



Annapurna Base Camp Trek Itinerary

Basic Itinerary

- Day 1: Arrive in Kathmandu – Overnight in Hotel**
- Day 2: Fly to Pokhara – Overnight in Hotel**
- Day 3: Ulleri (Banthanti)**
- Day 4: Ghorepani**
- Day 5: Poon Hill to Tadapani**
- Day 6: Chhomrung**
- Day 7: Dovan**
- Day 8: Machhapuchere Base Camp**
- Day 9: Annapurna Base Camp**
- Day 10: Bamboo**
- Day 11: Jhinu Danda – Hot Springs**
- Day 12: Nayapul to Pokhara – Overnight in Hotel**
- Day 13: Flight to Kathmandu – Overnight in Hotel**
- Day 14: Day of Leisure in Kathmandu before transfer to airport**

Detailed Itinerary

Day 1: Arrive in Kathmandu – 1,400m/ 4,500 feet

Arrive in Kathmandu International Airport as early as possible on this day. We will provide your airport transfer to the hotel we include for the night. All accommodation on the trek is on a shared basis. If you would like a single room supplement, please update our team as quickly as possible so we can make the necessary arrangements, and there will be a supplemental fee for this addition. If you want to arrive early, that is not a problem, we are happy to book additional nights in the hotel for you. We will have a group briefing this evening to go over the schedule for the coming days and answer any additional questions you may have.

Day 2: Fly to Pokhara – 850m/ 2,788 feet

After having breakfast in the morning today, you will get in the private transportation back to the airport for your short flight to Pokhara! On arrival in Pokhara, you can enjoy the quiet and slower paced city and lakeside area. Pokhara sits at 850m/2,788ft above sea level and we will stay the night in a hotel in the city.



Day 3: Ulleri (Banthanti) – 2,020m/ 6,627 feet

Today the actual trekking begins! We will wake up early for breakfast and then drive from Pokhara to Tikhedhunga (1,577m/ 5,173ft), which takes approximately 2-3 hours. Once you arrive in Tikhedhunga, there is a short 10-minute hike downhill to reach the tea house where we will have lunch! After lunch, we will follow the steep staircase up through the lush forests. We will be on stairs most of the way up to Ulleri which is at 2,020m/6,627ft. After we hit the main town of Ulleri, we will continue a bit further up the trail to our lodge for the night in Bhanthanti. The hike will take approximately 2 – 2.5 hours today and we will cover approximately 2.3 miles/3.7km of distance all uphill on stairs.

Day 4: Ghorepani – 2,869/ 9,412 feet

Today we will trek to Ghorepani at 2,869m/ 9,412ft, which will be approximately a five-hour trek. Our trail ascends more gently from this point through fine forests of oak and rhododendrons from Banthanti 2,250m/ 7,381ft towards Ghorepani. We will walk for approximately 3 hours to lunch and after lunch we will continue another hour and a half to two hours to Ghorepani. Ghorepani sits at 2,869m/ 9,412ft, and we will enjoy our evening in a tea house in the village.

Day 5: Poon Hill – 3,210m/ 10,531 feet to Tadapani – 2,610m/ 8,562 feet

Today will be a day to remember! We will be up very early in the morning, before sunrise, to start the trek up to Poon Hill. The hike up to Poon Hill (3,210m/ 10,531ft), will take approximately 1 hour to reach for sunrise and one of the best viewpoints in the Annapurna Region. Poon Hill offers the best opportunity to witness the stunning panorama of the beautiful peaks including Annapurna and Dhaulagiri. You can enjoy amazing views of sunrise over the stunning snow-capped mountains. After spending about an hour at Poon Hill, we return to Ghorepani to have breakfast. After breakfast, we will continue climbing along the ridges through the forest of pines and rhododendron. The trail climbs uphill for approximately 1 hour uphill to Deurali at 2,960m/ 9,711ft, where you can also see stunning views at the top! Then, we descend for approximately 3.5 hours before the final 40-minute uphill stretch into Tadapani 2610m/ 8,562ft where you will sleep for the night.



Day 6: Chhomrung – 2,140m/ 7,020 feet

We start our steep downhill walk today through the forests of rhododendrons. Leaving Tadapani and descending through the forests, for approximately 2.5 hours on stairs downhill to the river. We normally stop for tea along the way down! After crossing the suspension bridge over the river, we will continue uphill for about 1 hour, before reaching our lunch spot. After lunch, we have another approximately 2 hours to reach Chhomrung, and the terrain will be mixed terrain with some up, down and flat terrain to cover. Once we reach Chhomrung, which is at the elevation of 2,140m/7,020ft, we will check into our lodge, where we will stay overnight. The hike today is approximately 5 – 6 hours.

Day 7: Dovan – 2,500m/ 8,202 feet

Today we will trek from Chhomrung to Dovan 2,500m/ 8,202ft, which will take approximately 5½ - 6 hours. The trail drops down steeply for approximately 1 hour until you reach the bridge. From there, you have approximately 2 hours on stairs and steep terrain going uphill to a break spot. From there, you will continue the trek on easier, jungle terrain for approximately one and a half hours to Bamboo, where you will stop for lunch. After lunch, there is another 1 – 1.5 hours through the jungle on mixed terrain to reach the small village of Dovan. Here, the lodging is quite basic, and the group may have to stay in dorm-style accommodations overnight.

Day 8: Machhapuchere Base Camp – 3,700m/ 12,139 feet

Trek from Dovan to Machhapuchere Base Camp, which sits at 3,700m/ 12,139 ft. Today is a beautiful day of hiking to reach the Base Camp of Machhapuchere. The first two hours of the day are on beautiful mixed terrain through the jungle, to reach a beautiful clearing where you will stop for tea. Then, you will continue for another two hours, mainly uphill to Deruli, which is where you will stop for lunch. After lunch, there are another two hours approximately to reach Base Camp! This will be a long day with approximately 6-7 hours of hiking, but worth it when you see the peaks of the Annapurna Region! We will stay in a lodge in the Base Camp for the night and again the accommodation might be dorm-style for this night.



Day 9: Annapurna Base Camp – 4,131m/ 13,553 feet

Today, the approximately 2-hour day of trekking will bring us to Annapurna Base Camp at 4,131m/ 13,553ft. We will leave Machhapuchhre Base Camp and walk gently uphill for approximately two hours with stunning scenery along the way to reach Annapurna Base Camp. From Annapurna Base Camp, the views of the mountain are stunning, we will stay overnight at a lodge, likely in dorm-style accommodations. We will have plenty of time in the afternoon to enjoy the beautiful sites of Annapurna Base Camp!

Day 10: Bamboo – 2,345m/ 7,693 feet

Trek from Annapurna Base Camp (ABC) to Bamboo 2,345m/ 7,693m. Today will be a longer day as we will hike for 6 hours as we retrace our steps to Bamboo. The trail drops 1,700m/ 5,577ft, to the bank of Modi Khola to Bamboo at 2345m/ 7,693ft. We stay overnight again in very basic accommodations in dorm-style rooms.

Day 11: Jhinu Danda – 1,780m/ 5,839 feet

Today will be the final long day of walking! Trek from Bamboo to Jhinu Danda 1,780m/ 5,839ft, which will take approximately 5-6 hours. We continue to retrace our steps through the rhododendron and bamboo forest, where the trail descends very steeply from Chhomrung to Jhinu Hot Springs. You can relax in the natural hot springs at Jhinu, where we stay overnight at a lodge.

Day 12: Pokhara – 850m/ 2,788 feet

Today is our final day in the mountains, before returning to Pokhara. We will wake up this morning and have just a short walk to where the jeeps will be waiting for us! Once we all load up our gear and selves in the vehicles, we will then drive back to Pokhara, which will take approximately 3-4 hours, and then have the rest of the afternoon at leisure in the beautiful city of Pokhara.

Day 13: Fly to Kathmandu – 1,400m/ 4,500 feet

We will wake today and have breakfast before returning to the Pokhara Airport for the flight back to Kathmandu. You can spend the day at Leisure in Kathmandu, enjoying the sites,



including Pashupatinath, Swayambhunath and the districts of Bhaktapur and Patan. Durbar Square is also on the essential list, as is the shopping area of Thamel or get a treatment at one of the many spas in Kathmandu. We include a celebration team dinner in a nearby restaurant and the night in the hotel is also included on a shared basis.

Day 14: Kathmandu

Today is the final day of our itinerary. We recommend that you do not book your return flight until no earlier than the evening on this day. That will be critical if there are any delays getting out of the mountains on the day before. We include your return transfer back to the international airport for your onward journey. If you want to spend any extra time in Kathmandu, we are happy to book additional nights for you in the hotel.

Important Notes:

Every effort will be made to keep to the above itinerary, but as this is adventure travel in a remote mountain region, we cannot guarantee it. Weather conditions, road conditions, vehicle breakdowns, flight delays, and the health of participants can all contribute to changes. The trek leader will try to ensure that the trip runs according to plan, but an easy-going nature will be an asset!

We are your number one resource for the trip and if you sign up to one of our trips, we will send out a 40+ page Dossier with an itemized kit list and further information on how to fully prepare for the trip. While you are waiting for the Dossier, here is a very useful page on the trek to Annapurna Base Camp: <https://iantaylortrekking.com/blog/all-you-need-to-know-about-trekking-to-annapurna-base-camp/>.

The Cost Includes:

- 4 Guides for every group of 10 trekkers
- Internal flights
- Professional guides
- Porterage of gear (Carrying 15kg/33lb per person Maximum)
- 2 nights hotel and breakfast in Kathmandu (2 people sharing, 4 Star)
- 2 nights hotel and breakfast in Pokhara (2 people sharing)



- All lodge accommodation when in mountains – possibly 4 nights in dorm-style accommodation, with 4 or more people per room.
- All permits and National Park fees
- Insurance cover for our staff
- Full time office support on the ground in Kathmandu
- Airport Transfers to/from International Airport in Kathmandu
- Using the communal medical kit (you will need a personal kit as well)
- 3 meals a day while in the mountains
- 5 days a week expert support prior to trip
- Celebratory final meal in Kathmandu

The Cost Does Not Include:

- Nepalese Visa entry fee (\$50, which can change at any time)
- International flights
- Trekking insurance (compulsory)
- Tips for Guides/Porters (approximately \$200)
- Personal equipment
- Meals and drinks while in Kathmandu (excluding Breakfast)
- Meals and drinks while in Pokhara (excluding Breakfast)

Typical Menu in Mountains:

Breakfast: Eggs, oatmeal, porridge, toast, pancakes, tea & coffee

Lunch: Egg fried rice, Potato's, Beans, fries, Pizza, Pasta

Dinner: Pasta, Vegetable rice, soups, Chicken (Namche and below), Dhal (traditional Nepalese food), Curry