

1. Annapurna Base Camp Trek with Helicopter Return

2. Overview

The Annapurna Base Camp Trek with Helicopter Return is a 4-day trekking package which includes trekking to Annapurna Base Camp (4,130 m) and a helicopter flight back to Pokhara. The trail lies in the Annapurna...

3. Itinerary

Day 1: Drive from Pokhara to Siwai (3 hours), then trek uphill to Chhomrong Altitude: 2170 meter Meals: Lunch Dinner Stay: Teahouse Your Annapurna Base Camp Trek with Helicopter Return begins with a drive from Pokhara to Siwai. The road passes through the countryside with views of hills, rivers, terraced fields, & small settlements. After reaching Siwai, you start the trek toward Chhomrong. The trail climbs through stone steps, farmland, and traditional Gurung villages. As you gain altitude, you begin to notice the changing landscape of the Annapurna region, with forest sections & mountain views opening up along the route. On clear days, you may get your first views of Annapurna South and Machhapuchhre before reaching Chhomrong. It is one of the most popular villages in the Annapurna Region.
Day 2: Trek from Chhomrong down to Himalaya Hotel Altitude: 2600 meter Meals: Breakfast Lunch Dinner Stay: Teahouse Leaving Chhomrong, the trail drops steeply on stone steps toward the Chhomrong Khola. After crossing the suspension bridge, you begin a long uphill section toward Sinuwa. The forest becomes denser after Sinuwa. Bamboo, oak, and rhododendron trees line the trail as it passes Bamboo and Dovan along the Modi Khola Valley. From Dovan, the final section climbs gradually toward the Himalaya Hotel, where the surroundings become quieter, and the air feels cooler compared to the lower villages.
Day 3: Trek from Himalaya Hotel to Annapurna Base Camp Altitude: 4130 meter Meals: Breakfast Lunch Dinner Stay: Teahouse The trail becomes more open & alpine as you leave the Himalaya Hotel behind. The walk continues through the Modi Khola valley toward Deurali and the Hinko Cave area, where the forest starts to disappear & the views become wider. This section feels different from the lower parts of the trek because the surroundings become quieter, with fewer trees and more rocky mountain terrain. After reaching Machhapuchhre Base Camp at 3,700 meters, you get a closer look at the iconic Fishtail Mountain along with peaks like Hiunchuli and Gangapurna. You can stop here for a short break before continuing toward Annapurna Base Camp. The final stretch takes you into the Annapurna Sanctuary, a wide glacial basin surrounded by some of the region's highest mountains. Reaching ABC at 4,130 meters brings you close to Annapurna I, Annapurna South, and the surrounding Himalayan peaks. This is the longest and most rewarding section of the trek.
Day 4: Enjoy an Early Sunrise at Annapurna Base Camp, Then Fly by Helicopter to Pokhara

Altitude: 822 meter

Meals: Breakfast

Stay: Teahouse

Today starts early with sunrise views from Annapurna Base Camp. As the first light reaches the surrounding peaks, you can enjoy close views of Annapurna I, Annapurna South, Machhapuchhre, Hiunchuli, & the mountains surrounding the sanctuary. After spending some time at the base camp, you will take a shared helicopter flight back to Pokhara. The 20 to 30 minute flight gives you a completely different view of the Annapurna region, with views of glaciers, valleys, forests, and villages that you crossed during the trek. Once you land in Pokhara, your Annapurna Base Camp Trek with Helicopter Return ends. **Notes: A private luxury helicopter charter from ABC is also available for the return. Please inform us during booking if you'd like this option.**

5. Cost Includes

- Three hearty meals a day (breakfast, lunch, and dinner) throughout the trekking portion of the journey
- Mountain Accommodation on best available lodge on twin sharing basis.
- A scenic shared helicopter transfer from Annapurna Base Camp back to Pokhara
- Private transportation from Pokhara to trek beginning.
- Government License holder experience Guide.
- A reliable porter to carry your stuffs during the trek, but 1 porter can carry for two peoples stuff (Weight limit max 20kg weight).
- Transportation, accommodation, meals, personal expenses, and insurance of guide and porter.
- A complimentary High Route Adventure T-shirt, a detailed trekking map, and a certificate marking your achievement upon completion
- All necessary trekking permits and local entry fees
- Fresh seasonal fruit after dinner during the trek
- Applicable government taxes and VAT

6. Cost Excludes

- Nepalese Visa fee
- International airfare to and from Kathmandu
- Lunch and dinner in Kathmandu, & Pokhara
- Accommodation in Kathmandu and Pokhara
- Travel and rescue insurance
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.)
- Tips for guide, porter

7. Equipment / Packing List

ABC Trek + Heli Return - Packing List

- Down jacket + fleece
- Waterproof shell (jacket + pants)
- Thermal base layers

- Trekking pants, 4-5 socks, gloves, warm hat
- Broken-in boots + camp shoes
- Sleeping bag (-10°C)
- Daypack + rain cover
- Trekking poles, power bank, snacks
- Water bottle + purification tabs
- Sunglasses, sunscreen, lip balm
- First aid + Diamox (altitude)
- Permits (ACAP, TIMS) + cash