

## Annapurna Base Camp & Poon Hill Trek

### Trek Overview

- Duration: 15 days
- Activity: Trekking /Tour
- Max. Altitude: 4130 meters.
- Average walking: 8km (Per day)
- Accommodation: Tea House
- Trekking days: 10 days
- Transport: Road and Air
- Group size: 1-12 person
- Difficulty: Moderate
- Region: Annapurna Conservation Area.

### Introduction

Annapurna base camp trek is one of the world-famous trekking trails at Lonely Planet Publication. Annapurna's main attractions are Majestic Himalayas, cultural diversity, and unique natural beauty. Following the river originating from glaciers and the standing base camp of mighty Annapurna is a fascinating experience. Treks can all start or finish in Pokhara, the second biggest city of Nepal and tourist hub. Pokhara is the central point if you plan a trip west and Terai Nepal.

The trekking route leads to rice farms, bamboo, and rhododendron forest to end among glaciers and mighty peaks. Compared to other trekking, this route is easy and low altitude but offers you the best experience. A classic trek through ethnic Gurung and Magar villages helps you understand the culture and lifestyle of Nepal. With the joint effort of local people and government, Annapurna sanctuary is a well-protected area for cultural heritage and natural beauty.



*Image: Mt. Dhaulagiri.*

### important Note

This itinerary may change at any time due to bad weather, natural disaster, authority rules and regulation and other circumstances beyond our control.



## TRIP ITINERARY

<b>Day: 1</b>	<b>Arrive in Kathmandu:</b> + Schedule your flight as your itinerary of Trek. Our Guide or Driver will pick you up and drop in hotel. He will brief about your next day schedule.
<b>Day: 2</b>	<b>Kathmandu sightseeing and trek Preparation.</b> As per the plan, our guide will pick up for city sightseeing. Three major Kathmandu heritage sites, Baudhanath, Pashupatinath, and Kathmandu Durbar-Square are scheduled for this day. After sightseeing trekking guide check your trekking equipment recommend necessary gear items to add on list and brief about the next day activities.
<b>Day: 3</b>	<b>Fly Kathmandu to Pokhara (822 M.) – 25 Minutes flight.</b> Pokhara second biggest city in Nepal and starting point of many famous trekking routes. Especially renowned for its deep green lake, high green hills, and magnificent view of mountains. We fly to Pokhara as per schedule, the flight takes 15-20 minutes. After hotel check-in and lunch, we go sightseeing at International Mountain Museum, Davis Fall, and World Peace Stupa and back to the hotel.
<b>Day: 4</b>	<b>Drive to Hile and trek to Ulleri – approx. 4 hour's walks.</b> After breakfast, we catch our jeep and are around a 2 -3 hours' drive from Pokhara to Nayapul and Hile, where we begin our trek. Walking along side by side of roads and river for a few hours, we stop at Tirkhedunga for lunch. After lunch and crossing the suspension bridge we start a steep climb, approx. Three hours to reach Ulleri.
<b>Day: 5</b>	<b>Ulleri to Ghorepani (2880 m.) – approx. 5 hours walk.</b> Ascend to Ulleri Village through a pleasant rhododendron forest; in the beginning of April, you can see the blossom of rhododendron flowers. Crossing a small stream and bridge, we arrived at Ghorepani.



<b>Day: 6</b>	<b>Climb Poon Hill and Trek to Tadapani (2630m.) - 5-6 hours' trek):</b> Early morning around 4:30 AM, climb up Poon Hill for sunrise, back to Hotel for breakfast, and start trekking to Tadapani. Stay overnight in Tadapani Tea house.
<b>Day: 7</b>	<b>Trek Tadapani to Chhomrong (2170 m.) – Approx. 6 hours walk.</b> Today we will descend to Kimrong Khola before ascent again to Chomrong village, at the base of Hiunchuli Himal (6441 meters). There are breathtaking views of the Annapurna range and Macchhapuchhre from the village, plus the best time to take a shower before you trek to high altitude.
<b>Day: 8</b>	<b>Trek Chhomrong to Bamboo (2310 m.) – approx. 5 hours.</b> The trail from Chhomrong descends to Chhomrong Khola and then climbs steeply to Sinuwa, where we enter the Modi Khola Valley. From Sinuwa, the trail is straightforward on stone steps through the dense bamboo jungle, and then after a short descent, we arrive at Bamboo.
<b>Day: 9</b>	<b>Bamboo to Machhapuchhre Base Camp (3700 m.) - Approx. 11 km.</b> The day starts with a gently ascending through bamboo forests with varieties of rhododendron and oak trees. Continue ascent the narrow valley to Deurali. Walking along the west bank of the Modi River, enter an open valley before reaching Machhapuchhre Base Camp.
<b>Day: 10</b>	<b>Trek to Annapurna Base Camp (4130 m.)</b> Ascend further from Machhapuchhre Base Camp between the snowcap mountains for around 2 hours, now we are at Annapurna Base Camp, the highest point of your trek. The sunset and sunrise are genuinely fascinating in the base camp with surrounding mountains Machhapuchhare, Annapurna South, Annapurna Fang, Annapurna 1 and 3, Gangapurna, and Hiunchuli.
<b>Day: 11</b>	<b>Descend to Dovan (2505 M.) – 5- 6 hours' walk.</b> Today we follow the same trail back to Machhapuchhre Base Camp and further down to Deurali. It's a long day of descent, but you have enough time to get there.



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<b>Day: 12</b>	<b>Dovan to Jhinudanda (1780 m) – approx. 7 hour's walks.</b> The day starts with climbing up to Sinuwa, then we descend to the river and again ascend the stone steps to Chomrong. Steep descent on stone steps takes us to Jhinnudanda. Enjoying natural hot springs and local food for your last day in the mountains.
<b>Day: 13</b>	<b>Walk to Motkyu Jeep Station and drive to Pokhara.</b> After crossing the highest suspension bridge in the Annapurna region, we walk for a few hours to Motkyu Jeep station, where our Jeep will pick up the group and drive to Pokhara. This drive takes around 3 hours from jeep station to Pokhara. At evening walk around Lake side.
<b>Day: 14</b>	<b>Fly back to Kathmandu.</b> Fly back to Kathmandu. Good weather offers you an excellent view of the mountains. Check-in hotel, rest, and shop. Your guide will update you about the next day's schedule.
<b>Day: 15</b>	<b>Final Departure:</b> Our office staff will drop you in airport 3 hours before flight schedule.



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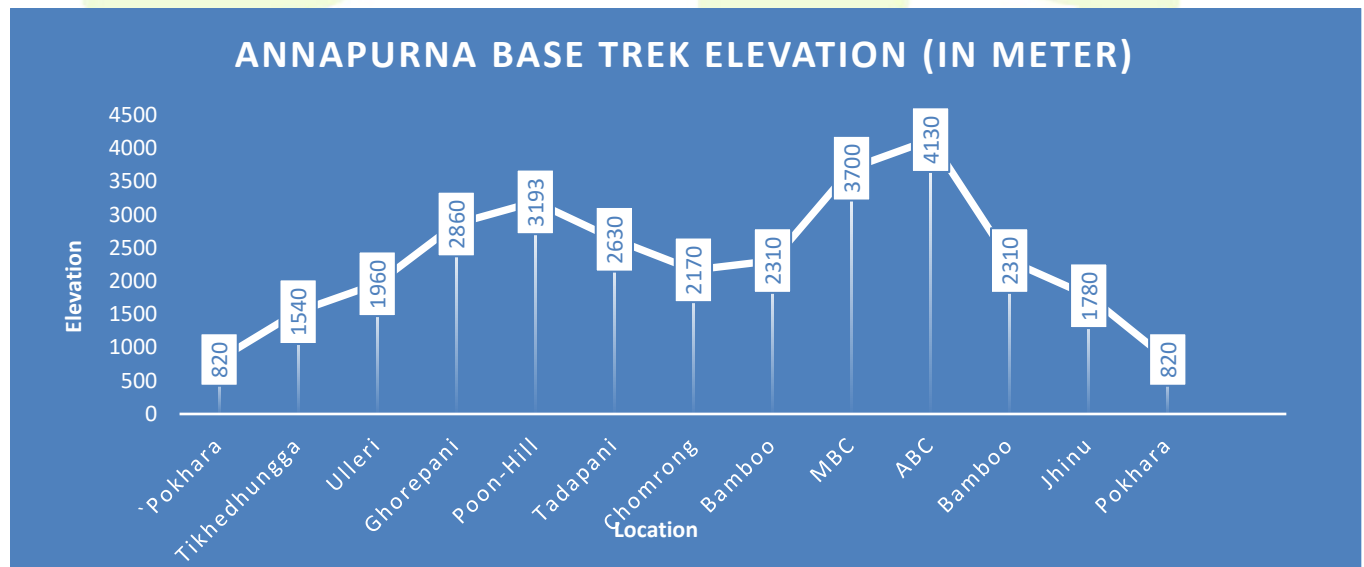
## What's included

- ✓ 3 nights' in Kathmandu and 2 nights' in Pokhara 4 stars hotel. Tea houses on sharing basis during trek.
- ✓ All listed transport and activities.
- ✓ Breakfast – Lunch – Dinner during Trek.
- ✓ Trekking permit and national park fees.
- ✓ Arrival and departure transfers.
- ✓ Experienced Trekking guide and other support staff.
- ✓ Flight ticket Kathmandu– Pokhara;
- ✓ Flight Tickets Pokhara to Kathmandu.
- ✓ Proper Insurance of all local staff including porters.
- ✓ Entry fees in Heritage site in Kathmandu as per itinerary.

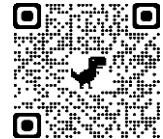
## What's not included

- ✗ Personal Travel and Medical Insurance.
- ✗ Personal Trekking Gear and Equipment.
- ✗ International flight tickets.
- ✗ Lunch and Dinner in Kathmandu.
- ✗ Lunch and Dinner in Pokhara.
- ✗ Visa fees and vaccination

## Annapurna Circuit Trek Elevation (In Meter)







## Essential Information

### WEATHER

Nepal is mainly temperate, with four main seasons. Mostly, the tourists come in the autumn peak season (late September and late November), when the sky is clear and it is neither too cold in the mountains nor too hot in the Terai. There is the dry season from October to May and the wet season (the monsoon) from June to September. In summer (May to September), Kathmandu can get very hot, with temperatures often above 30 degrees Celsius. Even in winter (October to April), the bright sunny days usually reach 20 degrees Celsius, although at night the temperature may fall to near freezing.

From October to November, the start of the dry season, is the best time. With the monsoon finished and a clear sky, the countryside is green and lush. Usually, the temperature is low and visibility is excellent for trekking in the mountains. From December to January, the climate and visibility are good, although it's very cold. From February to April, the second-best time to visit. The weather gets warmer, so high-altitude hiking is easier. During this season, Nepal's national flower, rhododendrons, and many other flowers are in bloom, so there's plenty of color to be seen along the trekking trails.



**Note: Note: This is just a sample and not for an advertisement.**



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## Visas

All nationalities require a visa for Nepal. For nationals of most countries, multiple-entry Nepal tourist visas can be obtained on arrival at Tribhuvan International Airport (Kathmandu) for tourists. Tourists who enter by land can obtain a visa at the border check post. You are also allowed to receive a visa issued by a Nepalese Diplomatic Mission prior to your departure from home.

At the airport, while you can use different modes of payment (at the visa fee collection counter), we advise you to carry some cash to be on the safe side.

### On Arrival Visa Fee

- ➔ 15 Days – 30 USD.
- ➔ 30 Days – 50 USD.
- ➔ 90 Days – 125 USD.

Note: Some countries tourist on arrival visa is not accepted by immigration authority, consult or check on Nepal immigration website for details.

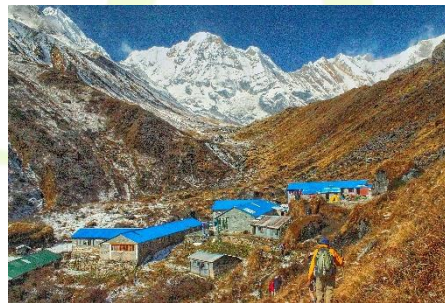
## Drinking Water

The most important thing is to be cautious about drinking water, particularly tap water. It's not safe to drink water from the tap or without purification. Bottled water is available everywhere and is safe to drink, but it's not eco-friendly. In trekking, you can use boiled water as an alternative, which costs an extra per liter.

The best way is to purify the tap water yourself using iodine or handheld UV filters such as a "SteriPEN". Before using these tools, make sure to check the product's performance in cold or freezing conditions and battery life (lithium batteries are best in cold conditions). For more than four people in a group, we arrange water filter bags. Our staff will fill your bottles with water before you start the trek and at each stop point to reduce plastic bottle use.



## Mountain Range on the way to Annapurna Base Camp..





## What to Bring

In Kathmandu, the weather is pleasant year-round, but in winter, the temperature drops below 7 degrees Celsius at night, so it's warm clothes weather, nothing worse. During the monsoon, you'll need a raincoat or umbrella as it usually rains daily in the Kathmandu valley and Pokhara. If you are planning on trekking and hiking in the mountains, Jackets and sleeping bags are required; most tea houses provide blankets, but not enough during peak times. Walking shoes are appropriate for short and easy treks, whereas good walking boots are required for high-altitude treks such as Everest Base Camp and the Annapurna Circuit. Most clothing is readily and cheaply available in Nepal. You can also rent equipment for a particular purpose in Kathmandu or Pokhara. Money exchange centers accept major global currencies, and Indian rupees are accepted in Nepal if you enter through an Indian border post. Major international payment cards can be used in Nepal for paying bills, although you should inform your bank before entering Nepal. However, we advise you to carry some cash in an emergency.

## Personal Equipment

Before starting the trek, Imperial Expedition will provide a duffle bag (kit bag) to pack your personal equipment necessary for the trek. These bags are designed to be carried comfortably by our porters or yaks, so you can leave your personal bag at the Kathmandu hotel. But you should carry your own backpack during the trek. A backpack can be used to carry your valuable items and documents and necessary items during hiking. We recommend keeping your kitbag under 14 kg (30 lb.) because it will be carried by porters on the trek.

### Here is list of items to pack before start your trip:

- ✓ Couples' passport size photos
- ✓ 4-season sleeping bag
- ✓ Down or feather jacket
- ✓ water bottles
- ✓ Waterproof walking boots
- ✓ Waterproof jacket and trousers
- ✓ Gaiters for winter and spring season
- ✓ Trainers/sandals for the evening
- ✓ Warm hat Towel
- ✓ Head torch
- ✓ Plastic bags (bin liners)
- ✓ Toilet paper
- ✓ Trekking pole(s)
- ✓ Universal plug adaptor
- ✓ Scarf/Buff
- ✓ Warm gloves
- ✓ Several pairs of walking socks
- ✓ Tracksuit or thermals
- ✓ Mid layer (fleece)
- ✓ Light to mid-weight trousers
- ✓ Shirts, t-shirts, base layers
- ✓ Sunhat, sunglasses, sunscreen
- ✓ lip salve with sun protection
- ✓ Small personal first aid kit
- ✓ Hand washing gel
- ✓ Biodegradable soap/shampoo
- ✓ Solar charger/spare batteries
- ✓ power bank





## Accommodation and Meals

This trip includes a standard hotel in Kathmandu as per the day's mention in the itinerary. Hotel information and details are shared after your booking confirmation. If you're staying at your private hotel, your hotel charges in Kathmandu will be deducted from your trip cost. Your trip is designed based on sharing a room in Kathmandu and during trekking. If you want a single supplement, an extra charge is applicable. Accommodation during the trek is all set by the agency.

Your guide will brief you about guesthouses and lodges. Local people run most lodges and guesthouses along the trekking route. The choice of foods is not as available as in Kathmandu city. You should eat lunch and dinner at the Lodge and guest house once you check in for an overnight stay. Outside food and drinks are mostly not allowed in local lodges. Hot water is not available regularly, but hot water or hot showers are available on request in some places. It's a good idea to bring your sleeping bag to protect against bedbugs and the cold.



**Note: The products shown in the images are just examples.**



## Acute Mountain Sickness (AMS) information

Low oxygen levels and reduced air pressure at high altitudes are the main contributors to acute mountain sickness. Acute mountain sickness is more likely to strike the faster you ascend to a high altitude. To avoid high altitude sickness, you should descend to a lower altitude. This sickness is common at altitudes of more than 2500 meters high, the best cure for this sickness is descend to a lower altitude than taking medicine. In the event of negligence and a delay in rescue from a high elevation, this illness could be fatal.

### Early Symptoms (AMS)

✘ Loss of appetite.	✘ Dizziness
✘ Nausea	✘ Fatigue
✘ Headache	✘ muscle aches

### Severe Symptoms (AMS)

✘ Severe headache	✘ Vomiting.
✘ Lack of coordination	✘ Walking like drunk
✘ Altered mental State	✘ Severe Fatigue
✘ Shortness of breath	

## Preventive Measure of AMS

- ✘ Slow and gradual ascent.
- ✘ should not exceed 300-500 meters per day ascent.
- ✘ Acclimatization after every 1000 meters Ascent.
- ✘ Drink plenty of water.
- ✘ Avoid flying directly to the high altitude.

## If you think you have altitude sickness

- ✓ stop and rest where you are.
- ✓ do not go any higher for at least 24 to 48 hours.
- ✓ make sure you're drinking enough water.
- ✓ if you have a headache, take ibuprofen or paracetamol.
- ✓ if you feel sick, take an anti-sickness medicine.