

ANNAPURNA BASE CAMP TREK





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TRIP HIGHLIGHTS

Take in the panoramic views of Annapurna Sanctuary, as you rest at Annapurna Base Camp - a high glacial basin at an altitude of over 4000 meters!

Rest for an evening in the shadow of the fish-tail shaped mountain at Machhapuchhre Base Camp.

Rise early with us and take in the magnificent Himalayan sunrise views over the Annapurna Range at Poon Hill.

Soothe away the tension and aches of your epic adventure with an afternoon dip in the natural hot springs of Jhinu Danda.



Trip Duration	13 days
Grade	Medium
Max. Alt.	4,130m
Summary	13 day trip: 1 day sightseeing in Kathmandu, 3 nights hotel in Kathmandu, 2 nights hotel in Pokhara 9 nights teahouse on trekking trail

WELCOME TO SHERPA SPIRIT TREKS

Thank you for your interest in trekking in Nepal with Sherpa Spirit Treks. We are a local trekking agency in Nepal with more than 30 years of combined experience in the trekking industry in Nepal. It is important to us that your time visiting Nepal is memorable for all of the right reasons. Which is why we not only help you to discover not the magnificence of the mountains here, but also walk with you as the mountains worked their magic on your soul.

WHY TREK WITH SHERPA SPIRIT TREKS?

- We have over 30 combined years experience in the trekking industry in Nepal.
- We have a strong passion for trekking AND the people of Nepal. We provide conditions that empower and support the people of Nepal and their families.
- While we might provide you with an itinerary, we are flexible and allow you to move at your own pace. You won't be rushed or prompted to reach the destination without first enjoying the journey.
- You have the option of booking your own trekking adventure, or joining a pre-arranged group (as available) - all of our groups are kept small to allow you to feel safe and comfortable.

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SOLO TRAVEL THE TRIP

At Sherpa Spirit Treks, we do not require single travellers to pay a surcharge for travelling alone. In fact, we admire you for doing so! In our pre-arranged group treks, we will arrange for you to share accommodation with another trekker of the same gender. If we can't match you up we will provide a single room at no extra charge. However, if you prefer not to share a single supplement is payable to guarantee your own room. Please refer to our website for the additional cost.

One of the most popular and sought after trekking routes in Nepal, Annapurna Base Camp sees thousands of visitors every year. This trek is most popular for its breathtaking scenery, expansive mountain views, and the ever changing landscape that takes you from tropical riverbanks in the lowlands, to lush rhododendron forests and dense pine forests, to barren high altitude landscapes. You'll experience diverse local culture and world famous Nepalese hospitality along the way, and while any time of the year is suitable for this trek heavy snowfall can make this a more daring adventure from December to February.



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AT A GLANCE

Arrival	Arrive in Kathmandu
Day 1	Sightseeing & trek preparation in Kathmandu
Day 2	Kathmandu to Pokhara by Tourist Bus
Day 3	Pokhara to Nayapul, then Tikhedhunga
Day 4	Tikhedhunga to Ghorepani
Day 5	Ghorepani to Tadapani (with early morning side trip to Poon Hill)
Day 6	Tadapani to Chhomrong
Day 7	Chhomrong to Doban
Day 8	Doban to Machapuchare Base Camp
Day 9	Machapuchare Base Camp to Annapurna Base Camp
Day 10	Annapurna Base Camp to Bamboo
Day 11	Bamboo to Jhinu Danda
Day 12	Jhinu Danda to Nayapul, then Pokhara
Day 13	Fly Pokhara to Kathmandu
Departure	Departure

WHAT'S INCLUDED

- ✓ Airport pick up and drop off in a private vehicle
- ✓ 3-star hotel in Kathmandu and Pokhara with breakfast (twin-share: 2 nights in Kathmandu before the trek and 1 night in Kathmandu after the trek)
- ✓ Teahouse accommodation during the trek (twin-share)
- ✓ All meals (breakfast, lunch, and dinner - including hot beverages) during the trek
- ✓ Welcome dinner & farewell dinner (with cultural show)
- ✓ Guided city tour in Kathmandu with private vehicle
- ✓ Domestic flight from Pokhara to Kathmandu
- ✓ Experienced, English-speaking and government-licensed lead trekking guide (assistant guide provided for 4+ trekkers)
- ✓ Porters (1 porter for 2 trekkers)
- ✓ Staff costs (salary, insurance, transport, equipment, meals, and accommodation)
- ✓ Group first aid kit (carried by your lead trekking guide)
- ✓ Down jacket & sleeping bag (to be returned after trek completion)
- ✓ Sherpa Spirit Treks waterproof duffel bag, t-shirt and trekking map (for you to take home)
- ✓ Sherpa Spirit Treks Certificate of Completion
- ✓ All necessary paperwork and trekking permits (ACAP, TIMS card)
- ✓ All government & local taxes

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QUICK FACTS

Visas

Please see below for our note on Visas, and check with your travel agent or the local Nepalese Diplomatic mission in your country for visa requirements.

Vaccinations

Please check with your local GP or Travel Health Clinic for information on vaccination recommendations and requirements.

Leader

This trek is escorted by an experienced, English-speaking and government-licensed trekking guides.

WHAT'S NOT INCLUDED

- ✗ Your round-trip international airfare from home
- ✗ Visa and country entry costs
- ✗ Excess baggage charges
- ✗ Meals in Kathmandu (except Welcome/Farewell dinners - because there are so many amazing places for you to explore!)
- ✗ Extra night accommodation in Kathmandu for early arrival or late departure, or early return from the trek (due to any reason) than what is included in the scheduled itinerary
- ✗ Travel, personal, medical, rescue, and cancellation insurance
- ✗ Personal expenses (phone calls, laundry, alcoholic beverages and bar bills, charges for wifi or to charge personal electronic devices, hot water charges for showers, boiled or bottled water, confectionery, soft drinks, donations)
- ✗ Tipping and gratuities for guides, porters, drivers, etc
- ✗ Medical and rescue expenses

TRIP HIGHLIGHTS

- ✓ Imagine yourself surrounded by gigantic hills and mountains at Annapurna Base Camp as you find yourself in the heart of the Himalayas! This trek is guaranteed to reset your mind, body and soul as you surrender to the majesty of the mountains through your trek. While this is going to be a difficult adventure, the beauty of these mountains and the sense of achievement upon completing your trek is going to make it all worth it. And we promise you, nothing can beat that feeling of achievement!
- ✓ Our trail not only passes, but also rests for an evening at Machapuchare Base Camp. Climbing of this coveted twin peak mountain is prohibited, but you are going to be able to witness the glory and grandeur of this fish-tail shaped mountain up close and personal. No other peaks can compare to its beauty, and you get to soak it all in for a whole evening!
- ✓ Take in the panoramic views of Annapurna Sanctuary, as you rest at Annapurna Base Camp. A high glacial basin at an altitude of over 4000 meters, you'll be surrounded by the Annapurna Range, a ring of mountains, most of which are over 7000m. With the only entrance a narrow valley between the peaks of Mt Hiunchuli and Mt Machapuchare, where run-off from glaciers drains into Modi Khola River, the Sanctuary was not penetrated by outsiders until 1956.
- ✓ Get first hand experience of the unique Himalayan ecosystem. The trail winds alongside terraced rice paddies, lush rhododendron forests and high altitude landscapes with the Annapurna Range in view most of the time. And if you're lucky, sightings of rare and endangered species of animals like snow leopard and musk deer are not uncommon in the region. Other animals such as Himalayan tahr, blue sheep and a host of birds are found aplenty here.
- ✓ You are going to be travelling through some of the most picturesque villages in this region (perhaps the whole of Nepal!) - the Gurung villages of Chhomrong and Ghandruk. These villages host dramatic views of the mystical peaks of Mt Annapurna, Mt Machapuchare, Mt Gangapurna and Mt Hiunchuli, and also serve as the gateway to the Poon Hill trek.

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TRIP GRADING

Medium

This trek is rated as Medium. Although it involves numerous, consecutive days of walking, the daily distance and time spent trekking is less than other trails. This trek climbs to high elevations (above 3,000m) and there is a risk of altitude sickness, however the number of days spent at high elevations is minimal. You will be required to walk steep, unsteady trails, both uphill and downhill, to cross suspension bridges, and old landslide locations. You will need to be able to carry a backpack weighing up to 10kg.

ADVENTURE TRAVEL

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trek we recommend that you contact us.

ALTITUDE SICKNESS

Altitude Sickness or Acute Mountain Sickness (AMS) is a real risk on treks that climb to altitudes close to or above 3,000m. It can be potentially fatal, and the best preparation is to understand the signs and symptoms, and to know the best treatment. Please refer to our website for more information.

IMPORTANT NOTE

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

- ✓ Speaking of Poon Hill, why not rise early with us and take an early morning side-trek from Ghorepani to Poon Hill for some of the most spectacular sunrise views over the Himalaya mountains. Yep, it's a super early morning, but you will never experience sunrise views like this again!
- ✓ Soothe away the tension and aches of your epic adventure with an afternoon dip in the hot springs of Jhinu Danda. Fed by an underground thermal source, this is as natural as it gets! Don't forget to bring a modest swimsuit.

DETAILED ITINERARY

ARRIVAL *Arrive in Kathmandu*

Upon your Arrival, we will welcome you in the terminal hall in Tribhuvan International Airport at Kathmandu. We will transfer you to your hotel and introduce you to your trekking guide, and together you can enjoy a hot cup of masala tea and have an in depth discussion about your trek, including the trekking route, anything you need, the necessities for the trek, and any general suggestions for preparing for your upcoming adventure.

DAY 1 *Sightseeing & Trek Preparation in Kathmandu*

Today you will take a sightseeing tour of Kathmandu with our appointed City Guide! Kathmandu is rich with Hindu and Buddhist history, so with an early morning start, you will visit places such as: the Hindu shrine of Pashupatinath, the Buddhist shrine of Boudhanath, the "city of fine arts" - Patan Durbar Square, Krishna temple, Kumbeswore Temple, Golden Temple, the 2000 year old "Monkey Temple" - Swayambunath Stupa, and Basantaur Durbar Square - home to the living goddess Kumari. In the afternoon you can get acquainted with the local area around Thamel market, as we help you finish your final trek preparations with a spot of gear hire and/or shopping. In the evening we will officially greet you with a Welcome Dinner serving traditional authentic Nepali food in Kathmandu.

DAY 2 *Kathmandu (1,350m) to Pokhara (750m: 6-8 hours)*

Are you ready to start your adventure? Today we will be traveling by bus to the lake city of Pokhara, which is the second largest city in Nepal. It's a long trip, taking about 6-8 hours, with the route winding through hills and following the river outside of Kathmandu valley on our way to Pokhara. We'll be travelling via tourist bus, which gives us some added comfort, and a lunch break at a local roadside teahouse along the way.

DAY 3 *Pokhara (750m) to Nayapul (1,070m: 2 hours) then Tikhedhunga (1,480m: 4-5 hours)*

Our day starts with a short 2-hour drive by private vehicle to Nayapul, the official starting place of our Annapurna Base Camp trek. From Nayapul, we have a relatively short day of trekking ahead of us as we make our way to Tikhedhunga, a small mountain village North-West of Pokhara.

DAY 4 *Tikhedhunga (1,480m) to Ghorepani (2,800m: 6-7 hours)*

We wake up early for an unrelenting day of trekking on our way to Ghorepani. We have a steep stone staircase to ascend today, which is said to be 3,300 steps! But our walk will be rewarded with the gentle views of beautiful terraced fields, deep forests, sparkling clear streams and views of mountains in the distance as we reach our day's destination.

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DAY 5 *Ghorepani to Tadapani (2,630m: 5-6 hours) with early morning side trek to Poon Hill (2 hours)*

Rise and Shine! It's an early morning as we set out on a side trek to Poon Hill. With a short 2 hour hike to climb to the optimal vantage point, you'll be rewarded with a spectacular sunrise over the Himalayas. This is once in a lifetime experience that you don't want to miss! After breakfast we set out for the day, making our way to Tadapani along a steeply descending trail through peaceful rhododendron forests, gentle streams with swimming pools, waterfalls and terraced farms. Another short, but steep ascent sees us at Tadapani, where you'll be greeted by spectacular views of Annapurna South, Hiunchuli and Machhapuchhare. If we're lucky, we might even be able to catch sunset views from the Shiva temple just above village.

DAY 6 *Tadapani (2,630m) to Chhomrong (2,210m: 5-6 hours)*

Within our first few hours of trekking today, we'll be descending down to the Khumna Khola and crossing via the suspension bridge before starting the steep ascent back up towards a ridge just outside of Chhomrong. Located on the lap of the giant Annapurna massif, we'll be rewarded with incredible views of the Annapurnas and Mt. Machapuchare.

DAY 7 *Chhomrong (2,210m) to Doban (2,500m: 5-6 hours)*

We come across more stone staircases and suspension bridges today as we once again descend and climb out through forests of bamboo, rhododendron and oak. As we reach the peak of our ascent into the Modi Valley, we can begin to see the villages of Bamboo and Doban below us, beckoning us to make the steep descent down a stone staircase and through a forest of bamboo and rhododendron. Watch out for the black faced langurs that call these forests home!

DAY 8 *Doban (2,500m) to Machapuchare Base Camp (3,700m: 5-6 hours)*

Heading out from Doban, we'll be crossing streams, avalanche chutes, landslides, making our way past a local Baraha Than temple and crossing the remnants of an old glacier as we head towards the valley at the base of the mountains that mark the official gateway of the Annapurna Sanctuary. We'll be camping overnight in the lap of the Himalayas at Machapuchare Base Camp, and from here you will have spectacular views of the majestic twin peaks of Mt Machapuchare.

DAY 9 *Machapuchare Base Camp (3,700m) to Annapurna Base Camp (4,130m: 2 hours)*

After days of long trekking, today you'll have a comfortable 2 hour trek to reach Annapurna Base Camp. Our trail follows a stream and passes some herder's huts. At Base Camp, you'll be surrounded by the mountains, and this is what you came here for. We will be having our lunch here and staying overnight.

DAY 10 *Annapurna Base Camp to Bamboo (2,310m: 6-7 hours)*

The journey back the way we came is much easier than our ascent, and we'll be making much better time to return. Today, we'll head back to the village of Bamboo, which is just past Doban, the village we stayed in on Day 7.

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DAY 11 *Bamboo (2,310m) to Jhinu Danda (1,750m: 4 hours)*

From here we'll be taking a slightly different trail to the way we came in. Once again passing through lush rhododendron forests, we'll be making our way to the village of Jhinu Danda, which is famous for its natural hot springs. This is an amazing and rewarding way to soothe your tired and aching muscles after a long trek. Just be sure to bring a modest swimsuit!

DAY 12 *Jhinu Danda (1,750m) to Nayapul (1,070m) then to Pokhara (750m)*

Our final day of trekking is relatively easy as we descend from Jhinu Danda to Nayapul. From here we once again take a private vehicle to return to Pokhara, one of the most favoured tourist destinations in Nepal. Tomorrow we'll be returning to Kathmandu, so enjoy the evening sightseeing, or arrange some extra time in Pokhara.

DAY 13 *Pokhara to Kathmandu*

After a long, and incredible (but perhaps slightly tiring) trek, we think you deserve to avoid the long drive back to Kathmandu. So today we'll be taking a domestic flight back to Kathmandu, which takes about 45 minutes. With an afternoon in Kathmandu to yourself, you can choose to wander the bustling tourist district of Thamel to finish up your souvenir shopping, or rest up in your hotel. Join us for a final meal together, as we enjoy a Nepalese farewell dinner with traditional live music and dance.

DEPARTURE *Drop off at the airport*

As today is your last day in the country we appreciate your decision to choose us as your travel companion. We are honored to be a part of your beautiful memories and hope that we met your expectations. We will accompany you to the airport for a traditional Nepal farewell, and we wish you a safe flight back home.

OTHER OPTIONS

Want to extend your trip so that you can enjoy some leisure time in Pokhara and experience some of the incredible things the lake city has to offer? Then **Contact Us** and ask for a customized itinerary!

There are so many activities to choose from:

- City Sightseeing - Visit Fewa Lake, enjoy a shopping spree, marvel at Devi's Falls, and enjoy the tranquility of the World Peace Pagoda
- Beautiful Sunrise view from Sarangkot
- A scenic mountain flight over the Annapurna ranges
- Paragliding (for the more adventurous at heart!)
- Visit a Tibetan Refugee Camp

COUNTRY INFORMATION

The world's highest mountain range defines everything there is about Nepal, a landlocked country lying between India to the south, and China and Tibet to the north. It's topography and weather, its religion and trade, all arise from its location amongst the grandest mountains you'll ever see. And while Nepal's rich melting pot of culture and tradition, with mystical Indian Hinduism and Tibetan Buddhism making up the fabric of the society, will draw you in with amazement and awe, it's the famous peaks and the superb trekking staff that will impress you with memories you'll never forget.

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CLIMATE

Nepal has five seasons: spring, summer, monsoon, autumn and winter. In the mountainous regions where we trek, you can expect temperate summer temperatures and winter temperatures that can plummet below freezing. There is no seasonal constraint on trekking in Nepal, however the best time to visit is March/April (spring) when the rhododendrons bloom, and September to mid-December, when monsoon has cleared and skies are clearest.

A TYPICAL DAY

A typical day on this trek will involve waking early to a warm, fuelling breakfast with a hot tea or coffee, provided by our teahouse guests. Of course, the meal is of your choice, ordered the evening before. Make sure your bags are packed and ready to go, as our porters will be keen to head off early, before you've even finished your meal! You'll then set out for a day of trekking through sublime, mountain terrain. Each day varies, but you can expect to walk 4 to 8 hours a day. We will stop for lunch at a teahouse along the way, giving you a chance to drop your pack, put your feet up, and have a rest while you nourish and refuel your body with a delicious, warm meal. Some days our lunch place will also be our overnight camp, but on most days we will set out again after lunch to reach our overnight destination. Upon arrival at our overnight accommodation you'll have a chance to order your dinner, and spend the evening reflecting on your day, and enjoying the company of your guides, with a nice hot cuppa around the fire.

DIETARY REQUIREMENTS

While our packages include the cost of meals, we cannot cater to special dietary needs, as we are staying in hotels and teahouses that are under their own management. However, most diets can be accommodated. The easiest diets to accommodate are vegetarian/vegan, and gluten free (simply by ordering food that meets these needs, and making any requests at the time of ordering). The Nepalese people aim to please their guests, so a courteous request will go a long way!

ACCOMMODATION ON THE TREK

In Kathmandu you will be staying in 3-star hotel accommodation, generally with wifi and running hot water in your own attached bathroom (always appreciated after a long trek!).

On the trekking trail, we stay in traditional Nepal teahouse accommodation, which has been constructed to cater to the needs of trekkers. Teahouses are usually of a general standard, and can vary, depending on the town/village we stay in, and the time of year we are trekking. They can be made of stone, or they may be constructed more simply. The facilities offered by teahouses varies, and most often the bathroom and toilet are located outside and are a shared facility. Hot water and wifi are charged, and may not always be available, depending on where we are staying.

All accommodation on our treks is twinshare meaning you will generally be sharing a room with one other person (unless you're travelling solo, or in an odd numbered group). Single supplements are also available for those who wish to be guaranteed a room all to themselves.

Please refer to [our website](#) for more information.

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WHAT YOU CARRY

All of our trekking packages include porters to carry your main luggage (water-proof duffel bag provided). However, you will be required to carry a daypack with extra warm/rainproof clothing, drink bottle, camera, and personal items such as sunscreen, blister kit, and any personal medications you require.

Should you wish to travel without a porter and carry a larger backpack with all of your trekking gear, please **Contact Us** for a customised itinerary.

EQUIPMENT REQUIRED

Please refer to our website for a detailed **Equipment Checklist**. This list will also be provided to you after booking.

VISAS

You need a Tourist Visa in order to enter Nepal.

You can obtain a Tourist Visa for 15 days (30 USD), 30 days (50 USD), or 90 days (125 USD). Please ensure that the duration of your visa will cover your entire stay in Nepal.

The requirements for entry into Nepal have recently changed, and continue to change, due to COVID-19. Therefore, it is recommended that you contact the Nepalese Diplomatic mission in your home country, your Travel Agent, or refer to the **Nepal Department of Immigration** website, for all questions regarding visa entry requirements in Nepal.

SOCIAL NETWORKING

Connect with us on Social Media

FACEBOOK: @sherpaspirittreks

INSTAGRAM: @sherpaspirittreks

And don't forget to head to our website to view our other trekking itineraries, and for information about travelling in Nepal.

www.sherpaspirit.com

TRIP AVAILABILITY

This trip is available to be booked all year round, however we recommend you allow some time for the necessary travel arrangements to be made (e.g. visas, COVID-19 tests, quarantine requirements, permits). If you are travelling solo but would like to travel in a group, please **Contact Us** to find out if we have a group running that you can join.

HOW TO BOOK

To book your trekking adventure, please visit **our website**. You will need to select your dates, complete a booking form, and pay a 25% deposit, which is non-refundable up to 30 days prior to the trek departure date.