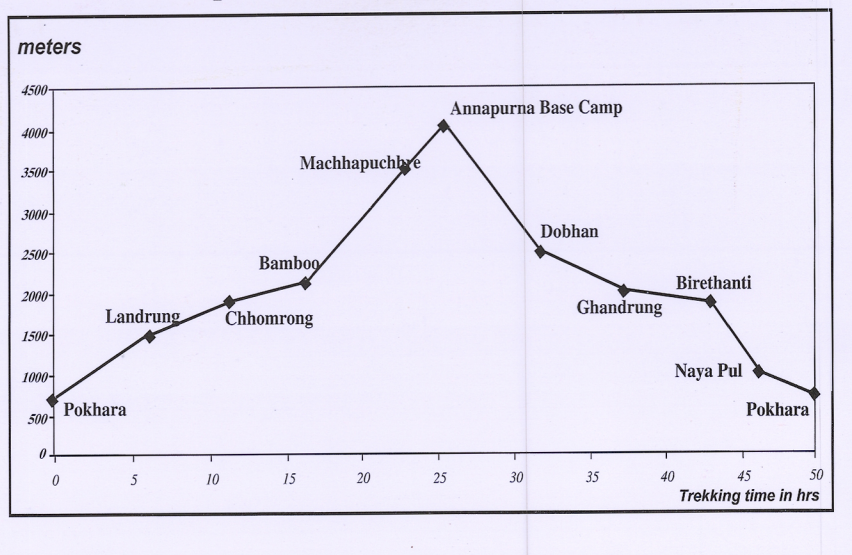


The Route to Annapurna Base Camp & Back



Pokhara - Machhapuchhre B.C. - Annapurna Base Camp

From	To	Altitude in meters	Altitude in feet	Trek in time	Total
Day 1: Pokhara to Landrung					
Pokhara	Hyangja	1070	3510	35 min	Total 6.5 hr
Hyangja	Phedi	1130	3707	25 min	
Phedi	Dhampus	1650	5413	1 hr	
Dhampus	Pokhara	1950	6396	1.5 hr	
Phedi	Phedi	2080	6824	1 hr	
Day 2: Landrung to Chomrong					
Landrung	New Bridge (Himalpani)	1340	4396	1.5 hr	Total 5.5 hr
Hyangja	Jhivundaha (Hil Syang)	1780	5826	2 hr	
Phedi	Chomrong	2170	7119	2 hr	
Day 3: Chomrong to Bamboo					
Chomrong	Sruswa	2360	7743	2.5 hr	Total 5.5 hr
Sruswa	Kuldiyar	2540	8333	2 hr	
Kuldiyar	Bamboo	2910	9579	1 hr	
Day 4: Bamboo to Machhapuchhre Base Camp					
Dobhan	Dobhan	2600	8530	1 hr	Total 5.5 hr
Dobhan	Dobhan	2600	8530	1.5 hr	
Hirwa Cave	Hirwa Cave	3170	10400	1 hr	
Hirwa Cave	Deurali	3200	10499	45 min	
Day 5: Machhapuchhre Base Camp to Annapurna Base Camp					
Machhapuchhre Base Camp	Annapurna Base Camp	4130	13549	2 hr	Total 5.5 hr

Annapurna Base Camp - Pokhara & Side Trips

From	To	Altitude in meters	Altitude in feet	Trek in time	Total
Day 6: Annapurna Base Camp to Dobhan					
Annapurna Base Camp	Dobhan	2600	8530	7.5 hr	Total 7.5 hr
Day 7: Dobhan to Chomrong					
Dobhan	Chomrong	2170	7119	6.5 hr	Total 6.5 hr
Day 8: Chomrong to Ghaurkund					
Chomrong	Kyumu (Kimmong)	1800	5895	2 hr	Total 4 hr
Ghaurkund	Ghaurkund	1960	6396	2 hr	
Day 9: Ghaurkund to Birethanti					
Ghaurkund	Syauli Bajar	1220	4002	1.5 hr	Total 3 hr
Syauli Bajar	Chomrong	1130	3707	0.5 hr	
Chomrong	Birethanti	1025	3363	1 hr	
Alternative Route Birethanti to Pokhara					
Day 10 A: Via Naya Pul					
Birethanti	Naya Pul	1070	3510	20 min	Total 2.2 hr
Naya Pul	Pokhara	850	2789	2 hr	
Day 10 B: Via Chandrakot					
Birethanti	Chandrakot	1580	5184	2 hr	Total 3 hr
Lumle	Chandrag	1770	5807	0.5 hr	
Kande	Pokhara	850	2789	1.5 hr	
Side Trip A: Kyumu (Kimmong) to Ghaurkund					
Day 1: Kyumu (Kimmong) to Ghorepani					
Kyumu (Kimmong)	Komrong	2255	7398	1 hr	Total 6 hr
Komrong	Tadapani	2630	8628	2 hr	
Tadapani	Chorepani	2880	9450	2 hr	
Day 2: Chorepani to Ghaurkund					
Chorepani	Deurali Pass	3090	10138	1.5 hr	Total 6.5 hr
Deurali Pass	Ban Thanti	3140	10303	1.5 hr	
Ban Thanti	Tadapani	2630	8628	2 hr	
Day 3: Ghorepani to Ghaurkund					
Ghorepani	Chandrag	1940	6363	2 hr	Total 6.5 hr
Chandrag	Poon Hill	3153	10347	1.5 hr	
Poon Hill	Chorepani	2880	9450	1 hr	

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We thank you all and solicit your comments and suggestions.

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