



Contact Info

Location: Kathmandu Metropolitan City Ward No 22,
Uttar Dhoka Marg, Lazimpat, Kathmandu, Nepal
Telephone: +977 1 4419145
+977 1 4417230

E-mail: info@goingnepal.com
goingnepal@gmail.com
Office Hour: 9.00 AM to 05.00 PM
Whatsapp Number: 9851032961

ANNAPURNA BASE CAMP

One of Nepal's most well-known hiking locations is Annapurna Base Camp (ABC). At 4,130 meters (13,550 feet) above sea level, it provides breathtaking panoramic views of the Annapurna mountain range. The walk culminates in the spectacular amphitheater of Annapurna Sanctuary after passing through a variety of scenery, including rhododendron forests, terraced fields, and traditional Gurung villages. It is a difficult but rewarding walk that displays the area's natural beauty and cultural heritage.

Includes

- Traditional welcome on arrival with Nepali scarp or Garland
- Airfare (KTM-PKR) (PKR-KTM)
- Arrival & departure transfers by private vehicle as per the group size
- All transfers & sightseeing by private vehicle
- 02 mineral water each day while doing a city tour
- 03-Half day Kathmandu City sightseeing with the service of a licensed guide.
- 01-Full-day Pokhara City sightseeing with the service of a licensed guide
- 03-nights' accommodation in Kathmandu on Twin sharing basis BB Plan
- 02-nights' accommodation in Pokhara on Twin sharing basis on BB Plan
- 7 days Annapurna trekking on all meals and lodge accommodation

- Annapurna Areas Conservation permit and Local Tax
- Transportation Charge (Pokhara-Jhinu, Siwai-Pokhara) by 4x4 Jeep
- Kathmandu-Pokhara-Kathmandu Transportation cost of Guide/Porter
- Monumental areas entrance fees while sightseeing Tour in Kathmandu and Pokhara
- Welcome dinner and Farewell dinner with traditional folklore at a city restaurant.
- Applicable 24.3% Govt Taxes at Hotels.
- Fulltime assistance by official escorts

Excludes

- International Air ticket
- Travel Insurance with Covid19 Coverage
- Nepal Entry Visa Fee
- Lunch & Dinner in Kathmandu and Pokhara and except as mentioned above
- Rescue and Emergency Evacuation Insurance
- Tips for Guides, Drivers, and attendants
- All expenses of personal nature

Itinerary

Day 1: Arrival in Kathmandu

Arrival at Kathmandu International Airport. Meet, welcome by our Going Nepal representative & transfer to the hotel. Welcome drink followed by tour briefing. The rest of the day is free for personal activities or rest in a hotel and Overnight at Kathmandu.

- Short briefing and introduction to the itinerary.
- Welcome dinner with a national folkloric entertainment show at the city

restaurant

- Kathmandu altitude: 1300m/4264ft
- Transportation: private car/tourist bus depending on group size
- Distance by car: 30 minutes by car from the hotel by private vehicle
- Accommodation: 4/5-star hotel
- Meal: welcome dinner

Day 2: Fly to Pokhara, Drive to Jhinu, and Trek to Chhomrong

After breakfast, we begin our journey to Pokhara. We drive to the international airport to catch a 30-minute domestic flight to Pokhara. After arriving in Pokhara, meet your trekking guide, who will be waiting for you with a vehicle, and drive to Jhinu, which will take approximately two hours from Pokhara. The journey continues to Jhinu Dada via a suspension bridge over Modi Khola. We climb the steep stairway to Chhomrong after lunch at Jhinu. In Chhomrong, spend the night. In this village, we can learn about the traditional culture of the Gurung and Magar. From there, we will walk for about 2 hours to Chhomrong village. Check-in and Overnight at Chhomrong.

- Altitude of Chhomrong: 2160m
- Transportation: Private Vehicle
- Driving distance: 41km/2 hours
- Duration of the trek: 2 hours
- Accommodation: Teahouse/Lodge
- Meal: Full board tea/coffee en route, Lunch, Dinner

Day 3: Trekking to Doban

We start our descent to Chhomrong stream after breakfast, cross the suspension bridge, and hike to Sinuwa Danda. Sinuwa is a lovely village at the top of this uphill trek; from here, the trail becomes flat. The trail now passes through a dense, dark rhododendron forest to reach Khuldi Ghar, and from there it continues along steep, rocky cliffs to the "Bamboo Lodge". We continue our journey until we reach Doban in the Annapurna Base Camp. After arriving in Doban, check in and enjoy your stay while exploring the area. Dinner and sleeping at the hotel.

- Altitude of Doban: 2505m
- Duration of the trek: 2 hours
- Accommodation: Teahouse/Lodge
- Meal: Full board tea/coffee en route, Lunch, Dinner

Day 4: Trek Machhapuchre Base Camp

Breakfast. Depart for trekking through the dense forest along the banks of the Modi Khola Valley which will take around two and a half hours. Also, climb Hinku Cave (3,139m) and continue trekking to Deurali. You will pause for lunch in Deurali before resuming the ascent to reach Machhapuchre Base Camp. From the base camp, you will enjoy breathtaking views of Mount Annapurna (8,091m), Mount Machhapuchre (6,997m) and the surrounding countryside. Dinner and overnight at Machhapuchre base camp.

- Altitude: 3700m
- Duration of the trek: 5-6 hours
- Accommodation: Teahouse/Lodge
- Meal: Full board tea/coffee en route, Lunch, Dinner

Day 5: Trekking ABC (Annapurna Base CAMP) Return to Machhapuchre Base Camp (MBC)

Today will be the most exciting day as you reach Annapurna Base Camp. wake up early in the morning, you will start climbing to ABC after having breakfast. Once you reach Annapurna Base Camp, you will see panoramic views of snow-capped mountains like Annapurna South (7,219m), Mt Hiunchuli (6,441m), Mt Machhapuchre (6,993m), Mt Gangapurna (7,455m), and many other mountains. You will explore the base camp and immerse yourself in the beauty of this region. After spending some time at Annapurna Base Camp drive back to Machhapuchre Base Camp and rest of the day enjoy MBC.

- Altitude of ABC: 4130m
- Duration of the trek: 3 hours
- Accommodation: Teahouse/Lodge
- Meal: Full board tea/coffee en route, Lunch, Dinner

Day 6: Trekking to Bamboo

Breakfast and then we pack up and start the trek from Machhapuchre Base Camp (MBC) to Bamboo 2,300m/7,546ft. Today will be a longer day as we will be walking for 5-6 hours as we retrace our steps to Bamboo. The trail descends to 1,830m, from Modi Khola shore to Bamboo at 2,300m. We stay overnight in a lodge.

- Altitude of bamboo: 2300m
- Duration of the trek: 5-6 hours

- Accommodation: Teahouse/Lodge
- Meal: Full board tea/coffee en route, Lunch, Dinner

Day 7: Trek to Jhinu

Today it is worth getting up early in the morning and starting the trek early, as you want to reach the hot springs. From bamboo to Jhinu Danda 1,740m, about 5 hours of walking. We continue through the rhododendron and bamboo forest where the trail then descends very steeply from Chhomrong to Jhinu and the hot springs. Upon arrival, we can relax in Jhinu in the cutest lodge in the village. After lunch, we will then head to the river's edge to the hot springs to enjoy the afternoon.

- Altitude of Jhinu: 1740m
- Duration of the trek: 4-5 hours
- Accommodation: Teahouse/Lodge
- Meal: Full board tea/coffee en route, Lunch, Dinner

Day 8: Trek and Drive to Pokhara

Today is our last day of trekking where we will hike the two hours to Siwai jeep pickup. There's a bit of a drop down to the river and then it's back on the other side to a narrow path which takes us to the assembly point. This is one of the most relaxing and shortest walks of the entire trip. From Siwai we drive back to Pokhara. This journey will take approximately two to two and a half hours. After reaching Pokhara, check in at hotel and rest of day relax at hotel. Later in the evening you can stroll by the lake and enjoy the lakeside atmosphere. Overnight at Hotel.

- Meals: Breakfast, Lunch

Day 9: Full-day Pokhara sightseeing

Breakfast and proceed for Pokhara full-day city tour to the popular sites of the city. One-day tour around Pokhara allows you to enjoy this trip with a little walking around Pokhara city, Phewa Lake, Davis Fall, International Mountain Museum, Seti Gorge, Gupteshwor Cave and Boating at Phewa Lake. After the completion of the trip, back to the hotel. Rest of the time you can utilize it on your own or use the facilities inside the hotel. Overnight at the Hotel.

- Meals: Breakfast

Day 10: Fly to Kathmandu and Half Day Sightseeing

Wake-up call followed by tea / coffee. Breakfast & drive to Pokhara Domestic Airport and fly back to Kathmandu. Arrive Kathmandu and Our First stop will be Pashupatinath Temple which one of the most important pilgrimages for Hindu people from all around the world dedicated to Lord Shiva also you will witness how the cremation procedure is done at Aryaghat, a bank of Bagmati River is a worthwhile observation to understand the Hindu rituals during the funerals, several historical temples and continue to the Bouddha Stupa which is one of the biggest Buddhist shrines in the world, where we observe Buddhist monks in prayer in the monasteries surrounding the stupa. The Tibetan flavor is well observed in the backstreets of Boudhanath. The maroon-robed monks enchanting the holy prayers and the mega statues of Buddha indulging in different mudras is a great opportunity to grasp the practices of rich Buddhist culture. After finishing the sightseeing Drive to the Hotel, check in, and refresh. Overnight at the hotel.

- Elevation of Kathmandu: 1363m
- Driving distance: 186km – 5/6hrs or 25min Flight (option)
- Accommodation: 4/5-Star Hotel
- Transportation: Private Vehicle
- Meal: Breakfast

Day 11: Full-day Kathmandu Tour

Breakfast at the hotel and proceed for Full day Kathmandu Sightseeing. You will visit Kathmandu Durbar Square, Swayambhunath, and Patan Durbar Square. After finishing the trip drive to Thamel for shopping. Later in the evening Farewell dinner in a typical Nepali restaurant. Overnight at the hotel.

- Meal: Breakfast

Day 12: Departure

Breakfast & check out from the hotel. Timely transfer to the airport for flight to your onward destination.

Highlights

- Watch spectacular images of towering peaks, such as Machhapuchhre (6,993m) and Annapurna I (8,091m), surrounded by a breathtaking Himalayan

scenery.

- Trek through a variety of landscapes, such as dense forests, bamboo groves, terraced farms, and glacial moraines, which provide an enthralling range of natural beauty.
- Cultural Encounters: Experience the friendly hospitality of the local people, especially the Gurung and Magar ethnic groups, and acquaint yourself with their distinctive culture, customs, and way of life in the countryside.
- Reach the base camp at the Annapurna Sanctuary, a naturally occurring amphitheater surrounded by snow-capped mountains. Discover the splendor and peace of this high-altitude location.
- Natural hot springs at Jhinu Danda: Rejuvenate and unwind in this well-liked destination along the hike route, which offers sore muscles a relaxing break.
- Poon Hill offers a breathtaking sunrise view of the Annapurna and Dhaulagiri mountain ranges, bathing the sky in brilliant colors. This stop is an optional side trip.
- Teahouse Accommodations: Stay in charming teahouses along the way that offer minimal facilities, filling meals, and a warm environment so you may rest and refuel for the trip the following day.
- High-altitude Flora and Fauna: As you gain altitude, you'll come across a variety of plants and animals, including wildflowers, rhododendron forests, and the chance to see Himalayan wildlife like langurs, Himalayan thars, and vibrant birds.

Travel Information

- Permits: A TIMS (Trekkers' Information Management System) card and Langtang National Park permit are required for trekking in the Langtang region. These can be obtained in Kathmandu or through a trekking agency.
- Best time to go: The best time to trek in the Langtang region is between March to May and September to November, when the weather is clear and stable.
- Route: The most popular route for trekking in the Langtang region is the Langtang Valley Trek, which typically starts and ends in Syabrubesi and takes around 7-11 days to complete.
- Accommodation: Accommodation during the trek is typically in teahouses or lodges. These provide basic but comfortable accommodation and meals. It is also possible to camp but it will require hiring equipment and porters.
- Physical fitness: The Langtang trek is considered moderate, and a good level of physical fitness is required. It is important to be prepared for long days of hiking at high altitude and to acclimatize properly.

- **Altitude sickness:** Altitude sickness is a concern at high altitude. It is important to be aware of the symptoms and to take necessary precautions to prevent it.
- **Guides and porters:** It is possible to trek independently but hiring a guide and porters is recommended for safety and to ease the burden of carrying equipment.
- **Insurance:** It is important to have comprehensive travel and trekking insurance before embarking on a Langtang trek. Make sure it covers emergency evacuation and medical expenses.
- **Respect the local culture and customs:** The Langtang region is home to diverse ethnic groups and it's important to respect their culture and customs. Dress modestly and be mindful of cultural sensitivities.
- **Be prepared for the change in weather:** Weather in the mountains can change rapidly, so make sure to pack accordingly and be prepared for any eventuality.

Things to know

- **Visa requirements:** Make sure to check the visa requirements for Nepal before you travel. Tourist visas can be obtained upon arrival at the airport or in advance from a Nepalese consulate or embassy.
- **Currency:** Nepalese Rupee (NPR) is the official currency of Nepal, but US dollars are also widely accepted. It's a good idea to carry cash, as credit cards and debit cards may not be accepted in some places.
- **Weather:** Nepal has a diverse climate, with temperatures varying greatly depending on the region and altitude. It's important to check the weather forecast and pack accordingly.
- **Altitude sickness:** Altitude sickness can be a concern when travelling to higher altitudes in Nepal. It's important to be aware of the symptoms and to take necessary precautions to prevent it.
- **Food:** Nepal has a diverse cuisine, with a mix of Indian, Tibetan, and Nepalese dishes. Some traditional Nepalese dishes include Mo:Mos (dumplings), Dal Bhat (lentil soup and rice), and Chow Mein (stir-fried noodles).
- **Language:** Nepali is the official language of Nepal, but many people also speak English.
- **Culture:** Nepal is a culturally diverse country with a mix of Hindu and Buddhist influences. It's important to be respectful of local customs and traditions, and to dress modestly when visiting temples and other religious sites.
- **Conservation and sustainability:** Nepal are home to many unique and endangered species and fragile ecosystems, it's important to be mindful of environmental conservation and sustainability while traveling.