Nepal Tour with Annapurna Base Camp and Wildlife

15 Days Itinerary

Detailed Itinerary

Day 1: Arrival in Kathmandu

When you arrive at Tribhuvan International Airport in Kathmandu, a representative from Alpine Club of Himalaya welcomes you and transfers you to your hotel. On the drive you get your first look at Nepal's lively streets, traditional buildings and the hills around the city. After check-in you can rest and freshen up. In the evening you join a welcome dinner with authentic Nepali food, and your trekking guide introduces the journey ahead and explains what to expect on the Annapurna Base Camp trek.

Max. Elevation	1,400 m
Duration	30-45 minutes airport transfer
Accommodation	3-Star Hotel
Meals	Welcome Dinner

Day 2: Kathmandu Valley Sightseeing

After breakfast you take a guided sightseeing tour of the Kathmandu Valley in a private vehicle, with entrance fees included. The tour covers landmarks such as Kathmandu Durbar Square, Swayambhunath, Pashupatinath and Boudhanath, which show the history, art and religious life of the valley. The rest of the day is free to rest, shop and check your trekking gear.

Max. Elevation	1,400 m
Duration	Approx. 5-6 hours sightseeing
Accommodation	3-Star Hotel
Meals	Breakfast

Day 3: Fly to Pokhara and Trek to Ghandruk

You take a short flight from Kathmandu to Pokhara, with views of the Himalayas on clear days. From Pokhara a vehicle takes you toward the trailhead, and the trek begins with a climb through villages, terraced fields and forest. The trail leads to Ghandruk, a traditional Gurung village with stone houses and wide views of Annapurna South and Machhapuchhre. You spend the night here and can walk through the village in the evening.

Max. Elevation	1,940 m (Ghandruk)
Duration	25-30 minutes flight, drive and 3-4 hours trek
Accommodation	Teahouse/Guesthouse
Meals	Breakfast, Lunch, Dinner

Day 4: Trek from Ghandruk to Chhomrong

The trail leaves Ghandruk and goes through forest and farmland, with several stone staircases that go down to the river and back up. Along the way you pass small settlements of Gurung and Magar families. You reach Chhomrong, a hillside village that is the last major settlement before the Annapurna Sanctuary, with close views of Machhapuchhre and Annapurna South.

Max. Elevation	2,170 m (Chhomrong)
Duration	Approx. 5-6 hours trek
Accommodation	Teahouse/Guesthouse
Meals	Breakfast, Lunch, Dinner

Day 5: Trek from Chhomrong to Bamboo

From Chhomrong the trail goes down a long staircase to the river, crosses it and climbs again toward Sinuwa. Beyond Sinuwa the path runs through bamboo groves and rhododendron and oak forest, with many ups and downs on stone steps. You end the day at Bamboo, a small settlement in the forest.

Max. Elevation	2,310 m (Bamboo)
Duration	Approx. 5-6 hours trek
Accommodation	Teahouse/Guesthouse
Meals	Breakfast, Lunch, Dinner

Day 6: Trek from Bamboo to Deurali

The trail climbs through Dovan and Himalaya, with the forest thinning out as you gain height. Waterfalls and river valleys are on the way, and the mountains start to appear closer. You reach Deurali in the afternoon, where the air is cooler, and you rest and drink plenty of water.

Max. Elevation	3,230 m (Deurali)
Duration	Approx. 5-6 hours trek
Accommodation	Teahouse/Guesthouse
Meals	Breakfast, Lunch, Dinner

Day 7: Trek from Deurali to Annapurna Base Camp via Machhapuchhre Base Camp

You continue up the valley and enter the Annapurna Sanctuary, a high valley with mountains on all sides. After passing Machhapuchhre Base Camp the trail climbs to Annapurna Base Camp at 4,130 m, surrounded by Annapurna I, Annapurna South, Hiunchuli, Gangapurna and Machhapuchhre. You have time to enjoy the view and see the light change on the peaks in the evening.

Max. Elevation	4,130 m (Annapurna Base Camp)
Duration	Approx. 5-6 hours trek
Accommodation	Teahouse/Guesthouse
Meals	Breakfast, Lunch, Dinner

Day 8: Trek from Annapurna Base Camp to Bamboo

You start early to see the sunrise on the peaks and spend some time at base camp. Then you walk back down through Machhapuchhre Base Camp and Deurali, then through Himalaya and Dovan to Bamboo. It is a long descent, so use trekking poles if you have them and take care on the stone steps.

Max. Elevation	4,130 m (Annapurna Base Camp)
Duration	Approx. 7-8 hours trek
Accommodation	Teahouse/Guesthouse
Meals	Breakfast, Lunch, Dinner

Day 9: Trek from Bamboo to Jhinu Danda

You walk down through Sinuwa, cross the river and climb the staircase to Chhomrong, then continue down to Jhinu Danda. Here you can relax in the natural hot springs by the river, which is a good way to rest tired legs after the trek.

Max. Elevation	2,310 m (Bamboo)
Duration	Approx. 6-7 hours trek
Accommodation	Teahouse/Guesthouse
Meals	Breakfast, Lunch, Dinner

Day 10: Trek to Nayapul and Drive to Pokhara

After breakfast you walk down the last stretch of the trail to Nayapul, passing villages and terraced fields. At Nayapul your vehicle takes you on a drive back to Pokhara, where you check in to your hotel for the night.

Max. Elevation	1,760 m
Duration	Approx. 3-4 hours trek and 1.5-2 hours drive
Accommodation	3-Star Hotel
Meals	Breakfast, Lunch

Day 11: Pokhara Sightseeing

Today you explore Pokhara by private vehicle with a guide, with entrance fees included. The sights include Sarangkot, Devi's Falls, Gupteshwor Cave and the World Peace Pagoda, and you can also walk along Phewa Lake, take a boat ride or visit the lakeside cafes. It is a relaxed day after the trek.

Max. Elevation	1,600 m (Sarangkot)
Duration	Approx. 5-6 hours sightseeing
Accommodation	3-Star Hotel
Meals	Breakfast

Day 12: Drive from Pokhara to Chitwan National Park

After breakfast you drive from Pokhara to Chitwan National Park through Nepal's hills and countryside, with views of rivers and small towns. In Chitwan you check in to your lodge, have lunch and settle in. In the afternoon you can relax or take a short walk around the area. The park is a UNESCO World Heritage Site in Nepal's southern lowlands.

Max. Elevation	415 m (Chitwan)
Duration	Approx. 5-6 hours drive
Accommodation	3-Star Lodge in Chitwan
Meals	Breakfast, Lunch, Dinner

Day 13: Chitwan National Park Jungle Activities

You spend the day on activities in the park, which may include a jeep safari with an experienced driver, a guided jungle walk with a naturalist, a canoe ride and birdwatching. The park is home to one-horned rhinoceroses, deer, crocodiles and many bird species, and, with some luck, the Royal Bengal tiger. In the evening there is a Tharu cultural dance performance. Activities can change depending on park regulations.

Max. Elevation	415 m (Chitwan)
Duration	Full day of activities
Accommodation	3-Star Lodge in Chitwan
Meals	Breakfast, Lunch, Dinner

Day 14: Fly from Bharatpur to Kathmandu

After breakfast you transfer to Bharatpur Airport and take the short flight back to Kathmandu. You are met at the airport and transferred to your hotel. The rest of the day is free to rest or shop, and in the evening there is a cultural farewell dinner to mark the end of the trip.

Max. Elevation	1,400 m
Duration	Approx. 25 minutes flight
Accommodation	3-Star Hotel
Meals	Breakfast, Farewell Dinner

Day 15: Final Departure from Kathmandu

After breakfast you are transferred to Tribhuvan International Airport for your flight home. If you want to stay longer in Nepal, our team can arrange more tours or treks.

Max. Elevation	1,400 m
Duration	30 minutes airport transfer
Accommodation	No
Meals	Breakfast

Cost Include

- Private airport pickup and drop-off in Kathmandu.
- Three nights' accommodation in Kathmandu at a well-rated 3-star hotel on a twin-sharing basis, with daily breakfast.
- Two nights' accommodation in Pokhara at a well-rated 3-star hotel on a twin-sharing basis, with daily breakfast.
- Guided sightseeing tours in Kathmandu and Pokhara, including a private vehicle and entrance fees.
- Domestic flight from Kathmandu to Pokhara, including applicable departure taxes.
- Private vehicle from Pokhara to Chitwan National Park.
- Domestic flight from Bharatpur to Kathmandu.
- Fuel charges, road taxes and parking fees.
- Two nights and three days of full-board accommodation in Chitwan National Park, in a 3-star lodge.
- National park entry fees, jeep safari with an experienced driver, guided jungle walk with a naturalist, birdwatching and a Tharu cultural dance performance in Chitwan.
- Seven nights' accommodation in standard teahouses or guesthouses during the Annapurna Base Camp trek.
- Breakfast, lunch and dinner throughout the trek, with a cup of tea or coffee with each meal.
- Welcome dinner on arrival in Kathmandu and a cultural farewell dinner in Kathmandu.
- Comfortable private vehicle transportation as per the itinerary.
- Experienced, government-licensed, English-speaking trekking leader, with an additional guide for every 10 trekkers.
- One porter for every two trekkers to carry luggage during the trek.
- All trekking staff expenses, including salaries, insurance, meals, accommodation and equipment.
- Down jacket and sleeping bag for the trek, to be returned after completion.
- Alpine Club of Himalaya duffel bag, branded T-shirt and detailed trekking map.
- All necessary trekking permits, including the Annapurna Conservation Area Permit (ACAP) and TIMS card.
- Comprehensive medical kit carried by the trekking leader.
- All applicable government and local taxes.

Cost Exclude

- Nepal entry visa fee.
- International airfare.
- Travel insurance covering trekking, emergency evacuation and medical care.
- Meals in Kathmandu and Pokhara, except breakfast and the welcome and farewell dinners.
- Personal expenses such as bar bills, laundry, snacks and bottled drinks.
- Hot showers, Wi-Fi and charging fees where applicable.

- Personal trekking equipment.
- Tips for guides, porters, drivers and park staff.
- Single room supplement.
- Any services or expenses not specifically mentioned under the cost includes section.