Trip Overview

Annapurna Base Camp (ABC) trek, also known as Annapurna Sanctuary trek, is one of the premier treks in the Himalaya. The Annapurna Sanctuary is a high glacial basin surrounded by eleven of Nepal’s major peaks and is accessed by a deep gorge that carves through this mountain fortress. It is referred to as the Annapurna “Sanctuary” because of the divine presence of the Hindu goddesses – Annapurna (Goddess for nourishment) and Gangapurna (Hindu Goddess of Ganges River Water). At 8,091 m (26,545 ft), Annapurna 1 is one of the highest mountains in the world and the surrounding mountains are equally daunting and create magnificent panoramas. To reach the base camps of Annapurna and Machhapuchhre (Fishtail) mountains, the hiking trail goes through an alpine amphitheater overshadowed by these majestic ice pinnacles.

Our adventure will start and end in Kathmandu, the capital of Nepal, at 1300 m. Kathmandu is famous for its religious monuments and various temples, monasteries, and stupas that adorn the city’s landscape. We will have the opportunity to visit some of these historic landmarks before traveling to the beautiful lakeside city of Pokhara by van. Enroute to Pokhara we will enjoy a raft ride on the glacier-fed Trishuli river and have a traditional Nepali lunch. We will stay the night in a comfortable hotel in Pokhara, before embarking on our 9-day trek.
A 1.5-hour drive from Pokhara takes us through lush subtropical forests and traditional farming villages to the trek starting point in Nayapul. The trek takes us through a wide variety of terrain from lowland pastures and small villages to high mountain glaciers and stunning snow covered peaks. Along the trek we pass through mountain villages where we will enjoy genuine Nepali cuisine and stay in small guest houses, referred to as tea houses. We will intimately experience the Nepali culture and witness the everyday lives of the Nepali people, in the backdrop of the high peaks of the Himalaya.

Following in part the traditional route of the Tibetan traders, we will trek for 5 to 7 hours daily, covering an average of 11 km per day, passing through terraced fields and bamboo forests, remote villages, and into the heart of the vast mountainous amphitheater of the Annapurna Base Camp. Lodging during the trek will be in simple lodges or tea houses where we will enjoy traditional Nepali cuisine.

![Annapurna Base Camp Trekking Map](image)

**Trip Difficulty**

This trip is rated **6-strenuous**. Excluding breaks, we will typically hike 5 to 7 hours per day, covering a distance of 7 to 16 km. Total distance and elevation gain for the 9-day trek is ~97 km and 5150 m. The terrain is rugged and steep in places, and requires agility. We will hike at a
moderate pace, which will permit time for photos and rest breaks. We will reach an altitude of 4100 m but we will have ample time to adjust to this altitude. Participants should be in excellent shape and able to hike for most of the day. We have 9 hiking days where we only need to carry daypacks, as our gear will be transported by porters to small village guesthouses or tea houses while on the trek.

**Daily Itinerary**

**Important note:** While the itinerary in this prospectus is what the leaders have planned at the time of writing, various factors may require changes for reasons of safety, transportation or lodging availability, and unforeseeable circumstances (such as weather considerations, natural disasters in areas to be visited, or recommendations of governmental agencies). The leaders reserve the right to make such changes as necessary, both before and during the trip – even to the point of substituting a different trek in extreme circumstances.

**Day 0 - November 3, 2023**

Leave the US and fly to Kathmandu.

**Day 1 - November 4, 2023**

Arrive in Kathmandu, Nepal and get transported to our hotel for an itinerary briefing and welcome dinner. Dinner (D)

**Day 2 - November 5, 2023**

After breakfast we leave for a cultural sightseeing tour of the Kathmandu Valley to include UNESCO world heritage sites. We will visit:

**Swayambhunath** - The oldest Buddhist Stupa in Kathmandu Valley, is a beautiful abode for lots of monkeys, thus, it's also known as Monkey Temple. It is a perfect vantage point to see Kathmandu valley.

**Patan Durbar Square** - A Medieval Royal Palace area, also known as the city of fine arts, where we will find the finest example of 14th century metal and stone carvings and amazing Nepali Architecture.

**Pashupatinath** - A holy pilgrimage for Hindus and Hindu Crematorium, where we will witness a sacred cremation ceremony and come across men with ash rubbed bodies and matted dreadlocks, which is the typical look of Hindu Holy Men known as Sadhus.
After our tour, we will return to our hotel, have dinner (on your own) and pack for our trek. B, L

**Day 3 – November 6, 2023**

After breakfast, we will be transported by van from Kathmandu to Pokhara. This is a 7-hour drive but along the way we will take a 3-hour break and enjoy rafting in Glacier fed Himalayan white water at Trishuli river and lunch at a Nepali riverbank camp. After lunch we will continue the drive to Pokhara, the lake city, check into our hotel and stroll around the lake side and have dinner. B, L, D

**Day 4 - November 7, 2023**

In the morning we will meet our trek crew at Pokhara and drive to Nayapul, about 1.5 hours, and trek from Birethanti to Tikhedhunga, a beautiful walk through jungles and villages. The beginning of the trek will give us some glimpses of the Himalayan peaks. We will lodge at a local tea house. B, L, D

~Hike stats: 4 hours, 7 km, ↑400 m

**Day 5 - November 8, 2023**

Today’s trek will take us from Tikhedhunga to Ghorepani, where we will stroll through villages, hike by waterfalls, and negotiate several stone steps. Once in Ghorepani, if the weather is clear, we will be rewarded with magnificent close up views of the Himalayas. We will stay overnight in Ghorepani. B, L, D

~Hike stats: 6-7 hours, 11 km, ↑1360 m
Day 6 - November 9, 2023

From Ghorepani, we will rise before dawn and trek up to Poonhill at 3200 m to see the sunrise and panoramic view of the mountains. On a clear day we will enjoy excellent mountain views of Annapurna, Machhapuchhre, and Dhau lagiri. We will hike back to the lodge in Ghorepani and have breakfast, then hike to Tadapani through the Jungle. In Tadapani we will stay in a simple guest house providing an excellent mountain view. B, L, D

~Hike stats: 7 hours, 11 km, ↑790 m, ↓950 m

Day 7 - November 10, 2023

After breakfast we will trek from Tadapani to Chhomrong (2160 m), a typical Gurung village (Gurung refers to the soldiers who worked in the British Army). This route provides an excellent chance to have close up views of the Annapurna and Machhapuchhre Mountains. We will stay at a simple lodge in Chhomrong. B,L,D

~Hike stats: 5 hours, 11 km, ↑600 m, ↓1000 m

Day 8 - November 11, 2023

Today’s destination is Dovan at 2600 m, taking us over several ups and downs through the Modikhola Valley and Jungle towards the Annapurna Sanctuary. B, L, D
Day 9 - November 12, 2023

As we are now well acclimated to the altitude we are ready to tackle a significant amount of elevation to Machhapuchhre Base Camp (MBC); 3700 m. Here we will have a close up view of the entire Annapurna Range. We will stay just below the Fishtail peak at MBC. B, L, D

~Hike stats: 6 - 7 hours, 12 km, ↑1200 m

Day 10 - November 13, 2023

We will rise early and trek to Annapurna Base camp, a great walk just below the giant peaks (about 2 hours), enjoy sunrise over the Himalayas and have breakfast at base camp. After breakfast we will hike back to Machhapuchhre Base Camp, then continue our trek to Bamboo or Dovan where we will spend the night. B, L, D

~Hike stats: 6 hours, 16 km, ↓1700 m
Day 11 - November 14, 2023

From Bamboo or Dovan we will trek back to Chhomorong, and if time permits to Jhinu. B, L, D

~Hike stats: 6 – 7 hours, 12 km, ↓600 m

Day 12 - November 15, 2023

On the final day of our trek, we will enjoy a natural hot spring bath in Jhinu and trek to Sinwai or Ghandruk Phedi. We will be transported back to Pokhara (2 hours), and stay in Pokhara. B, L

~Hike stats: 4 hours, 7 km, ↑200 m, ↓700 m

Day 13 - November 16, 2023

We will spend a half a day in Pokhara to explore and relax in this beautiful lakeside city. Around 1 PM we will take a short flight to Kathmandu (about a 25 minute flight), and enjoy a Nepali cultural show and dinner in Kathmandu. B, D

Day 14 - November 17, 2023

Transfer to the airport for final departure. Namaste. B

Accommodations, Meals and Transportation

When in Kathmandu and Pokhara, lodging will be in 3-star motels with B included. Dinners will be at local restaurants; lunch will be on your own.

While on the trek we will stay in local lodges or simple tea houses where we will be served B and D. L will be at a local village restaurant along the trek.

Airport transfers will be by van. A van will transport participants from Kathmandu to Pokhara, and to the start and finish of our trek.

There will be one airplane flight from Pokhara to Kathmandu.
Approximate daily hike distance and elevation gain/loss are noted in the daily itinerary and will be based on the trek route and location of overnight lodging.

**Participant Profile and Expectations**
Participants should have a keen interest in adventure and enjoy moderate - strenuous hiking on varied, sometimes rugged terrain with long days and moderate to significant elevation gains. You must be in excellent shape and be able to hike for several hours for 9 consecutive days carrying a day pack. We will reach an altitude of 4,100 m but we will have ample time to adjust to this altitude.

You should recognize that you may find yourself in closer quarters or be less comfortable than you are used to at home. You should make it a priority to help others on the trip and contribute to them having a great time. If you do that, you will have a great time.

**Airlines and Travel**
Plan to arrive in Nepal on the afternoon of Nov 4 (depart from the US on Nov 3). Additional details about arrival and meeting times will be supplied later. The trip leaders will assist you with information on flights from Boston, NYC, and other points. The trip ends in Kathmandu after breakfast on Nov 17. Of course, you may arrive early or extend your trip. Do not make any non-refundable travel plans until told to do so by the leaders.
At this time, we estimate that the price for a flight from the East Coast to Kathmandu, Nepal and back is ~$1,800 - $2,000.

**Weather and Gear**

November is peak hiking season in Nepal with temperatures ranging from 40-60 F with clear skies. A gear list will be provided at a later date.

**Trip Price**

The AMC Member price is $2,600. The non-member price is $2,700. To join the AMC (2022 pricing $50 individual, $75 family) click [here](#).

**The above cost includes:**

- 3-star level accommodations in Kathmandu and Pokhara including breakfast and dinner
- 2 Dinners in Kathmandu and Pokhara; 2 lunches not on trek
- Simple lodges on trek
- Full board meals (breakfast, lunch and dinner and 3 times tea) on the trek
- Professional guide & necessary number of porters (each 2 trekkers share 1 porter) for the trek with their meal, insurance, transport and tips
- All National park fees, TIMS card (Hiking permit)
- Kathmandu city monument entrance fee
- Airport pick-up and dropoff services
- One day rafting trip on the Trishuli River
- One way flight (airfare) Pokhara to Kathmandu
- One night Nepali cultural show and dinner
- Down jacket and sleeping bag for trek if necessary
- Emergency medical and evacuation insurance coverage

**The cost excludes:**

- International airfare
- Personal trip insurance
- Visa (required for trip)
- Bar bills (coca cola, mineral water, alcohol, etc.) and meals in Kathmandu / Pokhara not mentioned in the itinerary
- Extra porter & transport charges in the event of landslides etc
- Other personal expenses
- Personal medical insurance, laundry, costs incurred by re-routing, cancellation, political disturbance, etc
- Tips and any other expenses, which are not mentioned above.

AMC’s standard [Adventure Travel terms and conditions](#) apply.
Registration and Cancellation

To apply, you must complete and submit the application, which contains a confidential medical form, acknowledgement and assumption of risk and release form, and a Covid release form.

Mail the registration deposit of $1,000 to:

John English
5 Tammer Ln
Hopkinton, MA  01748

You will not actually be accepted, and your check will not be deposited until the leaders have determined by telephone conversation with you that you and the trip are a good match. The balance of $1,600 is due by June 1, 2023. Deposit checks from waitlisted applicants will not be cashed until they confirm continued interest in joining the trip. All payments should be by check and payable to the Appalachian Mountain Club.

The AMC Adventure Travel cancellation policy is based on the premise that your cancellation may not raise the cost to other participants or to the leaders. Once you are notified that the trip will run as scheduled, the minimum cancellation fee is $300. If actual costs (expenses already incurred on your behalf and any unavoidable future expenses that will be incurred as a result of your registration and cancellation) are higher, they will be assessed instead. Should the leaders be able to replace you with another acceptable participant, you may be charged a reduced penalty. This will generally not be determined until after the trip. Failure to make trip payment(s) in a timely manner will be considered a cancellation.

This trip is likely to fill quickly. If you are interested, you should apply as soon as possible. When registration is complete, we will send all participants the names, addresses, and phone numbers of all those going on the trip. In the unlikely event that the trip is canceled because not enough acceptable participants apply, everything you have paid will be refunded in full.

Questions and Requesting Application Materials

If you have any questions, please feel free to contact John or Ann, before 9 PM Eastern Time.

John: 508-944-6650, englishjre@gmail.com.
Ann: 860-395-9385, anndboland@gmail.com.

To apply for the trip, Click here
Additional Information

Photo Credits. Unless otherwise indicated, all photos are courtesy of Noah Boland, who studied in Nepal and has hiked extensively in the Annapurna region.

Leaders Bios

**John English** is a four-season day hike and trip leader for the AMC NH Chapter. He has completed the NH 48 and the NE 67. He is now working his way through the NE 111 and NE 67 in winter. John has led at AMC August Camp and has taught at the AMC NH Cardigan Lodge series. He has been hiking in over 40 of the US National Parks and Monuments. John has traveled to over 20 foreign countries, hiked the Machu Picchu trek in Peru, and has hiked in the Alpine areas of Austria, France, Germany, Italy, and Switzerland. Contact: englishjre@gmail.com, (508) 944-6650.

**Ann Boland** is a four-season hike leader with the AMC-NH chapter. She is an instructor for the AMC-NH Winter Hiking Series and Winter School, an information volunteer at AMC lodges and huts, a hike leader at AMC’s August Camp and maintains trails in the White Mountain National Forest. She is an avid hiker and has summited the NH48 in each of the four seasons, and the NE67. Ann also enjoys hiking outside of New England and has organized family trekking trips to Switzerland, Italy, New Zealand, and Nepal, as well as several national parks in the United States. Ann is WFA and CPR certified.

Contact: anndboland@gmail.com, (860) 395-9385.