

TRIP
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#Trekking

Annapurna Base Camp Adventure

11 Days

10 Nights

Overview

Nepal was, is and always will be one of the most special trekking destinations in the world. The Annapurna Base Camp Trek, considered to be one of the world's greatest treks, gives you a great insight into the variety landscapes which makes Nepal so special. You will pass through a diverse geographical and cultural variation with an amazing range of flora and fauna in between.



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Trip Name : Annapurna Base Camp Adventure
Duration : 11 Days / 10 Nights

Your Itinerary in Brief

Trip Highlights

- Excellent scenery encompassing the Himalayan Range
- Experience the relaxed nature of Pokhara
- Get brilliant views of Annapurna and Machhapuchre
- Live in comfortable teahouses and get closer to the local culture

 Days	 Description	 Distance	 Meals
Day 1	➤ Arrive Kathmandu (1,345 m)	-	None (meals on your own)
Day 2	➤ Kathmandu - Pokhara - Nayapul - Ghandruk (1940 m)	-	Breakfast, lunch and dinner
Day 3	➤ Ghandruk - Chomrong (2170 m)	Trekking Distance : 6 hours	Breakfast, lunch and dinner
Day 4	➤ Chomrong - Dovan (2600 m)	Trekking Distance : 6 hours	Breakfast, lunch and dinner
Day 5	➤ Dovan to Machhapuchhare Base Camp (3700 m)	Trekking Distance : 7 hours	Breakfast, lunch and dinner
Day 6	➤ Machhapuchhare Base Camp to Annapurna Base Camp (4130 m)	Trekking Distance : 8 hours	Breakfast, lunch and dinner
Day 7	➤ Annapurna Base Camp - Himalaya Lodge (2920 m)	Trekking Distance : 4 hours	Breakfast, lunch and dinner
Day 8	➤ Himalaya lodge - Chhomrong (2170 m)	Trekking Distance : 7 hours	Breakfast, lunch and dinner

We will try our best to stick to the above itinerary. However, sometimes due to situations out of our control (political situations, weather conditions, excessive snowfall or others), we may have to amend it to ensure safety of the group.



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 Days	 Description	 Distance	 Meals
Day 9	➤ Chhomrong - Simai - Pokhara (850 m)	Trekking Distance : 7 hours	Breakfast and lunch
Day 10	➤ Pokhara - Kathmandu (1340 m)	Trekking Distance : 6 hours	Breakfast and lunch
Day 11	➤ Depart Kathmandu	-	Breakfast

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Your Itinerary in Detail

Day 1 Arrive Kathmandu (1,345 m)

Welcome to Kathmandu, the capital of the ancient Mountain Kingdom of Nepal. Kathmandu has the air of a medieval city with a maze of narrow streets, wooden temples and beautifully decorated palaces. Once you arrive at Kathmandu's Tribhuvan International Airport, you will be welcomed by our representative. Please look for the signage of Trip360 with your name on it after you collect your luggage and exit from the Arrivals Terminal Hall. Our representative will then escort you to the hotel.

On arrival at the hotel, you will be provided a welcome drink along with the room key after checking in. We will then have a trek briefing, following which you could go out and explore the market area of Kathmandu and pick up some last minute equipment you may be missing. Speak to the leader to get suggestions about the places to buy/rent equipment and for good places for food.



Meals: None (meals on your own)

Day 2 Kathmandu - Pokhara - Nayapul - Ghandruk (1940 m)

We leave for Pokhara after breakfast at around 7:30 AM. A beautiful valley set on the banks of the Phewa Lake, Pokhara is also known for its panoramic views of Annapurna, Machhapuchhre (Fishtail peak) in the north, Dhaulagiri in the west, Lamjung Himal and Manaslu in the east. We now take a leisurely 1-2 hour drive to Nayapul where we begin our trek to Ghandruk. The walk follows a stone pathway, and for the most time we are climbing roughly hewn steps - it can be tough on the knees so your walking poles will come in handy. On the way, we can enjoy great views of Annapurna South, Hiunchuli, Fishtail and Gangapurna. A steep descent takes us to the Kimrong Khola and then to Ghandruk.



Meals: Breakfast, lunch and dinner



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Day 3 Ghandruk - Chomrong (2170 m)

Today we ascend from Ghandruk to Chere Danda. We descend for a while and then it's a gentle walk to Chhomrong. Chhomrong is a beautiful village located enroute and blessed with amazing views. Apart from the views, Chhomrong is also famous for its bakeries which supposedly serve the best chocolate cake in Nepal. We tried it and loved every bite. Here's your chance to do the same.



Meals: Breakfast, lunch and dinner

Day 4 Chomrong - Dovan (2600 m)

We leave Chomrong along the Modi Khola, leaving behind inhabited foothills into the high steep and wooded slopes of Himalayas. We cross the suspension bridge then trek up to Sinuwa. The ascent from Sinuwa becomes somewhat flatter. The trail passes through thick and dark rhododendron forest up to Khuldighar. Then, we descend a long and steep flight of stone steps into deep bamboo and rhododendron forests through which we reach Bamboo. From here it's a gentle one and half hour climb to reach Dovan.



Meals: Breakfast, lunch and dinner



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Day 5 Dovan to Machhapuchhare Base Camp (3700 m)

Today, we start with a steep climb to reach a fire-blackened overhang of Hinko Cave and then proceed onto Deurali. Leaving Deurali, the valley narrows even more as we enter the gateway to the sanctuary. We climb up to the area called Machhapuchhare Base camp, a level and grassy moraine platform with several lodges. In the afternoon, we can go up to the ridge behind camp to look down onto the glacier and absorb the distant view of Annapurna 1 and 3, Gangapurna and by straining your neck upwards the now nearby Fishtail.



Meals: Breakfast, lunch and dinner

Day 6 Machhapuchhare Base Camp to Annapurna Base Camp (4130 m)

Another short day, but probably the most rewarding one in terms of the views to offer. It's a fairly gentle ascent from our camp to Annapurna South Base Camp, and a distance of only about 4 kilometres. Increasingly impressive views reward us for our efforts as we climb the last steep section before reaching the basecamp area. Our lodge is located in this area. The afternoon is free to relax and admire one of the most stunning mountain amphitheatres in the Himalaya. Optionally, if conditions permit there's a chance to walk out towards the real Base Camp and click some unreal photos. Don't forget to share them with us when you're back.



Meals: Breakfast, lunch and dinner



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Day 7 Annapurna Base Camp - Himalaya Lodge (2920 m)

The weather in the mountains tends to clear in the mornings due to which, we would like you to wake up early today and catch the sunrise at the base camp. Following breakfast at the lodge, we start descending from Annapurna Base Camp to Himalaya Lodge back through Machhapuchhare Base Camp and Deurali, and finally reach Himalaya Lodge. Heading back down to the valley is much easier than climbing up, but will get tiring over time. Your trekking poles will help.



Meals: Breakfast, lunch and dinner

Day 8 Himalaya lodge - Chhomrong (2170 m)

We are back into the forests again today at times, as we pass through Bamboo and the ridge top settlement of Sinuwa where we stop at a lodge for lunch. After lunch, we swap the forest for terraced fields, as we descend to the Chhomrong Khola and begin a final climb of one and a half hours up the stone staircase leading to Chhomrong. Remember the cake from earlier in the trip? It will be way sweeter after what you have accomplished.



Meals: Breakfast, lunch and dinner



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Day 9 Chhomrong - Simai - Pokhara (850 m)

Last day of the trek today. We trek from Chhomrong, passing Jhinu Danda to New bridge and then continue walking to Simai. Try and spot the famous bee hive on the way. You will be picked up at Simai by a local vehicle which will drive you for an hour to Nayapul. From Nayapul you will be picked up in a more comfortable private vehicle and transferred to Pokhara. This drive could be around 2 hours which could be great for catching up on some sleep.

Once in Pokhara, we would like you to go out and explore the local culture. There are lots of restaurants serving great food from all over the world. You could also grab that beer you have been itching for over the past few days.

Meals: Breakfast and lunch



Day 10 Pokhara - Kathmandu (1340 m)

Today we will be driving back to Kathmandu. We take the Prithvi Highway originally constructed by the Chinese in 1975. We drive initially through mostly Brahmin and Chhetri villages, distinguished by their ochre coloured houses. We soon leave the flat Seti Valley behind though and cross the Madi Khola near Damauli, where there may be good views of the Annapurnas to the north up the valley. We will pass the Marsyangdi hydroelectric project and soon afterwards the town of Mugling, at the confluence of the Marsyangdi and Trisuli rivers. The road starts to climb once we reach Naubise, and reaches a pass on the Kathmandu Valley rim via a series of breathtaking zigzags, from where we complete the journey back to the Nepalese capital. Lunch will be served enroute.

Once in Kathmandu, let's get your hair down and celebrate your conquest in style. Nepal is known world over because of the beautiful mountains, but there's one more thing Nepal is amazing for. The alcohol! Go out and sample the Everest beer or Nepal ice, or Khukri rum. Drink responsibly though, we have a flight home tomorrow.

Meals: Breakfast and lunch



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Your Itinerary in Detail

Day 11 Depart Kathmandu

The trip concludes today. You will be dropped at Kathmandu's Tribhuvan International Airport by our representative for your flight departure from Nepal. Please share your feedback on adventure@trip360.com.



Meals: Breakfast



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Inclusions and Exclusions with Costs

Your Holiday Price

Hub	Single Accommodation	Twin Sharing Accommodation
Kathmandu	50,000*	46,000*

*All the services quoted are subject to availability and prices are dynamic and may change. If a service is not available, an alternative will be presented with a revised price.



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Inclusions and Exclusions with Costs

Your Holiday Price Includes

- 10 nights accommodation as mentioned in the itinerary.
- Single accommodation only in Kathmandu and Pokhara, if selected.
- Twin/multi sharing accommodation during the trip based on availability.
- Domestic airfare (Kathmandu - Pokhara one way).
- Meals as mentioned in the itinerary.
- Transfers as mentioned in the itinerary.
- Sightseeing as specified in the itinerary.
- TIMS card fee.
- Annapurna conservation fee.
- Insurance for trek guide and porters.
- Travel Insurance covering serious medical issues that could arise out of undertaking this adventure. This insurance also covers reimbursement of expenses sustained for medical emergency evacuation, provided the claim is legitimate. (Note: Helicopter evacuation on the Annapurna Base Camp trail can end up costing \$1000 to \$1200 or even more. You should have access to an emergency fund of this amount or more to cover for the helicopter evacuation)
- Experienced english speaking leader/guide.
- Local Trekking guides (Sherpas).
- Personal luggage portorage of upto 10 kg.
- Communication/Medical Equipment: 1 set of oxygen mask and 1 bottle of oxygen or portable altitude chamber for emergency purpose. Medical kit.

Your Holiday Price Excludes

- Any transportation to / from Kathmandu. Your tour price starts ex Kathmandu.
- Nepal visa fee.
- Optional activities.
- Entrance fees to monasteries / monuments.
-
- Any meals not mentioned in the itinerary.
 - Hot water/mineral water bottles.
- Tipping for the guides and porters (Budget approximately NPR 400-500 per day based on the service provided).
- Personal expenses, laundry, telephone calls, personal medicines, alcoholic beverages, hot water charges etc.
- Costs arising out of unforeseen circumstances such as bad weather, landslides, road conditions and any other circumstances beyond our control.
- Any items / services not specifically mentioned under inclusions.
- Goods and Services Tax of 5%.



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Tips for Travellers

Category name	Details
Type of Accommodation	<p>Our accommodation whilst on trek will be on twin room sharing basis in simple locally run lodges, known as teahouses and it's a great pleasure to support these small local businesses. Rooms are simply furnished with just a bed and occasionally a small table. You will need to bring a sleeping bag. Please note, normal washing and toilet facilities are shared and may be in a separate part of the teahouse or outside. It's great to enjoy the company of your fellow travellers and share a tale with other trekkers in the evening in the dining area.</p> <p>If you prefer a single room, you may indicate your preference and get single rooms on request by paying extra as indicated in cost section. But, you need to understand that in teahouses/lodges of higher elevation area single room is not always possible. We guarantee single room in Kathmandu and Pokhara only. During your trek, single room is not possible.</p>
Type of Food	<p>On this trek we provide standard breakfast, lunch and dinner as per the itinerary. Tea or coffee will also be included with each meal. Your guide will help with menu selection and ensure that you get the best value meals possible. Although the food is usually plentiful and delicious, you should be aware that the menu is not normally extensive. Most teahouses offer a variety of rice and noodle dishes, as well as soup and seasonal vegetables. You can buy packaged water (bottled mineral water) from local lodge and shop en route or you can also ask your guide to fill your water bottle with boiled water (extra cost to be paid) and treat with water purification pills.</p>
Equipment Checklist	<p>You are suggested to consider the following equipments as fundamentals while packing for the Annapurna Base Camp Trek. Please use this list as a guideline. Adjustments to the list can be done according to your needs, interests, duration of your trip, season of your trip, etc. You can find variety of these gears to hire or buy in Kathmandu.</p> <p>Accessories</p> <ul style="list-style-type: none"> ◦ Sleeping bag rated to -15 degree centigrade ◦ Headlamp (e.g. petzl zoom) with spare bulbs and batteries ◦ Trekking bags/duffel bag ◦ Basic first aid kit ◦ Large plastic bags - for keeping items dry inside trek bag ◦ Daypack (approximately 2500 to 3000 cubic inches) ◦ Trekking poles ◦ Water bottle (2) or camel bag ◦ Toiletries (small wash towel, toilet papers etc) ◦ Ear plug <p>Toiletries</p> <ul style="list-style-type: none"> ◦ 1 medium sized quick drying towel ◦ Tooth brush/paste (preferably biodegradable) ◦ Multipurpose soap (preferably biodegradable) ◦ Deodorants ◦ Nail clippers ◦ Face and body moisturizer ◦ Feminine hygiene products ◦ Small mirror <p>Personal Hygiene</p> <ul style="list-style-type: none"> ◦ Wet wipes (baby wipes) ◦ Tissue /toilet roll ◦ Anti bacterial hands wash <p>Extras/Luxuries</p> <ul style="list-style-type: none"> ◦ Binoculars ◦ Reading book/trail map/guide book ◦ Journal /pen/pencils and small notebooks ◦ Travel game i.e. chess, backgammon, scrabble
Our Crew	<p>On teahouse trek you will be accompanied by a team of local crew whose aim is to make the trek as comfortable and enjoyable as possible. The crew consists of a trek guide/leader and a team of porters to carry all your gears. On an average, there will be a ratio of one porter to every two trekkers.</p> <p>The most important thing that makes your trek successful, enjoyable and memorable is the skilled, experienced, courteous and helpful trek guide and the crew members with the ability of operating your days in the mountain smoothly. Your trip will be led by an experienced trek guide. All of our trekking guides/leaders are carefully selected on the basis of their appropriate experience, leadership skills and personal aptitude.</p>





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Tips for Travellers

Category name	Details
Flight Information	You need to arrive in Kathmandu before 12 PM on day 1 of the trip. Kindly arrange your flights accordingly.
Luggage Info	During the trek, your main luggage will be carried by porter or yaks. Please keep your luggage as light as possible around 12 kg. You simply carry a day pack with water bottle, camera, sun-screen, spare jacket etc. You can leave your valuable items at your hotel while trekking. Many hotels have a locker system and provide a deposit slip for the valuables kept under the hotel's safekeeping. You may also leave your extra things at your hotel which is not required for your trek in your main luggage. Please note that we will provide complimentary kit bag for you before your trek starts so that you can pack all your necessary things.
Books to Read	<u><i>Among Flowers by Jamaica Kincaid</i></u> - This book follows the bestselling author and some of her close botanist friends as they venture deep into the Himalayas in Nepal. This book uses lyrical language as it documents the group's efforts to find exotic plants to take back to their homes. They fear for their lives under excruciating circumstances that may result in a run-in with Nepal's infamous Maoist guerrillas. <u><i>The Devils Road to Kathmandu by Tom Vater</i></u> - This thriller is not your typical travel memoir. This fictional tale highlights the stories of Dan and his three friends who follow the hippie trail from London to Kathmandu in 1976. After a drug deal goes awry in Pakistan, the friends are able to escape alive with the narcotics they stumbled upon. On reaching Kathmandu, one of their friends then disappears with the drug money and the rest of the clan is left in the dark. After 25 years, a series of mysterious e-mails leads the three friends back to Kathmandu in order to pick up their share of the money. With the help of interesting characters they meet along the way, Dan and his hippie friends venture through the Himalayas to solve this quarter of a century long mystery that has been haunting them since the day it occurred.
Typical Day on the Trip	Each morning after packing our bags and having a good breakfast, we set off on the day's walk. After walking for 3-4 hours we stop for lunch at around midday. The afternoon's walk is generally shorter and we usually arrive at our destination in time for afternoon tea. The remainder of the afternoon can be spent exploring the village, doing a bit of washing or simply relaxing with a good book. On some days we will arrive at our destination by lunchtime and the entire afternoon will be free. After dinner, the evening will often be spent playing cards and reliving the day's adventures, before heading off to bed for a well-earned sleep.



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Tips for Travellers

Category name	Details
Approximate Group Size	Maximum 15
Money to carry	Breakfast, lunch and dinner will be provided during your trek. You only need money for table drinks (alcoholic/non alcoholic beverages), snacks while walking (a few smaller shops are available along the trail in some areas) tips, souvenirs, hot shower (available in some places).
Tipping	Tipping is the accepted way of saying 'thank you' for good service. Tips do not form part of the wages of your guides, porters and trek crew but they are very much appreciated. It is important to remember that tipping is voluntary and should be dependent on good service. Normally the tips are given at the end of the trek and should be approximately NPR 400-500 per day.
Clothes to carry	<p>You are suggested to consider the following equipments as fundamentals while packing for the Annapurna Base Camp Trek. Please use this list as a guideline. Adjustments to the list can be done according to your needs, interests, duration of your trip, season of your trip, etc. You can find variety of these gears to hire or buy in Kathmandu.</p> <p>Head</p> <ul style="list-style-type: none"> ◦ Sun hat or scarf ◦ Light balaclava or warm fleece hat ◦ Sunglasses with UV protection <p>Upper Body</p> <ul style="list-style-type: none"> ◦ T-shirts ◦ Light and expedition weight thermal tops ◦ Fleece jacket or pullover ◦ Fleece wind-stopper jacket (optional) ◦ Waterproof (preferably breathable fabric) shell jacket ◦ Down vest and/or jacket <p>Hands</p> <ul style="list-style-type: none"> ◦ Lightweight gloves ◦ Heavyweight gloves or mittens with a waterproof shell outer (seasonal) <p>Lower Body</p> <ul style="list-style-type: none"> ◦ Under garments ◦ Hiking shorts ◦ Lightweight cotton long pants ◦ Light and expedition weight thermal bottoms ◦ Fleece or wool pants (seasonal) ◦ Waterproof (preferably breathable fabric) shell pants <p>Feet</p> <ul style="list-style-type: none"> ◦ Thin, lightweight inner socks ◦ Thick, warm wool hiking socks ◦ Hiking boots with spare laces ◦ Camp shoes (sneakers and/or sandals) ◦ Gaiters for hiking in winter to the base camp



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