

**Hello Sir/Madam,  
Greeting From Globetrot Holidays!!!**

Please check the below details for **Annapurna Base Camp Trek – Nepal (12 Days  
11 Nights)**

For booking & any queries call us on **+91 9969625616/+91 8779036988**

**Kathmandu(1N)-Pokhara(1N)-Ghandruk(1N)-Chhomrong(1N)-  
Dovan(1N)-Machapuchare Base(1N)-Annapurna Base(1N)-  
Bamboo(1N)-Jhinu(1N)-Pokhara(1N)-Kathmandu(1N)**

**Region: - Nepal**

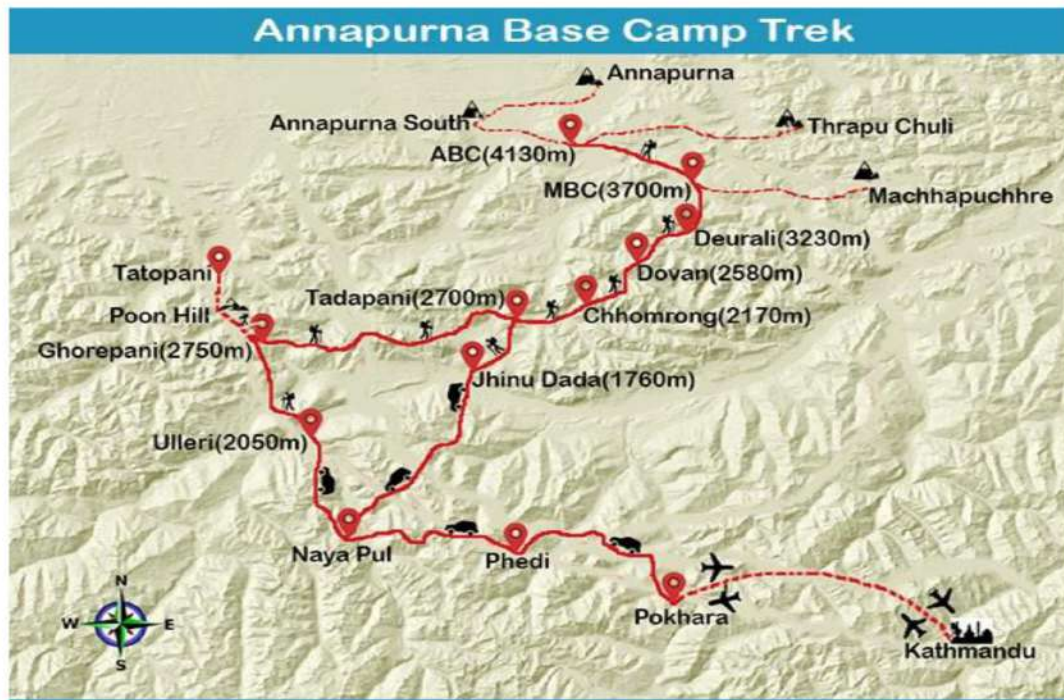
**Grade: - Difficult**

**Max Altitude: - 13,600 ft. (4,100 m)**

**Approx. Trekking Km: - 80 km**

**Best Time to Visit: - March to May ; September to December**

*The Annapurna Base Camp (ABC) Trek is one of the most popular treks in the world. It literally brings you face to face with an eight-thousander – for a moderate-difficult trek, this is incredible! The fascinating Annapurna massif includes the world's tenth highest peak. Annapurna I (8,091 m) holds an almost fatal attraction for mountaineers. It has the highest fatality ratio among the eight-thousanders. This formidable aura apart, the ABC trek holds several treasures for the mountain lover.*



### **TREK ITINERARY:**

- **Day 01: Arrive Kathmandu (Altitude 1,400 m / 4,600 ft.) (D)**

On your arrival at Kathmandu Airport, our tour representative will meet you & then proceed directly to the hotel in Kathmandu. KATHMANDU is also known as “City of Peace”. Kathmandu, located in Kathmandu Valley of middle Nepal is the politic, economic, culture and tourism center of Nepal and the first destination foreign tourists come to discover abundant culture and grand natural beauty of the holy land. Today you can visit Pashupatinath Temple, Boudhanath Stupa, Kailashnath Mahadev Statue, Swayambhunath Stupa, Kathmandu Durbar Square, National Museum of Nepal, Garden of Dreams, Kopan Monastery. Check-in at the hotel. Relax for the rest of the day.

#### **Dinner & Overnight stay at Kathmandu.**

- **Day 02: Kathmandu – Pokhara (Drive 205 km / 5-6 hrs) (Altitude 1,400 m / 4,600 ft. to 1,400 m / 4,600 ft.) (B,L,D)**

After having an early morning Breakfast check-out from the hotel. Later proceed the journey to Pokhara. POKHARA is also known as “City of Seven Lakes”. Pokhara is the gateway to the Annapurna region. All the big expeditions & trekking start from here. Enjoy the Himalayan views, rice fields and Nepalese culture around. Reach Pokhara by evening. Today you can visit Devi's Falls, Jangchub Choeling Monastery, Phewa Lake, Tal Barahi Temple, Pokhara Shanti Stupa, Gupteshwor Mahadev Cave, and International Mountain Museum. Pre-trek briefing will be conducted in the hotel by your trek leader. Check-in at the hotel. Relax for the rest of the day.

#### **Dinner & Overnight stay at Pokhara.**

- **Day 03: Pokhara – Ghandruk via Nayapul (Drive 50 km / 2-3 hrs ; Trek 9 km / 6-7 hrs) (Altitude 1,400 m / 4,600 ft. to 2,000 m / 6,500 ft.) (B,L,D)**

After having an early morning Breakfast check-out from the hotel. Later proceed the journey to Ghandruk via Nayapul (Altitude 1,100 m / 3,500 ft.). You'll have a short ride to Nayapul. The actual trekking begins henceforth to Ghandruk. From Birethanti, you'll trek uphill on the trail to Ghandruk. The path is well paved having stairs intermittently. Enjoy the panoramic views of the mountains. Pass along various small villages such as Chimrong, Syauli Bazar, Chane. Cross the suspension bridge over Khumnu Khola. Finally you'll arrive at Ghandruk, a slope settlement with old stone & slate roofed houses mostly inhabited by the Gurung people. Along with enjoying the stunningly close-up towering views of Machapuchare, Fishtail, Annaurna South, and Hiuchuli mountains, we also acquaint ourselves with the simple but rich cultural traditions of the Gurung people at the Gurung Museum in Ghandruk. In the south, you can notice & Annapurna views. You'll also find a lot of tea houses spread through the entire village. This is your first introduction to the tea house culture of trekking that serve typical Nepalese cuisine. You'll experience this throughout the trek. Check-in at the camp. Relax for the rest of the day.



### **Dinner & Overnight stay at Ghandruk.**

- **Day 04: Ghandruk – Chhomrong (Trek 10 km / 5-6 hrs) (Altitude 2,000 m / 6,500 ft. to 2,200 m / 7,200 ft.) (B,L,D)**

After having an early morning Breakfast check-out from the camp. Later proceed the trail to Chhomrong. The delightful muddy trail ascends gradually. Climb up for an hour up-to Ghandrukkot & then a steep descent takes you to the Kimron Khola. After another steep ascent from Kimron Khola, you'll walk for an hour which is very easy hike. Then you'll take a steep climb continuing up-to Chhomrong. After about an hour, you'll reach the first few lodges of Chhomrong, at the edge of the mountain. The trail splits here—take the ascending stone steps to reach Chhomrong at the top. Towering above the village is the mighty peak of Annapurna South, with the Fishtail Mountain (Machhapuchhare). Chhomrong is a beautiful village located on the lap of giant Annapurna massive. Chhomrong is also known as the gateway to the Annapurna Sanctuary. Do not miss the peaceful sunset view on Annapurna South. Chhomrong, like Ghandruk, is lined with tea houses. There are also several shops that sell essential things. There is a check post here where you need to register yourself again. Visit the office and show your TIMS card. Picture perfect hilly settlements surrounded by green banana fields, rhododendrons, fern etc. are seen throughout the trail. Check-in at the camp. Relax for the rest of the day.

### **Dinner & Overnight stay at Chhomrong.**

- **Day 05: Chhomrong – Dovan via Sinuwa (Trek 11 km / 6-7 hrs) (Altitude 2,200 m / 7,200 ft. to 2,600 m / 8,500 ft.) (B,L,D)**

After having an early morning Breakfast check-out from the camp. Later proceed the trail to Dovan via Sinuwa (Altitude 2,300 m / 7,700 ft.). The trail today begins with a descent on the stone-built stairs leading to a bridge. Half an hour hike & you'll reach Chhomrong Khola. The trail climbs steeply on stone steps after the bridge. Few minutes of trekking brings you to the hamlet of Tilche, which has a few houses. Another small hike from Tilche brings you to Lower Sinuwa. From here, the trail again climbs steeply on stone steps to reach Upper Sinuwa. You'll get grandstand views of Machapuchare & Annapurna III peaks from the viewpoint. Both Lower & Upper Sinuwa have few lodges. The trail to Sinuwa is lined with fields & thin forests. Beyond Upper Sinuwa, you'll be entering the Annapurna Sanctuary, the area is flourished with oak, rhododendrons, alpine trees. Therefore the trail looks lush adorned with reddish-pink flowers. This is marked by dense forests & clustered tea houses. The tea houses are all powered by hydroelectric power plants. You can spot some of the small scale power plants along the trail. The mud trail from Sinuwa to Bamboo climbs up gradually for the first half an hour, till you reach a clearing. You'll see an abandoned ACAP check post here. From here, it's a steep descent to Bamboo village on stone steps for about half an hour. The Modi Khola flows alongside but you can only hear it. As you approach Bamboo you feel yourself getting closer to the source of the sound of this running river. Look out for waterfalls around. The ascent to Dovan village begins immediately where the lodges of Bamboo end. Crossing wooden bridge, climb further up for about half an hour till you reach another wooden bridge. Dovan is just few steps from here, up the same trail. Only the tip of Machapuchare peak is visible from Dovan. Check-in at the camp. Relax for the rest of the day.



**Dinner & Overnight stay at Dovan.**

- **Day 06: Dovan – Machapuchare Base via Deurali (Trek 13 km / 6-7 hrs) (Altitude 2,600 m / 8,500 ft. to 3,700 m / 12,100 ft.) (B,L,D)**

After having an early morning Breakfast check-out from the camp. Later proceed the trail to Machapuchare Base Camp via Deurali (Altitude 3,200 m / 10,600 ft.). The trail winds slowly up from Dovan towards Himalaya. In about 10 minutes, you'll reach a fork in the trail—take the one to the left. Cross the wooden bridge that you get in about 15 minutes & continue ascending. The path is a mix of short stretches of steep & gradual ascents. Walk past the shrine that you get on your left till you reach another fork in the trail. Both routes lead to Himalaya but the mud route to the right is shorter and steeper & joins the other one 5-10 minutes later. Another 10 minutes of climbing brings you to a point where the trail opens up to the Modi Khola. Machapuchare peak becomes visible again here. You'll also see Himalaya from here. Another 15 minutes on an undulating trail brings you to Himalaya. There are a few lodges in Himalaya in case you wish to take a break. The trail that goes to the right from the first fork that you hit earlier today goes to a small hut. This is one of the small hydroelectric power plants which supplies electricity to surrounding villages. You are likely to find signs of past landslides & avalanches on the trail today. Climb up steadily from Himalaya for about an hour to reach an overhanging rock called Hinku Cave. The entrance to the cave is blocked. From here, the trail slowly descends for 10-15 minutes till you reach two big snow patches. Cross the snow patches and one stream. Climb up for about half an hour to reach Deurali. Have lunch at Deurali village. After Himalaya, the terrain starts to shift from dense forest to alpine boulder. The only vegetation you find are Bamboo, Ferns and grass. You'll be climbing up & down small boulders on a large part of the trail. It'll take you 10 minutes of climbing through boulders to cross the last lodge at Deurali. From here, the trail opens up to the valley with Modi Khola thundering past next to you. You'll see Machapuchare & Gangapurna peaks at a distance. Keep walking ahead till you reach descending stone steps leading to Bagar in about half an hour. Continue past the abandoned lodges here & climb steadily up for about an hour. You'll reach a bridge & cross Modi Khola. Machapuchare Base Camp is half an hour from here. Soak in the magnificent views of Machapuchare (22,955 ft.) in front & Annapurna (26,545 ft.) to your left. The terrain on this stretch is marked with small snow bridges that need to be crossed. You are also entering grasslands, marked with few Daphne trees. Small flowering plants adorn the trail with their colours. The mountains on either side are rocky. Small waterfalls flow from either side into Modi Khola. This is also marked as an avalanche prone area. Watch out for signs of AMS. Make sure you don't rush through the trail—walk slowly to help your body acclimatise. Check-in at the camp. Relax for the rest of the day.

**Dinner & Overnight stay at Machapuchare Base.**

- **Day 07: Machapuchare Base – Annapurna Base (Trek 4 km / 2-3 hrs) (Altitude 3,700 m / 12,100 ft. to 4,100 m / 13,600 ft.) (B,L,D)**

After having an early morning Breakfast check-out from the camp. Later proceed the trail to Annapurna Base Camp. Start early from Machapuchare Base Camp. The peaks glowing with the golden & orange tints of sunrise are a must watch. Annapurna Base Camp is about 90 degrees to

the left of the direction you came in to Machapuchare Base Camp. The initial 1 km is a steep ascent. Then the trail ascends gradually. As you walk, you'll see sunrise hit Annapurna I & slowly extend towards Annapurna South. The last stretch to Annapurna Base Camp is a walk on moraines. If you are lucky, you can spot some Himalayan Marmot on the way. You will be surrounded by the mountain range of Annapurna region. Annapurna I, Annapurna III, Annapurna South, Gangapurna, Gandharvachuli and Machapuchare are right there in front of your eyes. Pick a spot at the edge of the Annapurna glacier & soak in the beautiful views. You'll stay here in tents for the night. Check-in at the camp. Relax for the rest of the day.

#### **Dinner & Overnight stay at Annapurna Base.**

- **Day 08: Annapurna Base – Bamboo (Trek 14 km / 8-9 hrs) (Altitude 4,100 m / 13,600 ft. to 2,300 m / 7,700 ft.) (B,L,D)**

After having an early morning Breakfast check-out from the camp. Later proceed the trail to Bamboo. This is perhaps the longest day of the trek. Wake up early morning to capture the beautiful sunrise on the peaks & further start the descending trail. You'll be tracing back the same route you took to reach Annapurna Base Camp all the way to Bamboo village—crossing Machapuchare Base Camp, Deurali, Himalaya and Dovan. Today's trail includes long stretches of steep descent interspersed with short ascents. Himalaya is good place to stop for lunch. You can refill your water bottles at tea houses on the way. Reach Bamboo village by evening for your night stay in tents. Check-in at the camp. Relax for the rest of the day.

#### **Dinner & Overnight stay at Bamboo.**

- **Day 09: Bamboo – Jhinu (Trek 12 km / 6-7 hrs) (Altitude 2,300 m / 7,700 ft. to 1,800 m / 5,800 ft.) (B,L,D)**

After having an early morning Breakfast check-out from the camp. Later proceed the trail to Jhinu. Take the trail to Sinuwa & begin climbing up steep steps till you reach the abandoned check post. This should take you around half an hour. Descend from here till Sinuwa for about an hour. From Sinuwa, it's a hard descent to Chomrong Khola for about an hour followed by a steep ascent to Chomrong for another hour. Checkout from the ACAP office at Chomrong before you leave. Take the ascending trail from Chomrong up to the fork with the signpost for Juini. This should take you about few minutes. Descend on the steep steps to reach Jhinu in another 2 hours. The view of the sub-tropical forests from Jhinu is one of the best. Jhinu faces Modi Khola & is famous for hot springs. Enjoy a nice bath here. The Jhinu hot springs are common for both men and women, so come prepared accordingly with your swimwear. Check-in at the camp. Relax for the rest of the day.

#### **Dinner & Overnight stay at Jhinu.**

- **Day 10: Jhinu – Pokhara via Syauli Bazaar (Trek 5 km / 3-4 hrs ; Drive 50 km / 2-3 hrs) (Altitude 1,800 m / 5,800 ft. to 1,400 m / 4,600 ft.) (B,L,D)**

After having an early morning Breakfast check-out from the camp. Later proceed the journey to Pokhara via Syauli Bazaar (Altitude 1,200 m / 3,800 ft.). Take the steeply descending trail from



Jhinu to reach the bridge at Kimrong Khola in about half an hour. After crossing the bridge, take the trail to the left. The ascending trail to the right goes to Somrong. Keep walking along the houses on the trail straight ahead. You'll reach New Bridge in about an hour. This stretch of the trail is a mix of gradual & steep ascents. Many different kinds of butterflies thrive in this region. So, you'll have a colourful display of these as you reach lower from Jhinu. Continue on the trail from New Bridge. Within few minutes you'll see a fork to Landruk on the left & to Kyumi on the right. Take the trail to Kyumi. After about half an hour on this undulating trail, you'll reach a small village, Uppu Dandu. Take the descending stone steps from here to reach Kalchane in another half an hour. You'll find a couple of tea houses here. The trail from Kalchane forks again in about 10 minutes. Take the route to Kyumi—to the left & descending. Keep to the right on this trail. You'll reach Kyumi in about half an hour. Kyumi is a small, quaint village with 5 tea houses. Have your lunch here. From Kyumi, take the ascending trail towards Ghandruk. You'll hit a fork within few minutes take the trail to Birethanti & reach the road head in about half an hour. This is Syauli Bazaar. This is where the actual trek ends. Further a short drive to Pokhara. Reach Pokhara by evening. Check-in at the hotel. Relax for the rest of the day.

#### **Dinner & Overnight stay at Pokhara.**

- **Day 11: Pokhara – Kathmandu (Drive 205 km / 5-6 hrs) (Altitude 1,400 m / 4,600 ft. to 1,400 m / 4,600 ft.) (B,L,D)**

After having an early morning Breakfast check-out from the hotel. Later proceed the journey to Kathmandu. Reach Kathmandu by evening. Check-in at the hotel. Relax for the rest of the day & for shopping at Thamel Town.

#### **Dinner & Overnight stay at Kathmandu.**

- **Day 12: Depart Kathmandu (Altitude 1,400 m / 4,600 ft.) (B)**

After having an early morning Breakfast, check-out from the hotel. You'll be dropped at Kathmandu Airport as per your flight timings. Its time now to say goodbye to our trip companions. Let us be in contact with each other through email, Facebook.... And meet again on one more memorable tour with Globetrot Holidays. Trek concludes.

**Package Includes:**

- Accommodation on double/triple/quad occupancy basis in Hotels / Camps / Guest Houses at all places during the Trek with Daily Breakfast, Lunch & Dinner as per the itinerary only. (Meals Veg Only)
- Mountaineering qualified experts & professional Trek Leaders & Guide, Skilled local Cook & Support staff service.
- Private Vehicle from Kathmandu to Trekking Point on Day 03 & Trekking Point on Day 10 to Kathmandu including Local Sightseeing & Kathmandu Airport Pickup & Drop.
- All Entry Permits, Toll & Parking charges, wherever required.
- Porters for carrying common equipment. (like rations/tents/utensils/groceries)
- Basic First Aid Medical Kit with a portable Oxygen Cylinder.
- Common Kitchen/Dining/Toilet tents will be used during the trek.
- Facility of keeping extra luggage at Kathmandu or Pokhara Hotel/Guest House while leaving for trek.

**Package Excludes:**

- All kind of personal expenses such as tips, laundry, telephone bills, beverages, etc.
- It also does not include any meals unless and otherwise specifically mentioned.
- Airfare, GST, Travel Insurance.
- Entrance fees for sight-seeing.
- Optional, suggested or unspecified activities.
- Camera fee (still or movie)
- Additional sightseeing charges or extra usage of vehicle.
- Any additional charges arising due to natural calamities, political disturbances, vip movement, etc.

**HOTEL DETAILS:**

CITY	STANDARD
KATHMANDU	Kathmandu Eco Hotel / SIMILAR
POKHARA	Hotel City Inn / SIMILAR
GHANDRUK	Guesthouses / Alpine or Dome Tents / SIMILAR
CHHOMRONG	Guesthouses / Alpine or Dome Tents / SIMILAR
DOVAN	Guesthouses / Alpine or Dome Tents / SIMILAR
MACHAPUCHAR BASE	Guesthouses / Alpine or Dome Tents / SIMILAR
ANNAPURNA BASE	Guesthouses / Alpine or Dome Tents / SIMILAR
BAMBOO	Guesthouses / Alpine or Dome Tents / SIMILAR
JHINU	Guesthouses / Alpine or Dome Tents / SIMILAR

**DEPARTURES & TREK COST:**

On Special Request.

**Terms & Conditions:-**

- Price valid from 1<sup>st</sup> January 2021 till 31<sup>st</sup> December 2021.
- 50% payment to be deposited at the time of booking confirmation & remaining 50% before one week of the tour departure date.
- Flight journeys can also be arranged at an additional cost.
- Who Can Go For Trek:-
- Experience of any high altitude trek at least 1 trek.
- The climber must be fit and have sufficient stamina to cover 5 km of distance without a stress.
- The climber should be able to carry a 10 kg backpack.
- Heart problem, high blood pressure, asthma, and epilepsy cannot be reconciled on this mission. The climber must not have the conditions mentioned above.



**Cancellation Policy (for land package):-**

In case of cancellation of tour a written notification or Email should be received at our office by the members who are travelling.

Cancellation charges will be applied as per the cancellation policy below:

- 25% of cost of tour before 40 days or more days of departure:
- 50% of cost of tour before 20 to 39 days of departure:
- 100% of cost of tour before 20 days of departure:

Cancellation of one member may amount to cancellation of whole tour.

In case of delay or cancellation of flights/itinerary due to bad weather or unforeseen circumstances, Globetrot Holidays will not be held responsible for refund or compensation of any kind (including curtailment of trip). Globetrot Holidays will however try to make the best alternate arrangements and facilitate customers with best services possible. Any additional expense incurred due to such cancellations would have to be borne by the guests.