



Annapurna Base Camp

Trip Facts

Trekking Days	14 Days
Maximum Altitude	4130 m
Group Size	2 to 25 People
Fitness Level	Normal
Transportation	Flight & Private Transport
Accommodation	Hotel/Tea house/Lodge
Best Season	Spring & Autumn
Meals	Breakfast/Lunch/Dinner
Tour Type	Trekking

Overview

The 9 Days Annapurna Base Camp (ABC) Trek program is perfectly designed by one of the experienced guides who're highly recommended by many travelers considering for travelers with a short time of holidays, it's especially trailed for tied time-bound adventurer trekking enthusiasts who are still keen to make it happens at least once in a lifetime within 9 days of time, this will be truly a great trekking experience and an achievement of a lifetime.

A classic Annapurna base camp trek takes you through the beautiful land of the Himalayas starting a trek from the beautiful lush forests of rhododendrons, and pines, and terraced fields to



the spectacular mountain vistas, walking through the legendary settlements of Gurung, Magar, and Thakali, enjoying the most gorgeous waterfalls, crossing the sound of great suspense bridges, and glaciers into the high point of the trek then finally we make it onto the Annapurna Base Camp itself where you will be spending overnight with fantastic views of the glory. No doubt, how beautiful these mountains are so breathtaking, it's a trekker's paradise on earth. The next day, we wake up full of brightness, a golden array of sunshine over the mighty mountains, and enjoying the views with a cup of tea, what could be the more thrill than this, pretty sure this experience is going to be the best experience of life ever.

Days of Itinerary

Day 1

Arrival at Kathmandu (1,350m).

Upon your arrival in Kathmandu, we will pick you up from Tribhuvan International Airport and transfer you to your hotel. The trip starts at nearly about 6.30 am with a drive of around 6 to 7 hours through lush green forests, meandering roads through the hills, and a gracefully flowing riverside. You will also come across lively markets and clusters of villages on the way. Buffet lunch will be taken in one of the roadside restaurants. Today, after we reach Pokhara, we will see the good scenery of the majestic city. You can go boating in Fewa Lake (if we have enough time, as the boating facility gets closed early in the evening). The lake overlooks the Annapurna Himalayan Range and is a sight to behold.

Day 2

Kathmandu to Pokhara drive and over night hotel at Pokhara (950m).

This day we normally 6 am get up and have breakfast after that ready to go new and peaceful city Pokhara. 7/8 am start to drive by local vehicle or tourist bus also normally 7 hours to get Pokhara. We are going to 400m down from Kathmandu. we have lunch on the way Malekhu/Mukling



many more lunch places over the way. many views from on the way Langtang Himalayas Trishuli river many local villages. When we reach Pokhara we take the room and keep our luggage in the room and take shower do fresh half an hour or one hour. and then we walk around Pokhara's main tourist area. there look really fantastic places Fewa lake, Barahi temple middle in the Fewa lake, many restaurants, bar, pub, cultural dance, musician, many shops, etc available. and have dinner at any restaurant choice yourself. maximum countries food is available there.

Day 3

Pokhara to drive Nayapul and trek to Ulleri (1,550m).

Early morning we have breakfast and meet your guide, porters ground your hotel in time and your guide provides a vehicle till to Nayapul. today we are 1/30 hours drive to Naya pul. and then start to trek. From Naya pul to heading Ulleri for camp. first, we have to reach Biryathati village there is a tourist checkpoint there we have to check our trekking permit and TIMS card. we will catch up hile, Tikhedhunga many places on the way all the way hilly region. we have lunch on the way and continue trek to Ulleri this is your first-day trek.

On the first day, we have to walk a total of 5/6 hours. we will have slowly become sweaty and tired but incredibly happy. we have to cross the two bridges first one Modi river which comes from the Annapurna base camp like the Annapurna glacier. and the second one is Tikhedhunga Khola there is a suspension bridge after this bridge we hike straight up 1/30 hours to Ulleri.

Day 4

Ulleri to Ghorepani (2,860m).

early morning when sunrise and the clear day we see Annapurna south(7,230m), and Himchuli(6,448m) mountain from your hotel like Ulleri. breakfast at the hotel and start to the walkway to Ghorepani. we are heading up we will see a really nice peak which one is fishtail. have to passed today 3 village Ulleri, Nangge Thati, Ban that, we have lunch at |Ban that. today



fantastic day because you have to inside color full forest which national flower of Nepal (rhododendron). different wild animals, domestic animals, birds you will see. this area is all people are Magar cast. today we have to walk a total of 6 hours. Ghorepani also needs to check our trekking permit. we stay today (2,860m) evaluation.

Day 5

Today is a surprise day in your life. earlier wake up like 4 am with a headlight and start to hike poon hill. after 1 hour walk, you will reach poon hill (3,210m). approximately sunrise 5:15 am - 6:30 am. depending on the time of year. Incredibles scene top of the poon hill more than 14/15 mountains. Mt. Dhaulagiri, Tukucho, Nilgiri, Annapurna 1, Annapurna 4, Annapurna south, Himachali, Fishtail, Lamjung Himal, many more all-round.

From poon hill to back walk down 45 minutes get your hotel and have breakfast after that heading up to Deurali to Tadapani. lunch place is available on the way. this day also needs to walk a total of 7 hours and get Tadapani overnight at hotel Tadapani (2,600m).

Day 6

Tadapani to Sinuwa (2,120m). via Chhumrung.

Today easy to ascend is the long descent to the Kimrong Khola where have to cross on a suspension bridge. today have to cross 3 suspension bridge. there are all Gurung communities from Tadapani. their local people really kindly, politely, helpful and respectful. this way too many rhododendrons on the way. from tadapani to chhumrung (2,160m) maximum 6 hour to get and from chhumrung to sinuwa (2,120m). 1 hour only. Chhumrung is a big community of Gurung village many more lodges too. we can see Machhapuchre, annapurna south, himchuli, gangapurna mountain.



Day 7

Sinuwa to Deurali (3,230m).

Today morning has breakfast at your hotel and slowly prepare your luggage and start to trek. we get first bamboo village there are everywhere bamboos forests. somewhere stone steps on way many years ago there was a very slippery way everywhere so their community collect the donation and build the way. Nowadays look nice they safe the tourist from danger way. Today we follow the riverside that river name is Modi river which blowing our right side. we get another village this one is called Dovan. today you feel hole the day inside the jungle. because we are in the jungle all the time. way to Deurali we get Hingku cave also amazing steps on the stone. after 30 minute walk, we get Deurali (3,230m). so today totally 7 hours walk to get a hotel in Deurali overnight.

Day 8

Deurali to Annapurna base camp (4,140m).

Today morning has to breakfast and continues to your destination place. from Deurali you saw an amazing sticking buddha statue on the stone. which one over your head right side on the clips rock. just look but can't touch because it is no possible to reach that place no way. trekking through the narrow Modi river valley brings you to the Machhapuchhare base camp. definitely panorama view over Himachuli to Annapurna 1,2,4 as well as Machhapuchhare mountain.

there is no such thing as the Machhapuchhare base camp because climbing on that mountain is prohibited technically this is an Annapurna sanctuary. today we success to reach Annapurna base camp (4,140m) high altitude above sea level. Modi river is a stream below the Annapurna glacier.



Day 9

Annapurna base camp back to Sinuwa (2,120m).

This morning earlier wake up and walk around base camp near pray flag and glacier. take it time to pictures 20-30 minutes because early morning is very cold that way. back to the hotel and have breakfast, bag pack ready to return back Sinuwa. Today little more long way to trek but all the way descending some were only ascend like 1 hour. continued to MBC, Deurali, Himalaya, Dovan, Bamboo, Kuldighar, and Sinuwa overnight Sinuwa.

Day 10

Sinuwa to Jhunu-dada (1,760m) (hot-spring).

Today when you wake up you can see landscape hills. after breakfast slow down to cross the Chhomrong Khola and climb up again top to the Chhomrong village continue sloped downhill to Jhinu dada. but today is an easier trek for you because all the way steps by stones. When you reach Jhinu dada keep your baggage in your hotel room and relax for half an hour, one hour, and ready to go hot-spring with your costume. there are really natural hot-spring so enjoy your time how enough you. and back to the hotel to enjoy your dinner at the hotel. well, sleep.

Day 11

Jhunu-dada (hot-spring) drive back to Pokhara(960m).

After fresh your breakfast 3 hours walk and catch up the vehicle it is in Sewai village. toady 2-3 hours drive to Pokhara. reach to Biryathati you will check out your permit and TIMS card over there. after reaching Pokhara all ready to reserve your hotel. finally good shower after a long time. could you walk around tourist shop centers at lakeside? well, dinner out restaurant all kinds of dish available in lakeside.



Day 12

Pokhara hole day sightseeing.

Ok, today is your day whatever you like to relax or sightseeing, if you want to sightsee there are many places have to see like Bat cave, Mahendra cave, Gupte shower cave, David fall, peace stupa, International mountain museum. you'd you want boating it's also available there in Phewa lake you'd you want paragliding it's also available over Sarang Kot.

Day 13

Pokhar to Kathmandu by (flight/drive).

After breakfast ready to go to Kathmandu properly pack your luggage and carefully. from your hotel drive till to airport for you in the time. no hurry it because there just 1 hour before you will enter your flight time. just 25 minutes fly to get to TIA Trivuvan international airport in Kathmandu. Do not worry about your hotel in Kathmandu because here already booked your hotel by company. the vehicle is come in the airport for pick up you till to your hotel. this evening's farewell dinner all together at any restaurant.

Day 14

Final Departures.

This day is the final day for you from Nepal after successfully your destination target. today going to bye-bye to all who together walked, ate, played all think shared like family. everybody is happy-go-lucky too within 13-14 days. and finally going to meet your happy family and friends. everyone shaking our hand and saying bye-bye see you again.



Gallery





Trip Cost Includes

- ❖ Airport pick-up and drop Transportation.
- ❖ 3-Night Hotel at Kathmandu (3 Start) Hotel.
- ❖ Domestic flight tickets (Kathmandu – Lukla – Kathmandu) and airport departure taxes.
- ❖ (100% Waterproof) Duffle bag to keep your personal belongings and things to be carried by the porter.
- ❖ 3 Time Meals with Tea/Coffee During Trek.
- ❖ Professional English-speaking Guide, Assistance Guide, and Potters (Size of the Groups) During the Trek.
- ❖ Permit, "Tims", National Parks Entry Fee.
- ❖ All wages and medical, Insurance, for the Guide and potters.
- ❖ First-aid Medical Kits for the Group and Staff.
- ❖ Fare-Well dinner in Kathmandu Before Departure.
- ❖ Helicopter stands by for rescue (nominally charge applies).
- ❖ Unique Sherpa trek & Expedition Appreciation Certificate after the successful trek.
- ❖ All taxes are imposed by the government of Nepal.

Trip Cost Excludes

- ❖ Nepal entry visa fee.
- ❖ Lunch and dinner in Kathmandu and also in case of early return than the scheduled itinerary.
- ❖ Extra baggage check-in during the flight (Kathmandu-Lukla-Kathmandu) if more than 15 KG, extra, can pay directly to the airline.
- ❖ Tips for guides, porters, and divers.
- ❖ Any kind of meal During Your Stay in Kathmandu (Except Farewell Dinner).



- ❖ Extra night accommodation in Kathmandu due to early arrival or late departure, or early return from the trek.
- ❖ Rescue, Medicine, Medical Test, Repatriation, Hospitalization Expenses for Climbs.
- ❖ Any Internet, Hot shower, Drinking Water, Alcohol, cold Drinks, Laundry.
- ❖ Additional costs suffered due to causes beyond our control, such as natural disasters, weather conditions, itinerary modifications due to safety concerns, emergency evacuation, changes in government policies, strikes, and so forth.
- ❖ Insurance for Clients.
- ❖ International flight Tickets.
- ❖ Clothing, Packing Items or bag, personal, Medical Kits, and Personal Trekking Gear.
- ❖ any other items, not Included in the Above (Cost Includes) Section.

Terms & Conditions

Unique Sherpa Trek And Expedition :Company is a trustworthy and registered Company under the laws of Nepal Tourism Industry and accepts your bookings under the following terms and conditions.

Booking Terms: Booking your trip with Unique Sherpa Trek And Expedition accept with terms and conditions of sale. Every trekker is required to complete the form of registrations. At the time of registration, Trekker's are expected to pay a deposit 30% of total cost to complete your booking. Please note the trip cost is required to make in advance as per the company policy, this deposit help us to make confirm reservation of Hotels in City, domestic flights and all other trip arrangements for final trip booking. Along with deposit we need detailed name lists of participants, same as passport, Gender, Nationality, Date of birth, passport number, passport issue/ Expiry dates & profession. You need to send us passport copy, photo identity and e-ticket by e-mail for all trips in Nepal.



Cancellation Policy: If any reason you have to cancel your trip, we Unique Sherpa Trek and expedition require written confirmation of your decision. The amount you have paid to us will be refunded according to the following terms:

- Cancellation more than 35 days before your departure date: \$60 will charged.
- Cancellation more than 35 to 19 days before your departure date: your deposit, 25% will charged.
- Cancellation more than 18 to 10 days before your departure date: 50% will charged.
- Cancellation more than 9 to 05 days before your departure date: 75% will charged.
- Cancellation less than 4 days before your departure date: 100% of the total will charged.

I reserve the right to revise pricing rates declared under any circumstances, or on the pressure of various external factors that are further than our control, for instance changes in exchange rate, government action etc. But, I declared forth effort to keep on the present rate. In case of minor increase in flights fares, hotels or other related factors, we don't revise the cost of the trip which was already confirmed & booked by deposit.

Physical Condition Requirement: Unique Sherpa Trek & Expedition can offer advice and recommendations about health requirements but it is the individual responsibility of each trekker to acquire any necessary documents and medical care. The information on the technical sheet provided is indicative, it is your responsibility to check with the authorities concerned for the exact requirements for your chosen destination at the time of travel. If you do not obtain any necessary medical consultations or travel documents and are not allowed to enter a country, or suffer personal injury or death as a result, we have no liability to you for any cost, loss or damage which you suffer nor will we refund you the cost of any unused portion of your travel arrangements. It is your responsibility to comply with the regulations and procedures of police, customs and health at all times throughout your trip.

Risk & Responsibility: Your safety and enjoyment is my prime concern. I therefore carry out my responsibility honestly & sincerely to ensure your holiday trouble – free as well as you have



desired. Nevertheless, unless stated otherwise, trip may be change under uncertain and inherent circumstances such as land-slides, road blockage, flood, snow political unrest, cancellation of flight, delay arrival, sickness or accidents etc. Any extra cost incurring there is your personal responsibility and should be borne on the spot.

Travel Insurance: You must purchase comprehensive travel insurance package against medical, natural calamity, helicopter evacuation, personal accident, trip cancellation etc with worth of USD 100,000.00 minimum. However travel insurance is not mandatory for those travelers (s) who is intend cultural/city tours or short hike bellow 2500 meters of altitude.. This is strongly suggested to all our esteemed clients, which will greatly help you when there is a need for high altitude sickness or any other. If you have no idea we will help you to find this good one contact us.

Domestic flight Cancellation, delays and changes in the itinerary: The weather conditions especially in Nepal cannot predict perfectly, therefore, develop an alternative mentality in case of flight cancels and delays. Generally, all trekking route in Nepal are lies on remote areas so, we, Unique Sherpa Treks and Expedition advised you to make an extra reservation day to prepare with some delays and avoid frustrating consequences. In case of cancellation before trip or after trip the accommodation and food cost need to bear by yourself.

In case of incomplete treks or tour: No refund will be made to clients who drop out from the journey regardless of whatever portions remain unused in the itinerary. First of all, we never broke the trekking team in between until our last destination as per our itinerary given to you. If any Clients wants to make single trip or wants to depart with team or wants to make the trek by making own itinerary, on those condition we, Unique Sherpa Treks and Expedition do not accept the condition. In such case, the Clients him/her self-need to bear all the expenses during trek made by yourself and need to make your own risk.



Payment System Advance booking: You can directly transfer or deposit your amount to our company's official bank account number. We will be not responsible if you send your money in any private name like (people account) We will only response when you send your advance payment we will clear you with bank statement.

This is the bank detail:

Bank name: Nepal investment MEGA Bank Limited.

Account no: 13201050044295

SWIFT CODE: NIBLNPKT

Branch: Thamel: Kathmandu Nepal

Account name: Unique Sherpa Trek & Expedition Pvt. Ltd.



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