



# NORTH NEPAL

## Travel & Trek Pvt. Ltd.

Barahipath, Lakeside-6, Pokhara +977 61 464885 E-mail: north.npl@gmail.com

[www.northnepaltrek.com](http://www.northnepaltrek.com)

## Annapurna Base Camp Trek

Trekking in Nepal is an incredible experience. ABC trek is one of the most spectacular routes in the region. Many trekkers choose this route as a shorter and cheaper alternative to the Everest Base Camp trek. The base camp has an unreal setting being surrounded by some of the highest peaks in the world; Annapurna I (8091 m), Annapurna South (7219 m), the fishtail Machapuchhre (6993 m), and Hiunchuli (6441 m). The hiking trail to Annapurna Base Camp is accessible from several trailheads and depending on your route the duration is between 6 and 12 days.



Photo: Annapurna Base Camp

## Itinerary Table:

S.N	Itinerary	Services
Day 1	<b>Arrival in Lakeside, Pokhara</b>	<ul style="list-style-type: none"> <li>✓ Hotel with Breakfast</li> <li>✓ Pokhara Airport pick up</li> </ul>
Day 2	<b>Drive Pokhara to Matque and Trek to Chomrong</b> <i>Drive: 3 hours</i> <i>Trek: 3-4 hrs walk</i> <i>Altitude: 2170m</i>	<ul style="list-style-type: none"> <li>✓ ACAP permit</li> <li>✓ Trekking Guide</li> <li>✓ Porter</li> <li>✓ 3 Meals ( B/L/D )</li> <li>✓ Accommodation</li> </ul>
Day 3	<b>Chomrong to Dovan</b> <i>Trek: 6 hrs walk</i> <i>Altitude: 2600 m</i>	<ul style="list-style-type: none"> <li>✓ Trekking Guide</li> <li>✓ Porter</li> <li>✓ 3 Meals ( B/L/D )</li> <li>✓ Accommodation</li> </ul>
Day 4	<b>Day 03: Dovan to Machhapuchhre Base Camp</b> <i>Trek: 6-7 hrs walk</i> <i>Altitude: 3700 m</i>	<ul style="list-style-type: none"> <li>✓ Trekking Guide</li> <li>✓ Porter</li> <li>✓ 3 Meals ( B/L/D )</li> <li>✓ Accommodation</li> </ul>
Day 5	<b>MBC TO Annapurna Base Camp ( ABC )</b> <i>Trek: 2-3 hrs walk</i> <i>Altitude: 4120 m</i>	<ul style="list-style-type: none"> <li>✓ Trekking Guide</li> <li>✓ Porter</li> <li>✓ 3 Meals ( B/L/D )</li> <li>✓ Accommodation</li> </ul>
Day 6	<b>Annapurna base Camp to Bamboo</b> <i>Trek: 6 hrs walk</i> <i>Altitude: 2310 m</i>	<ul style="list-style-type: none"> <li>✓ Trekking Guide</li> <li>✓ Porter</li> <li>✓ 3 Meals ( B/L/D )</li> <li>✓ Accommodation</li> </ul>
Day 7	<b>Bamboo to Jhinu Danda</b> <i>Trek: 5-6 hrs walk</i> <i>Altitude: 1740 m</i>	<ul style="list-style-type: none"> <li>✓ Trekking Guide</li> <li>✓ Porter</li> <li>✓ 3 Meals ( B/L/D )</li> <li>✓ Hotspring Ticket</li> <li>✓ Accommodation</li> </ul>
Day 8	<b>Jhinudanda to Lakeside, Pokhara</b> <i>Drive: 3 hours</i> <i>Trek: 2 hours</i> <i>Altitude: 800 m</i>	<ul style="list-style-type: none"> <li>✓ Trekking Guide</li> <li>✓ Porter</li> <li>✓ 2 Meals ( B/L )</li> <li>✓ Hotel with Breakfast</li> </ul>

<u>Route</u>	<u>Distance</u>	<u>Duration</u>	<u>Food &amp; Bed</u>	<u>Key Attraction</u>
<b>Annapurna Base Camp</b>	<b>56 km trekking</b>	<b>07 Days</b>	<b>Local and western food</b>	<ul style="list-style-type: none"> <li>• Annapurna I (8091 m), Annapurna South (7219 m), the fishtail Machapuchhre (6993 m), and</li> <li>• Chhomrong village, Jhinu hot spring</li> <li>• Flora and fauna</li> </ul>

## Day 01: Arrival in Lakeside, Pokhara

*(On your arrival at Kathmandu's airport ( TIA ) , our representative will welcome & receive you and drive you to your hotel.)*

On your arrival at Pokhara's airport, our representative will receive you and drive you to your hotel. Check-in and take a rest. In the evening there will be a trip briefing where you will meet your guide. Your guide will brief you about the route and important things that you need to keep in mind while trekking. If you have any questions you can ask him.



Photo: Pokhara valley

## Day 02: Drive Pokhara to Matque and Trek to Chomrong

---

**Drive: 2 hrs**

**Time: 3-4 hrs walk**

**Height: 2170m**

**Overnight stay at the Lodge in Chhomrong village.**

**Accommodation, Breakfast, Lunch and Dinner included.**

Today, the journey begins with combination of witnessing the local culture and tradition and great mountain panorama. We will pick you from your hotel at Lakeside-Pokhara and drive to Matque by jeep then trek through beautiful Jhinu dada village and trek to Chhomrong.



Photo: Chomrong village

## Day 03: Chomrong to Dovan

---

**Trek: 5-6 hours**

**Height: 2600 m**

**Overnight stay at the guesthouse in Dovan.**

**Accommodation, Breakfast, Lunch and Dinner included.**

From Chhomrong village, you will trek down to the river and will climb again to Sinuwa. If the weather is pleasant, you will enjoy nice stunning Mountain vista. It is about five hours walking distance away. There is a clearing in the forest a little further on, from where the route goes very steeply down the bank of rocks and levels out. We will then hike through thickets of bamboo at the bottom of the gorge, keeping always on the west side of the river. We pass through popular places like Sinuwa & Bamboo.



Photo: Dovan

---

---

## Day 04: Dovan to Machhapuchhre Base Camp ( MBC )

---

**Trek: 6-7 hours**

**Height: 3700 m**

**Overnight stay at the guesthouse at Machhapuchhre Base Camp**

**Accommodation, Breakfast, Lunch and Dinner included.**

Today, we will climb to Machhapuchhre Base Camp from Dovan. Above Deurali the valley becomes less steep. After walking some stone staircase, we reached Deurali. As you walk further, more beautiful snow-capped mountains are seen and close. This area is also called the Annapurna Sanctuary since it is totally surrounded by mountains and is under protection. From here, it is a two-hour trek to Annapurna Base Camp, which offers spectacular views of the mountains and the natural surroundings of the region.



Photo: Machhapuchhre Base Camp

## Day 05: MBC TO Annapurna Base Camp ( ABC )

---

**Trek: 2-3 hours**

**Height: 4130 m**

**Overnight stay in Paradise Lodge ABC.**

**Accommodation, Breakfast, Lunch and Dinner included**

This is an easy day as we make a short ascent to the Annapurna Base Camp (ABC). It's a pleasant walk along a stream beside the moraine. The views become more and more impressive as we approach the ABC and once there, we find ourselves in a giant natural amphitheatre, surrounded by mighty 7,000m+ mountains on all sides. Overnight Paradise Lodge ABC.



Photo: Annapurna Base Camp

---

## Day 06: Annapurna base Camp to Bamboo

---

**Trek: 5 hours**

**Height: 2310 m**

**Overnight stay at the guesthouse at Bamboo/Sinwa.**

**Accommodation, Breakfast, Lunch and Dinner included**

We will follow the same trail down today towards Bamboo. The trail drops by 1,260 meters to the banks of the Modi Khola. Bamboo is situated at an altitude of 2,310 meters, where there are at teahouse/lodges available to stay at.



**Photo: Deurali**

## Day 07: Bamboo to Jhinu Danda

---

Trek: 6 hours

Height: 1780m

Overnight stay at Jhinudanda .

Breakfast, Lunch & Dinner

After a long journey from **ABC to Bamboo**, we continue our way towards Jhinu Danda. First, we take a path that takes us down to Kimrong Khola and then ascends through the serene rhododendron, bamboo, and oak forests, eventually reaching Jhinu Danda.

**Jhinu Danda** consistently attracts thousands of visitors each year as an exotic place famous for its soothing **natural hot springs**, where we will also let our tired muscles relax. From the hot springs, you can enjoy the views of rhododendron forest and lush vegetation.



Photo: Jhinudanda Bridge

## Day 08: Jhinudanda to Pokhara

---

**Trek: 2 hours**

**Drive: 3 hours**

**Overnight stay at Jhinudanda .**

**Breakfast & Lunch**

After stay in Jhinudanda the trail head towards Matque. We will begin our drive back to Pokhara on a private vehicle. It will take us around 2 hours to reach the city of lakes. On reaching Pokhara, we check in at our hotel and rest for a while. The actual trek to the Annapurna Base Camp and back ends today. Overnight in Pokhara.



Photo: Jhinudanda

### **Cost Includes:**

- 1 night stay in 3 star Hotel in Pokhara ( Double bed single room )
- Kathmandu's & Pokhara's pick-up & drop
- Two ways Sofa Bus to Kathmandu to Pokhara each members
- Pokhara to Matque (4WD off-road drive) & at the end of the trek back from Motque to Pokhara off-road by Jeep.
- All meals (Breakfast, Lunch and Dinner and Tea/ Coffee) during the trek.
- Accommodation during the trek.

- Professional English speaking, Eco Trained trekking guide his food, accommodation, salary, insurance, equipment, medicine, transportation, etc.
- Porter with his salary, transportation, insurance, equipment, food, and lodging included.
- All Legal Document (ACAP) TIMS, Permit etc.
- Dry fruits along the trek.
- Tourist service charge, VAT, TAX, etc.

## **Cost excludes:**

- Other any transportation except Included in the section.
- International & Domestic flights
- Travel and rescue insurance.
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.).
- Tips and gratuities
- Additional costs or delays caused by management out of control like landscape, bad weather condition, in case of itinerary modification with a view to a safety concern, illness, change of government policy, political instability raises strike, moment, etc.
- Any others expenses which are not mentioned in including section.