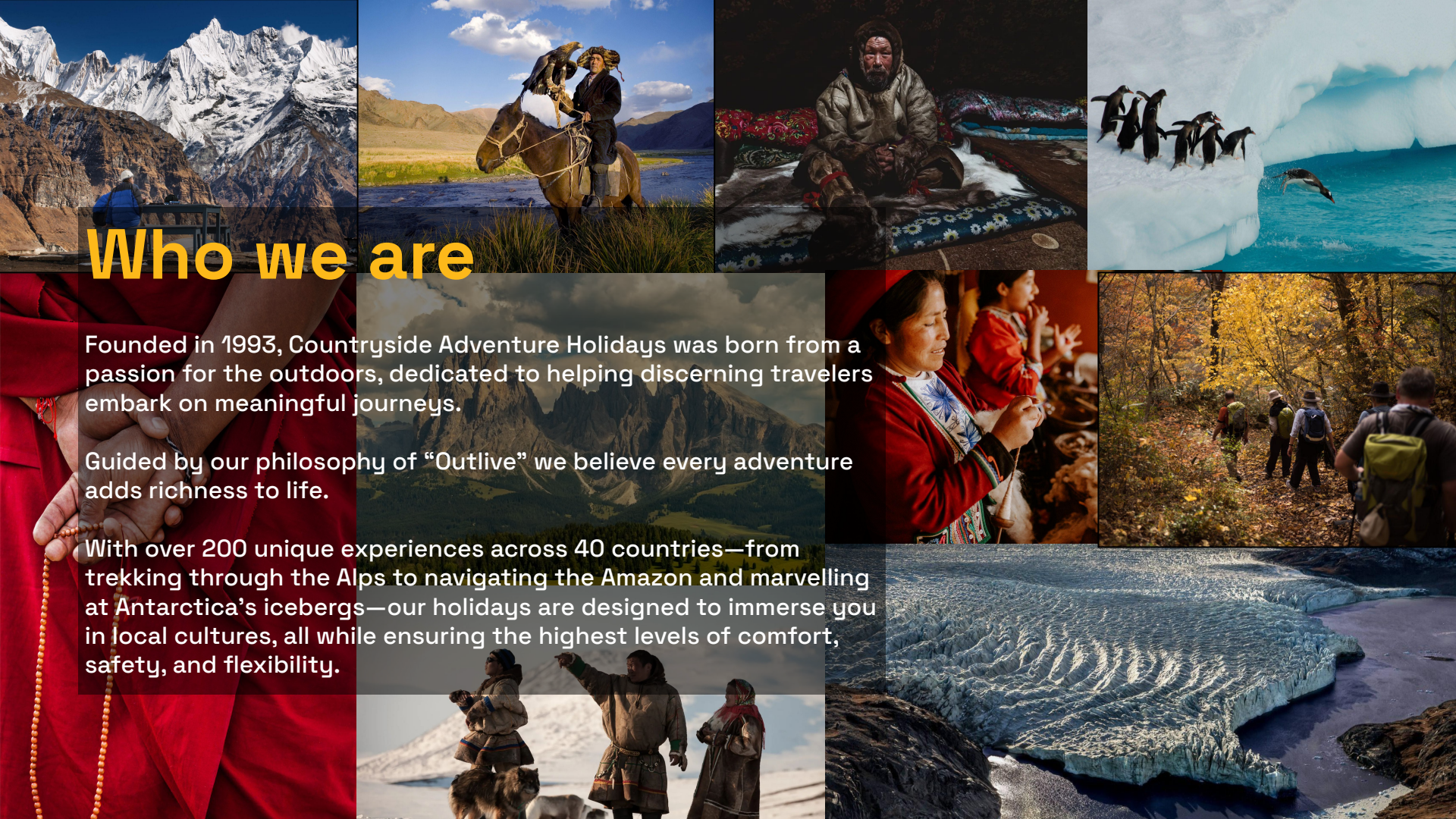


Annapurna base Camp

Trek/ Nepal
April 03-12, 2026





Who we are

Founded in 1993, Countryside Adventure Holidays was born from a passion for the outdoors, dedicated to helping discerning travelers embark on meaningful journeys.

Guided by our philosophy of “Outlive” we believe every adventure adds richness to life.

With over 200 unique experiences across 40 countries—from trekking through the Alps to navigating the Amazon and marvelling at Antarctica’s icebergs—our holidays are designed to immerse you in local cultures, all while ensuring the highest levels of comfort, safety, and flexibility.

About

COUNTRYSIDE™
ADVENTURE HOLIDAYS
OUTLIVE

The Annapurna Base Camp (ABC) Trek is one of the most popular and accessible trekking routes in Nepal, offering a perfect blend of natural beauty, cultural richness, and stunning mountain views. Situated in the Annapurna region, the trek takes you through lush forests, terraced fields, picturesque villages, and high-altitude landscapes, all while providing spectacular views of some of the world's highest peaks - the majestic Annapurna range, including Machapuchare (Fishtail), Annapurna I, Annapurna South, and Hiunchuli.

Grade:
Moderate to Hard

Min & max Temp:
-05 deg & 25 deg celsius

Brief Itinerary

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Day 01 (03-Apr) Arrive in Kathmandu & Fly to Pokhara

Day 02 (04-Apr) Drive to Birethanti and Trek to Ghandruk village (1,951 m / 6,400 ft.)

Day 03 (05-Apr) Trek to Choomrong (2,170 m) - 6 hours.

Day 04 (06-Apr) Trek to Dovan (2,600 m) – 6 hours

Day 05 (07-Apr) Trek to Machhapuchhre Base Camp (3,700 m) – 6 hours

Day 06 (08-Apr) Trek to Annapurna Base Camp (4,130 m) & Explore Around ABC – 3 hours.

Day 07 (09-Apr) Back track to Bamboo (2,310 m) – 7 hours

Day 08 (10-Apr) Back track to Jhinu Danda.

Day 09 (11-Apr) Trek to Kimche Khola (1 hr.), drive to Pokhara and fly to Kathmandu.

Day 10 (12-Apr) Final departure.



Trip Overview

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- Annapurna Base Camp: The ultimate destination, at 4,130 meters (13,550 feet) offers a breathtaking panoramic view of the surrounding peaks and glaciers, Stunning Mountain Views: The trek offers close-up views of towering peaks like Annapurna I, Machapuchare (Fishtail), and Hiunchuli, providing some of the most spectacular mountain vistas in the Himalayas.
- Diverse Landscapes: The trail takes you through lush rhododendron forests, terraced fields, alpine meadows, and high-altitude deserts, showcasing Nepal's diverse flora and fauna.
- Cultural Experience: Trekking through traditional Gurung and Magar villages, you'll experience authentic Nepalese culture, with opportunities to interact with locals and visit ancient monasteries.
- Annapurna Base Camp: The ultimate destination, at 4,130 meters (13,550 feet), offers a breathtaking panoramic view of the surrounding peaks and glaciers.
- Wildlife and Flora: The route passes through the Annapurna Conservation Area, home to diverse wildlife, including pheasants, monkeys, and snow leopards, as well as vibrant rhododendron blooms in spring.

09 Breakfasts, 06 lunches
& 06 Dinners Incl

Tour cost per person:
INR 93,400/- (Indian nationals with internal flight)
USD 1149/- (Foreign nationals) + USD 212 internal flight
Single Supp: INR 8500/- only in hotels

Day 01: Arrive in Kathmandu & Fly to Pokhara.

Upon arrival in Kathmandu's Tribhuvan International Airport, meet, assist and transfer domestic airport to board the short flight to Pokhara. Upon arrival meet assist and transfer to Lakeside Hotel. Eve: Free to stroll around colorful Lakeside Bazaar and dine at nice restaurant.

Drive to Birethanti and trek to Ghandurk (1,951 m /6,400 ft.)

After breakfast, drive to Birethanti (Trek starting point) via Nayapul and start trek to Ghandrung (1951m), which is the second largest Gurung village in Nepal and is a confusing cluster of closely-spaced, slate-roofed houses. We trek along the Modi Khola until we reach to village of settlement of Shauli Bazaar, which is located along the banks of the Modi River for lunch. After lunch, continue trek to Ghandrung village the trail from here continues to climb steadily for about 2 hours until we arrive at a gate with a signboard saying, "Welcome to Ghandrung".

Day 03: Trek to Chomrong (2,170 m / 7,119ft); 5-6 hours.

After breakfast trek to Kyumrong Danda. This area offers some of the finest trekking in Nepal. The Annapurna range and Machhapuchhre dominate the surrounding panoramas, glimpses further East to Lamjung Himal and Manaslu range are also possible.

After lunch start climb to Choomrong Village village with hotels and houses dotting the whole hillside and a most panoramic and close views of the Annapurna South, Hiunchuli and Machhapuchhare mountains. Chhomrong controls the entry to the Annapurna Sanctuary.

Dinner and overnight at teahouse lodge.

Day 04: Trek to Dovan (2,600 m) – 6 hours

After breakfast start trek to Dovan initially go down until the suspension bridge, which crosses the Chhomrong Khola, and then climb up the opposite side for about 30 minutes till you reach the hamlet of Banuwa. Carry on for another thirty minutes until you reach Sunawa (about 2400m) where you will find at least two lodge-restaurants. Here the path leaves cultivated fields to enter the beautiful tropical forest. You can follow the ridge of the hill, about 2500 meters high, but unfortunately the mountain is drained by several small streams and the trekkers are forced to take several ascents and descents. It takes about an hour to reach the locality of Khuldi ghar (2,477m. From here the path suddenly descends until it reaches the hamlet of Bamboo (2300m) with four or five lodges and is a good place to make a lunch break. As the name suggest, Bamboo marks the beginning of the huge bamboo forest, which leads, after about an hour of walking, to Tiptop (2571m). There are two lodges here competing with the lodges established at Doban(2606m).

Day 05: Trek to Machhapuchhre Base Camp (3,700 m) – 6 hours.

Soon after Doban you will enter the sacred forest of Jode Yehm, where near the waterfall on the east bank of Modi khola, you will see an altar surrounded by thousands of white banners suspended from the trees. A sign indicates the name of the place and reminds the travelers not to lean over. One assumes it is better not to disturb the Gods. From Doban, it will take an hour to reach Himalayan Hotel (2873m). The track continues through the middle of the forest, going up and down following the flow of the rivers, until the last stretch where a steep path leads to Hinku Cave (3,139 m). It will take about half an hour to reach *Deaurali (3,230 m) for lunch. After lunch it is about 2 hours to reach Machhapuchhre Base Camp or “fishtail”, has been thus named because its twin summits resemble a twitched fishtail. After having walked along the river for thirty minutes, the path rises up and goes through several naves. If it has snowed recently, this part of the route will be quite difficult, though the use of crampons is not necessary, a stick should suffice.*

Day 6: Trek to Annapurna Base Camp (4,130 m / 13,549ft)

After breakfast trek to Annapurna Base Camp, except for a few hills, the route is flat and therefore quite easy. Also, the spectacular views of Annapurna south in the forefront are so satisfying that one easily forgets the exhaustion. At the end of the route (4,130 m), there are about five or six lodges. A little further, the path leads to a small hill, which is the best point to admire the entire panorama of the Sanctuary. Dinner and overnight at teahouse lodge.

Day 07: Backtrack to Bamboo (2,310 m) – 7 hours

After enjoying magnificent sunrise over the Sanctuary, start back track to Bamboo. En-route we will stop in Himalayan Hotel for heartily lunch. After lunch continue to Bamboo for overnight.

Day 08: Back track to Jhinu Danda – 7~8 hours

After breakfast backtrack to Choomrong for lunch. After lunch start descent down to Jhinu Danda – 1,770 m. Enjoy Natural Hot Spring bath in a nearby Hot Spring.

Day 09: Trek to Kimrong Khola, drive to Pokahra and fly to Kathmandu.

After early breakfast, start short trek down to Kimrong Khola, where we will meet our waiting vehicle. Get into the waiting vehicle and start drive to Pokhara. We will stop in Lakeside Bazaar for quick lunch before we get transfer to Pokhara International Airport, to board the flight to Kathmandu. Upon arrival in Kathmandu meet, assist and transfer to hotel.

Day 10: Final departure.

Free until final departure transfer to Kathmandu International Airport.

Inclusions & Exclusions

- ✓ Kathmandu & Pokhara: In a deluxe hotel on twin sharing basis; Bed & Breakfast basis.
- ✓ On the trek: In a Tea lodges on twin sharing basis; All meals included.
- ✓ Trek and other internal transfers in small vehicles/coach/SUV/MUV.
- ✓ Kathmandu-Pokhara return flight fare (only for Indian nationals)
- ✓ Complimentary duffle bag.
- ✓ Trekking Information Management Service (TIMS) fees.
- ✓ Necessary portorage on the trek.
- ✓ One Local Experienced Sherpa on the trek.
- ✓ Comprehensive medical kit along with the oxygen cylinder.
- ✓ One experienced Countryside Outdoor professional from Mumbai.
- ✗ Goods & Service Tax 5% or as applicable for Indian nationals.
- ✗ TCS 5% / 20% or as applicable for Indian nationals on total tour cost.
- ✗ Travel to & from Kathmandu & Any chopper services in this region.
- ✗ Kathmandu-Pokhara return fare of foreign nationals.
- ✗ Adventure travel insurance.
- ✗ Lunch & dinner expenses in Kathmandu & Pokhara
- ✗ Hot water for drinking on the trek & hot shower.
- ✗ Additional Night stay cost in Pokhara / Kathmandu in case of flight / chopper cancellation / delays
- ✗ Any expenses of personal nature such as mineral water, laundry, liquor, etc.
- ✗ Any extra costs incurred due extension/change of the itinerary, because of natural calamities, flight delays/cancellations, road blocks, vehicle breakdown, etc. factors beyond the control of the organizers of this event and its associates.



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