

INDEPENDENT TRIPS

Annapurna Base Camp Trek 12D/11N (from Kathmandu)

Hiking & Trekking

12 Days / 1 Country

Nepal

Departure city: Kathmandu, Nepal

End city: Kathmandu, Nepal

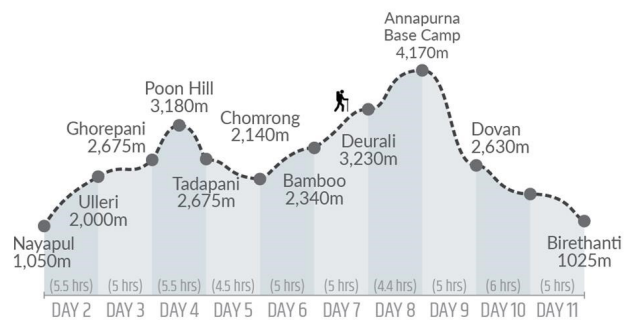
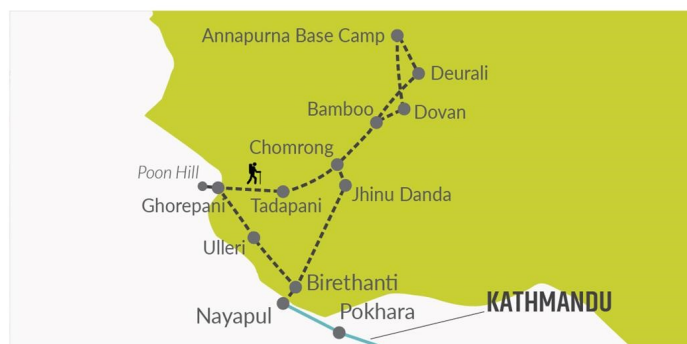


HIGHLIGHTS

- Trek to a dizzying 4,170m at Annapurna Base Camp
- Go white-water rafting in beautiful scenery
- Sleep overnight in cosy mountain guesthouses
- Hike to Poon Hill at 3,232m for awesome views

Discover the Himalayas and challenge yourself on an incredible 12-day adventure. Go white-water rafting, see some of the highest peaks of the world from Poon Hill, push your limits by climbing to the Annapurna Base Camp, and enjoy spectacular sceneries in the heart of this extraordinary region.

MAP



*This map shows trek altitudes, but is not geographically to scale.

What is included



Independent Trips

Include all of your accommodation, transport and experiences on a pre-set trip that you can customize to perfectly suit your travel needs.



Accommodation: 11

- Mixed accommodation 9N in basic guesthouses during trek
- 2N in Pokhara budget hotel



Transport: 2

- Pick-up, tour transport Bus transfers Kathmandu - Trishuli River - Pokhara - Kathmandu
- Kathmandu accommodation pick-up



Meals: 1

- 1 Lunch(es),



Guides:

- English speaking guide during rafting group trip Private Government-licensed English-speaking guide during private Annapurna base camp trek

What is not included

- *Other meals/drinks (min. \$20USD per day) *Travel insurance (mandatory)
- *Personal expenses
- *Tips for guides and porters

*Prices for optional activities are subject to change at any time without prior notice. Please confirm these prices before departing on your trip.

Additional information

ADDITIONAL INFORMATION

Suggested Packing List

Backpack (10 - 15 liters), sleeping bag (if desired-- sheets & blankets are provided), hiking poles, rain pants, plastic rain poncho, trekking boots, sandals/flip flops, thermals (socks, t-shirts, sweater), windbreaker, hiking trousers, shorts, wool hat/beanie, gloves, sun hat, sun block, sunglasses, flashlight/torch, camera (with extra batteries & memory card), personal medications, reusable water bottle, water purification tablets, toiletries (toothpaste, soap, shampoo, toothbrush, toilet paper, towel).

Gratuity

Tipping is by no means mandatory, but is customary. For a job well done, we recommend tipping 10% to your guide, porter, and driver.

First Aid

All guides for this tour have completed first aid training.

Itinerary

Day 1: Kathmandu - Pokhara, Nepal

Rafting Adventure Kathmandu to Pokhara (L)

Today, after being picked-up from your Kathmandu accommodation, you will be transferred to the Trishuli River, located on the Kathmandu Pokhara Highway. On arrival, you will receive an insight on the rafting techniques and security measures, before embarking your raft and begin this exciting rafting experience. Get a rush from this grade-3 river and awe at the amazing lush green scenery around you. After 4 hours of exhilarating rafting you will jump on a bus to the laid-back town of Pokhara. On arrival, make your way to your new accommodation and for check-in and overnight.

Day 2: Pokhara - Ulleri, Nepal

Taxi from Pokhara (915m) to Nayapul (1050m), Trek to Ulleri (2000m) approx. 5.5 hours

Drive from Pokhara to Nayapul (approx. 1.5 hours) to begin your trekking experience in Nayapul (1050m) to Ulleri via Birethanti (1065m) and Tikhedhunga which takes about 5:30 hours. On the way you will be able to see the high peaks of the Himalayas looming in the distance as the road winds its way up to the starting point of the trek. Packed with your camera, warm sweater and some water you head off, accompanied by your guide and local porters. For the last hour walk, get ready for a strenuous uphill climb to Ulleri.

Day 3: Ulleri - Ghorepani, Nepal

Trek from Ulleri to Ghorepani (2675 m) approx. 5-6 hours

After breakfast (not included) it's time to pack your things and head off on the trek. The first stretch is fairly easy as you walk downhill into the valley and cross the Burungdi Khola river. Make sure to stop and admire this spectacular mountain river which at times is a peacefully flowing stream but can fast become a wild churning rapid. Then get ready for a strenuous uphill climb to Ghorepani at 2675m.

Day 4: Ghorepani - Tadapani, Nepal

Trek from Ghorepani to Poon Hill (3180m) to Tadapani (2675m) approx. 5-6 hours

Take an early morning trip to Poon Hill (3232m) to enjoy the sunrise view over Mt. Dhaulagiri (8167m), Tukucho Peak (6920m), Nilgiri (6940m), Varaha Shikhar (7847m), Mt. Annapurna I (8091m), Annapurna South (7219m), Annapurna III (7855m), Machhapuchhre (6993m), Annapurna IV (7525m), Annapurna II (7937m), Lamjung Himal (6931m) and other numerous snowcapped mountain peaks. Return to Ghorepani for a rewarding breakfast (not included) and begin your trek to Tadapani (2650 m) through the deep forests of rhododendrons, bamboos and oaks. On the way, you frequently see waterfalls, rocks, wild animals, local birds and green landscapes. Tadapani is a small village surrounded by beautiful forests which grant you a magnificent view of Annapurna South, Hiunchuli, Fishtail, and Annapurna II and other snowy peaks. Stay overnight at a teahouse.

Day 5: Tadapani - Chomrong, Nepal

Trek from Tadapani (2675m) to Chomrong (2140m) approx. 4.5 hours

The day starts with steep downhill hike departing Tadapani through rhododendron forests followed by a easy walk to reach Gurjun, the village of Gurung people. Continue to the the village of Chomrong at elevation of 2140 meters. Stay overnight at teahouse.

Day 6: Chomrong - Bamboo, Nepal

Trek from Chomrong to Bamboo (2340m) approx. 5 hours

Leaving Chomrong, the trail descends on a stone staircase and crosses the Chomrong Khola River on a swaying suspension bridge, then climbs out of the side valley. High above the Modi Khola on its west bank, the trail passes through the tiny settlement of Tilicho in forests of bamboo, rhododendron and oak. Climbing further on a rocky trail (beware of the stinging nettles) you reach three hotels at Sinuwa (2350m) where you can take a break to catch your breath and enjoy the scenery. Climb through rhododendron forests to Kaldi (2520m), once a British sheep breeding project) where you can stop in at the ACAP visitor centre and check post housed in stone buildings. In winter, it's common to find snow anywhere from this point on. Descend a long, steep stone staircase into deep bamboo and rhododendron forests. It is then a short distance on a muddy trail to Bamboo Lodge (2340m). Stay overnight at teahouse.

Day 7: Bamboo - Deurali, Nepal

Trek from Bamboo to Deurali (3230m) approx. 5 hours

Make a gentle ascent through bamboo forests with varieties of rhododendron and oak trees. The first town you reach is Dovan (2630m) where there are few lodges and campsites. Now you pass through a muddy trail which traverses high above the river. After short trek, you reach the Himalayan Hotel (2900m) and a small village. Beyond it, the trail ascends steeply to Hinko Cave (3160m), a huge overhanging rock that provides some protection against rain and avalanches. From here you will ascend another twenty minutes to reach Deurali (3230m).

Day 8: Deurali - Annapurna, Nepal

Trek from Deurali to Annapurna Base Camp (4170 m) approx 4.4 hours

Today the trail climbs on past the Machhapuchhre Base Camp (3820m) through the Annapurna Sanctuary completed surrounded by mountains. A 2-hour trek from Machhapuchhre Base Camp takes you to the Annapurna Base Camp (ABC) at an elevation of 4170 meters. There, you will enjoy unobstructed views of spectacular mountain scenery.

Day 9: Annapurna - Dovan, Nepal

Trek from Annapurna Base Camp to Dovan (2630m) approx. 5 hours

Make your way back to the small village of Dovan enjoying the views of the Himalayas as you hike downhill descending nearly 1500 meters. Stop along the way to catch your breath and enjoy the peaceful mountain scenery.

Day 10: Dovan - Jhinu Danda, Nepal

Trek from Dovan to Jhinu Danda (1750m) approx. 6 hours

Descend from Dovan to Bamboo passing through forests with varieties of rhododendron, oaks and bamboo plants. After Bamboo, the trail goes steeply up to the Kuldi Ghar and then flattens out until you reach Sinuwa. Make a gradual descent to the Chomrong Khola and then follow a stone staircase for almost an hour to reach Chomrong. The last part of the trail takes you on a steep descent to Jhinu Danda (1750m). Enjoy a well-deserved soak in the hot springs at the bank of the Modi Khola located a short 20-minute walk from town.

Day 11: Jhinu Danda - Pokhara, Nepal

Trek from Jhinu Danda to Birethanti (1025m), Bus to Pokhara approx. 5 hours

Enjoy your last day in the Himalayas by hiking from Jhinu Danda to Birethanti descending 700 meters. Make your way back to Nayapul and Pokhara by bus reaching the comforts of the peaceful lakeside town of Pokhara in the afternoon/evening for overnight.

Day 12: Pokhara - Kathmandu, Nepal

Bus Pokhara to Kathmandu

It is time to say goodbye to this beautiful and laidback Himalayan town as you will catch a bus to return to the Nepalese capital today. On arrival at Kathmandu bus terminal, this amazing adventure will come to an end. We wish you a safe outbound journey.

