautiful trekking trip, today we will walk back to Nayapul where we first started our trek. It will take around 4 hours to reach Nayapul. There our vehicle will be waiting for us to drive us back to Pokhara which will take around 2 hours. On reaching Pokhara, check in to your hotel and free time to explore Lake side area on your own.

**Breakfast & Lunch included**

**Day 13: Drive to Kathmandu – 7 hours.**

After breakfast, we will drive back to Kathmandu enjoying the beautiful sceneries and crossing many hills and rivers. After reaching Kathmandu check in to your hotel and you have short time to refresh. In the evening we will proceed for farewell dinner with cultural show in a traditional Nepalese restaurants hosted by our company to celebrate the successful completion of your trek.

## **Breakfast & Dinner included**

### **Day 14: Departure to Airport.**

Today you are free until your departure time to Airport. You can rest or relax or do shopping if you have some time. Our representative will come to pick you up 3 hours prior to departure time and transfer you to Airport. Have a good flight back home with beautiful Himalayan memories of Nepal.

## **Breakfast included**

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