



# ANNAPURNA BASE CAMP CIRCUIT



# ANNAPURNA BASE CAMP CIRCUIT

Take a journey across the majestic Himalayan landscape and witness its breathtaking beauty! Hike through remote villages, lush forests, grassy moorlands with striking rivers weaving between them.

As night falls you can marvel at the snow-capped base camp that illuminates under starlight as if it were taken straight out of a fairytale book. Make sure to wake up early for an unforgettable sunrise over Annapurna from Poon Hill – worth every step taken on your ascent!

After challenging trails find relaxation in Pokhara; cruise around Lake Phewa or get immersed into Sherpa culture while enjoying well deserved massages after all that trekking.... You will have both experienced guides and porters aiding you throughout this incredible adventure - so make sure not to miss out!



# ANNAPURNA BASE CAMP CIRCUIT

**Annapurna Base Camp Trek is an adventure that captures the beauty of the Himalayan Mountains. It is a challenging but rewarding journey, with breathtaking views of some of the highest peaks in the world.**

**The sights and sounds experienced during this hike will stay with you for years to come, making it a great lifetime experience. With so much to explore and learn, this trek offers something for everyone - from beginners looking to take on their first Himalayan trekking challenge to return hikers who have done the circuit many times before.**



# EXPEDITION HIGHLIGHTS

- Enjoy the perfect views of the mighty ranges of Annapurna and Dhaulagiri and the surrounding picturesque landscape.
- An overnight stay in the tranquil ambience of Annapurna Base Camp, hopefully you will enjoy a clear night sky with thousands of stars light.
- A spectacular trek in an unspoiled circuit taking in the white water perennial rivers and suspension bridges.
- Experience the remote Himalayan region off the typical tourist track in Nepal.





# ITINERARY

## Day 1

Welcome to Nepal! After your visa formalities have been completed, make sure you don't forget any of your luggage before heading out. As soon as you leave the arrival hall, a member of the Alexander Adventures team UK will be there waiting for you and ready to take the next step on this incredible journey.

## Day 2

Today you will embark on a 7-hour journey to Pokhara, the majestic gateway to your trekking adventure. There will be opportunity to witness spectacular views of Nepal's unspoilt terrain: breathtaking Himalayan landscapes and an array of terraced farmland carpeting its hillsides! In the evening you can unwind at your hotel as you prepare for what promises to be an unforgettable experience tomorrow morning! (Hotel) - (Breakfast & Lunch)

## Day 3:

From Nayapul, your journey begins with a pleasant climb through an enchanted forest. Marvel at secluded waterfalls as you go – then stop for lunch beneath the towering peak of Mount Machapuchare (6993m). Finally trek on to Ulleri village and experience life in a traditional Nepalese teahouse. 4hrs · 9km · 800m up · 400m down (Tea house) - Breakfast, Lunch & Dinner



# ITINERARY

## Day 4:

Treat yourself to a tranquil morning at the teahouse, sipping fresh coffee and taking in stunning views of Hiunchuli (6441m) and Annapurna South (7219m). We will then embark on an exhilarating journey up the nearby mountain for unbeatable Himalayan vistas! Afterwards, explore Ghorepani—home to the friendly Magar people. Don't forget your camera as you travel along so that you can capture breathtaking sunsets over these majestic snow-capped peaks. 4hrs · 6km

(Tea house) - Breakfast, Lunch & Dinner

## Day 5:

We will rise before dawn and revel in the wonders of Poon Hill as you witness one of nature's most breathtaking events: a sunrise over majestic snow-capped mountains. Afterwards, you will have your breakfast at Ghorepani, then meander through an enchantingly vibrant rhododendron forest to Tadapani village for a brief but exhilarating ascent. Finally we will wrap up with a peaceful descent into Chuire, where tonight's stay awaits! 6hrs · 12km

(Tea house) - Breakfast, Lunch & Dinner

## Day 6:

Today we will start with a climb along the winding trail to Ghurjung and watch as nature changes in an instant, transitioning into a wild jungle. From here your journey continues upwards - ascend Sinwa for stunning views of Machapuchare Peak beneath you. 5hrs · 8km

(Tea house) - Breakfast, Lunch & Dinner

## Day 7:

We will take an adventurous journey along the banks of a majestic river, leading you to the picturesque village of Bamboo. From there witness breathtaking vistas atop mountain peaks before continuing on for an overnight stay in Himalaya - aptly named after its lofty location! 5hrs · 7km

(Tea house) - Breakfast, Lunch & Dinner



# ITINERARY

## Day 8:

Get ready to take in some breathtaking views as you trek from the river towards Machapuchare Base Camp. From Hiunchuli and Gandharyachuil to Gangapurna, every twist of this journey delivers incredible alpine sights! Take a break at camp before turning your gaze upwards for an unforgettable night sky full of stars -- not one will be missing from this amazing Himalayan view. 4hrs · 5km  
(Tea house) - Breakfast, Lunch & Dinner

## Day 9:

Leave the lush green valleys behind and ascend into a scenic snow-covered paradise. Reach new heights on your journey to Annapurna Base Camp, the pinnacle of this renowned trek - unforgettable views await you at high altitudes! 4hrs · 4km  
(Tea house) - Breakfast, Lunch & Dinner

## Day 10:

Enjoy some final views from Annapurna Base Camp and then get back on the trail, this time heading downhill. Drop back down to the forested slopes and return to the village of Bamboo for the night. 6hrs · 8km  
(Tea house) - Breakfast, Lunch & Dinner

## Day 11:

Climb to Kuldighar and follow the trail downhill to the stone steps that lead to Chomrong Khola. From there, it's a short walk to the bubbling hot springs at Jhinu Danda for some much-needed downtime. 4hrs · 7km ·  
(Tea house) - Breakfast, Lunch & Dinner



# ITINERARY

## Day 12:

Begin your last day of trekking with some mesmerising views of the mid-hills of Nepal. Breathe in that mountain air, take some final photos and then enjoy your final descent into Naya Pul, from where you'll be driven back to Pokhara. Spend your last night relaxing, partying beside the lake, eating, sleeping – whatever you want, you've earned it! 7hrs · 10km

(Hotel) - Breakfast & Lunch

## Day 13:

Today we will drive back to Kathmandu and when you arrive back you will get soon well deserved rest in your hotel. You will also have the opportunity to reflect on your awesome adventure before heading out for a final farewell dinner in Kathmandu.

(Hotel) - Breakfast

## Day 14:

After an amazing trip you will sadly say goodbye to the beauty of Nepal and we will make sure that you arrive at the airport in time for your flight home!

- Breakfast





# KIT LIST

- Day pack (30 litre +)
- Rucksack or duffle bag (for the porters to carry overnight kit) 90-100l

## CLOTHES

- Waterproof jacket
- Lightweight down jacket
- Waterproof trousers
- Lightweight trekking trousers
- Hiking shorts (if trekking in the summer)
- Thermals (top and bottom, merino ideal)
- 2/3 trekking t-shirts/shirts
- Fleece or warm mid-layer
- Waterproof thick gloves
- Glove liners
- Hiking socks and lighter walking socks
- Wool hat
- Sun hat
- Spare underwear
- Buff or similar
- Swimwear (optional, for hot springs)

## SHOES

- Worn in waterproof hiking boots
- Lightweight trainers (for the evenings)

## SLEEPING

- 4 season sleeping bag
- Sleeping bag liner
- Pillow case (optional)

## OTHER

- Trekking poles
- Travel towel
- Sun protection (sunscreen, sunglasses)
- 2 water bottles (1 litre each) Nalgene



# KIT LIST

- **2 water bottles (1 litre each) Nalgene**
- **Headtorch**
- **First aid kit and/or personal medication**
- **Water purification tablets/system**
- **Hand gel**
- **Biodegradable wet wipes**
- **Small biodegradable bags to take toilet tissue off the mountain**
- **Toilet paper/tissues**
- **2 x passport photo for trek permit**
- **Powerbank**
- **Universal plug adaptor**
- **Book/kindle/cards for downtime**



# EXTRA INFORMATION

## WHAT'S AVAILABLE TO HIRE?

The below can be rented in Kathmandu:

**Down jacket: costs approx. \$1.5/day with a deposit of \$50**

**Sleeping bag (3 season only available): costs approx. \$2/day with a deposit of \$80**

**Spikes (for winter departures only) costs approx. \$1.5/day. (Please ask your host if this is needed so they can assist you with how to arrange the hire)**

## WHAT CAN YOU BUY IN KATHMANDU?

**Kathmandu has many outdoor gear shops - some are real with kit that is the same price you will find it at home and some are filled with cheaper imitation gear that may not be of the same quality. You will, however, find a soft duffel bag easily that the porters can carry.**

**Please remove all unnecessary packing before you leave home and ensure you take all plastic off the mountain to be disposed of in Kathmandu**



# EXTRA INFORMATION

## WHAT'S INCLUDED?

- Airport pick-up on arrival and transfer to your hotel.
- Accommodation in a 3-star level hotels including breakfast.
- Internal transport to Pokhara.
- Trek accommodation in lodges/tea houses (twin rooms with beds and mattresses)
- All three meals of the day during the trek.
- Guide's expenses
- Porter's expenses (one porter for every two persons)
- All trekking fee and permit fees as applicable.
- All Government and Local taxes as applicable.
- Trekking map
- Trekking soft jacket
- UK & Nepalese guides (English speaking, professional, experienced, and trained in first aid)
- Porters (max weight carried for you is 13kgs)
- Extra bits like trekking t-shirt, UK training day and UK office support
- Group medical kit with necessary medicines
- The arrangement of Emergency helicopter evacuation service which will be covered by your travel insurance plan.
- Final departure transfer
- Photos & film of your trip



# EXTRA INFORMATION

## WHAT'S NOT INCLUDED?

- International flight to Kathmandu
- Personal costs like meals in Kathmandu and drinks, laundry, hot showers and charging on trek
- Travel Insurance
- Additional Porters if packs are overweight – £10 per kilo
- Visa
- Tips for Nepali staff

