



# Annapurna Base Camp Trek (ex Pokhara) 7D/6N (FIT)

## **Pre Trek: Travel to Pokhara (823m/2,700ft):**

### **6 - 9 hours drive or 25 minute flight**

Make your own way to Pokhara, via flight, private transfer or bus. Depending on your chosen option you will either:

1. Take the bus - The day starts with a 7:00am morning bus ride from Kathmandu to Pokhara. The buses leave at 7:00am sharp so don't be late, they will not wait for you.
2. Private Transfer – Start the day at your own pace and meet your driver at the time agreed for a day drive to Pokhara
3. Flight – Take a flight to Pokhara from Kathmandu airport

In each case, upon arrival make your way to your hotel and check in.

Double check your packing check list (provided in earlier emails) to ensure you have all equipment required for the trek, you are free to explore the township or relax at one of the many nearby restaurant or bars

Your guide will inform the hotel of your pick up time before 7:00pm the day before the trek commences



## **Day 01: Trek Birethanti to Ghandruk (1,940m/6,360 ft):**

### **90 minute drive, plus 5 hour trek.**

This morning we drive to Naya Pul then walk to Birethanti the commencement point of the trek, we trek to Ghandruk, a beautiful village mostly inhabited by the Gurung community. If time permits, we also visit the Gurung museum today.

Overnight in Ghandruk (included)

Included meals: None

## **Day 02: Ghandruk to Chhomrong (2,170m/7,120ft):**

### **5 - 6 hour trek.**

At this juncture, we climb up for around an hour up to Kimrungdanda. On the way, we can enjoy great views of Annapurna South, Hiunchuli, Fishtail Mountain (Machhapuchhre) and Ganggapurna. Next, it's a steep descent that takes us to the Kimrong Khola. After another steep ascent from Kimrong Khola to Chere Danda, we again descend for a while and complete the day with a gentle walk to Chhomrong. Chhomrong is a beautiful village located on the lap of the giant Annapurna massive.

Overnight in Chhomrong (included)

Included meals: Breakfast

## **Day 03: Chhomrong to Dovan (2,310m/7,578ft):**

### **4 - 5 hour trek.**

The trail out of Chhomrong descends via 2500 stone steps and crosses the Chhomrong Khola on a swaying suspension bridge. It is an uphill climb to Sinuwa. Next, we pass through a beautiful forest to Kuldihar followed by an easy downhill walk to Bamboo.

Overnight in Dovan (included)

Included meals: Breakfast



## **Day 04: Dovan To Machhapuchhre Base Camp (M.B.C) (3,700m/12,135ft):**

### **5 hour trek**

We start the day with a gentle climb through a river bed then over a steep trail over the mountain side. The hike from Bagar to Machhapuchhre Base Camp is somewhat strenuous.

From Machhapuchhre base camp we get excellent views of the majestic Machhapuchhre along with Mt. Hiunchuli, Annapurna .South, Annapurna I, Annapurna III, Gandharvachuli and Gangapurna which is certainly a rewarding experience.

Overnight in base Machhapuchhre Base Camp (included)

Included meals: Breakfast

## **Day 05: Machhapuchhre Base Camp to Annapurna Base Camp, then trek down to Dovan (4,130m/13,545ft)**

### **7 hour trek.**

We start the morning walking to Annapurna Base Camp and hopefully will catch the sun glistening on the amazing white peaks. The vegetation disappears and the path widens as we enter the Annapurna sanctuary. From here, we get sensational views of the near-vertical south face of Annapurna towering above us. The sanctuary boasts of a breathtaking uninterrupted 360-degree panoramic view of the landscape. Once at base camp we again get to savor mesmerizing views of the Machhapuchhre, Annapurna south, Annapurna I, Hiunchuli and other peaks.

After investigating the area around basecamp we walk down to Machhapuchhre Base Camp before hiking back down to Dovan

Overnight in Dovan (included)

Included meals: Breakfast



## **Day 06 : Dovan to Jhinu Danda (1760m/5770 ft):**

### **5 hour trek.**

From Dovan, it is an uphill trek to Kuldighar followed by a downhill walk to Chhomrong Khola. Then we climb the stone steps to Chhomrong. The trail then descends to Jhinu Danda, where we will be resting for the night.

Today we will have an opportunity to enjoy hot springs just 15-20 minute downhill walk from Jhinu Danda to soothe our aching body.

Overnight in Jhinu Danda (included)

Included meals: Breakfast

## **Day 07: Trek to Naya Pul then drive to Pokhara:**

### **5 hours trek, plus 90 minute drive.**

On our way to Naya Pul from Jhinu Danda we get to enjoy the amazing hill landscape of western Nepal. Our trek will end at Naya Pul where we board our vehicle to Pokhara. You will be dropped off at the hotel of your choice

Overnight in Pokhara in the accommodation of your choice

Included meals: Breakfast



## **Post Trek: Travel to Kathmandu:**

### **6 – 9 hour drive or 25 minute flight**

Make your own way back to Kathmandu, via drive or flight. Depending on your chosen option you will either:

1. Take the Bus - The days starts with a 7:30 am (07:30) morning bus ride from Kathmandu to Pokhara. Again busses leave at 7:30 am sharp so don't be late, they will not wait for you.
2. Private Transfer – Start the day at your own pace and meet your driver at the time agreed at the opening night dinner (usually 9 am (09:00) for a day drive back to Kathmandu
3. Flight – Make you way to Pokhara Airport for your flight to Kathmandu.

In each case upon arrival make you way to your hotel and check in.

You are free to explore the city or relax at one of the many nearby restaurant or bars

Overnight in Kathmandu (self selected)

Included meals: None

## **Final Departure**

When your journey in Nepal comes to an end please ensure you depart for the airport approximately 3 hours before your scheduled flight to leave enough time to check in and clear customs.

On our way to home, we have plenty of time to plan our next adventure in the wonderful country of Nepal.



Kathmandu  
Adventures