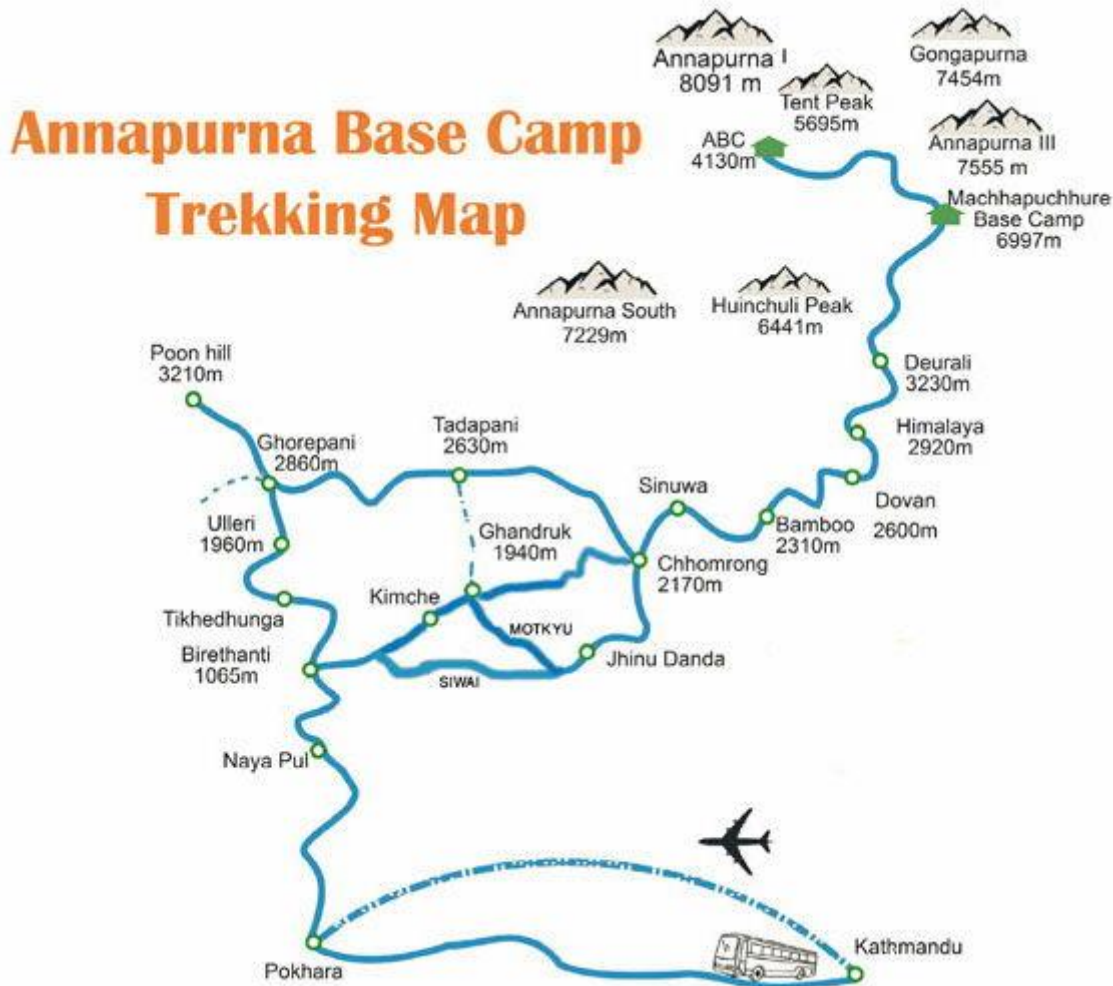


A JOURNEY TO THE HEART OF THE HIMALAYAS – ANNAPURNA BASE CAMP TREK

13 Nights / 14 Days

(Recommend time to trek : March to May & September to November)



To experience the shadow of the mighty Himalayas embark the base camp trek to tenth-highest mountain in the world – **The Annapurna Base Camp Trek** is a hiking experience of a lifetime. During the trek nature just leaves you speechless. Here at 4,130 meters, staring up at the enormous Annapurna , which stands at 8,091 meters.

Start walking through lush, green forests. If you're there during spring, it's like nature's fireworks show, with rhododendrons everywhere—red, pink, and all shades in between. Feels like you're walking through some sort of dream. And then, as you climb higher, it starts getting a bit more rugged. Rice terraces, bamboo groves, and those cute little waterfalls you pass along the way—it's like there's something new and beautiful with every hour.

Expect to be walking, in some undulating areas of the trail, for four to six hours each day, including lunch and other breaks. Given the challenges, any healthy trekkers who hold an undying passion for hiking can be very sure to complete the trail. You finally reach **Annapurna Base Camp**, all that hard work, sweat, and effort? It just melts away. You stand there, in this huge, natural amphitheater, with snow-covered peaks all around you.

An experience of lifetime to remember !

13 Nights / 14 Days Program Itinerary for Annapurna Base Camp Trek:

Day 1 |

Arrival in Kathmandu:

Upon arrival at Kathmandu's Tribhuvan International Airport, our representative will meet and greet you at the airport and transfer you to your hotel in the city center. You can rest and freshen up for the rest of the day, and in the evening, our guide will brief you about your trekking itinerary, and you can ask any questions you have.

Overnight stay at a hotel in Kathmandu.

Day 2 |

Sightseeing of Pashupatinath Temple, Bouddhanath Stupa & Bhaktapur Durbar Square

After breakfast, you will begin your sightseeing by visiting Pashupatinath **Temple**, also known as one of the oldest Hindu temples, a UNESCO World Heritage Site and the largest temple in the world. You can see a sprawling collection of temples, ashrams, images and inscriptions raised over the centuries along the banks of the sacred Bagmati river.



Next, you will visit **Bouddhanath Stupa**, also known as Khasti Chaitya, another UNESCO World Heritage Site, located about 11km from the center and northeastern outskirts of Kathmandu. It was built in the 5th century and is surrounded by devotees who whirl prayer wheels 108 times chanting mantras.



Then, you will visit **Bhaktapur Durbar Square** which is an open museum holding an exciting palace, courtyards, royal bath, sculptures, pagodas, Shikhara style temples and Buddhist monastery along with exclusive architecture. In other words, this is the most beautiful Durbar you visit in your Nepal tours.



Overnight stay at a hotel in Kathmandu

Day 3 |

Transfer to Pokhara. [Approx. 210 km]. Boating & Explore Lakeside. Trek Preparation.

After breakfast, we'll drive to Pokhara, a scenic city located at the base of the Annapurna massif. The drive takes around 7-8 hours and passes through beautiful landscapes and small towns.

Upon arrival, you can explore the lakeside area, which offers breathtaking views of the Annapurna Mountain range. Next, you will be participating in boating activities at Phewa Lake, the main attraction of Pokhara. You can enjoy the view of Machhapuchhre and other mountains reflecting in the lake. In the evening, you can explore the vibrant lakeside area.



Additionally, there will be a short briefing and trek preparations, including introductions to your guide and porters, to ensure you're well-prepared for the upcoming trek.

Overnight stay at a hotel in Pokhara.

Day 4 |

Drive to Nayapul. Trek to Tikhedhunga:

Duration: 4-5 hours

Distance: Approximately 9 KM (5.6 miles)

Starting Elevation: Nayapul - 1,070 meters (3,510 feet)

Ending Elevation: Tikhedhunga - 1,540 meters (5,052 feet)

Difficulty: Moderate

After breakfast, we'll drive to Nayapul, which is the starting point of our trek. We'll trek for around 4 hours to reach Tikhedhunga. The trail goes through small villages, crossing a suspension bridge over the BhurungdiKholariver, and an uphill climb to Tikhedhunga.

Overnight stay at a teahouse/Lodge in Tikhedhunga.

Day 5 |

Trek to Ghorepani:

Duration: 6-7 hours

Distance: Approximately 12 KM (7.5 miles)

Starting Elevation: Tikhedhunga - 1,540 meters (5,052 feet)

Ending Elevation: Ghorepani - 2,860 meters (9,383 feet)

Difficulty: Moderate to Difficult

After breakfast, we'll trek for around 6 hours to reach Ghorepani, which is a popular village located on a hilltop. The trail goes through beautiful forests of rhododendron, passing by small waterfalls and crossing the BhurungdiKholariver again. We'll have stunning views of Mt. Dhaulagiri and Annapurna South on the way.

Overnight stay at a teahouse/Lodge in Ghorepani.

Day 6 |

Early morning hike to Poon Hill, then trek to Tadapani:

Duration: 45 minutes to 1 hour (ascent to Poon Hill)

Elevation: Poon Hill - 3,210 meters (10,531 feet)

Difficulty: Moderate (due to altitude)

Start Time: 8:00 AM (after returning from Poon Hill)

Duration: 4-5 hours

Distance: Approximately 6-7 KM (4-4.5 miles)

Starting Elevation: Ghorepani - 2,860 meters (9,383 feet)

Ending Elevation: Tadapani - 2,630 meters (8,626 feet)

Difficulty: Moderate (with some steep sections)

We'll wake up early in the morning and hike up to Poon Hill to witness the breathtaking sunrise over the Himalayas. Poon Hill is one of the most popular viewpoints in the Annapurna region, offering panoramic views of Dhaulagiri, Annapurna, and other peaks. After spending some time on the hill, we'll trek back to Ghorepani for breakfast and then continue trekking for around 6 hours to reach Tadapani.

Overnight stay at a teahouse/Lodge in Tadapani.

Day 7 |

Trek to Chhomrong:

Duration: 5-6 hours

Distance: Approximately 10 KM (6.2 miles)

Starting Elevation: Tadapani- 2,630 meters (8,626 feet)

Ending Elevation: Chhomrong- 2,170 meters (7,119 feet)

Difficulty: Moderate

After breakfast, we'll trek for around 5 hours to reach Chhomrong, a beautiful Gurung village located on the lap of the giant Annapurna massif. The trail goes through dense forests, crossing a suspension bridge over the KimrongKholariver, and an uphill climb to Chhomrong.

Overnight stay at a teahouse/Lodge in Chhomrong.

Day 8 |

Trek to Dovan:

Duration: 5-6 hours

Distance: Approximately 10 KM (6.2 miles)

Starting Elevation: Chhomrong - 2,170 meters (7,119 feet)

Ending Elevation: Dovan - 2,310 meters (7,579 feet)

Difficulty: Moderate

After breakfast, we'll trek for around 6 hours to reach Dovan. The trail goes through the ModiKhola valley, passing by small waterfalls and lush forests. We'll also have stunning views of Mt. Machhapuchhre on the way.

Overnight stay at a teahouse/Lodge in Dovan.

Day 9 |

Trek to Deurali:

Duration: 4-5 hours

Distance: Approximately 7 KM (4.3 miles)

Starting Elevation: Dovan - 2,310 meters (7,579 feet)

Ending Elevation: Deurali - 3,200 meters (10,499 feet)

Difficulty: Moderate to Challenging (due to altitude)

After breakfast, we'll trek for around 4 hours to reach Deurali, which is located at an altitude of 3200m. The trail goes through the ModiKhola valley, and we'll have amazing views of the surrounding mountains.

Overnight stay at a teahouse/Lodge in Deurali.

Day 10 |

Trek to Annapurna Base Camp:

Duration: 4-5 hours

Distance: Approximately 6 KM (3.7 miles)

Starting Elevation: Deurali - 3,200 meters (10,499 feet)

Ending Elevation: Annapurna Base Camp - 4,130 meters (13,549 feet)

Difficulty: Difficult (due to altitude)

After breakfast, we'll trek for around 4 hours to reach the Annapurna Base Camp, which is located at an altitude of 4130m. The trail goes through the Machhapuchhre Base Camp, and we'll have stunning views of Mt. Hiunchuli, Annapurna South, Annapurna I, Annapurna III, Gangapurna, and other peaks. Upon reaching the Annapurna Base Camp, we'll spend some time enjoying the scenic views and exploring the area.

Overnight stay at a teahouse/Lodge in Annapurna Base Camp.

Day 11 |

Trek back to Bamboo:

Duration: 6-7 hours

Distance: Approximately 11 KM

Starting Elevation: Annapurna Base Camp- 4130 meters (13,549 feet)

Ending Elevation: Bamboo - 2,310 meters (7,579 feet)

Difficulty: Moderate (with long descent)

After breakfast, we'll trek back to Bamboo, which is located at an altitude of 2310m. We'll retrace our steps back, passing by the Machhapuchhre Base Camp and Dovan.

Overnight stay at a teahouse/Lodge in Bamboo.

Day 12 | Trek back to Siwai, then drive back to Pokhara

Duration: 4-5 hours (trek) + 2 hours (drive)

Distance: Approximately 8 KM (5 miles)

Starting Elevation: Bamboo - 2,310 meters (7,579 feet)

Ending Elevation: Pokhara - 827 meters (2,713 feet)

Difficulty: Moderate

After breakfast, we'll trek for around 4 hours to reach Siwai. From Siwai, we'll take a jeep or a bus back to Pokhara, which takes around 2 hours.

Evening leisure time to relax and explore Pokhara on your own. You can go for a stroll by the beautiful Phewa Lake, visit the local markets, or simply enjoy the scenic views of the Himalayas.

Overnight stay at a hotel in Pokhara.



Day 13 |

Drive back to Kathmandu & Evening Explore Thamel

After breakfast, we'll drive back to Kathmandu, which takes around 6-7 hours. We'll pass through scenic landscapes and small towns on the way. Upon reaching Kathmandu, we'll check into our hotel and have some leisure time to explore the city on our own.

In the evening visit **Thamel**, located in the heart of Kathmandu, is a vibrant and bustling neighborhood that serves as the tourist hub of the city. It is a bustling maze of narrow streets teeming with shops offering colorful textiles, traditional handicrafts, and trekking gear. It also has an extensive selection of restaurants, cafes, bars, and entertainment venues.



Overnight stay at a hotel in Kathmandu.

Day 14 |

Departure from Kathmandu:

After breakfast, our representative will transfer you to the airport for your onward flight. We hope you had a wonderful time in Nepal and look forward to seeing you again.

[Note: This program is given as an indication according to the indications known to date. It may be subject to changes on site due to local data. These changes will always be made in the best possible way, in the spirit of the original program.]

****END OF SERVICES****

*****HAPPY JOURNEY*****

13 Nights / 14 Days
ANNAPURNA BASE CAMP TREK

PER PERSON PACKAGE COST BASED ON TWIN/DOUBLE SHARING ON Bed & Breakfast basis except during Annapurna Base Camp Trek where package cost is based on All Three Meals daily:

Validity:
01 March 2026 to 31 May'2026
&
01 Aug'2026 to 30 Nov'2026

CITIES	NIGHTS	PLAN	HOTELS - I	HOTELS - II	HOTELS - III
Kathmandu	02 N	BB	Hotel Tibet	The Malla Hotel	Dusit Princess Kathmandu
Pokhara	01 N	BB	Hotel Utsab Himalaya	Atithi Resort & Spa	Hotel Barahi Pokhara
Trek	08 N	AP	Local Tea House/ Lodge	Local Tea House/ Lodge	Local Tea House/ Lodge
Pokhara	01 N	BB	Hotel Utsab Himalaya	Atithi Resort & Spa	Hotel Barahi Pokhara
Kathmandu	01 N	BB	Hotel Tibet	The Malla Hotel	Dusit Princess Kathmandu
Cost Based on 02 Pax			USD 1985	USD 2070	USD 2180
Cost Based on 03 Pax			USD 2060	USD 2140	USD 2250
Cost Based on 04 Pax			USD 2010	USD 2080	USD 2180
Cost Based on (05 - 09) Pax			USD 1925	USD 2010	USD 2110
Cost Based on (10 - 14) Pax			USD 1865	USD 1960	USD 2060
Cost Based on (15 - 19) Pax			USD 1785	USD 1865	USD 1970
Cost Based on (20 - 24) Pax			USD 1785	USD 1875	USD 1980
Cost Based on (25 - 29) Pax			USD 1750	USD 1840	USD 1940
Single Room Supplement			USD 165	USD 280	USD 330
MAP (Dinner) Supplement <small>(except during the trek portion where all three meals daily are included)</small>			USD 130	USD 165	USD 175
AP (Lunch & Dinner) Supplement <small>(except during the trek portion where all three meals daily are included)</small>			USD 250	USD 320	USD 345

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Kathmandu	01 N	BB	Hotel Tibet	The Malla Hotel	Dusit Princess Kathmandu
Cost Based on 02 Pax			USD 2285	USD 2381	USD 2507
Cost Based on 03 Pax			USD 2373	USD 2463	USD 2590
Cost Based on 04 Pax			USD 2312	USD 2396	USD 2511
Cost Based on (05 - 09) Pax			USD 2213	USD 2312	USD 2430
Cost Based on (10 - 14) Pax			USD 2148	USD 2254	USD 2371
Cost Based on (15 - 19) Pax			USD 2055	USD 2146	USD 2266
Cost Based on (20 - 24) Pax			USD 2055	USD 2156	USD 2276
Cost Based on (25 - 29) Pax			USD 2013	USD 2120	USD 2230
Single Room Supplement			USD 190	USD 322	USD 382
MAP (Dinner) Supplement <small>(except during the trek portion where all three meals daily are included)</small>			USD 152	USD 190	USD 205
AP (Lunch & Dinner) Supplement <small>(except during the trek portion where all three meals daily are included)</small>			USD 288	USD 368	USD 398

INCLUDED

- ✓ Welcome and assistance in Kathmandu,
- ✓ Accommodation in hotels mentioned or similar in DBL/TWIN rooms on Bed & Breakfast Basis.
- ✓ Welcome drinks in the hotels.
- ✓ Necessary tours & transfer using A/C Vehicle.
- ✓ Service of an Excellent English Speaking during sightseeing tour at Kathmandu and licensed Guide during Trek.
- ✓ 08 Nights 09 Days Annapurna Base Camp Trek with Licensed guide, 01 Porter for 02 Pax, 03 meals [Including: Breakfast, Lunch & Dinner]
- ✓ Necessary Monument Entrance Fees
- ✓ Bottles of Mineral Water in the vehicle.
- ✓ Sanitizers, Wet wipes & Tissue box in the vehicle.
- ✓ Assistance and transfers airport – hotel & vice versa,
- ✓ Taxes.

NOT INCLUDED

- × Any International Flight tickets
- × Travel Insurance
- × Nepal Visa & Visa Fee
- × Items of personal nature such as drinks, alcohol, laundry, Gratuities/tips and Camera fees, etc.
- × Extra Meals, Drinks & Beverages other than mentioned in programs,
- × Emergency Transportation / Evacuation.
- × Extra cost for unseen & unstoppable circumstances (natural disaster, strike etc.)
- × Elements not mentioned in above inclusions.

Physical Considerations before Base Camp Trek

Preparing for the Base Camp Trek is essential to ensure that you have a safe & enjoyable experience. This trek takes you through varied landscapes, challenging terrains, and high altitudes, demanding both physical and mental preparation. Training for the trek should begin at least two months in advance, focusing on building cardiovascular endurance through running, swimming, or cycling. Strength training for your legs, core, and shoulders is also necessary, besides flexibility exercises like yoga or stretching to prevent muscle injuries. Practice hiking on uneven terrain with a loaded backpack to simulate actual trekking conditions.

Gear preparation involves breaking in hiking boots, practicing with trekking poles, and wearing layers to ensure comfort in diverse weather. Always Carry a first-aid kit, as well as altitude sickness medication, & other essentials like water purification tablets. Keeping in mind that packing smartly and keeping your load light will make the trek more manageable.

Trekking at high altitudes can be physically taxing, so develop resilience through long hikes and by familiarizing yourself keeping in mind challenges of remote areas, as well as Learning about altitude sickness symptoms and how to handle them is crucial.

Nutrition and hydration are key to building endurance and staying fit on the trail. Maintain a balanced diet during training and stay hydrated to mimic trekking habits. Before the trek, get a medical check-up to ensure you are fit for high-altitude trekking related symptoms, especially if you have history of fluctuating health conditions.