

## **ITINERARY FOR ANNAPURNA BASE CAMP VIA POON HILL TREKKING 14 DAYS**

DAY	DATE	NIGHT STOP	ACCOMMODATION	OVERVIEW	DISTANCE	ТІМЕ	ALTITUDE	OXYGEN LEVEL	REMARKS
1	24.03.2024	KATHMANDU	PATAN	BRIEFING			1336 M	79%	PICK UP AND TRANSFER TO HOTEL
2	25.03.2024	POKHARA	HOTEL ASIA	FLIGHT	200 KM		820 M	79%	20 MINUTES FLIGHT
3	26.03.2024	TIRKHEDHUNGA	TEA HOUSE	DRIVE+TREK	57 KM	6 HRS	1547 M	73%	2 HRS DRIVE 4 HRS TREK
4	27.03.2024	GHOREPANI	TEA HOUSE	TREKKING	13 KM	6 HRS	2855 M	73%	
5	28.03.2024	TADAPANI	TEA HOUSE	TREKKING	10 KM	6-7 HRS	2680 M	73%	
6	29.03.2024	CHHOMRONG	TEA HOUSE	TREKKING	11 KM	6 HRS	2100 M	76%	
7	30.03.2024	HIMALAYA HOTEL	TEA HOUSE	TREKKING	12 KM	6 HRS	2900 M	72%	
8	31.03.2024	MACHAPUCHARE B.C	TEA HOUSE	TREKKING	8 KM	4 HRS	3700 M	64%	
9	01.04.2024	ANNAPURNA BASE CAMP	TEA HOUSE	TREKKING	4 KM	3 HRS	4130 M	57%	
10	02.04.2024	ВАМВОО	TEA HOUSE	TREKKING	15 KM	7 HRS	2310 m	73%	
11	03.04.2024	JHINU DANDA	TEA HOUSE	TREKKING	10 KM	6 HRS	1785 M	73%	HOT SPRING
12	04.04.2024	POKHARA	HOTEL ASIA	DRIVE + TREK	52 KM	6 HRS	820 M	79%	TREK AND DRIVE
13	05.04.2024	KATHMANDU	NORBULINKA BOUTIQUE HOTEL	FLIGHT	200 KM		1336 M	79%	20 MINUTES FLIGHT
4.4	00 04 2024	DEDADTUDE							TRANSFER TO AIRPORT

14 06.04.2024 DEPARTURE

**TRANSFER TO AIRPORT** 



TRIP COST PER PERSON EURO 1250.—

## **INCLUDED IN THE COST**

01: AIRPORT PICK UP AND DROP BY PRIVATE CAR/VAN/BUS,
02: KATHMANDU NORBULINKA BOUTIQUE HOTEL WITH B/B PLAN, 3 STAR STANDARD HOTEL 2 NIGHTS (1 NIGHT IN PATAN),
03: POKHARA 2 NIGHTS HOTEL WITH B/B HOTEL ASIA OR SIMILAR
04: KATHMANDU-POKHARA-KATHMANDU FLIGHT TICKETS,
05: KATHMANDU-POKHARA-KATHMANDU FLIGHT TICKETS FOR GUIDE,
06: POKHARA-NAYAPUL-POKHARA TAXI/HIECE/BUS
07: NECESSARY PERMITS, TIMS AND ANNAPURNA CONSERVATION ENTRANCE FEE,
08: GUIDE AND PORTER INSURANCE
09: 9 NIGHTS ACCOMMODATION ON THE WAY TREKKING,
10: GUIDE AND PORTER LODGING AND FOODING WITH THEIR WAGES
11: ALL THE GOVERNMENT TAXES,
12: THREE MEALS WHILE ON TREK B/L/D (EACH MEAL ONE MAIN COURSE AND CUP OF TEA OR COFFEE) AT THE EVENING SEASONAL FRUITS,
13: COMPANY T-SHIRT,
14: FIRST AID KIT,

15: KATHMANDU-POKHARA-KATHMANDU FLIGHT TICKETS FOR PORTERS

## **EXCLUDED IN THE COST**

01: INSURANCE
02: EMERGENCY EVACUATION
03: FOODS AND DRINKS IN THE CITY OF KATHMANDU AND POKHARA
04: TIPPING FOR TREKKING GUIDE AND PORTER
05: HOT SHOWER ON THE WAY TREKKING,
06: INTERNET ON THE WAY TREKKING,
07: BATTERY CHARGE ON THE WAY TREKKING
08: INTERNATIONAL FLIGHT
09: NEPAL ENTRY VISA
10: INCASE OF EARLY ARRIVE IN THE CITY, ROOM CHARGE WILL BE EXTRA (POKHARA AND KATHMANDU)

NOTE: DEPOSIT PER PERSON EURO 200.—



## **CHECK LIST**

S. NO:	Equipments for trekking	Remarks
01	Sleeping bag	4 seasons
02	Jacket	Down Jacket
03	Flees	1
04	T-shirts	4
05	Socks	4 Pairs
06	Towel	1
07	Sandals	1 Pair
08	Torch lights with extra	1
09	batteries Sun glass	1 snow glasses
10	Sun hat /warm/Beanie	1
11	Suns cream	1 Above 30 SPF
12	Soap and Shampoo	1+1
13	Trousers	3 Pairs
14	Gloves	Gore-Tex
15	Rain coat	