

## 12 DAYS NEPAL HIMALAYA TREKKING ITINERARY OF ANNAPURNA BASE CAMP (SANCTUARY)

This trek is one of the most popular treks in the Himalaya of Nepal. It enable to explore the heart of the Annapurna (8091m) till its base camp which is surrounded by 11 spectacular snow capped peaks. The trail follows forested paths and cross small villages allowing the contact with the local culture.

The accommodation will be in lodges on the entire route, included at the Annapurna Base camp at an altitude of about 4200 meters.

Below a short description of the planned itinerary and its cost.

DAY S	DATE	PROGRAM / ITINERARY	HOTEL	MEAL PLAN
01.	OCT 2016	KATHMANDU / POKHARA FLIGHT TREK to TIKHEDHUNGA (1540m.)  After breakfast transfer to Kathmandu domestic airport for flight connect to POKHARA about 25 minutes Himalayan scenery flight in the northern part. Upon arrival in POKHARA airport drive to BIRETHANTI about 1 ½ hour by local taxi then you will start the trek to TIKHEDHUNGA with the beautiful scenery around the trails and villages along the way. It takes about 4 hours to get TIKHEDHUNGA where you will have overnight.	LODGE at TIKHEDHUNGA	L / D (Lunch and Dinner includes on trek.)
02.	OCT 2016	TREK TIKHEDHUNGA to GHOREPANI (2850m.)  Wake up for breakfast then trek start for GHOREPANI (A famous trekking region in the area) about 7 hours. You will start the trek with uphill steps till the ULLERI village and then trails will begin as a comfortable with magnificent views surrounding the area with the ANNAPURNA SOUTH and HIUNCHULI Himalayas. You will have lunch at BANTHANTI then continue the trek to GHOREPANI for overnight.	LODGE at GHOREPANI	B / L / D
03.	OCT 2016	TREK GHOREPANI to TADA PANI (2630m.)  Wake up early morning to visit POON HILL (3210m.) about an hour climb from GHOREPANI for excellent view of surrounding Himalayas as DHAULAGIRI 1 and all DHAULAGIRI ranges, TUKUCHE PEAK, NILGIRI HIMAL, ANNAPURNA Himalayas and MACHHAPUCHHRE HIMAL etc then back to LODGE for breakfast. After breakfast trek proceed to TADAPANI about 5-6 hours slowly.	LODGE at TADAPANI	B / L / D

04.	OCT 2016	TREK TADAPANI to CHHOMRONG (2170m.)  Wake up for breakfast then trek to CHHOMRONG (a beautiful GURUNG Village) about 5 hours slowly descent and ascent.	LODGE at CHHOMRON G	B / L / D
05.	OCT 2016	TREK CHHORONG to DOVAN (2600m.)  After breakfast trek start to DOVAN about 6-7 hours. Lunch at BAMBOO then after lunch slowly ascent to DOVAN for overnight.	LODGE at DOVAN	B / L / D
06.	OCT 2016	TREK DOVAN to MACHHAPUCHHRE BASE CAMP (3700m.)  After breakfast trek ascents to MACHHAPUCHHRE Base Camp about 6-7 hours slowly. You will have pass through the HINKU CAVE then lunch will be at DEURALI then after lunch you will start slowly trek to MACHHAPUCHHRE for overnight.	LODGE at MACHHAPUC HHRE BC	B / L / D
07.	OCT 2016	TREK MACHHAPUCHHRE BC to ANNAPURNA BASE CAMP (4130m.)  After breakfast trek ascent to ANNAPURNA BASE CAMP (last destination.) about 3-4 hours slowly ascent. After lunch at ANNAPURNA BASE CAMP (ABC) you will spend the time with taking the photographs around the Himalayas as ANNAPURNA 1 closely, ANNAPURNA SOUTH, HIUCHULI, TENT PEAK, GANGAPURNA and MACHHAPUCHHRE (FISH TAIL) etc with having tea or coffee at the LODGE and overnight at ABC	LODGE at ANNAPURNA BC	B / L / D
08.	OCT 2016	TREK ANNAPURNA BASE CAMP to BAMBOO (2245m.)  Wake up early morning for excellent view of ANNAPURNA range and MACHHAPUCHHRE and all other peaks then back to LODGE for breakfast. After breakfast trekking down to BAMBOO for overnight. This day about 6-7 hours descent.	LODGE at BAMBOO	B / L / D

09.	OCT 2016	TREK BAMBOO to JHINU DANDA (1700m. approx.)  After breakfast trek start for JHINU DANDA (HOT SPRING below the LODGE at riverside) passing through CHHOMRONG. After checking the room you will have visit to the HOT SPRING for bath and refreshment. Then after taking the bath in HOT SPRING then back to the lodge for overnight.	LODGE at JHINU DANDA	B / L / D
10.	OCT 2016	TREK JHINU DANDA to DHAMPUS (1650m.)  After breakfast trek proceed to DHAMPUS about 6-7 hours slowly easy way. DHAMPUS also known as popular tourist area and most of the people are GURUNG cast. This village is scenery for panoramic view of surrounding ANNAPURNA and MACHHAPUCHHRE (FISH TAIL) Himalayas.	LODGE at DHAMPUS	B / L / D
11.	OCT 2016	TREK DHAMPUS to PHEDI to POKHARA  Wake up early morning for excellent panoramic view of ANNAPURNA and MACHHAPUCHHRE HIMALAYAS then after breakfast trek to PHEDI about 2 hours slowly descent then drives to POKHARA by private taxi about 25 minutes to the hotel in POKHARA. After checking the room you will take some refreshment at hotel then in the free time you will walk around the FEWA LAKE SIDE to see around the markets and places. After dinner back to hotel for overnight.	The Lakeside Retreat.	B / L Breakfast at Lunch includes in the package. (Dinner exclude)
12.	OCT 2016	POKHARA / Kathmandu FLIGHT or drive	Hotel in Kathmandu on your own	Breakfast at hotel in POKHAR A includes.

**The preliminary cost for above program US\$ 1220.00 Per Person on twin sharing basis including of all services mentioned below. Large groups can have reduced costs.**

**The above cost includes:**

1. 11 Days Lodge arrangements trekking to ABC region including of room at local tourist standard Lodge, all meals as 3 times a day, Breakfast, Lunch and Dinner with tea or coffee.

2. One guide and a porter for luggage carry during the trekking with their wages and insurance etc.
3. Trekking permit as TIMS CARD (Trekking Information Management System).
4. Annapurna Conservation fee (ACAP PERMIT)
5. One night accommodation in POKHARA at The Lakeside Retreat or same good standard hotel in POKHARA ON BB PLAN (Bed and Breakfast basis).
6. KTM / POKHARA domestic flight and necessary airport tax with guide.
7. POKHARA / KTM flight or transportation by private car.
8. POKHARA to NAYAPUL (Trek start point) local transportation by reserve taxi.
9. PHEDI to POKHARA transportation by available private jeep or taxi.
10. KTM welcome dinner at Authentic Nepali restaurant with transportation on the last day before your final departure (Complementary service)
11. Sleeping bag (Complementary service if required)
12. KTM domestic airport drop and pick up service by private car.

**The above cost does not include:**

1. Private expenses as laundry and communication services as international calls etc.
2. Drinks as beers, soft drinks during walk on trekking, mineral water and alcoholic drinks etc.
3. Private equipments as down jacket, wind set trousers, all daily changing clothes, walking sticks, woolen cap trekking boot and raincoat etc.
4. Personal medical insurance and rescue evacuation if in case of needed rescue etc.
5. Meals as lunch and dinner during KTM and POKHARA only.
6. Personal nature as TIPS etc.