



# Terrablaze Adventures

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Kathmandu, Nepal

## 11 Days Annapurna Base Camp Himalayan Adventure

### ANNAPURNA BASE CAMP TREK - 11 DAYS

The map illustrates the 11-day trek route. It starts in Kathmandu (Day 1), flies to Pokhara (Day 2), and drives to Phedi (1,130m). From Phedi, the trek proceeds to Kimche, Matque (1,070m), Ghandruk (1,940m), Jhinu Danda (1,700m) (hot Spring), Chhomrong (2,170m), Bamboo (2,310m), Deurali (3,230m), Machhapuhhre Base Camp (3,700m), and finally Annapurna Base Camp (4,130m). The route includes overnight hotels, nearby locations, and en route points. A legend defines the symbols used on the map.

**LEGENDS**

- Trekking
- Drive
- Overnight Hotel
- Nearby Location
- Trekking
- Flight
- En Route

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Kathmandu, Nepal

**TREK MORE. EXPLORE DEEPER.**

**Time and destinations definitely are customizable based on your preferences.**

DAY	ITINERARY
Day 1	Arrival in Kathmandu (1,400m/4,592ft) - Transfer to Hotel and Trek Preparation
Day 2	Fly to Pokhara (800m/2,624ft), drive to Kimchi and trek to Ghandruk (1,940m/6364ft) - 25 minutes flight, 2:30 hours drive and 2 hours (2 km) trek
Day 3	Trek to Chhomrong (2,170m/7,118ft) - 5 to 6 hours (10 km) trek
Day 4	Trek to Bamboo (2,310m/7,577ft) - 5 to 6 hours (7 km) trek
Day 5	Trek to Deurali (3,230m/10,595ft) - 4 to 5 hours (8.5 km) trek
Day 6	Trek to Annapurna Base Camp (4,130m/13,547ft) via Machhapuchhre Base Camp (3,700m/12,136ft) - 4 to 5 hours (8 km) trek
Day 7	Trek to Bamboo (2,310m/7,577ft) - 7 to 8 hours (16.5 km) trek
Day 8	Trek to Jhinu Danda (1,760m/5,773ft) - 5 to 6 hours (9 km) trek
Day 9	Trek to Matque (1,070m/3,510ft) drive to Pokhara (800m/2,624ft) - 1 to 2 hours (3 km) trek, 2: 30 hours drive
Day 10	Fly to Kathmandu (1,400m/4,592ft) - 25 minutes flight
Day 11	Final Departure

## Day 1 :Arrival in Kathmandu (1,400m/4,592ft) - Transfer to Hotel and Trek Preparation



### Arrival in Kathmandu, transfer to hotel, and trek preparation

Welcome to Kathmandu! Our representative will receive you at the airport and transfer you to your hotel. Meet your 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 trail and what to expect during the trek.

Further, check your gears for the final time. If you have forgotten an item, you can buy or hire it from any shop selling trekking gear. Again, get suggestions from your trek leader. Later, head to the lively tourist hub of Thamel. We recommend you schedule your arrival in Kathmandu in the morning or during the day to enable you to attend the group briefing. After the meeting, you can take a stroll around Thamel, Kathmandu's tourist hub.

### Overnight in Kathmandu

**Day 2 : Fly to Pokhara (800m/2,624ft), drive to Kimchi and trek to Ghandruk (1,940m/6364ft) - 25 minutes flight, 2:30 hours drive and 2 hours (2 km) trek**



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 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.**

## Day 3 : Trek to Chhomrong (2,170m/7,118ft) - 5 to 6 hours (10 km) trek



Walk past terraced fields, and follow a winding route down to Kimrong Khola, occasionally passing through cascading waterfalls. From time to time, stop for a while to take in the views. Next, cross a bridge and after that 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. Please take pictures and let the majestic beauty of the mountains work its magic on you.

### Overnight in Chhomrong.

## Day 4 : Trek to Bamboo (2,310m/7,577ft) - 5 to 6 hours (7 km) trek

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, and an uphill hike through a wooded trail filled with oak, bamboo, and rhododendron trees brings you to Khuldighar.

From Khuldighar, 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.

## Day 5 : Trek to Deurali (3,230m/10,595ft) - 4 to 5 hours (8.5 km) trek



Hike through a track shaded by thickets of bamboo. The path opens up after the 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, the temperature begins to dip, and you begin to feel the cold, especially at night.

### Overnight in Deurali.

## Day 6 : Trek to Annapurna Base Camp (4,130m/13,547ft) via Machhapuchhre Base Camp (3,700m/12,136ft) - 4 to 5 hours (8 km) trek



Leave Deurali behind and make a quick descent down to a glacial river. To reach ABC, you need first to 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.

## Day 7 : Trek to Bamboo (2,310m/7,577ft) - 7 to 8 hours (16.5 km) trek



The 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 color 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 mountain in the world. Later on, take a long descent down to Bamboo.

### Overnight in Bamboo.

## Day 8 : Trek to Jhinu Danda (1,760m/5,773ft) - 5 to 6 hours (9 km) trek

Today 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.

## Day 9 : Trek to Matque (1,070m/3,510ft) drive to Pokhara (800m/2,624ft) - 1 to 2 hours (3 km) trek, 2: 30 hours drive



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 get there, board a vehicle and head to Pokhara.

Once you arrive in Pokhara, check into your hotel. International, as well as domestic tourists, frequently visit the lakeside city. 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 colorful 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.

## Day 10 : Fly to Kathmandu (1,400m/4,592ft) - 25 minutes flight

Take an afternoon flight to Kathmandu. Before you fly back to the capital, you can visit the popular sightseeing spots of Pokhara or try paragliding. These activities will incur extra costs.

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 with your guide or a representative from our office.

**Overnight in Kathmandu.**

## Day 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!