Regd No. 381551 | Pan NO: 622508681
Thamel-16, Kathmandu
www.goheliservices.com
info@goheliservices.com
+977-9851434266

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

- Pre-trek briefing in Kathmandu
- Airport pick-up and drop-off services in Kathmandu
- 2 nights' accommodation in a 4-star category hotel in Kathmandu on a twin-sharing basis, including daily breakfast
- 1 night's accommodation in Pokhara on a twin-sharing basis
- Domestic flight from Kathmandu to Pokhara
- Scenic helicopter flight from Annapurna Base Camp to Pokhara
- Same-day flight from Pokhara to Kathmandu after helicopter return
- Experienced, government-licensed English-speaking trekking guide
- Porter service (1 porter for every 2 trekkers)
- All guide and porter expenses, including salary, insurance, meals, accommodation, and equipment
- Twin-sharing accommodation in the best available deluxe teahouses/lodges throughout the trek
- Three meals per day (breakfast, lunch, and dinner) during the trek
- Fresh seasonal fruit during the trek
- Annapurna Conservation Area Permit (ACAP)
- TIMS Card (if applicable)
- First Aid Medical Kit (Carried by the guide) Aarogya PC-303 Portable Vital Signs Monitor Device
- Government taxes and office service charges
- Emergency evacuation coordination assistance (evacuation costs covered by the traveler's travel insurance)
- Welcome or farewell dinner in Kathmandu at a cultural restaurant (complimentary)

Cost Exclude

- Nepal entry visa fee
- International airfare to and from Nepal
- Travel insurance (mandatory, including high-altitude trekking and helicopter evacuation coverage)
- Lunch and dinner in Kathmandu and Pokhara
- Personal trekking equipment and clothing
- Personal expenses (laundry, Wi-Fi, battery charging, hot showers, telephone calls, etc.)
- Alcoholic beverages, soft drinks, bottled water, and snacks not included in the itinerary
- Extra nights in Kathmandu or Pokhara due to weather delays or flight disruptions

- Tips and gratuities for guides, porters, and helicopter crew (optional but appreciated)
- Emergency evacuation or rescue costs not included in standard package coverage
- Any services or expenses not specifically mentioned under Package Includes