

- Annapurna region beautiful place in the world.
- Poon hill is the best sunrise view point.
- Amazing scenery, rivers, Nice Gurung and Magar village, waterfall, and Pine forest.
- Enjoy the stunning view of mountains above 8000 meters Dhaulagiri, Annapurna I, Manaslu and Neighbor Mountain.

Annapurna base camp trekking is no doubt the most popular trekking in the world. Annapurna area does not need any introduction, a beautiful place in the world. It is situated western part of Nepal. This trek fits both adventure travelers and nature explorers with an amazing lifetime experience. Past travelers said before die one-time visit Annapurna area. All this combined with time in Kathmandu and Pokhara valley allows you to discover the beautiful place in the western part of Nepal.

Travelers enjoy with snow-capped the world's highest mountains above 8000 meters: Dhaulagiri, Annapurna I, Manaslu and Neighbor Mountain, flora and fauna, Poon hill best sunrise viewpoint in Nepal. Ethnic group Gurung and Magar village, slate-roofed houses, rocky valleys and caves, incredible rhododendron, bamboo, and alpine forests, Glaciers, and Icefalls, Holy Mt. Fishtail, Annapurna range, River and waterfalls. Annapurna base camp trek is designed to fulfill the dream of many tourists to experience the important route to the base of the world's beautiful place. The Glacier Adventure Company has a decade of experience and a successful record.

Trip Facts

Price:

USD 1235

Duration:

14 days

Activities:

Hiking & Trekking, Tours & Sightseeing

Accommodation:

Teahouse (Lodge to Lodge)

Meals:

Breakfast in Kathmandu/ Pokhara and all meals during the trek

Max. Altitude:

4140 M

Group Size:

Minimum 1

Best Season:

February, March, April, May, September, October, November & December

Daily walking Hour:

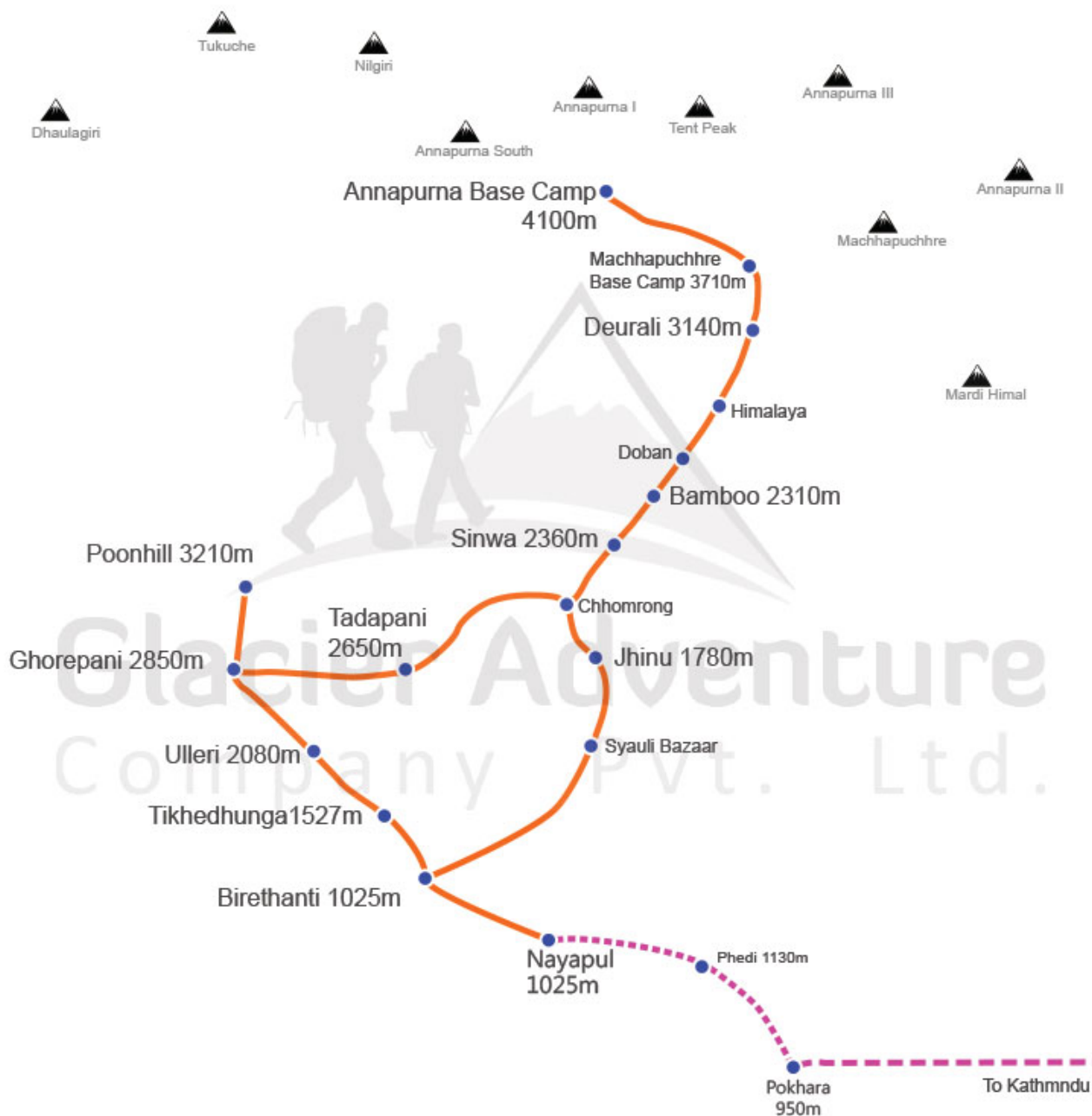
5 to 7 hours

Transportation:

Car/Van/Bus

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Route Map



Day to Day Itinerary

Day 1: Arrival in Kathmandu (1300m)

Accommodation: Hotel | **Meal:** Welcome dinner

When the traveler arrives airport in Kathmandu, Our representative will meet you and transfer to the hotel, then take a rest in the evening time will have welcome dinner at Nepali restaurant.

Day 2: Kathmandu sightseeing (1300m)

Walking hr: 6 hrs | **Accommodation:** Hotel | **Meal:** Breakfast

After breakfast tour guide pick up you for a tour around Kathmandu valley (Pashupati Temple, Boudhanath, Swayambhu, Kathmandu Durbar square) after that prepare for trekking. Traveler meets trekking guide and team member, they check your equipment as well as advice what you need for trekking.

Day 3: Kathmandu to Pokhara (950m)

Walking hr: 7 hrs | **Accommodation:** Hotel | **Meal:** Breakfast

Early in the morning after breakfast go to bus park, then bus leaves 7 am Kathmandu to Pokhara through the beautiful Nepalese countryside to reach the lakeside Pokhara then transfer to the hotel rest of the time explore the around lakeside.

Day 4: Pokhara to Tikhedhunga (1557m)

Walking hr: 5 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts the drive to Nayapul. It takes one and half hours, then the trail follows the normal road to Bireathanti after that the trail follows left side through the village continue to Tikhedhunga the bank of Burundi River. The trail is pretty easy flat through the beautiful village, green valleys and rice paddies.

Day 5: Tikhedhung to Ghorepani (2850m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. One of the famous destinations to the Annapurna massif. The trail, surprisingly ascends up to Ulleri. Trekkers cross three thousand steps Tikhedhunga to Ulleri continue Banthanti, and Nangeythanti finally reaches Ghorepani through rhododendron, oak and Pine forest with beautiful mountain views, Mt. Fishtail, Annapurna South, Himchuli among others.

Day 6: Ghorepani to Poonhill to Tadapani (2650m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Early in the morning, wake up and go to Poon Hill (3210m) to see golden mountain views on sunrise time, like Dhaulagiri (8167m) Nilgiri (6940m), Annapurna South (7219m), Fishtail (6991m), Lamjung Himal (6931m) and another neighbor mountain. The Poon Hill is the greatest sunrise viewpoints in Nepal. Travelers descend to Ghorepani after breakfast continues to Tadapani (2650m) The trail is ascending to Deurali then the trail is descending to Banthanti continue to the river. When crossing the river, then the trail ascending Tadapani through rhododendron and pine forest with amazing mountain views.

Day 7:Tadapani to Sinwa (2360m)

Walking hr: 7 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. The trail descends to Kimrong Khola through the forest, beautiful Gurung village, and rice paddies. When cross Kimrong Khola, then the trail ascends and descends to Chhomrong after that the trail descending to Chhomrong Khola. When crossing the river, then the trail ascending to Sinwa. Enjoy the panoramic view of Annapurna South, Himchuli and Fishtail.

Day 8:Sinwa to Deurali (3140m)

Walking hr: 7 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. The trail ascends to Kuldihar through bamboo and Pine forest, then the trail descending to Bamboo, cross bamboo and Himalaya after that the trail ascending to Hinko cave then continue to Deurali through the bank of Modi river. Enjoy beautiful mountain views of Him Chuli, Gandharva Chuli, and Fishtail.

Day 9:Deurali to Annapurna Base Camp (4140m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is the final day to reach Annapurna base camp, fulfill your dreams. After breakfast starts walking. The trail ascends Annapurna base camp bank of the Modi River via Machhapuchhre base camp. Annapurna base camp is the beautiful place like mountain caves. The traveler enjoys panoramic views of Annapurna I, Annapurna South, Annapurna III, Gangapurna, Tent peak, Singchuli, Machhapuchhare among other peaks lying around the area.

Day 10:Annapurna Base Camp to Bamboo (2310m)

Walking hr: 8 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is the longest day. Early in the morning get up to see the golden mountain view at Sunrise time. Take your times and enjoy then back to hotel eat breakfast after that start walk the trail descending to bamboo. This trail used previously.

Day 11:Bamboo to Jhinu (1780m)

Walking hr: 7 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts the walk. The trail ascends short time, then the trail descending Sinwa through rhododendron, oaks, and bamboo forests continue to Chhomrong Khola, then the trail ascending to Chhomrong after that the trail descending to Jhinu Danda. Enjoy beautiful mountain views. When reached the Jhinu drop bag in the room, then go to the Hot spring bank of the Modi River. Enjoy with natural hot water.

Day 12:Jhinu to Pokhara (950m)

Walking hr: 8 hrs | **Accommodation:** Hotel | **Meal:** Breakfast & Lunch

Early in the morning after breakfast start the walk. The trail descends to Sauli bazaar than the trail easy flat level to Birethanti bank of the Modi River then continues to Nayapul. Where to get Vehicle then back to beautiful city Pokhara. Pokhara is the city of the beautiful lake, natural wonders, and beautiful mountain views.

Day 13: Pokhara to Kathmandu (1300m)

Walking hr: 7 hrs | **Accommodation:** Hotel | **Meal:** Farewell dinner

Early in the morning drive tourist bus Pokhara to Kathmandu through the beautiful Nepalese countryside to reach the Kathmandu then transfer to the hotel rest of the time explore the around Thamel.

Day 14: Departure day

Meal: Breakfast

We dropped you to the international airport for your departure flight to your onward destinations. The Glacier Adventure Company wishes you a wonderful Himalayan adventure in Nepal.

This above Itinerary is a guideline and a standard pattern of what we provide. Our trips can be customized in your interest to accommodate your specific requirements. We also arrange Annapurna base camp trekking without sightseeing and hotel arrangements.

NOTE: During the trips, weather conditions, local politics, transportation or multiple other factors. They are beyond our control, can change itinerary. However, Unlikely that itinerary would be substantially altered, if necessary, Group leader will decide the best alternative, they considering the best one of the whole group. Where a change does occur, we do everything best. we minimize its special effects but we cannot be responsible for the results of delays.

Trip Cost Includes

- Airport / Hotel / Airport pick up & drop by private car / van / bus.
- Standard twin sharing accommodation in two/three-star hotel in Kathmandu breakfast included. (3 nights)
- Standard twin sharing accommodation in Pokhara breakfast included. (2 nights)
- Welcome and fair well dinner.
- All accommodation and meals during the trek
- A full day sightseeing tour in Kathmandu valley including tour guide and entrance fees
- Government licensed experienced English speaking Guide. Two people one porter. 4 people 1 Sherpa.
- The required number of local staff and Porters to carry your luggage during the trek.
- Food, accommodation, salary, insurance, equipment and medicine for all staff.
- Annapurna conservation Park permits/TIMS.
- Down Jacket and sleeping bag (which needs to be returned after the trek.)
- Free duffle Bag/T-shirt/Map
- Surface transfer from and to Kathmandu.
- All our government taxes.
- Official expense.

Trip Cost Excludes

- Your travel and rescue insurance
- International airfare and airport departure tax.

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- Nepal entry visa, you can obtain a visa easily upon your arrival at Tribhuwan International Airport in Kathmandu.
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower etc)
- Personal trekking Equipment.
- Tips for staff.
- Others expenses which are not mentioned on Price Includes.
- Excess baggage charges
- Lunch and evening meals in Kathmandu and Pokhara (and also in the case of early return from the mountain than the scheduled itinerary)
- Extra night accommodation in Kathmandu and Pokhara because of early arrival, late departure, and early return from the mountain (due to any reason) than the scheduled.

IMPORTANT NOTE

Trekker's safety is our paramount concern while trekking with Glacier Adventure. Every effort will be made to keep to the above itinerary. Annapurna base camp trekking located remote area in the Annapurna region. Glacier Adventure can't guarantee it such as weather conditions, availability of porter and the health team members can all contribute to change. Guide and Sherpa will try to ensure that the trip runs according to plan, but please be prepared to be flexible if necessary.

Pre-trip meeting

Glacier Adventure hosts the Pre-trip meeting in Kathmandu 2nd the day of the itinerary. Trekkers introduce with trek leader. We will provide an opportunity for individuals to ask questions about Annapurna base camp Trekking. The pre-trip meeting covers personal equipment, acclimatization, and to introduce you to another team member. Glacier Adventure hopes pre-trip meetings have excellent, informative, supportive, and fun.

Acclimatization

Glacier Adventure's Annapurna base camp Trekking itinerary is focus rules AMS (Acute Mountain Sickness) when going up too fast causes a medical condition serious enough to kill. The higher mountain area is less oxygen in the air. If, trekkers are wanted safe Annapurna base camp Trekking. Their body needs some days to rest in the less air environment. Especially, travelers need to know the heart, lungs/blood diseases to consult their doctor before leaving home. Glacier Adventure's itinerary designed to try to prevent AMS as much as possible. It is important to remember that some people are more susceptible than others.

Physical Condition & Experience Requirements

Normally, Annapurna base camp Trekking is a remote mountain in the Annapurna region. This is suitable for physically fit walkers. The traveler must be in good health and physical condition. Most parts of treks five to six hours walk, but some days are seven hours. It is a good idea; prepare yourself in the lead-up to your trip with some regular exercise. The best form of which has long walked in the hill area. Technical experience is not required, hiking experience is an advantage, but the most important thing is a positive attitude and a generous amount of determination. If you have any pre-existing medical conditions, it is vital you let us know the details of these before setting Also, before coming to Nepal it's important to consult your doctor regarding vaccination and any other medical concerns the trip may raise. "Medical and emigration expenses are your

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responsibility.”

Insurance

When traveling with Glacier Adventure. Trekkers must be fully insured, including Air rescue, Air ambulance, and treatment service. Has an accident? Trekkers should be careful in choosing a policy; however, some make special exceptions for adventure travel. Please note that Glacier Adventure doesn't arrange any insurance.

Staff Arrangements

Glacier Adventure staffs try to make successful, enjoyable and memorable in your Annapurna base camp Trekking. They are innocent, helpful, experienced, and Careful. Your trip leads from the best and most professional leader. He had a long experience. He has knowledge of Culture, Ecosystem, flora and fauna, geography and history of Nepal. Glacier Adventure's leader trained in the following things

English Language.

Trekking guide training.

First aid course.

Conservation & Biodiversity

Porter care

Trekking is adventures. Porter's job is a hard-working job. They carry trekker supplies and baggage that makes a journey easy and comfortable in the remote mountains in the Annapurna region. We ensure all our porters are well trained and well paid. Porters who become sick are treated with the same care and attention as team members and we have previously used helicopters at Tour expense to rescue porters danger situations. For the porter's sake, we require all trekkers to keep their bag weight of 15 to 20kg. We support the work of the International Porter Protection Group (IPPG), Provides help and advice to those organizations to improve the working conditions of the porters on whom we depend.

Accommodations

All accommodations in Annapurna base camp Trekking are twin sharing basic included in trip cost. The trip based on, standard service and Standard hygiene food. There are two types of accommodations on the trip. Standard tourist hotel in Kathmandu, Pokhara and during the treks, Trekkers spends standard Guesthouse which one normal room with wooden beds and foam mattress. Glacier Adventure also provides the attached bathroom where is possible. Some places are only having shared shower/washing and toilet facilities. We always try to provide good rooms in all places.