



THIRD ROCK
ADVENTURES

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A leading adventure & tour operator in the Himalayas

ANNAPURNA BASE CAMP TREK - 11 DAYS

Reach Annapurna Base Camp by taking an epic walk under the shadows of the Annapurnas...



#1 OUTLINE ITINERARY

DAY: 1:

Arrival In Kathmandu (1400m/4,593ft) & Trip Preparation

DAY: 2:

Fly To Pokhara (800m/2625ft.)- Drive To Kimchi - Trek To Ghandruk (1940m/6365ft.)

DAY: 3:

Trek Ghandruk To Chhomrong (2170m/7119ft)

DAY: 4:

Trek Chhomrong To Bamboo (2310m/7579ft)

DAY: 5:

Trek Bamboo To Deurali (3230m/10,597ft)

DAY: 6:

Trek Deurali To Annapurna Base Camp (4,130m/13,550ft) Via Machhapuchhre Base Camp (3700m/12139ft)

DAY: 7:

Trek Annapurna Base Camp (4,130m/13,550ft) To Bamboo (2310m/7579ft)

DAY: 8:

Trek Bamboo To Jhinu Danda (1760m/5774 Ft)

DAY: 9:

Trek Jhinu Danda To Siwai (1340m/4396ft) And Drive To Pokhara

DAY: 10:

Drive Pokhara To Kathmandu

DAY: 11:

Final Departure

#2 OVERVIEW

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WHY ANNAPURNA BASE CAMP TREK?

- Follow a classic route to Annapurna Base Camp in the Annapurna Region
- Visit the spectacular [Annapurna Sanctuary](#)
- Stand beneath the Annapurna Massif, including Annapurna I (8091m)
- Walk through mountain villages of the brave Gurkha soldiers
- Sample Gurung hospitality
- Enjoy a relaxing soak at Jhinu Danda's natural hot spring

Is this trip suitable for you?

- You can do this trek if you are reasonably fit and are used to walking on hilly terrain. Beginners can also do this trek.
- ABC Trek is easier and shorter than other high altitude treks.
- The highest point reached during the trek is the Annapurna Base Camp at 4130m.
- You will have to trek for 8 days on an uphill and downhill trail.
- Each day you will have to walk for 5 to 6 hours. You stop for lunch at a local teahouse. At the end of the day you stop at a comfortable teahouse/mountain lodge.
- The route crosses a typical Nepalese countryside (terraced fields, mountainside villages), rhododendron forests, two base camps and a hot spring.
- You get to enjoy phenomenal views of Annapurna Massif without technical climbing.

BEST TIMES

Spring (March to May) and autumn (late September to November) are the ideal seasons for [Annapurna Base Camp trekking](#). The daytime **temperature** is just perfect during this time. It is neither too hot nor too cold during these times. While an autumn trek promises clear skies and stunning mountain vistas, a Spring trek will let you experience the first blooms of the season. Walk on a trail filled with colorful rhododendron trees. Nights on the mountains are usually cold. Above 4,000 meters, you can expect nighttime temperatures to drop as low as -10 degrees

#3 ACCOMODATION AND MEAL STANDARD AND DELUXE PACKAGES

ACCOMMODATIONS - STANDARD PACKAGES

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Accommodation for 7 nights on the trail is included in this package. You will be staying at local teahouses that are clean and comfortable. The trails along the Annapurna Region are dotted with well-facilitated mountain lodges. Most of the teahouses offer hot showers, wi-fi, rooms with en suite bathrooms and variety of meals. While trekking you will be staying at these mountain lodges –Annapurna Hotel in Ghandruk, Lucky Guest House in Chhomrong, Bamboo Guest House in Bamboo, Panorama Guest House in Deurali, Paradise Guest House at Annapurna Base Camp and Hotel Namaste at Jhinu Danda.

Accommodations in Kathmandu and Pokhara are not included in this package. Both these cities offer a wide range of accommodation options, from luxurious five star hotels to budget hotels. If you would like to stay at a 3-star category hotel, then we recommend the popular Oasis Kathmandu Hotel in Kathmandu and Hotel Pokhara Batika at Pokhara. These hotels lie close to the business hubs and major sightseeing places. Please do let us know if you want us to book rooms for you.

Accommodation is on twin-sharing basis. You will have to share the room with someone of the same sex, if you are travelling alone. If you require a single room, it will be available at an extra cost. Do click on the 'single supplement' tab while booking your trip. While single rooms are readily available in Kathmandu and at lower elevations on the trail, at higher reaches it is very difficult to get a single room.

MEALS:

Except for 'Farewell Dinner' in Kathmandu, **no meals are included in this package.** Kathmandu and Pokhara have an abundance of good restaurants serving world class cuisine. If you need some suggestions, you can always ask your guide or our travel consultant. They will be more than happy to point you in the right direction.

While trekking you will be stopping for meals at local teahouses. Items on offer include dal-bhat (rice, lentils, curry), momo, Tibetan bread, chapattis, noodles, pizza, pancake etc.

ACCOMMODATIONS- DELUXE PACKAGES

Accommodations in Kathmandu, Pokhara and on the trail are included in the package cost. You stay for 2 nights at Hotel Shanker in Kathmandu and 1 night at Temple Tree Resort & Spa in Pokhara. Hotel Shanker was once the palace of the Rana aristocrats who ruled over Nepal. Keeping much of the original charm, this magnificent palace has been renovated and fitted with modern conveniences. Temple Tree Resort & Spa in Pokhara is located close to Phewa Lake and most of the sightseeing places in the city. The resort features two-storied individual cottages built in the traditional style. Both these hotels feature well-appointed rooms, spa, swimming pool, restaurants, bar etc. In addition, at Temple Tree each room comes with a private balcony that opens out to a lush garden.

While trekking, 7 nights' accommodation at teahouses or mountain lodges. You will be staying at Annapurna

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Hotel in Ghandruk, Lucky Guest House in Chhomrong, Bamboo Guest House in Bamboo, Panorama Guest House in Deurali, Paradise Guest House at Annapurna Base Camp and Hotel Namaste in Jhinu Danda.

Accommodation will be on twin-sharing basis. If you are a solo traveller, you will have to share the room with someone of the same gender. If you require a single room, it will be available at an extra cost. Do click on the 'single supplement' tab while booking your trip. Please bear in mind that single rooms are readily available in Kathmandu and at lower elevations on the trail, but at higher reaches it is difficult to get a single room.

Meals:

Meals while trekking is included in the trip cost. Breakfast and dinner will be served at the teahouse you will be staying at. You will be stopping for lunch at a teahouse en route. Food on the trail consists of local (rice, lentils, curry, momo, chapatis) and international dishes (pancakes, pizza, mac & cheese, toast, noodles etc.) high on nutrition and carbohydrate.

Breakfast is complimentary at the hotels you will be staying (Kathmandu and Pokhara). Welcome and farewell dinners are also complimentary. You will be responsible for your other meals. Kathmandu and Pokhara have an abundance of good restaurants serving international dishes. If you need some suggestions, you can always ask your guide or our travel consultant. They will be pleased to help you out.

STANDARD OR DELUXE

Planning a vacation calls for many decisions. One of the easiest ways to travel is to book with a travel company and let the experts take care of the planning and logistics. But some travelers want the freedom to explore options that packaged tours rarely offer. Taking into account the needs of an average traveler, we have designed two packages - Standard and Deluxe. A Standard Package offers a combination of services at a lower price and freedom to do certain things your own way (for instance, choosing your own accommodation in the city). Choose a Deluxe Package, if you want to take the stress out of planning your trip. After booking a Deluxe Package, you can rest easy knowing that the experts are there to plan your holiday. If you have zeroed in on your destination, all you have to do is select the package that suits your travel style and book your trip!

#4 DAY TO DAY ITINERARY

1: Arrival In Kathmandu (1400m/4,593ft) & Trip Preparation

Welcome to Kathmandu! Our representative will receive you at the airport and transfer you to your hotel. Meet the other team members and trek leader at the pre-trip meeting held later in the day. A briefing by your *trek leader* on your **Annapurna adventure** will follow. Listen carefully as your trek leader describes in detail the

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trail and what to expect during the trek. Further check your gears for the final time. If you have forgotten any item you can buy or hire it from any of the shops selling **trekking gear**. Get suggestions from your **trek leader**. Later head to the lively tourist hub of Thamel. We recommend you to schedule your arrival to Kathmandu in the morning or during the day, so as to enable you to attend the group briefing. *Overnight in Kathmandu.*

2: Fly To Pokhara (800m/2625ft.)- Drive To Kimchi - Trek To Ghandruk (1940m/6365ft.)

Get up early and prepare to leave Kathmandu. From the domestic airport in Kathmandu take a scenic flight to Pokhara, a pretty lakeside town. On reaching Pokhara, board a vehicle and drive to Kimchi. A two and a half hours drive brings you to this small settlement from where your trek begins. Climb on well-laid stone steps all the way to Ghandruk, a traditional *Gurung village* and home to brave *Gurkha soldiers*. Explore the village. There are many interesting places you can head to, like the Gurung Museum for instance. There's also a *Buddhist Monastery* nearby. Immerse yourself in the local mountain culture while interacting with the villagers. Enjoy fantastic views of **Annapurna Himal**. *Overnight in Ghandruk.*

3: Trek Ghandruk To Chhomrong (2170m/7119ft)

Walk past terraced fields, and follow a winding **route** down to Kimrong Khola, occasionally passing through cascading waterfalls. From time to time stop for awhile to take in the views. Cross a bridge and thereafter take a steep ascent via a stone staircase to Chhomrong, another Gurung village. As soon as you reach the village head towards a teahouse and rest your aching muscles. From Chhomrong, the snowy walls of **Annapurna South** and **Machhapucchre** (Fishtail Peak) seem very close. Take pictures and simply let the majestic beauty of the mountains work its magic on you. *Overnight in Chhomrong.*

4: Trek Chhomrong To Bamboo (2310m/7579ft)

Today's trek involves more steep descents and ascents on stone staircases. Walk down a flight of steps to Chhomrong Khola and cross the metal suspension bridge. An uphill hike through a wooded trail filled with oak, bamboo and rhododendron trees brings you to Khuldighar. From here take an easy descent down to Bamboo, your stop for the night. Bamboo is made up of a cluster of teahouses catering to trekkers on the Annapurna trail. *Overnight in Bamboo.*

5: Trek Bamboo To Deurali (3230m/10,597ft)

Hike through a track shaded by thickets of *bamboo*. The path opens up after *Himalaya Hotel* offering delightful views of the glacial river flowing down the valley. Your itinerary involves a steep ascent to the historic Hinku Cave that served as an overnight camp for the first group of climbers daring to ascend *Annapurna I*. Follow an undulating path till you reach *Deurali*, a small settlement with few blue-roofed stone huts. As you gain altitude

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the temperature begins to dip and you begin to feel the cold, especially at night. *Overnight in Deurali.*

6: Trek Deurali To Annapurna Base Camp (4,130m/13,550ft) Via Machhapuchhre Base Camp (3700m/12139ft)

Leave *Deurali* behind and make a quick descent down to a glacial river. In order to reach *ABC* you need to first cross **Machhapuchhre Base Camp**. Enter the Machhapuchhre Base Camp through a narrow valley flanked by steep mountainsides. The walk through the 'natural gateway' to Annapurna Sanctuary (abode of the gods according to local folklore) is an unforgettable experience; one that you will remember long after your trek is over. As you get higher the tree line disappears and the vegetation gets sparser. From Machhapuchhre Base Camp enjoy glorious views of Machhapuchhre (Fishtail peak), Annapurna III, Gangapurna and Hiunchuli. Though the area is known as Machhapuchhre Base Camp, climbing on the peak is strictly forbidden. The mountain is a guardian deity of the locals. Ascend higher till you reach **Annapurna Base Camp**. The base camp lies in a valley surrounded by glaciers and the grand peaks of the **Annapurna Massif**. The awe inspiring sight will be enough to melt away all your aches and pains! *Overnight in Annapurna Base Camp.*

7: Trek Annapurna Base Camp (4,130m/13,550ft) To Bamboo (2310m/7579ft)

First thing you do is get up early to catch the sun rising over the snowy peaks. Secondly head down to the **Annapurna Sanctuary** to witness this phenomenal sight. Watch the spectacular display of light and colour, as the first rays of the sun touch the frozen peaks making them seem like a ring of melted gold. Capture this moment in your mind and your camera to be treasured forever. Explore the glacial bowl and stand beneath the icy circle formed by the peaks of *Annapurna Himal*, including *Annapurna South, Tharpu Chuli, Machhapuchhre, Annapurna III & IV and Annapurna I*, the **tenth highest peak in the world**. Later on take a long descent down to Bamboo. *Overnight in Bamboo.*

8: Trek Bamboo To Jhinu Danda (1760m/5774 Ft)

From Bamboo head to *Jhinu Danda*, a beautiful settlement famous for its natural hot springs. Follow an up and down trail past a verdant trail. Hike through Chhomrong before you make a final descent to the ridge-top settlement of Jhinu Danda, your overnight stop. After checking into the teahouse, immediately walk down to the riverside and relax your tired muscles with a dip in the naturally heated pool. Later head to a teahouse and celebrate the completion of your trek with the crew and team members. *Overnight in Jhinu Danda.*

9: Trek Jhinu Danda To Siwai (1340m/4396ft) And Drive To Pokhara

The last leg of your trek takes you to Siwai. Walk past terraced fields and traditional farms till you reach *Siwai*. As soon as you reach there, board a vehicle and head to *Pokhara*. Once you arrive in Pokhara check into your

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hotel. The lakeside city is frequently visited by international as well as domestic tourists. The rest of the day is for you to spend it on your own. Take a well deserved rest or stroll around the lakeside area. Sit by the serene *Phewa Lake* gazing at Machhpuchhre's reflection and colourful boats. If you want to see more of Pokhara you can book a half-day guided sightseeing tour at an extra cost. *Overnight in Pokhara.*

10: Drive Pokhara To Kathmandu

You finally leave Pokhara and drive to Kathmandu. It is a pleasant ride filled with refreshing mountain views and village scenes. You drive beside the *Trishuli River*. Watch people in bright **rafting** gear paddling down the river. Midway there will be stops for refreshments. Once you arrive in Kathmandu, check into your hotel. Take rest for as long as you like. Later on, go souvenir shopping or visit some places of interest. Celebrate the conclusion of your **Nepal Annapurna Base Camp Trek** with a complimentary farewell dinner at a traditional Nepali restaurant. *Overnight in Kathmandu.*

11: Final Departure

You will be driven to the airport in due time to catch your flight (three hours prior to the scheduled departure). If you want you can extend your trip and explore more of the country. Choose from our vast range of itineraries or allow us to customize a tour for you. Bid goodbye to Nepal !

#5

WHAT'S INCLUDED- STANDARD PACKAGE

PRICE INCLUDES

- Airport pick up & drop off service for international and domestic flights
- All ground transportation by comfortable private vehicle as per the itinerary
- Teahouse accommodation during the trek
- Professional, English-speaking, government-licensed, trained in first-aid Trek Leader (Guide), Assistant Trekking Guide (5 trekkers: 1 assistant guide).
- All Local and Government taxes, administrative charges
- First Aid kit and essential medicines (paracetamol, diamox etc.) carried by the Trek Leader.
- Sherpa porters to carry luggage (Porter service -2 Trekkers:1 Porter)
- Staff costs including their salary, insurance, equipment, food, transportation and accommodation.
- Domestic flight (Kathmandu-Pokhara).
- Annapurna Conservation Area Project Entry Fee, TIMS and Trekking Permit.
- Complimentary Farewell dinner at a traditional Nepali restaurant.

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- Third Rock Adventures' T-shirt and map
- Transfer from Pokhara to Kathmandu by comfortable private vehicle

PRICE EXCLUDES

- Travel and medical insurance.
- Personal expenses (laundry, drinks, beverages, snacks, phone calls, extra porters, battery recharge, bottle or boiled water, souvenirs, hot showers etc.)
- International flights
- Nepal Visa fee.
- Personal trekking gear and equipment. Down jacket and sleeping bag(available on hire)
- Tips for guide, porter and driver (tipping is expected)
- Any unseen expenses due to circumstances beyond our control (natural calamities, strike etc.)
- Expenses not listed in the 'Price Includes' section
- Accommodation in Kathmandu & Pokhara.
- All Meals (except farewell dinner)
- Excess baggage fee.

Note :

#6 WHAT'S INCLUDED- STANDARD PACKAGE

PRICE INCLUDES

- Airport pick up & drop off service for international and domestic flights
- All ground transportation by comfortable private vehicle as per the itinerary
- Luxurious accommodation at a 4 star hotel in Kathmandu and 5 star hotel in Pokhara with breakfast
- Clean and comfortable tea-house accommodation during the trek
- Three daily meals (breakfast, lunch and dinner) with tea/coffee during the trek
- Professional, English-speaking, government-licensed, trained in first-aid Trek Leader (Guide), Assistant Trekking Guide (5 trekkers: 1 assistant guide).
- Complimentary Welcome and Farewell dinner at a traditional Nepali restaurant.
- All Local and Government taxes, administrative charges
- First Aid kit and essential medicines (paracetamol, diamox etc.) carried by the Trek Leader.
- Third Rock Adventures' T-shirt, Duffel bag and trekking map.
- Sherpa porters to carry luggage (Porter service -2 Trekkers:1 Porter)

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- Staff costs including their salary, insurance, equipment, food, transportation and accommodation.
- Domestic flight (Kathmandu-Pokhara).
- Annapurna Conservation Area Project Entry Fee, TIMS and Trekking Permit.
- Transfer from Pokhara to Kathmandu by comfortable private vehicle

PRICE EXCLUDES

- Travel and medical insurance.
- Personal expenses (laundry, drinks, beverages, snacks, phone calls, extra porters, battery recharge, bottle or boiled water, souvenirs, hot showers etc.)
- International flights
- Nepal Visa fee.
- Extra night accommodation in Kathmandu in case of early arrival or late departure.
- Personal trekking gear and equipment. Down jacket and sleeping bag(available on hire)
- Tips for guide, porter and driver (tipping is expected)
- Any unseen expenses due to circumstances beyond our control (natural calamities, strike etc.)
- Expenses not listed in the 'Price Includes' section
- Lunch and dinner in Kathmandu and Pokhara (except welcome and farewell dinner)
- Excess baggage fee.

Note :

#7 USEFUL LINK

Additional Information <https://www.thirdrockadventures.com/trip/annapurna-base-camp-trek/additional-information>

Terms & Conditions: <https://www.thirdrockadventures.com/page/terms-&-conditions-agreement>

Why Travel with Us <https://www.thirdrockadventures.com/page/why-people-choose-us>

Privacy and Disclaimer <https://www.thirdrockadventures.com/page/privacy-and-disclaimer>

Contact us <https://www.thirdrockadventures.com/contact>

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