

Annapurna Base Camp Trek

10 Days 9 Nights

Highlights of Annapurna Base Camp Trek

- Mountain Views: Annapurna I, Machhapuchhre (Fishtail), Annapurna South, Hiunchuli.
- Cultural Charm: Gurung villages like Chhomrong and Jhinu Danda.
- Natural Hot Springs: Relax at Jhinu Danda after days on the trail.
- Forest Trails: Walk through blooming rhododendron and oak forests.
- Base Camp Experience: Sleep under Annapurna's shadow at 4,130m.
- Local Cuisine: Enjoy authentic Nepali daal-bhat and warm tea houses.

ITINERARY

01 DAY	Hotel in Kathmandu	Arrival in Kathmandu (1,400m) Welcome to Nepal! Our team will greet you at Tribhuvan International Airport and transfer you to your hotel. Rest and prepare for the adventure ahead.
02 DAY	Hotel in Chhorumung	Fly to Pokhara (827m), drive to Samrung & Hike to Chhomrong (2,170m) Start with a scenic 25-minute flight to Pokhara. Then drive to Samrung and trek about 1 hour to reach Chhomrong—gateway to the Annapurna Sanctuary. Drive Duration: 2–3 hours Trek Distance: ~2 km Trek Duration: 1 hour
03 DAY	Tea House in Dovan	Trek to Dovan (2,580m) Descend stone staircases and cross the suspension bridge, then ascend through bamboo and rhododendron forests to reach the serene village of Dovan. Trek Distance: 10 km Trek Duration: 5–6 hours Sleeping Altitude: 2580m
04 DAY	Tea House in Deurali	Trek to Deurali (3,230m) Continue ascending through lush forest and narrow trails. You'll pass the mystical Hinku Cave en route to Deurali. Trek Distance: 7 km Trek Duration: 5–6 hours Sleeping Altitude: 3230m
05 DAY	Tea House in Annapurna B.C	Trek to Annapurna Base Camp via Machhapuchhre Base Camp (4,130m) Trek through alpine meadows and moraine to reach Machhapuchhre Base Camp (3,700m), then continue to the stunning Annapurna Base Camp. Marvel at the 360° Himalayan amphitheater. Trek Distance: 10 km Trek Duration: 4–5 hours Sleeping Altitude: 4130m
06 DAY	Tea House in Bamboo	Trek to Bamboo (2,310m) Retrace your steps, descending past Deurali and Dovan into lush forests to reach Bamboo village.

		Trek Distance: 16 km Trek Duration: 6–7 hours Sleeping Altitude: 2310m
07 DAY	Tea House in Jinu Danda	Trek to Jhinu Danda (1,780m) A gentle descent to the picturesque village of Jhinu Danda. Unwind in the natural hot springs by the riverside. Trek Distance: 10 km Trek Duration: 5–6 hours Sleeping Altitude: 1780m
08 DAY	Hotel in Pokhara	Hike to Samrung, Drive to Pokhara (827m) After a short hike to Samrung, drive back to Pokhara. Spend your evening by the lakeside, enjoying the city's relaxed vibe. Trek Distance: 6 km Trek Duration: 1–2 hours Drive Duration: 3–4 hours Sleeping Altitude: 827m
9 DAY	Hotel in Kathmandu	Fly to Kathmandu (1,400m) Catch a morning flight back to Kathmandu. Spend the rest of the day exploring Swayambhunath, Durbar Square, or shopping for souvenirs. Flight Duration: 25 minutes Sleeping Altitude: 1400m
10 Day	-	Final Departure After breakfast, transfer to Tribhuvan International Airport. Depart with unforgettable memories of the mountains and warm Nepali hospitality.

ESSENTIALS

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| ☐ Sleeping bag | ☐ Hat |
| ☐ Neck gaiter | ☐ Sunglass |
| ☐ Base layer top / Baselayer pant (Wool, Merino wool) | ☐ Trekking pole |
| ☐ Insulated layer (fleece) | ☐ Water bottle/bladder |
| ☐ T-shirt | ☐ Toiletries |
| ☐ Puffy Jacket | ☐ Sunscreen SPF 30 / Lip balm |
| ☐ Waterproof shell Jacket | ☐ Protein bars and Snickers |
| ☐ Trekking pant / half pant | ☐ Iodine tablet to purify water |
| ☐ Trekking shoes | ☐ Headlight |
| ☐ Wool socks | ☐ Toilet paper and baby wipes |
| ☐ Glove | ☐ Hand sanitizer / Hand wash |
| ☐ Towel (light) | ☐ First aid kit |
| | ☐ Take all the cash you need |

INCLUDING IN PACKAGE

- One government-certified and experienced English-speaking local guide for the entire trip.
- One porter shared between two clients to carry your main backpack (weight limit: 10 kg per trekker).
- An assistant guide will be provided if the group size exceeds six participants.
- Domestic flights: Kathmandu–Pokhara–Kathmandu.
- Private Jeep transfer: Pokhara–Samrung and Samrung to Pokhara.
- All necessary trekking permits.
- All local taxes, VAT, office service charges, and domestic airport taxes.
- Airport pick-up and drop-off.
- Accommodation during the trek on a twin/double-sharing basis (please note: better hotels and attached bathrooms may not be available in some trekking areas).
- Night accommodation in Kathmandu and Pokhara with breakfast.
- Complimentary use of a sleeping bag and duffle bag during the trek (to be returned after the trek).

EXCLUDING IN PACKAGE

- All bar bills and beverages, including soft drinks such as Coke, Fanta, and bottled mineral water.
- Personal travel insurance, internet usage, telephone calls, and laundry services.
- Expenses related to emergency rescue operations, if required.
- All meals throughout the trip.
- Gratuities and tips for guides and porters.
- Personal trekking equipment.
- Charges for hot showers, battery charging, and hot drinking water during the trek.

IMPORTANT NOTES

- The itinerary can be customized based on your time and preferences.
- Any changes to the itinerary will result in a revised cost.
- Additional activities can be arranged on request with extra charges.
- Costs may vary due to weather conditions, political situations, or natural events.
- Single supplements are available only in hotels, not in tea houses.
- Costs may also change depending on the number of guides and porters required.
- For any changes or inquiries, please contact us via email or phone.
- A total tip of \$10 per trekker per day is expected for both the guide and porter combined (not \$10 each).
- We are not responsible for delays or cancellations of domestic flights.
- Great Himalayan Yatri Pvt. Ltd. is not liable for incidents caused by natural hazards.