

## 1. Trip Overview

### **Annapurna Base Camp Trek Trip Notes:**

- Booking for minimum of 2 people can be done for the trip.
- Trip lasts for around 12 days in total.
- Trip location falls on Annapurna Conservation Area Project.
- Easy and Classic is graded as the difficulty level.
- Accommodations in Star Hotel In Kathmandu & Pokhara And Standard Hotel In Trekking Areas.
- The best season for the trip falls on March-May and Sep-Nov of the year.

### **More Attractions About Annapurna Base Camp Trek :**

- Magnificent scenes of glaciers and mountain views from Annapurna Base Camp.
- Breathtaking panoramic views of Annapurna Range, Himchuli, Dhaulagiri and Mt. Fishtail.
- Accommodations in basic tea houses and comfortable lodges.
- Jhinu Danda is a popular place for hot bath in natural hot springs.
- Remote though charming ethnic settlements of typical Gurung Villages.

Annapurna Base Camp Trek is an amazing walk through Amazing landscape and culture complete with rich mountain scenarios and views, terraced fields, beautiful and decorative Gurung villages and a wide variety of diversified flora and fauna. Travelers can come across treasures rich in cultural and natural diversity along with its varying altitudes and pass through the land that are unexplored to be explored by own naked eyes. It will be a life time experience for the travelers while walking through those unique natural beauties.

Mt. Annapurna (8091m) of Nepal is the 10th highest mountain in the world and the journey to its base camp, which is at 4130m/13549ft height, is one of the most exciting and popular walks on earth. Travelers can reach this destination via Mt. Machapuchhre (Fishtail) which is revered by the people of Nepal for its unique beauty that may blow the mind away while travelers come face to face. The journey to the Annapurna Base camp Trek In Nepal consists of steady trekking routes that pass through the region's villages and naturally brimming terrains. This trek consists of well groomed itinerary of the Annapurna Base Camp trekking package; it is a popular choice among the entire adventurous traveler to hikers travelling in groups here in Nepal. All the tiredness and weariness of the trek will be washed away and all the smiles will be flowing graciously inside the soul, face and obviously on mind while standing and watching the great views of mountains in front of you.

12 Days Annapurna Base Camp Trek Which Explores The Annapurna Region Included More than 10 Others snow capped mountains which helps flora and fauna of these Himalayan. Annapurna base camp trek is one of the beautiful treks in Annapurna area. Annapurna base camp trekking also guarantees you fun, pleasure and a magnificent insight into the natural and cultural heritage of the tiny Himalayan country, Nepal And the trail is equally a delight for natural experiences. The Annapurna Base Camp Trek can easily be done independently. The lodges in the Annapurna Trekking Region are well equipped with extensive menus ranging from the typical Nepali and Other foods as well. We will make you full of satisfaction, safety and full support of our all staff during the trek and all spend days in Nepal. Annapurna Base Camp Trek Cost is Not Higher cost than Other treks you will collect little bit money of your Daily

Expenses.

## 2. Trip Includes

- Airport / Hotel / Airport pick up & drop off service by private tourist vehicle.
- 03 Nights Twin sharing accommodation in 3 Star Accommodation in Kathmandu) And 02 Nights Twin sharing accommodation in Standard Hotel In Pokhara,Breakfast included.(If you need a single room, it can be arranged at an additional cost).
- All Standard meals while on trek(Breakfasts,lunchs and Dinners).
- Luxurious Guesthouse Accommodation during the trek.
- Full day guided sightseeing of kathmandu with well English Speaking Tour Guide.
- Tourist Bus (Kathmandu-Pokhara-Kathmandu).
- English speaking Trek leader/Guide.
- Porters to carry your bags(1 porter for 2 guests).
- Free Mount Glory Adventure duffel and Tshirt.
- Food,Accommodation,salary,insurance and equipment's for all staff.
- Annapurna Conservation Park permits and TIMS permit for trekking.
- All government,hotel and other applicable taxes.
- Farewell dinner in typical Nepali Restaurant with cultural dance show.
- Trip Completion Certificate And Token Of Love.
- Official expenses.

## 3. Trip Excludes

- International Airfare and taxes.
- Travel insurance which covers emergency Rescue and Evacuation.
- Nepal Entry visa(visa is obtained in Nepal Airport immigration on arrival.USD 25 per visa for 15 days,USD 40 per visa for 30 days and USD 100 per visa for 90 days.All the visas are multiple entry visas.please carry 02 passport sized photograph for the visa.
- Lunch and Dinner in kathmandu and pokhara.
- All items of personal expenses.
- Tipping for guide,porters and drivers( Tipping is expected).
- Any others expenses which are not mentioned on 'Price Includes' section.

**Note: Please bring 4 Passport size photos, copy of passport and travel insurance at Our First Meeting In Our Office.**

## 4. Trip Itineraries

### Day 1: ARRIVAL IN KATHMANDU(1,400M/4,593FT) AND PRE-TRIP MEETING.

Welcome And Namaste, Representative of Mount Glory will be receiving you at TIA (Tribhuvan International Airport).He will be displaying sign board Of Mount Glory outside the TIA terminal.Then,he/she will be transferring you to the respective hotel in private tourist vehicle.On the way to hotel he will be explaining you about the various services provided by Mount Glory Team.Then after reaching the respective hotel you will be freshing up and take some rest.In the same day we will be meeting in Mount Glory office discussing about the trip.At the same time we will be sharing our experiences about various mountains,landscapes,and beautiful sceneris across the himalayas for the another day tour.Then we will meet you with our experienced guide who will take you to the beautiful mountains.

Trip Hours:

Accommodation: 3 Star Standard Hotel

Max Altitude: 1400m/4593ft

Meals:

### Day 2: KATHMANDU VALLEY SIGHTSEEING TOUR AND PREPARATION FOR THE TREK.

The Kathmandu valley alone holds the four heritage sites that are listed under the UNESCO World Heritage Site list.Our tour guide will start the valley tour late in the morning with private tourist vehicle .You will be noticed about the various beautiful panaroma that are in the valleys,which includes the temple of Holy Pashupatinath,Swyambhunath,Kathmandu Durbar Square and Boudhanath.All of these site have been refered by the tourist visiting the valley.These famous world heritage sites are famous among the tourist visiting the kathmandu valley.Our Pashupatinath is the scared religious temple of Hindu.Similarly, the Monkey temple of swyambhunath is famous among Buddhist Pilgrimage,where you will be seeing the holy monks representing almost 90 Percent Tibetan Culture.The Durbar square of kathmandu holds the historic importance of Nepalese Monarcy.The rulers of ancient Nepal use to run the kingdom from the same durbar (palace).Also,the Boudhanath is the largest Buddhist mondala in the world.These historic monuments are representative of country's cultural and religious tenor.After the tour we will return back to hotel and stay overnight at the same hotel.

Trip Hours:

Accommodation: 3 Star Standard Hotel

Max Altitude: 1400m/4593ft

Meals: Breakfast Included

Day 3: DRIVE FROM KATHMANDU (1,400M/4,593FT ) TO POKHARA (1,400M/4,593FT ) BY Tourist Bus.

After breakfast our guide will introduce you to porters who carry your luggage. We are now set for the trip to Pokhara. Along the Prithvi Highway by Tourist Bus. On the way you will have beautiful views of green hills and beautiful rivers along the edge of roads. On the way we will have lunch in standard hotels. The drive from Kathmandu to Pokhara is refreshing in many ways as we can see typical Nepalese lifestyle along the road. After reaching Pokhara we will go visiting a few lakes and lakeside areas. Overnight we will be accommodated at the best trekking lodge.

Trip Hours: 6 Hours Drive

Accommodation: Standard Hotel

Max Altitude: 1,400m/4,593ft

Meals: Breakfast and Lunch Included

Day 4: Drive Pokhara (1,400M/4,593FT ) to Nayapul (1,070M/3,510FT) And trek to Ghandruk (1,940M/6,364FT).

After breakfast we will be leaving the hotel early morning for Nayapul by private car. From here we will descend through Rhododendron and other beautiful sceneries where we can find diverse natural beauties of flora and fauna. Bird lovers find this destination as one of the best. From this village we can see Mt. Annapurna on the south, Hiunchuli and Fishtail. Then we will reach beautiful Ghandruk village which is full of traditional Nepalese culture and customs. The hotel will be welcoming you with its typical culture and food where you will stay overnight.

Trip Hours: 4-5 Hours

Accommodation: Standard Trekking Lodge

Max Altitude: 1,940m/6,364ft

Meals: Breakfast, Lunch And Dinner Included

Day 5: Ghandruk (1940M/6364FT) to Chhomrong (2170m/7119ft).

After breakfast we will ascend down to Ghandruk at 2100m. And descend to 1700m to the Kimron Khola. Chhomrong is the gateway to Annapurna Sanctuary trek and inhabited by Gurung ethnic tribe. We will stay overnight at standard lodges at Chhomrong.

Trip Hours: 5 hours

Accommodation: Standard Trekking Lodge

Max Altitude: 2170m/7119ft

Meals: Breakfast,Lunch And Dinner Included

Day 6: Chhomrong (2,170m/7,119FT) to Himalaya (2,930m/9,612ft).

After breakfast the trails heads towards chhomrong khola passing stone stair case.we will be crossing metal suspension bridge and ascent small village of Tilcha.we will be climbing forest and fields to sinwa.The trail heads to the Annapurna Scentury area.The upper modi khola roar can be heard through the dense forest of Bamboo,Rhododendron and oaks.Then we will reach Dovan and Hotel Himalaya.Awaits you for overnight stay.

Trip Hours: 6 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 2,930m/9,612ft

Meals: Breakfast,Lunch And Dinner Included

Day 7: Himalaya (2,930M/9,612FT) To Annapurna Base Camp (4,130 m/13,549 ft).

Ater Breakfast trek from Himalaya begins by climbing stadily to Hinku cave.A over hanging rock descend lower to cross the snow patches and a strean before climbing to deurali 3230m.The trail has large alpine vegetation that creates ladder steps.Modi khola keeps teasing you as Macchapuchre Base Camp Approches.The alpine trail are most beautiful by water fall and rocky mountains then will reach beautiful Annapurna after 2 Hours where we will stay overnight.

Trip Hours: 6 Hours

Accommodation: Standard Trekking Lodge

Max Altitude: 4,130m/13,549ft

Meals: Breakfast,Lunch And Dinner Included

Day 8: Annapurna Base Camp 4,130 M/13,549 FT) to Sinuwa (2,360 m/7,740 ft).

After breakfast we will be greeting the unforgettable morning with wonderful site.Annapurna is a world's 10 th highest mountain which long range surrounds peaks encompassing Hiunchuli,Macchhapuchre,Gangapurna on the way we will have delicious meal with great hospilality then we reach amazing sinuwa Village where we stay overnight.

Trip Hours: 5 hours

Accommodation: Standard Trekking Lodge

Max Altitude: 4,130m/13,549ft

Meals: Breakfast,Lunch And Dinner Included

Day 9: Sinuwa (2,360 M/7,740 FT) to Jhinu Danda (1,780 m/5,859 ft) And trek to Landruk (1,565 m/5,133 ft).

After breakfast we descend to chhomrong khola and climb to chhomrong village.our trail descend to ghinu Danda for lunch where we will be observing beautiful forest and modhi Khola.After modi khola we reach Gurung village by crossing new bridge.The gurung village of Landruk is more beautiful by steep stones steps.we will stay at Landruk Lodge in the same village.

Trip Hours: 6 Hours

Accommodation: Standard Trekking Lodge

Max Altitude: 2,360m/7,740ft

Meals: Breakfast,Lunch And Dinner Included

Day 10: Landruk (1,565 M/5,133 FT) to Phedi (1,130m/3,707ft) And trek to Pokhara (1,400M/4,593FT).

After breakfast at Landruk we will ascend to deurali.The village over top of ridges offers beautiful himalayan view of Annapurna and Dhaulagiri.The picturesque view of Phewa lake and Dhaulagiri is mind blowing.The trail leads to the village of Dhampus.After a short walk to phedi a drive to pokhara transfer you to Hotel and you have free afternoon.

Trip Hours: 3 Hours Trek And 40 Min Drive

Accommodation: Standard Hotel

Max Altitude: 1,565m/5,133ft

Meals: Breakfast and Lunch Included

Day 11: DRIVE BACK TO KATHMANDU (1,400M/4,593FT) FROM POKHARA (1,400M/4,593FT) BY Tourist Bus.

After breakfast at Pokhara we will be heading to Tourist bus station for amazing drive to kathmandu.The drive follows Trishuli River famous for white water rafting and endless beauty.After reaching Kathmandu Mount Glory offers you

certificate of trail completion and token of love. The Farewell Dinner on the same night is more amazing where we can share the trail experience.

Trip Hours: 6 Hours Drive

Accommodation: 3 Star Standard Hotel

Max Altitude: 1400m/4593ft

Meals: Breakfast, Lunch And Farewell Dinner Included

Day 12: Final Departure.

Our Mount Glory representative will transport you to TIA around 3 hours before your scheduled flight from where you will Depart.

Trip Hours:

Accommodation:

Max Altitude:

Meals: Breakfast Included

## 5. Trip Useful Info

### Accommodations

Mount Glory will provide you standard Hotel in Kathmandu with twin sharing basis on BB plan and Normal Accommodation in Pokhara. If the trekker is willing to have single room an additional charge of USD 50 per night is added. During the trek the travellers are provided with standard guesthouse where wooden beds with mattress and pillow are available. Trekkers have to share the bathrooms and toilets in Annapurna Base Camp Trek. You will be provided with teahouses, and luxury lounge that depends upon your demand.

### Meals

We will provide you with standard breakfast on the same Hotel in Kathmandu and Pokhara. During the trek our guide will choose hotel for hygienic lunch according to your request. Breakfast and evening meal are served on the hotel where you will stay overnight. Our meal includes typical Nepalese food, continental food, and sherpa's menu on the trek. Meal will be provided on your request from respective menu from the hotel.

### Physical Conditions

Trekkers should have proper health condition as he/she is trekking over 5-6 hours on easy trekking routes. Mount Glory itinerary is designed for proper acclimatization for each day. Trekkers with poor physical condition, who are having lung-related diseases are requested to take medical supervision before the trekking.

**Drinking Water**

Water in the high mountain region may not be familiar with trekkers, so you can buy hot water or mineral water in an affordable cost and Trekkers have to carry water treatment system if you feel the water in the mountain is unhygienic. But normal drinking water is available easily during the trek.

**Routes Maps**

Routes maps will be provided to you by Mount Glory Team. This includes the minor itinerary of whole trekking with darkened routes. The trekking trail will be highlighted so one can easily find the trail route which makes the trekking interesting and easy.

**Trekking Group Size**

Mount Glory is organizing its trekking with a minimum of 2 trekkers who are provided with our guide and porter. If your group consists of more than 20 members, we will split the group and manage our guide and porter accordingly. 6 travellers are provided with an experienced guide and a porter per 2 travellers to carry your belongings.

**Transportation**

Travellers are provided with a tourist private vehicle while they are in Kathmandu. There will be a tourist bus to Pokhara. If you need private vehicles and flight tickets, we can manage for you. The minimum of 300 Dollars for a tourist vehicle and flight ticket both ways.

**Luggage And Bags**

Travellers can bring a maximum of 2 bags which include your day-to-day belongings like camera, clothes, sun screen glasses, etc. The bag which contains less needy things like sleeping bag, boots, or towels is carried by porters which shouldn't weigh more than 25 kg. If you are taking a flight, then travellers have to pay USD 1 per kg if your luggage weighs more than 15 kg.

**Guide And Porters**

Mount Glory will provide you an experienced trekking guide who will guide you throughout the trek. You are provided with a porter who carries 25 kg maximum weight for 2 trekkers. Our guides are licensed from the Nepal Tourism Department who have knowledge about the trails and the community you will be staying with.

**Travel Insurance**

Trekkers should have international travel insurance of USD 10,000 as Mount Glory is not responsible for any emergency rescue operation that may occur due to high altitude and medical cases, also injuries and food-related health problems. We can only provide air ambulance service, helicopters, and other rescue operations if travellers already have international travel insurance. We are responsible for accidental problems of Mount Glory staff.

**Weather Condition During The Annapurna Base Camp Trek**

This is a easy and most reliable trek in Annapurna Region.The weather is normally familier for trekking.Usually,there is less chance for changing weather condition in this trek.During winter trek our guide can deciede possible change in weather and can postpone the trekking time accordingly.

### **Communication System During Trek**

Some places in the mountain have internet while some place don't.But our team can manage you internet facilities on your request for that you have to pay the internet bill.As,we trek high up in the mountain the signal receiver of communication office may not work at some places.so,you need to have some patience to get proper communication facilities.

### **Tips For Guide And Porter**

Tips are not mentioned as compulsory but you can make your trekking friends from Nepal happy by their services by giving them tips and gifts.Minimum of 10 per tips is usual for guides and porters and you can also give as much as you like.

### **Best Time To Travel**

March to May and september to November are the best month for trekking around the himalayas.Trekkers can also make their trekking plan on winter month as our professional team can decide the perfect time in cold month as well.

### **Personal Expenses On Trek**

Your personal expenses on the trek depends upon your expenses.You should have expenses for extra food and drinks becides Lunch ,Breakfast and Dinner which our company can afford.Also,expenses for shopping gears,alcholic drinks and intertainment expenses depends upon you.It may be about minimum of USD 500 or according to you.Your credit card arenot accepted in the mountain so you need to have require cash in kathmandu.

### **Itinerary and Changes**

We have 12 days trek for Annapurna Base Camp Trek.We can minimize or maximize your trek according to your wish and request before starting the trek.In case of certain problem like attitude,tiredness,our guide can re arrange the scheduled on your request.If trekkers some group have some problem then he/she stop on the way with our experienced porter or assistant guide while other will continue their trek.

## **6. Contact Us**

Phone Number: +977 9849856378

Annapurna Base Camp Trek

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We are located - Near to Bhagwati Mandir (5.6 km from Tribhuvan International Airport), Thamel Marg, Thamel, Kathmandu, Nepal.

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