

Annapurna Base Camp (ABC) Trek with Poonhill & Temple Tiger Jungle Resort



Total Trip Days: 22 Days

Region: Annapurna Region

Max Altitude: 4,130 meters

Activity: Trekking

Itinerary

Day 1:

Upon arrival at Tribhuvan International Airport in Kathmandu, you will be greeted with a traditional flower garland welcome. After a warm reception, you will be transferred to your hotel for check-in and relaxation. This day is kept free to allow you to recover from your journey and get accustomed to the new

surroundings.

- Arrive at Tribhuvan International Airport, Kathmandu.
- Receive a traditional Nepali welcome with a flower garland.
- Transfer to hotel in Kathmandu for check-in and relaxation.
- Spend the rest of the day resting and adjusting to the new environment.
- Overnight Stay: Hotel in Kathmandu.
- Meals: Not included.

Day 2:

Today, you will explore the cultural heritage of Kathmandu with a visit to Patan Durbar Square, a UNESCO World Heritage Site showcasing ancient Newari architecture, and Swayambhunath Stupa, also known as the Monkey Temple, offering panoramic views of the city. Later in the day, your trekking guide will check your trekking gear, and you will have free time to buy or rent any necessary equipment in Thamel. Lunch will be at a local restaurant, and you will spend another night at The Soaltee Kathmandu.

- Visit Patan Durbar Square, a UNESCO World Heritage Site showcasing beautiful Newari architecture.
- Explore Swayambhunath Stupa (Monkey Temple) for panoramic views of Kathmandu valley and the Buddhist Monument.
- Meet with your trekking guide for a trek briefing and gear check.
- Spend free time in Thamel shopping for trekking gear if needed.
- Overnight Stay: Hotel in Kathmandu.
- Meals: Lunch at a local restaurant.

Day 3:

You will take an early morning flight to Pokhara, enjoying stunning aerial views of the Himalayas. Upon arrival, a scenic three-hour drive through lush hills and villages will take you to Ulleri (2,050m). The rest of the day will be for rest and acclimatization. You will stay overnight in a local tea house, with meals provided.

- Take a 25-minute scenic flight to Pokhara with breathtaking views of the Himalayas.
- Drive for 3 hours (52 km) to Ulleri (2,050m/6,726ft) through lush green hills.

- Check-in at a local tea house and relax before the trek begins.
- Overnight Stay: Local Tea House in Ulleri.
- Meals: Breakfast, Lunch, Dinner.

Day 4:

Your trek begins with an uphill hike through rhododendron forests and charming villages, reaching Ghorepani (2,874m) after 4-5 hours of trekking. The route is particularly beautiful in spring when the rhododendrons are in full bloom. You will spend the night at a local tea house, with meals provided throughout the day.

- Start your trek through rhododendron forests and charming villages.
- Pass Banthati village and enjoy views of the Himalayan ranges.
- Arrive at Ghorepani (2,874m/9,429ft) after a 4-5 hour trek (10 km).
- Overnight Stay: Local Tea House in Ghorepani.
- Meals: Breakfast, Lunch, Dinner.

Day 5:

An early morning hike to Poonhill (3,210m) will reward you with a spectacular sunrise over the Annapurna and Dhaulagiri mountain ranges. After enjoying breathtaking views, you will descend to Ghorepani for breakfast before continuing your trek to Tadhapani (2,680m) via Deurali viewpoint. This is a longer trekking day, taking approximately 6-7 hours. Overnight accommodation and meals will be in a local tea house.

- Early morning hike to Poonhill (3,210m/10,532ft) for a breathtaking sunrise.
- Return to Ghorepani for breakfast.
- Trek through Deurali viewpoint to Tadhapani (2,680m/8,792ft) (6-7 hours, 11 km).
- Overnight Stay: Local Tea House in Tadhapani.
- Meals: Breakfast, Lunch, Dinner.

Day 6:

A short 3-4 hour trek will take you to Ghandruk (1,950m), a traditional Gurung village. Here, you will explore the Gurung Museum and experience the unique culture and lifestyle of the community. The evening can be spent interacting

with the locals and enjoying their hospitality. Meals and accommodation will be provided at a tea house.

- Enjoy a short 3-4 hour trek (6.3 km) to Ghandruk (1,950m/6,398ft).
- Explore Ghandruk village, home to the Gurung community.
- Visit the Gurung Museum to learn about their culture and traditions.
- Overnight Stay: Local Tea House in Ghandruk.
- Meals: Breakfast, Lunch, Dinner

Day 7:

Leaving Ghandruk, you will trek for 5-6 hours via Komrong Danda (2,220m) before reaching Chhomrong (2,170m), one of the largest villages en route to Annapurna Base Camp. The trail involves some steep descents and ascents, with magnificent views along the way. Overnight stay will be at a local tea house with meals provided.

- Trek for 5-6 hours (9.8 km) via Komrong Danda (2,220m/7,284ft).
- Arrive at Chhomrong (2,170m/7,120ft), the gateway to Annapurna Base Camp.
- Overnight Stay: Local Tea House in Chhomrong.
- Meals: Breakfast, Lunch, Dinner.

Day 8:

Today's trek will take you down a series of stone steps before crossing a suspension bridge. The route then ascends to Sinuwa village before passing through dense bamboo forests to reach Dovan (2,600m) after 5-6 hours of trekking. You will stay overnight at a tea house with meals provided.

- Descend through stone steps and cross a suspension bridge.
- Pass through Sinuwa village and Bamboo forest.
- Reach Dovan (2,600m/8,530ft) after a 5-6 hour trek (8.7 km).
- Overnight Stay: Local Tea House in Dovan.
- Meals: Breakfast, Lunch, Dinner.

Day 9:

Continuing through a forested trail, you will trek gently uphill, passing the

Himalayan Hotel before arriving at Deurali (3,200m). This is a relatively short but high-altitude trek, taking about 5-6 hours. Overnight accommodation and meals will be provided at a tea house.

- Walk through forests and rocky trails with a gradual ascent.
- Reach Deurali (3,200m/10,498ft) after a 5-6 hour trek (4.9 km).
- Overnight Stay: Local Tea House in Deurali.
- Meals: Breakfast, Lunch, Dinner.

Day 10:

Today is one of the most anticipated days of the trek, as you ascend to Annapurna Base Camp (4,130m). The trek takes 5-6 hours, with awe-inspiring views of Machhapuchhre, Annapurna South, Himchuli, and other peaks surrounding the base camp. You will spend the night at a tea house in ABC, enjoying the breathtaking mountain landscape.

- Trek for 5-6 hours (6.8 km) to Annapurna Base Camp (4,130m/13,550ft).
- Enjoy spectacular 360-degree mountain views of Annapurna, Machhapuchhre, and Himchuli.
- Overnight Stay: Local Tea House in ABC.
- Meals: Breakfast, Lunch, Dinner.

Day 11:

After an early morning sunrise view at ABC, you will begin your descent to Bamboo (2,310m). The trail retraces its steps through Machhapuchhre Base Camp, Deurali, and Dovan, taking about 6-7 hours. Overnight accommodation and meals will be at a local tea house.

- Early morning sunrise view at ABC.
- Begin your descent to Bamboo (2,310m/7,578ft) (6-7 hours, 14 km).
- Overnight Stay: Local Tea House in Bamboo.
- Meals: Breakfast, Lunch, Dinner.

Day 12:

A 4-5 hour trek will bring you to Jhinu Danda (1,750m), where you will have the opportunity to relax in natural hot springs. This is the perfect way to soothe your muscles after days of trekking. Meals and accommodation will be provided

at a tea house.

- Trek for 4-5 hours (9.2 km) to Jhinu Danda (1,750m/5,741ft).
- Relax in natural hot springs to soothe your muscles.
- Overnight Stay: Local Tea House in Jhinu Danda.
- Meals: Breakfast, Lunch, Dinner.

Day 13:

A short trek to Motkyu will be followed by a 3-4 hour drive back to Pokhara (822m). Upon arrival, you will have the rest of the day free to explore Pokhara's vibrant nightlife or simply relax by the lakeside. You will stay overnight at Hotel in Pokhara.

- Short hike to Motkyu Jeep Station, followed by a 3-4 hour drive to Pokhara.
- Enjoy a free evening in Pokhara.
- Overnight Stay: Hotel in Pokhara.
- Meals: Breakfast, Lunch.

Day 14:

After breakfast, you will begin your day with a relaxing boat ride on Phewa Lake, where you can take in the stunning reflections of the Annapurna Mountains on the tranquil waters. Following the boat ride, you will visit the World Peace Stupa, a magnificent white monument perched on a hilltop, offering breathtaking panoramic views of Pokhara Valley. Next, you will head to Pumdikot, a viewpoint that provides a spectacular Himalayan backdrop along with a massive statue of Lord Shiva, making it a perfect place for photography and quiet contemplation. Later, you will explore the Tibetan Refugee Camp, where you can interact with the Tibetan community and learn about their craftsmanship, particularly in carpet weaving and handicrafts. The rest of the evening is free for you to explore Lakeside Pokhara, where you can enjoy the lively atmosphere, shop for souvenirs, or simply relax in one of the many cozy cafes by the lake. You will stay overnight at Hotel in Pokhara, enjoying a comfortable and peaceful stay after a day full of exploration.

- Take a boat ride on Phewa Lake.
- Visit World Peace Stupa & Pumdikot Viewpoint.
- Overnight Stay: Hotel in Pokhara.
- Meals: Breakfast, Lunch.

Day 15:

This day is reserved for relaxation or adventure, allowing you to choose how you want to spend your time. You may opt for thrilling activities such as paragliding over Phewa Lake, offering a bird's-eye view of Pokhara's stunning landscape, or take part in bungee jumping and zip-lining for an adrenaline rush. If you prefer a more relaxing experience, you can indulge in a rejuvenating spa treatment at one of Pokhara's wellness centers. Alternatively, you may want to explore the Lakeside area at your own pace, wandering through its charming streets, shopping for handicrafts, or simply sitting by the lake, taking in the serene environment. Whether you choose adventure or relaxation, this free day ensures that you can fully enjoy Pokhara in your own way. In the evening, you will return to the hotel for another night of rest before continuing your journey.

- Optional activities: Paragliding, Bungee Jumping, Zip-lining, Spa, or Relaxation.
- Overnight Stay: Hotel in Pokhara
- Meals: Breakfast, Lunch.

Day 16:

After breakfast, you will take a short scenic flight from Pokhara to Bharatpur, where you will be welcomed and transferred to the Temple Tiger Green Jungle Resort in Chitwan. Upon arrival, you will check in and receive a warm briefing about the national park and the exciting jungle activities planned for the coming days. A traditional Nepali buffet lunch will be served at the resort, introducing you to the rich flavors of local cuisine. In the afternoon, you will have an interactive session about elephants, learning about their habitat, behavior, and conservation efforts. As the day comes to an end, you will enjoy an informative wildlife presentation by a senior naturalist, offering insights into the diverse ecosystem of Chitwan National Park. You will spend the night at the resort, fully immersed in the natural surroundings.

- Take a morning flight to Bharatpur from Pokhara.
- Upon arrival, transfer to Temple Tiger Green Jungle Resort in Chitwan.
- Check-in & welcome briefing about Chitwan National Park and its biodiversity.
- Enjoy a traditional Nepali buffet lunch at the resort.
- In the afternoon, attend an informative session about elephants, their habitat, and conservation efforts.
- In the evening, enjoy a wildlife slide show presentation led by a senior

naturalist.

- Overnight Stay: Green Jungle Resort, Chitwan.
- Meals: Breakfast, Lunch, Dinner.

Day 17:

An early morning wake-up call will be followed by a warm cup of tea or coffee before you set off on a thrilling jeep safari through the heart of Chitwan National Park. The safari offers a chance to witness an incredible variety of wildlife, including one-horned rhinos, spotted deer, wild boars, monkeys, and if you're lucky, the elusive Royal Bengal Tiger. Along the way, you will also visit a vulture conservation area, where efforts are being made to protect endangered vulture species. After returning to the resort for lunch and some relaxation, you will embark on a guided tour of a nearby Tharu village. The Tharu people are the indigenous community of the region, and this visit will provide you with a deep cultural experience as you learn about their traditional way of life, unique stilt houses, and agricultural practices. The day will conclude with a visit to the Narayani River, where you can watch a mesmerizing sunset over the vast wilderness before returning to the resort for a restful night.

- Start the day with **tea/coffee and cookies** before heading into the jungle.
- Embark on a **Jeep Safari**, where you may spot **rhinos, deer, monkeys, and even the elusive Bengal Tiger**.
- Visit a **Vulture Conservation Area**, a key project for endangered vulture species.
- Return to the resort for **lunch and relaxation**.
- In the afternoon, take a **guided Tharu village tour**, experiencing the **unique lifestyle of the indigenous Tharu people**.
- End the day with a **beautiful sunset view at the Narayani River**.
- **Overnight Stay:** Green Jungle Resort, Chitwan.
- **Meals:** Breakfast, Lunch, Dinner.

Day 18:

Another day of adventure begins with a morning jeep safari, providing you with another opportunity to spot wildlife in the dense jungle. The more time you spend in the park, the higher the chances of encountering rare and exotic animals in their natural habitat. Later, you will embark on a peaceful boat ride along the Rapti River, gliding through calm waters while observing gharial and mugger crocodiles basking in the sun along the riverbanks. You may also spot

playful otters and a variety of colorful bird species. After this immersive nature experience, you will have free time in the afternoon to either relax at the resort or take part in optional activities such as jungle walks or additional wildlife exploration. As the sun sets, you will enjoy your final evening in Chitwan, reflecting on the incredible wildlife encounters of the past few days.

- Begin the morning with another **Jeep Safari** for a chance to spot more wildlife.
- Take a **boat ride** along the **Rapti River**, observing **Gharial crocodiles, Mugger crocodiles, otters**, and water birds.
- Enjoy free time in the afternoon for optional jungle walks or relaxation at the resort.
- **Overnight Stay:** Green Jungle Resort, Chitwan.
- **Meals:** Breakfast, Lunch, and Dinner.

Day 19:

After breakfast, you will board a short flight back to Kathmandu. Upon arrival, you will be transferred to Bhaktapur, one of Nepal's most historic and culturally rich cities. As you explore Bhaktapur Durbar Square, you will be transported back in time, surrounded by well-preserved palaces, temples, and intricate wood carvings that showcase Nepal's traditional craftsmanship. The square is home to notable landmarks such as the Nyatapola Temple, the tallest pagoda-style temple in Nepal, and the 55-Window Palace. You will also have the opportunity to witness local artisans at work, crafting pottery and wooden sculptures using techniques passed down through generations. After a leisurely lunch at a local restaurant, you will head back to Kathmandu and check into Hotel in Thamel. The evening is yours to explore the bustling streets of Thamel, do some last-minute shopping, or enjoy a relaxing dinner before calling it a night.

- Take a morning flight back to Kathmandu.
- Visit Bhaktapur Durbar Square, a UNESCO World Heritage Site showcasing ancient temples, palaces, and intricate wood carvings.
- Have lunch at a local restaurant before transferring to Hotel in Thamel.
- Spend the evening exploring Thamel's vibrant streets or enjoying a relaxed dinner.
- Overnight Stay: Hotel in Kathmandu.
- Meals: Breakfast, Lunch, Dinner.

Day 20:

Your day begins with a visit to Bouddhanath Stupa, one of the largest and most revered Buddhist stupas in the world. Encircled by colorful prayer flags and spinning prayer wheels, the stupa is a major spiritual center where you can witness monks engaged in meditation and rituals. From here, you will continue to Pashupatinath Temple, Nepal's most sacred Hindu temple dedicated to Lord Shiva. Situated along the banks of the Bagmati River, this temple is an important site for Hindu cremation ceremonies, offering a deeply spiritual and cultural experience. After sightseeing, you will take a scenic drive to The Terraces Resort, located in the hills south of Kathmandu. This luxurious retreat provides a perfect escape from the city's hustle and bustle, allowing you to unwind in a peaceful natural setting. You will enjoy a delicious dinner and a comfortable overnight stay at the resort.

- Visit **Bouddhanath Stupa**, one of the largest Buddhist stupas in the world, surrounded by Tibetan prayer wheels and monasteries.
- Explore **Pashupatinath Temple**, Nepal's most sacred Hindu temple, where you can witness religious rituals along the Bagmati River.
- After sightseeing, take a **scenic drive to The Terraces Resort**, a peaceful retreat in the hills south of Kathmandu.
- Enjoy an **evening of relaxation** with stunning valley views.
- **Overnight Stay:** The Terraces Resort, Kathmandu.
- **Meals:** Breakfast, Lunch, Dinner.

Day 21:

On your final full day in Nepal, you will start with a rejuvenating yoga session, breathing in the fresh mountain air while stretching and relaxing your body. Following this, you will embark on a short guided hike to Ranikot, a beautiful vantage point offering spectacular views of the Kathmandu Valley and the surrounding Himalayan foothills. Upon returning to the resort, you will have the rest of the day to indulge in relaxation and wellness. You can take a dip in the swimming pool, unwind in the outdoor jacuzzi, or rejuvenate in the sauna and steam room. If you wish, you can also opt for a therapeutic spa treatment or a calming sound healing session (not included in the packssage). This day is all about reflecting on your journey, soaking in the tranquility, and preparing for your departure the next day. As the evening sets in, you will enjoy a farewell dinner at the resort, bringing a perfect close to your Nepal adventure.

- Start the day with a **refreshing yoga session** overlooking the hills.

- Take a **short guided hike to Ranikot**, offering scenic views of the Kathmandu Valley.
- Enjoy **resort amenities** such as: **Swimming pool & outdoor Jacuzzi, Sauna & steam room.**
- **Optional spa treatments and sound healing therapy** (not included in package).
- Spend the final evening in **complete relaxation**, reflecting on the incredible journey.
- **Overnight Stay:** The Terraces Resort, Kathmandu.
- **Meals:** Breakfast, Lunch, and Dinner.

Day 22:

On your final day, you will be transferred to the airport for your **6:00 PM** flight home, marking the end of an unforgettable adventure in Nepal.