

# Go Heli Services Kathmandu | Best Helicopter Charter Company in Nepal

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## Annapurna Base Camp Trek with Helicopter Return

Duration: 9 Days Days

### Itinerary (Plan)

#### Day 1 Day 1 : Arrival in Kathmandu

- Time : Na
- Max Altitude : 1,350 m

Accommodation: Hotel / Teahouse

Meal: BLD

You arrive at Tribhuvan International Airport, where your trekking team welcomes you and transfers you to your hotel. This is a full rest day dedicated to recovery from international travel, gear checks, and trek briefing. You will meet your guide, understand the route, and prepare mentally and physically for the Annapurna journey.

#### Day 2 Day 2 : Fly to Pokhara ? Trek to Ulleri

- Time : 5–6 hours
- Max Altitude : 820 m

Accommodation: Hotel / Teahouse

Meal: BLD

A short scenic flight takes you to Pokhara, the gateway to the Annapurna region. From here, the trek begins with a steep climb toward Ulleri, passing rivers, waterfalls, and stone staircases.

The trail quickly introduces you to rural Nepal, with terraced fields and traditional villages along the way.

Body impact: This is your first trekking day, and the steep ascent can feel challenging as your body adjusts to walking after travel.

### **Day 3 Day 3 : Ulleri ? Ghorepani**

- Time : 5–6 hours
- Max Altitude : 2,874 m

Accommodation: Hotel / Teahouse

Meal: BLD

You continue ascending through dense rhododendron forests, especially beautiful in spring when they bloom in red and pink colors. The trail gradually climbs toward Ghorepani, a famous mountain village.

Body impact: Altitude begins to feel noticeable, but steady pacing keeps the trek manageable.

### **Day 4 Day 4 : Poon Hill ? Chuile**

- Time : 6–7 hours
- Max Altitude : 3,210 m

Accommodation: Hotel / Teahouse

Meal: BLD

Early morning hike to Poon Hill, one of Nepal's most famous viewpoints. From here, you witness a breathtaking sunrise over Annapurna and Dhaulagiri ranges.

After descending, you continue trekking through forests and villages toward Chuile.

Body impact: Early morning steep climb followed by long descent makes this a physically active day.

### **Day 5 Day 5 : Chuile ? Upper Sinuwa**

- Time : 6–7 hours
- Max Altitude : 2,340 m

Accommodation: Hotel / Teahouse

Meal: BLD

The trail moves through Chhomrong village, terraced farms, suspension bridges, and forested paths. The landscape becomes more humid and green as you approach the Annapurna Sanctuary region.

Body impact: Moderate trekking day with frequent ups and downs, requiring stamina and endurance.

### **Day 6 Day 6 : Upper Sinuwa ? Deurali**

- Time : 5–6 hours
- Max Altitude : 3,200 m

Accommodation: Hotel / Teahouse

Meal: BLD

You enter the Himalayan wilderness, trekking through bamboo forests, waterfalls, and narrow valleys. The terrain becomes more alpine and remote.

Body impact: Oxygen levels start dropping, and walking pace naturally slows due to altitude gain.

## **Day 7 Day 7 : Deurali ? Annapurna Base Camp**

- Time : 5–6 hours
- Max Altitude : 4,130 m

Accommodation: Hotel / Teahouse

Meal: BLD

This is the most rewarding day as you reach Annapurna Base Camp. You are now surrounded by towering Himalayan peaks, glaciers, and dramatic amphitheater landscapes.

The feeling of standing inside the Annapurna Sanctuary is one of the highlights of the entire trek.

Body impact: High altitude becomes noticeable; breathing is heavier, but excitement and achievement keep motivation high.

## **Day 8 Day 8 : Helicopter Return ABC ? Pokhara ? Kathmandu**

- Time : 2–3 hours
- Max Altitude : 1340m

Accommodation: Hotel / Teahouse

Meal: BLD

Instead of trekking back down, you take a scenic helicopter flight from Annapurna Base Camp to Pokhara, enjoying aerial views of glaciers, valleys, and mountain peaks. From Pokhara, you fly back to Kathmandu.

Body impact: This is a major recovery day as you descend quickly from high altitude to low altitude, allowing your body to relax and restore oxygen levels.

## **Day 9 Day 9 : Departure**

- Time : na

- Max Altitude : 1,350 m

Accommodation: Hotel / Teahouse

Meal: BLD

Transfer to Tribhuvan International Airport for your final departure.

## Cost Include

- Airport pickup and drop-off at Tribhuvan International Airport with private transport assistance
- Domestic flight: Kathmandu ? Pokhara for time-efficient Annapurna Base Camp trekking start
- Professional licensed trekking guide with Annapurna region expertise and porter support for luggage handling
- All required trekking permits including Annapurna Conservation Area Permit (ACAP) and TIMS card
- Accommodation in Kathmandu, Pokhara, and comfortable tea houses/lodges along the Annapurna Base Camp trail
- Full-board meals (breakfast, lunch, and dinner) during trekking days with Nepali and international cuisine options
- Guided trek through major highlights including Ghorepani, Poon Hill, Chhomrong, and Annapurna Base Camp
- Scenic helicopter flight from Annapurna Base Camp to Pokhara for luxury and time-saving descent
- Same-day flight from Pokhara to Kathmandu after helicopter return
- First aid kit support and basic high-altitude safety monitoring by experienced guide
- All government taxes, service charges, and trekking logistics coordination

## Cost Exclude

- International airfare to and from Nepal
- Nepal visa fees (available on arrival at Tribhuvan International Airport)
- Personal travel insurance (mandatory for high-altitude trekking and helicopter evacuation coverage)
- Personal expenses such as drinks, snacks, bottled water, Wi-Fi, hot showers, and charging fees
- Extra nights in Kathmandu or Pokhara due to weather delays or flight disruptions
- Personal trekking equipment such as sleeping bags, jackets, boots, and trekking poles
- Tips and gratuities for guides, porters, and helicopter crew
- Emergency evacuation or rescue costs not included in standard package coverage
- Any additional activities or services not mentioned in the itinerary

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Go Heli Services Kathmandu | Best Helicopter Charter Company in Nepal | Thamel, Kathmandu | +977 9851434266, +977 9851434266 | [info@goheliservices.com](mailto:info@goheliservices.com)

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