Trekking Itinerary

ABC - Annapurna Base Camp

Date	Departure Time	Program First	Program Second	Program Third
1st day	7:30, after Breakfast	Drive to Naya Pul 1:30 hr, by Tourist van	Trek to Ghandurk 5-6hr	Stay overnight in Ghandurk, 1940m.
2nd day	7:30, after Breakfast	Trek to Poon Hill, 1 Hr.	Trek to Chomrong,	Stay overnight Chomrong 2170m
3rd Day	5:30,	Trek to Himalaya 2900 6-7hr.		Stay overnight in Himalaya 2900m.
4th Day	5:30, after Breakfast	Trek To ABC 5-6 Hr.	Visit Around Abc	Stay overnight in ABC 4130m.
5th day	7:30, after Breakfast	Trek to Dovan 5-6hr.	.	Stay overnight in Dovan 2505m.
6th Day	7:30, after Breakfast	Trek to Chomrong-hot spring 5-6hr.	Visit Hot spring	Stay overnight Ghinu Danda 1770m
7th day	7:30, after Breakfast	Trek to Pathana, 6-7hr		Stay Overnight in Pathoan, 1900m.
8th day	7:30, after Breakfast	Trek to Phedi C/o Dhampus 3-4	Drive back to Pokhara 1 hr	END.

Important things to carry: Down jackets (wind and water proof), sunglasses and sun-screen cream, 3 to 4 pair of socks, T-shirt & sweater, trekking sticks, some chocolate bars & cookies, raincoat, etc.

Included In package:

1. 1 Guide & 2 porters
2. All Permits
3. Three meals a day
4. Transportation
5. Accommodation

Excluded from package:

1. Bar bill
2. Tips for Guide and porter
3. Donations (where appropriate)
4. Trekking Equipments
5. Flight tickets and visas