Annapurna Base Camp with Helicopter Return

Itinerary & costs · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**14 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**4130m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 3,190 per person**

Day-by-day itinerary

Day 1 : Arrival in Kathmandu (1,400m)

Altitude: 1,400m

Stay: Luxury Hotel · Visit: Nepal · Meals: Dinner

Arrive at Tribhuvan International Airport in Kathmandu, where you will be warmly welcomed by a representative from Nord Extreme and transferred to your hotel in Thamel, the lively tourist district of the city.

After check-in and some rest, you may explore the nearby streets filled with cafés, trekking shops, local markets, and ancient temples.

In the evening, meet your trekking guide for a short introductory orientation about the journey ahead. If time permits, enjoy a traditional Nepali dinner and experience the vibrant atmosphere of Kathmandu. Overnight in Kathmandu.

Day 2 : Trek & Permit Preparation in Kathmandu (1,400m)

Altitude: 1,400m

Walk: 2–4 hrs · Stay: Luxury Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Today is dedicated to final trekking preparation and official permit arrangements for the Annapurna region. Our Nord Extreme team will assist with all required documentation, including trekking permits and entry procedures.

You will attend a detailed trek briefing covering the itinerary, altitude awareness, trail conditions, weather expectations, and important safety guidelines.

A complete gear check will also be conducted to ensure you are fully prepared for the trek. If any equipment is missing, you will have time to rent or purchase it in Thamel. The remainder of the day is free for relaxation, sightseeing, or café visits around Kathmandu.

Day 3 : Fly or Drive to Pokhara (820m)

Altitude: 820m

Walk: 25 min flight / 6–7 hrs drive · Stay: Luxury Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

After breakfast, travel to Pokhara, the gateway to the Annapurna region. You may choose a scenic domestic flight with breathtaking views of the Annapurna and Langtang ranges, or enjoy a beautiful overland drive along the Prithvi Highway passing rivers, terraced hillsides, and rural settlements.

Upon arrival in Pokhara, check into your lakeside hotel and enjoy free time exploring Phewa Lake, cafés, and the peaceful atmosphere of the city. Overnight in Pokhara.

Day 4 : Drive to Nayapul & Trek to Tikhedhunga (1,540m)

Altitude: 1,540m

Walk: 4–5 hrs · Stay: Luxury Hotel · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

After breakfast, drive approximately 1.5 hours to Nayapul, the starting point of your trek. Begin walking through the lively village of Birethanti, crossing rivers and passing terraced fields, waterfalls, and traditional hillside settlements.

The trail gradually ascends to Tikhedhunga or Ulleri, depending on the pace of the group. Overnight at a traditional teahouse.

Day 5 : Trek to Ghorepani (2,860m)

Altitude: 2,860m

Walk: 5–6 hrs · Stay: Luxury Hotel · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Today involves a steady climb through stone staircases and charming Magar villages. The trail passes through dense rhododendron forests, especially beautiful during the spring blooming season.

Arrive at Ghorepani, a scenic mountain village known for panoramic views of the Annapurna and Dhaulagiri ranges. Overnight at teahouse in Ghorepani.

Day 6 : Hike to Poon Hill (3,210m) & Trek to Tadapani (2,630m)

Altitude: 3,210m

Walk: 6–7 hrs · Stay: Luxury Hotel · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Begin before dawn with a short uphill hike to Poon Hill, one of Nepal's most famous viewpoints. Witness a spectacular sunrise over Dhaulagiri, Annapurna I, Machapuchare, and surrounding peaks.

After returning to Ghorepani for breakfast, continue trekking through forested ridges, streams, and rhododendron forests toward Tadapani. Overnight at teahouse in Tadapani.

Day 7 : Trek to Chhomrong (2,170m)

Altitude: 2,170m

Walk: 5–6 hrs · Stay: Luxury Hotel · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Descend through beautiful forest trails to Kimrong Khola before climbing gradually to Chhomrong, a picturesque Gurung village overlooking Annapurna South and Machapuchare.

The village offers stunning mountain scenery and a great cultural atmosphere. Overnight at teahouse in Chhomrong.

Day 8 : Trek to Bamboo (2,310m)

Altitude: 2,310m

Walk: 5–6 hrs · Stay: Luxury Hotel · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Today's trail descends steeply to Chhomrong Khola before ascending through thick bamboo and

rhododendron forests.

The peaceful forest environment, waterfalls, and cool mountain air make this section especially enjoyable. Overnight at teahouse in Bamboo.

Day 9 : Trek to Himalaya (2,920m)

Altitude: 2,920m

Walk: 4–5 hrs · Stay: Luxury Hotel · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Continue gradually uphill through bamboo forests and narrow river valleys. Pass through Dovan and climb higher toward Himalaya Hotel beneath towering cliffs and dramatic alpine scenery.

The landscape becomes increasingly rugged as you move deeper into the Annapurna Sanctuary. Overnight at teahouse in Himalaya.

Day 10 : Trek to Annapurna Base Camp (4,130m)

Altitude: 4,130m

Walk: 6–7 hrs · Stay: Luxury Hotel · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Today is one of the most rewarding days of the trek. Pass Hinku Cave and Machapuchare Base Camp before entering the spectacular Annapurna Sanctuary.

Surrounded by towering Himalayan peaks, glaciers, and ice-covered walls, you finally reach Annapurna Base Camp. Enjoy unforgettable views of Annapurna I, Annapurna South, Hiunchuli, Tent Peak, and Glacier Dome. Sunset from base camp is truly breathtaking. Overnight at teahouse in ABC.

Day 11 : Helicopter Flight to Pokhara (820m)

Altitude: 820m

Walk: 20 min helicopter flight · Stay: Luxury Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Wake early for a magical sunrise over the Annapurna range from base camp. After breakfast, board a helicopter for a scenic return flight to Pokhara, flying above deep valleys, remote villages, forests, and terraced hillsides.

Upon arrival in Pokhara, transfer to your hotel and enjoy a relaxing afternoon by the lakeside. Overnight in Pokhara.

Day 12 : Leisure Day in Pokhara (820m)

Altitude: 820m

Stay: Luxury Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Enjoy a free day to relax and explore Pokhara at your own pace. Optional activities include boating on Phewa Lake, visiting the World Peace Pagoda, Davis Falls, Gupteshwor Cave, or Tibetan refugee settlements.

You may also enjoy spa treatments, café hopping, or shopping for souvenirs around Lakeside Pokhara. Overnight in Pokhara.

Day 13 : Fly or Drive to Kathmandu (1,400m)

Altitude: 1,400m

Walk: 25 min flight / 6–7 hrs drive · Stay: Luxury Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Return to Kathmandu either by scenic flight or overland drive along Nepal’s beautiful river valleys and hillsides.

After arriving in Kathmandu, enjoy free time for shopping, sightseeing, or visiting famous heritage sites such as Pashupatinath Temple, Boudhanath Stupa, or Kathmandu Durbar Square. Farewell dinner can be arranged in the evening. Overnight in Kathmandu.

Day 14 : Final Departure

Altitude: 1,400m

Visit: Nepal · Meals: Breakfast

Depending on your flight schedule, enjoy breakfast and some final moments in Kathmandu before being transferred to Tribhuvan International Airport for your onward journey.

Your unforgettable Himalayan adventure comes to an end with memories of stunning mountain landscapes, rich culture, and warm Nepalese hospitality.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.

- Day 1 · Arrival in Kathmandu · 1,400 m · day 21°C / night 10°C
- Day 2 · Trek & Permit Preparation in Kathmandu · 1,400 m · day 21°C / night 10°C
- Day 3 · Fly or Drive to Pokhara · 820 m · day 24°C / night 14°C
- Day 4 · Drive to Nayapul & Trek to Tikhedhunga · 1,540 m · day 20°C / night 10°C
- Day 5 · Trek to Ghorepani · 2,860 m · day 13°C / night 1°C
- Day 6 · Hike to Poon Hill & Trek to Tadapani · 3,210 m · day 12°C / night -1°C
- Day 7 · Trek to Chhomrong · 2,170 m · day 17°C / night 5°C
- Day 8 · Trek to Bamboo · 2,310 m · day 16°C / night 5°C
- Day 9 · Trek to Himalaya · 2,920 m · day 13°C / night 1°C
- Day 10 · Trek to Annapurna Base Camp · 4,130 m · day 7°C / night -7°C
- Day 11 · Helicopter Flight to Pokhara · 820 m · day 24°C / night 14°C
- Day 12 · Leisure Day in Pokhara · 820 m · day 24°C / night 14°C
- Day 13 · Fly or Drive to Kathmandu · 1,400 m · day 21°C / night 10°C
- Day 14 · Final Departure · 1,400 m · day 21°C / night 10°C

What’s included

1. Transportations

- Private/tourist vehicles for airport pickup and drop-off in Kathmandu.
- Private/tourist vehicles transfer as per itinerary to access the trailheads.
- Domestic flight included for access to the trekking starting & ending point.

2. Accommodation & Meals

- 3 Nights Luxry Hotel in Kathmandu with bed & breakfast basis.
- 3 Nights Luxury hotel in Pokhara with bed & breakfast basis.
- All Meals (breakfast, lunch & dinner with tea & coffee) during the trekking Period.

3. Permits

- Annapurna Conservation Area Project (ACAP) permits.
- Trekkers' Information Management System (TIMS) permits.

4. Guide & Staff

- Professional and experience License holder trekking guide salary & insurance.
- Porter salary, equipments & insurance.
- First aid medical kit for emergency support.

Not included

1. International Flights

- Airfare from your home country to Nepal (Tribhuvan International Airport, Kathmandu).
- Return airfare from Nepal (Tribhuvan International Airport, Kathmandu) to your home country.

2. Visa Fees

- Nepal entry visa fee for entering Nepal (available on arrival at Tribhuvan International Airport, Kathmandu, or through a Nepalese embassy).

3. Travel Insurance (Mandatory)

- Comprehensive travel insurance covering high-altitude trekking, emergency medical treatment, helicopter evacuation, trip cancellation, and other unforeseen circumstances.

4. Personal Expenses

- Tips, gifts, and souvenirs for trekking guides and porters.
- Personal trekking equipment and gear.
- Charges for lodge Wi-Fi, hot showers, battery charging, and laundry services.

5. Meals & Beverages

- Lunch and dinner in Kathmandu, Pokhara, and other locations where accommodation is provided in 3-star category hotels.
- Soft drinks, bottled water, alcoholic beverages, and snacks consumed during meals

Ready to book or have a question?

Trip page:
https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/annapurna-base-camp-with-helicopter-return/
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