



## Contact Information

+977 01-4813144, +9779851135348

info@adventureascent.com

Kapan Marg, Kathmandu, Nepal



## Annapurna Base Camp (ABC)

The first climbed peak above 8000m, Annapurna Trek is a memorable hike inside of Massif Annapurna range, flaunting some of the most mesmerizing scenery on our planet. This region has fascinated travelers and adventures throughout the decades since it was opened for global travelers in 1980s. There is a lot to discover for people with a curiosity for nature and culture in this trekking route. Travelers get to hike the diverse altitude variations, birds and wild animals. You get to witness the difference in culture and lifestyle of the people living in this altitude. These villages are the habitat of the Gurung and Magar community. Gurung and Magars are the backbones of Gurkha soldiers. Their bravery is famous and are the foremost friendly individuals you'll ever meet. The Annapurna Sanctuary is like a piece of heaven rounded by beautiful snowy mountains. The highest mountain here is Mount Annapurna one, elevation of 8,091 meters/ 26545 feet. Annapurna one, which also happens to be the 10th highest mountain in the world, lies in this region and is the most well-known attribute for the trek with many other highlights along the route. Adventure Ascent offers a 12-days package for people desiring to go on an Annapurna base camp trek. We are flexible to extend the tour by taking the traditional itinerary as per your demand. Annapurna Base Camp Trek via Ghandruk provides an opportunity to explore many of the lovely mountain villages. &nbsp;The other striking mountains here is Mount Fishtail, locally named by Machhapuchare, Annapurna South, Annapurna Fang, Annapurna 2, 3 and 4, Hiunchuli, Gangapurna, Khangsar Kang, Tent Peak to name a few. Pokhara is a beautiful city with beautiful lakes and fancy restaurants, shops, spas and cozy hotel. After a nice shower we will go for lunch nearby the lake. We can go kayaking on Fewa lake with evening view of beautiful Annapurna range. In the evening we will take you to dinner with live music performed by local rocks bands or a cultural live music place. In the morning before the flight if you want you can do unforgettable paragliding over the lake with mountain and city views.

Price:

Trip Start: Kathmandu

Trip Ends: kathmandu

Duration: 10

Grade: medium

Altitude: 4130m

Destination: annapurna base camp

Trip Style: tea house

Transport: flight/jeep/heli

Group Size: any number

Best Time: Spring (March to May)-Autumn (September to November)

## Itinerary

Day	Title	Description
1	<u>1) Arrival in Kathmandu (1400m)</u>	After landing at the Tribhuvan International Airport, an Adventure Ascent representative will be there to greet you and take you to the hotel. We will then check-in at the hotel, freshen up and take a rest. Welcome dinner will be hosted in the evening.
2	<u>Sightseeing in Kathmandu and Preparation for the Trek</u>	After an introduction with the city tour guide at the hotel you will begin your tour to Pashupatinath temple, Swayambhunath stupa and Bouddhanath stupa, which are all world heritage sites. Pashupatinath temple is one of the most important places of for all hindu pilgrims. Swayambhunath is also known as the Monkey Temple and Bouddhanath Stupa is one of the largest stupas in the world. After the tour you will meet with your trekking guide, briefing about the trek and checking your trek gears.
3	<u>Fly to Pokhara (800m) and Drive to Gandruk Village</u>	After breakfast we begin our Annapurna journey with a 25-minutes flight to Pokhara. It is an exciting flight with a panoramic view of Ganesh Himal, Manaslu, Lamjung Himal and most of Annapurna Range are seen. After landing we will have lunch at the lake side in Pokhara. After lunch the jeep will pick you and drive you to Gandruk village, which is about 2 to 3 hours drive. &nbsp;

- 4      4) Trek to Chhomrong (2,360m/7,742ft). Walking 4 to 5 hours.      Today you start trekking by following the bank of the Modi River. You ascend for a while, then leaving the river behind, you climb towards the huge boulders. After the pass of the boulder, you cross the bridge over the Kimrong River and climb a steep trail that will take you to Chhomrong. Before Chhomrong you visit the place called Jhinu Danda. We will stay overnight at a beautiful local tea house with mountain views in Chhomrong.
- 5      5) Trek to Dobhan (2600m). Walking 6 to 7 hours      From Chhomrong you step down to cross the Chhomrong River. After that you hike up towards Sinuwa village, enjoying the view of bamboo, rhododendron and oak forest on the way there. You continue to walk by ascending to Kuldi (2470m). From here you enter the upper Modi valley, then you descend a long steep on a stone staircase to Bamboo village (2310m). From Bamboo, you again climb continuously through stands of bamboo and rhododendron forests to arrive at Dobhan. We will stay overnight in Dobhan at a cozy local tea house in the middle of the forest by the river.
- 6      6) Trek to Deurali (3200 m) Walking about 4 hours      Leaving from Dobhan we follow the river. On the way you will cross several streams and walk across a landslide. Well in the forest, you will find a small temple dedicated to Baraha, a local deity, where local people leave offerings of flowers and clothes. You climb past a cascade over a rock platform, then passing another temple of Shiva and then you will arrive at an area called Himalaya where two small lodges sit. Passing the lodges, you continue walking on a rocky trail through forests, then up a steep ravine to Hinku Cave (3100m). From Hinku the trail crosses the fragments of a glacier, then climb through large boulders to the small village of Deurali. We stay overnight in a nice local tea house with beautiful waterfalls and mountain views around.

- 7 7) Annapurna Base Camp (4130m). Walking about 4 to 5 hours Above Deurali the valley widens and becomes less steep and you can see the gates of the sanctuary as the mountains really start to rise around you. You follow the path that diverts to the east side of the valley and climbs through an unusual mix of bamboo and birch, then arrive at Bagar river side. From Bagar you climb across more avalanche paths, through a sparse birch forest, cross a moraine and descend to a stream. Following a stone staircase, you arrive at Machhapuchhare Base Camp (3700m). From Machhapuchhare Base Camp the trail follows a stream, then you hike continuously with the wonderful panoramic view of the Annapurna Himalayan range. Before long you can see the hotels of Annapurna Base Camp and soon after you reach Base Camp. For viewpoint, you will walk to the west which is marked by prayer flags from here you get a spectacular view over the Annapurna glacier. For a fine valley overview, you can also hike the southern slopes behind the lodges.
- 8 8) Trek Back to Bamboo. Walking 7 to 8 hours Today you wake up early in the morning and enjoy the sunrise over Annapurna and the surrounding mountains. After breakfast retrace your steps to Bamboo passing through Machhapuchhare Base Camp, Hinko, Himalaya and Dobhan. Although it takes almost 7 hours of walking it is not difficult since it is downhill trekking to the Bamboo Village. We will stay overnight in the same local teahouse as before.
- 9 9) Trek to Jhinu Danda From Bamboo, it is an uphill trek to Kuldighar followed by a downhill walk to Chhomrong river. Then you climb the stone steps to Chhomrong Village. The trail then descends to Jhinu Danda. Today you will have an opportunity to enjoy the hot springs which are just a 15&ndash;20-minutes&rsquo; walk from Jhinu Danda to the river side to soothe your aching body. We will stay overnight in small local teahouse.
- 10 Drive to Pokhara After breakfast, you will walk to the jeep station with the guide and team by crossing a long suspension bridge and drive back to Pokhara. Pokhara is a beautiful city with beautiful lakes and fancy restaurants, shops, spas and cozy hotel. After a nice shower we will go for lunch nearby the lake. We can go kayaking on Fewa lake with evening view of beautiful Annapurna range. In the evening we will take you to dinner with live music performed by local rocks bands or a cultural live music place.

11 Fly back to  
Kathmandu

In the morning before the flight if you want you can do unforgettable paragliding over the lake with mountain and city views.