

7 Days Annapurna Base Camp Trek



Introduction

Annapurna Base Camp (4130m/13550feet.) trek is a moderate nature trek. The Ghorepani (Poonhill 3210m), Ghandruk village, Annapurna base camp (4130m.) and **Jhinu**(Natural hot spring) are major attraction of this trek. Annapurna base camp is surrounded by many Himalayan ranges which include the Annapurna range, Dhaulagiri and famous virgin fishtail (Machhapuchhre) mountain that dominate the skyline above Pokhara. Nepal Hidden Treks and Expedition organize this trek in **7 days Annapurna Base Camp Trek from Kathmandu or Pokhara**. This trek starts at **Nayapul**, a short drive of 2 hours from Pokhara. The trail takes you through forests and fascinating traditional villages of the Nepal indigenous communities of Gurung and Magar who will greet you very warmly if you cared to stop for a conversation. The views from the first rays of the sun at the break of dawn magic of Dhaulagiri and Annapurna Himalayans from **Ghorepani** (Poon Hill,3210m.), that is absolutely magnificent. The hike continues through heart touching blossoming dense rhododendron forest and Bamboo with unparalleled snowy peaks scenery in the background to **Tadapani**. After reaching to **Chhomrong** Gurung village, we follow the Modi Khola and passes through stands of rhododendron and bamboo. By the time you reach the large rock over hanging, known as Hinku Cave, you will have noticed that the vegetation has thinned and the gorge narrowed to be only a few hundred meters wide. Steep snow-clad ridges falling from Hiunchuli on the left and Machhapuchhre on the right from the sanctuary. As we enter to the sanctuary, you find yourself in a huge amphitheatre enclosed by a solid wall of snowcapped peaks. We get to Annapurna base camp hardly. All the snow-capped mountains around the Annapurna base camp which makes you worthwhile and happy. After this imaging view,you will trek down to Pokhara via Jhinu Hot Spring and Ghandruk Gurung Village. The Annapurna base camp trek will be more interesting in spring as the whole forest along the trail turns red, pink and white with **rhododendron** flowers. This imaging

trek can be done anytime of the year. **Trek Starting Point:** Kathmandu or Pokhara **Option I:** If you start Poonhill trek from Pokhara, you will drive from your Hotel in Pokhara to Nayapul and start the trek. **Option II:** If you start Poonhill trek from Kathmandu, you will take an early (first) flight from Kathmandu to Pokhara and drive to Nayapul then start the trek in same day. **Duration of Trek:** If you desire to do this trek including Poonhill, it takes 10 days (3 extra days) .

Trip Facts

Trip Duration	7 Days
Trip Grade:	Moderate
Best Season	March to May & September to November
Per Day Hiking:	4-7 Hours
Elevation	Minimum 900m - Maximum 4130m
Accommodation	Lodge (Teahouse)
Transportation	Flight/Tourist Bus/Car/Van

Cost Includes

What are included?

1. Pokhara-Kimche and Siwai-Pokhara by private Jeep or Bus.
2. All the Meals (Breakfast, Lunch and Dinner) and accommodation during the trek.
3. ACAP permit and TIMS (Trekker's Information Management System)card permit.
4. One experienced and qualified English speaking guide and required porters.
5. Guide/Porter's: food, lodge, transportation, salary, insurance, equipment etc.
6. First Aids Kit.
7. Local fresh fruit like orange, banana, apple, grape etc.
8. 13% Government VAT and official charge.

What Are Excluded?

- International airfare and visa fees ((15 Days US\$25 and 30 Days US\$40.
- Hotels and meals in Kathmandu and Pokhara (We arrange Hotel if you ask).
- Kathmandu-Pokhara- Kathmandu by flight/ Tourist bus/ Private Car (We arrange if you ask)
- All the drinks such as: coke, beer, mineral water.
- Your travel insurance which should include the emergency rescue.
- Your trekking gears.
- Tips for your guide and porters etc.

Short Itinerary

Day 01: Kathmandu or Pokhara - Nayapul - Ghandruk

Day 02: Ghandruk - Chhomrong - Sinuwa

Day 03: Sinuwa - Bamboo - Dovan - Himalayan - Deurali

Day 04: Deurali - MBC - Annapurna Base Camp

Day 05: Annapurna Base Camp - MBC- Deurali - Himalayan - Dovan -Bamboo

Day 06: Bamboo - Sinuwa - Chhomrong - Jhinu - Kyumi

Day 07: Kyumi - Siwai - Nayapul – Pokhara- Kathmandu

Itinerary Details

1. Kathmandu or Pokhara - Nayapul - Ghandruk

Drive from Pokhara to Kimche (42 km. 3 hours driving by taxi/ public bus) If you start trek from Kathmandu, you will take an early flight from Kathmandu to Pokhara then drive to Kimche and trek to Ghandruk (2020 m. 2 hours walking), and then overnight at Lodge.

2. Ghandruk - Chhomrong - Sinuwa

Trek from Ghandruk to Sinuwa (2340 m, 6/7 hours walking) and then overnight at Lodge.

3. Sinuwa - Bamboo - Dovan - Himalayan - Deurali

Trek from Sinuwa to Deurali (3200 m, 5 hours walking) and then overnight at Lodge.

4. Deurali - MBC - Annapurna Base Camp

Trek from Deurali to ABC (4130m, 4-5 hours walking) and then overnight at Lodge.

5. Annapurna Base Camp - MBC- Deurali - Himalayan - Dovan -Bamboo

Trek from ABC to Bamboo (2340 m, 6/7 hours walking) and then overnight at Lodge.

6. Bamboo - Sinuwa - Chhomrong - Jhinu - Kyumi

Trek from Bamboo to Jhinu Danda (1690 m, 7hours walking) stay overnight at Lodge.

7. Kyumi - Siwai - Nayapul – Pokhara- Kathmandu

Trek from Kyumi to Siwai (1 hours walking) and drive by local bus/ taxi (3 hours driving) to Pokhara Airport then fly back to Kathmandu, overnight at the Hotel in Kathmandu.