

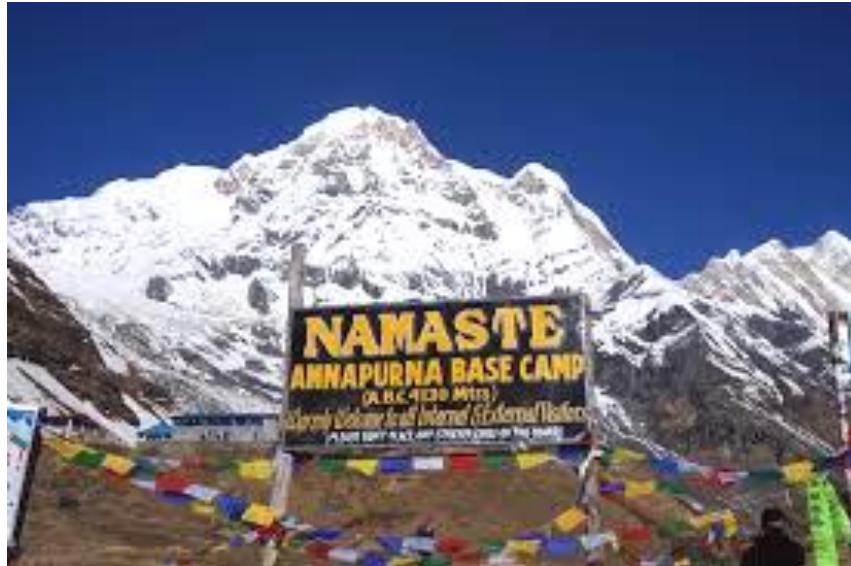


# Sherpa Khangri Outdoor

Web: [www.sherpakhangri.com](http://www.sherpakhangri.com)

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## Annapurna Base Camp Trek 12 Nights 13 Days



### Overview

Annapurna Base Camp trek (ABC) is one of the most famous and most trekking in Nepal. It is well known for Mt. Annapurna and its panoramic ranges, natural beauty and culture. Mt. Annapurna range, Gangapurna, Annapurna South, Machhapuchhre, Tent peaks etc are some of the notable peaks seen on the way to ABC. The majority of people are from indigenous community Gurung.

### Highlights of the trip

- Great mountains 360 degree view
- Trekking upto the highest altitude 4130m.
- Notable peaks view of Mt. Annapurna range, Annapurna South, Machhapuchhre, Tent peaks etc..
- Gurung culture and lifestyle

Annapurna base camp trek is well known for its natural beauty. It gives great view of mountains of surrounding the region. On arrival to base camp of Annapurna, It provides amazing close up view of the mountains. It feels like it is on walking distance from the base camp.

Annapurna range, Gangapurna, Annapurna South, Fishtail, Tent peak and many more peaks can be seen from here. The trail goes through dense green jungle, villages with typical local lifestyle, terraced farmland which provides different experience to tourists. On return, you can enjoy hot spring bath in Jihnu Danda which have natural healing power.



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Local people and lifestyle of people are also another part of the trip. Ethnic community of Gurung and Magar are main residents of the region. They have separate language, culture, tradition, foods, outfits which might be interesting to foreigners. There is a museum in Ghandruk which gives sneak peek in the lives of these communities.

## Info

Activity: Trekking | Duration: 13 Days | Grade: Moderate | Highest Alt: 4130 m.

Trek Type: Hotel / Lodge & Tea house Trek | Best Season: Mar-April-May / Oct-Nov-Mid Dec

## Itinerary

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

Arrival in Kathmandu International airport. Our office representative will welcome with Nepali tradition with garland or khadas then transfer to hotel. Hang around Thamel- a touristic hub on availability of time. Short briefing in evening with welcome dinner by Guide or office representative. Back to hotel and overnight.

Meal: Dinner

Accommodation: Hotel

### **Day 02: Fly or Drive to Pokhara ( 25mins fly | 210km 6-7 hrs )**

After breakfast we drive to Kathmandu domestic airport to board on scenic flight to Pokhara. Its 25 mins flight. Or drive Pokhara via tourist bus or private vehicle. Its 6-7 hours drive along the highway. Welcome Pokhara a beautiful tourist valley. Check-in hotel. Rest day free on own. Hang around lakeside and activities. Overnight.

Meal: Breakfast

Accommodation: Hotel

### **Day 03. Drive to Nayapul . Trek to Ghandruk (2012m / 5-6 hrs)**

After breakfast our journey begins with 1.30 mins drive to Nayapul. Then start our trekking passing Birethati via Modi khola river and passing of Syaulibazaar village. Reach Ghandruk by 5-6 hours. Reach Ghandruk, one can explore village. This village is shows typical lifestyle of local Gurung community people. There is museum showing the culture and lifestyle of local Gurung community. This village also provide great view of surrounding mountain of Machhapuchhre , and Annapurna range . Rest and overnight .



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Meals: Breakfast, Lunch & Dinner.

Accommodation: Teahouse

## **Day 04: Ghandruk to Chhomrong (2150m / 6-7 hrs)**

Today after breakfast the trail runs via Kimrung Dada. We will head down to Kimrung Khola (river) for lunch. After lunch, its steep uphill climb to reach Chomrong about 6-7 hours. There are several lodges and teahouse. Rest and overnight.

Meals: Breakfast, Lunch & Dinner.

Accommodation: Teahouse

## **Day 05: Chhomrong to Himalaya (2890m / 6-7 hrs)**

The trail follows bank of river Modi till Base Camp. After crossing Chomrong River, its uphill climb. The trail goes through Sinuwa village and enter dense jungle. It goes through path on cliffs and cross several stream. Himalaya is a small settlement with few teahouse on foot of cliff. Rest and overnight.

Meals: Breakfast, Lunch & Dinner.

Accommodation: Teahouse

## **Day 06: Himalaya to MBC (3700m/5-6 hrs)**

It will be slow ascend to MBC (Macchapuchhare Base Camp). The terrain start to become rugged and rocky from here. Vegetation line starts to shrink. Bush and shrubs are seen covering the ground. Mountains appear really close from MBC. Passing the cliff of Deurali with beautiful landscape. Reach MBC with enjoy of view of mountains around. Rest and overnight .

Meals: Breakfast, Lunch & Dinner.

Accommodation: Teahouse

## **Day 07: MBC to ABC (4130m/ 2hrs)– Back to Bamboo (2310m/ 4-5 hrs)**

We will head to ABC (Annapurna Base Camp) early morning to catch sunrise. Its about 2 hours trail. We reach the elevation of 4130 meter . The view is amazing in sunrise in mountains. The 360 degree panoramic view of Mt. Annapurna massif , Annapurna South ,Machhapuchhare, Hiunchuli, Dhaulagiri, Tilicho, Pisang , Punga danda etc. After spending few hours, we will trace back the same route to Bamboo. Rest and overnight.

Meals: Breakfast, Lunch & Dinner.

Accommodation: Teahouse



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### **Day 08: Bamboo to Jhinu Danda (1740 m/ 5-6 hrs)**

We will trace back the same route to Chomrong and descend to Jindu Danda from there. There is hot spring in Jhinu. It is believed to have healing quality for joint and skin problems. One can take a dip in hot spring . Relax rest and overnight.

Meals: Breakfast, Lunch & Dinner.

Accommodation: Teahouse

### **Day 09: Jhinu Danda to Landruk (1650m/ 4-5 hrs)**

We will descend to Kimrung Khola. After covering some distance in flat ground, we will cross Modi River. It is uphill climb to Landruk. Landruk is a large village of Gurung people. It gives good view of villages on other hill side separated and path we travelled. Overnight.

Meals: Breakfast, Lunch & Dinner.

Accommodation: Teahouse

### **Day 10: Landruk to Pothana (1890m/ 5-6 hrs)**

It will be uphill climb to Pothana from Landruk. The trail goes through dense jungle and reach the top of the hill. Pothana is a small settlements with few lodges.

Meals: Breakfast, Lunch & Dinner.

Accommodation: Teahouse

### **Day 11: Pothana to Phedi and drive back to Pokhara 3 hours walk 1 hour drive.**

We will descend down to Phedi. The trail goes through villages with lot of terraced farmland. There are number of small villages on path. We will reach to Phedi to take vehicle to Pokhara. Reach Pokhara hotel rest completely and overnight

Meals: Breakfast, Lunch .

Accommodation: Hotel

### **Day 12: Fly / Drive from Pokhara to Kathmandu. 30 minutes / 5 hours.**

Early morning, we take a car/tourist bus if we are driving or fly to Kathmandu. Upon arrival in Kathmandu, transfer you to hotel and we can enjoy our day in Kathmandu. In The evening to celebrate our successful journey, we will have a farewell dinner with Traditional Nepali Cuisine.

Meals: Breakfast and Dinner

Accommodation: Hotel

### **Day 13: Departure.**

After breakfast timely transfer to International airport for your onward journey.



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Meals: Breakfast

## Cost includes

1. Pickups & Drop according to itinerary.
2. Welcome and farewell dinners in Kathmandu.
3. Hotel Accommodation in sharing basis in Kathmandu and Pokhara on BB plan.
4. Ground transportation from Pokhara to nayapul aand from Phedi to Pokhara .
5. National park & Necessary Permits.
6. Domestic flights Kathmandu-Pokhara-Kathmandu / Vehicle rie from Kathamndu to pokhara to Kathmandu.
7. Meal during Trekking (Breakfast, Lunch & Dinner).
8. Tea House accommodation during Trekking.
9. Experience Trekking Guide
10. Porter Service 2:1
11. Staff Insurance and Salary.
12. Medical kit.
13. Travel and rescue arrangement only.

## Cost Excludes

1. Nepalese visa fee.
2. International airfare to and from Kathmandu.
3. Extra night accommodation (s)
4. Meal in Kathmandu and Pokhara.
5. Travel and rescue/heli insurance (recommended)
6. Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottled or boiled water, shower, heater, internet access wifi etc.).
7. Personal trekking gears.
8. Personal guide or porter if needed.
9. Trips and sightseeing if extended.
10. Gratuity for guides and porters.