



GEM TRAVEL & TOURS SDN BHD

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14 DAYS ANNAPURNA BASE CAMP TREK

Overview:

The Annapurna Base Camp Trek also referred as Annapurna Sanctuary Trek has a stunning route that follows the Modikhola (River) Valley up to the Annapurna South base camp. The base camp is located in a beautiful natural bowl formed by a ring of eight 7000+ Himalayan peaks. As the trek progresses, it passes through a huge variety of landscapes as the altitude increases until the glaciers of the Himalaya are reached at the sanctuary.

The Annapurna Region in central Nepal is the most geographically and culturally diverse region for trekking. The area boasts a variety of diverse cultures, tribes and castes including the Brahmins, the Chhetris, the Newars, the Gurungs, the Magars, Manangis and the Tibetans. This area has sub-tropical lowlands, valleys, forests of bamboo, oak and rhododendron, alpine meadows, windswept desert plateaus and the towering Annapurna Mountains. This area has the world's deepest river gorge, Kali Gandaki, lying some 6900 metres (22,563 ft.) that lies below Annapurna I, world's eighth highest mountain) and the Fishtail mountain. The area is home to over 440 species of birds and animals like the marten deer, Langur (monkey) and the elusive snow leopard.

Trip Details:

Trip Name: 14 Days Annapurna Base Camp Trek

Highest Point: 4090 M

Best Season: Sep to Dec, Jan to Jun

Tour Starts: Kathmandu

Tour Ends: Kathmandu

Places Covered: Kathmandu, Pokhara, Tirkhedhunga, Ghorepani, Tadapani, Sinuwa, Deurali, ABC, Dovan, Chhomrong, Ghandruk.

Activity: Nature, landscape, trekking, Culture & Sightseeing

Transportation: Private car/van/coach

Trek Grade: Moderate

Trek Staff: Guide (Trek Leader), Sherpa, Porters

Accommodation: Tea House/ Lodge in Trek

Trip Highlights:

- ✓ Guided sightseeing of Kathmandu Durbar Square & Boudhanath Stupa in Kathmandu
- ✓ Beautiful Annapurna region, Gurung/ Brahmin/ Chhettri settlements,
- ✓ Rhododendron forest
- ✓ Annapurna I, II, III, IV, Nilgiri, Dhaulagiri,
- ✓ Bird eye view of Kali Gandaki River and many beautiful village sights.

Package Includes:

- ✓ 02 nights' accommodation in Kathmandu on BB basis
- ✓ 02 nights' accommodation in Pokhara on BB basis
- ✓ 09 nights' accommodation in Trek in a Tea House or Lodge

- ✓ All meals while on trek (Breakfast, Lunch & Dinner)
- ✓ Airport – Hotel – Airport Transfers (Arrival & Departure)
- ✓ Half day sightseeing in Kathmandu
- ✓ Entrance fees to all sightseeing places and monuments
- ✓ English speaking Trek leader/Guide
- ✓ Porters to carry your bags (1 porter for 2 guests)
- ✓ Sleeping bags
- ✓ Food, Accommodation, Salary, Insurance and equipment's for all staffs
- ✓ ACAP (Annapurna Conservation Area Permit) Fee
- ✓ TIMS (Trekking Information Management System) Fee
- ✓ Farewell dinner (Authentic Nepalese cuisine with cultural show)
- ✓ All ground transfers on private air con car/van/coach
- ✓ All government, hotel and other taxes

Package Excludes:

International Airfare and taxes

Travel Insurance

Nepal Entry visa (Visa is obtained in Nepal Airport immigration on arrival. USD 25 per visa for 15 days, USD 40 per visa for 30 days and USD 100 per visa for 90 days. All the visas are multiple entry visas.

Please carry 02 passport sized photograph for the visa.

Lunch and dinner in Kathmandu

All items of personal nature like telephone bills, laundry, drink etc.

Tipping to guide and driver

Any other item that is not mentioned in the price inclusion list.

Detail Itinerary:

Day 01 Kathmandu

Upon arrival warm welcome to our guest. Proceed for sightseeing to Boudhanath Stupa & Kathmandu Durbar Square (**Both UNESCO World Heritage Site**). Drive to hotel and check in.

Day 02 Kathmandu- Pokhara(B)

Today we will drive to Pokhara valley which is also known as the “Dreamland of Nepal” due its beautiful landscape, lakes and amazing mountain views. After arriving in Pokhara, check in to the hotel. In the evening we will proceed for boating in Fewa Lake for an hour and free time to explore the lake side area. Guest may also wish to buy some trekking gears such as hats, t-shirt, walking stick, trekking bags etc which is found everywhere in Lake side area.

Day 03 Pokhara - Naya Pul 2 hrs drive - Tirkhe Dhunga (1495m) 3 - 4 hrs (B/L/D)

After breakfast drive to Nayapul then commence our trek to Birethanti, a large and prosperous town beside the Modi River. Head up the main trail to Sudami where we climb gradually up the side of the valley, reaching Hille (1495m) before pushing on to Tirkhe Dhunga. From here the trail crosses a stream and then ascends step stone staircase to the large Magar village at Ulleri (2070m).

Day 04 Tirkhedhunga- Ghorepani (2850m) 5hrs trek (B/L/D)

Today will be a pleasant walking day. We will trek through rhododendron and oak forests and across streams before making a short, final climb to Nangethanti. From Nangethanti we head up to Ghorepani (2850m).

Day 05 Ghorepani - Poon Hill (3210m) – Tadapani (2520m) 5 – 6 hrs (B/L/D)

An early start and an hour hiking to Poon Hill (3195m) leads us to a brilliant spectacle, this vantage point provides an unobstructed view of sunrise over the high Himalayas. After spending about 45 minutes on the hillside, we come back to Ghorepani, have a hot breakfast, and start walking to Tadapani. From

Ghorepani the trail climbs along ridges and through pine and rhododendron forests to Deurali (2960m). We descend to reach Banthanti, before winding our way to Tadapani (2540m)

Day 06 Tadapani – Sinuwa (2310m) 6 – 7 hrs (B/L/D)

Dropping down from Tadapani, the route offers good views of the upper Modi valley. The path then starts the long ascent high above the west bank of the ModiKhola. We pass the village of Chhomrong which lies tucked at the very base of Himal Chuli. From Chhomrong the trail descends until Chhomrong Khola then trail begins a slow climb as we head up to our destination for the day.

Day 07 Sinuwa – Deurali (3150 M) 5 – 6 hrs (B/L/D)

We will proceed to KuldiGhar about 2.5 to 3 hrs walking. There is a clearing in the forest a little further on, from there the route goes very steeply down a bank of rock and then levels out, running through thickets of bamboo at the bottom of the gorge, keeping always on the west side of the river. We will pass by the pasture of Tomo, and then the very neck of the gorge at pantheon Barah, where there is a small trail and a shrine. The track climbs to Himalaya hotel at the campsite where we will overnight.

Day 08 Deurali – Annapurna Base Camp (4090m) 4 – 5 hrs (B/L/D)

Today we climb on past the Machhapuchhare Base Camp (which isn't really a base camp since climbing the mountain is not permitted) to the Annapurna Base Camp. This area is called the Annapurna Sanctuary since it is totally surrounded by mountains. From here it is a two-hour trek to Annapurna Base camp, which offers spectacular views.

Day 09 Annapurna Base Camp – Dovan (2600m) 5 – 6 hrs B/L/D

This morning, trek back to Dovan which is located at 2500m and commands beautiful sceneries.

Day 10 Dovan – Chhomrong (2110m) 4 – 5 hrs B/L/D

Once we have passed Khuldibikas where there is an experimental sheep Farm, the trail continues through rhododendron and bamboo fields.

Day 11 Chhomrong – Ghaundruk (1940 M) 5 – 6 hrs B/L/D

This is an easy and short day trekking. From Chhomrong the trail descends through forests to GurjungKhola and then the trail ascends slightly until Kimche, we reach Ghandruk about noon. Ghandruk is a village of Gurung people, one of the ethnic groups of Nepal; they have their own dialect, culture, costume, and life style. Ghandruk is one of the famous destinations for trekkers for its beautiful mountain views and easy reach from Pokhara or Kathmandu. Our early arrival means we have the afternoon to visit the Annapurna conservation office, Museum and explore the village.

Day 12 Ghaundruk – Nayapul (4 hrs trek), then drive to Pokhara (2 hrs drive) B/L

After reaching Pokhara check in to hotel and free time to relax in the lake side area.

Day 13 Pokhara – Kathmandu (6 hrs drive) B

After breakfast drive to Kathmandu, after reach Katmandu check in hotel. Then free in the evening. In the evening, proceed for farewell dinner at an authentic Nepalese restaurant with cultural show.

Day 14 Departure B

After breakfast, free time until departure to airport for flight back home with your beautiful Himalayan memories.

15 Days 14 Nights Annapura Base Camp Trek

*** Tariff is based in RM, per person basis**

Hotel Category	2 - 3 Pax	4 - 6 Pax	7 - 9 Pax	Sngl Supp.
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3 Star Similar

RM4620

RM4480

RM4340

RM830

Hotels Used

Destination	3 Star Similar
Kathmandu	Marshyangdi, Moonlight or similar
Pokhara	Queens Park, Dandelion or similar
During Trek	Tea House, Guest House, Lodge

