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Annapurna Base Camp Trek With Helicopter Return

- Duration: 6 Days Days
- Max Altitude: 4,130m
- Destination: Nepal
- Trip Grade: Moderate
- Best Season: Autumn, Spring

Highlights

- Reaching the foothills of the Himalayas and exploring the base of the tenth-highest snow-capped marvel in the world, Mt. Annapurna
- Traverse across the culturally immersive trekking trails through the charming Gurung, Magar, Thakali, and Loba ethnic group
- Incredible natural allurements of the region and the opportunity to explore the Annapurna Conservation Area (est. 1985)
- Captivating views of the Himalayan peaks like Annapurna South, Annapurna I, II, III, IV, Machapuchare, Manaslu, Lamjung Himal, and Dhaulagiri
- Authentic teahouse trekking experience
- Diverse landscapes, trekking across terraced farms, bright rhododendron forests, charming waterfalls and rivers, alpine meadows and glacial moraines
- Breathtaking 360° of the surrounding peaks in the Annapurna region during the flight back to Pokhara

Overview

Annapurna Base Camp Trek With Helicopter Return is a remarkable base camp journey in the Himalayas that combines the classical trekking route in the [Annapurna region](#) with modern convenience. This thrilling adventure takes you to the base region of the tenth-highest mountain peak in the world, Mt. Annapurna [8,091 meters/ 26,545 feet], and adds a thrilling ride back via helicopter in your exploration.

You might be already familiar with the natural marvels of the second most popular region in the Himalayas. But, with this unique adventure package, you will be able to relish the magnificence of the

region from a bird-eye perspective. Annapurna Base Camp Trek With Helicopter Return is a perfect Himalayan exploration package if you are looking for a milder form of adventure to explore its north-central prospects.

The Annapurna Base Camp Trek is one of the world's most sought-after base camp adventures. Thus, adding the exhilarating helicopter flight back will make the experience even more extraordinary. Thanks to the return trip cut-off by the chopper flight back to [Pokhara](#), the overall difficulty level and the duration of the expedition also drastically decreases. It makes this trekking package an ideal exploration opportunity for anyone wary about the long duration and difficulty level of the Himalayan trekking adventures.

Best Time for Annapurna Base Camp Trek With Helicopter Return

As this incredible Himalayan exploration includes a helicopter return flight, it is necessary to pick the season with stable weather and clear visibility. Setting this adventure for September to November (autumn) and March to May (spring) will secure an optimum experience.

These seasons are the peak season for mountain expeditions and Himalayan trekking adventures in Nepal. The climate of the region is stable during these times, and the temperatures are suitable for high-altitude explorations.

Even among these peak seasons, spring, in particular, outshines autumn with its incredible natural allurements. This season marks the pinnacle of nature, and the trekking trails are decorated with stunning colourful visuals. (The temperature of Annapurna Base Camp during spring is around 8 °C- 31 °C).

Conversely, Autumn is popular for its clear visibility, dry trails, stable climate, unique shades of the fall season, and festive ambience. Annapurna Base Camp Trek With Helicopter Return in the autumn season will add cultural experience and the fascinating beauty of the harvest season to your excursion. (The temperature of Annapurna Base Camp during spring is around 31 °C- 10 °C).

See also: [What is the Best Time For Annapurna Base Camp Trek?](#)

Day 01

Kathmandu [1,400 meters/ 4,593 feet] to Pokhara [820 meters/ 2,690 feet] bus drive

Elevation Loss: 580 meters/ 1,902 feet

Drive Duration: 6-7 hours

This day's driving adventure will mark the start of your incredible Himalayan journey. After a warm breakfast in [Kathmandu](#), you will get on a luxurious tourist bus and head toward the west side of the valley.

You will pass magnificent landscapes that comprise high hills, lush forests, charming waterfalls, and soaring rivers on this day's drive. Following the driving trail alongside the Marsyangdi and Trishuli Rivers, you will head toward the major tourist hub of Nepal.

Pokhara is a vibrant and beautiful city that is known for its remarkable lakes. This city is also a popular trek starting point for adventures in the Annapurna region. You will be greeted by the stunning views of Machapuchare, Manaslu, Lamjung Himal, and Dhaulagiri after you reach the city.

Day 02

Dive from Pokhara to Jhinu Danda [1,780 meters/ 5,839 feet] by jeep and trek to Sinuwa [2,340 meters/ 7,677 feet]

Elevation Gain: 1,520 meters/ 4,986 feet

Drive Duration: 3 hours

Trek Duration: 4-5 hours

Leaving the hustle and bustle of this tourist destination, you will head toward the trekking point in your trekking adventure. After breakfast, you will take a jeep ride to Jhinu Danda on this day.

You will drive past the lovely settlements of the lower Annapurna region, like Nayapul, Birethanti, and Siwai, to reach Jhinu Danda. However, your adventure doesn't end here; after stretching for a bit and taking a short break, you will continue toward the rest point of today's trek.

From Jhinu Danda, you will trek through the dense sub-tropical forest decorated with a wide variety of rhododendron trees. The incredible views of Machapuchare and Annapurna South appear in front of you as you ascend to higher altitudes in your route.

Although you may not see the Modi Khola from your trekking route on this day, you will hear its soaring resonance that echoes on the serene hills. After 4-5 hours of relatively easy trekking, you will finally reach the beautiful village of Gurung and Magar ethnic group, Sinuwa Village.

Day 03

Trekking from Sinuwa to Deurali [3,174 meters/ 10,413 feet]

Elevation Gain: 834 meters/ 2,736 feet

Trek Duration: 6-7 hours

This is another exciting day's adventure in your exhilarating Himalayan exploration. After breakfast at Sinuwa, you will first make your way toward the Upper Sinuwa through lush bamboo, oak, and rhododendron forests.

Then, you will follow the trails through the scenic landscapes that stretch all the way to Khuldigar Village. From here, you will make your descent to Bamboo and follow the enchanting trails across Dovan and Himalaya to reach your destination for tonight, Deurali.

Deurali is a small settlement enroute to Annapurna Base Camp Trek with few teahouses. From here, you can relish the spectacular beauty of Annapurna and Machapuchare as you turn in for the night.

Day 04

Deurali to Annapurna Base Camp [4,130 meters/ 13,549 feet]

Elevation Gain: 956 meters/ 3,136 feet

Trek Duration: 5-6 hours

You trekking on this day will pass through the Annapurna Sanctuary and you will be mostly trekking close to the Annapurna Glaciers. The climate also starts to get chillier as you head close to the base of the mountain, so make sure to wear warm clothes for this day's adventure.

After trekking for about 2-3 hours, you will first reach the Machapuchare Base Camp (MBC), which is situated at an altitude of 3,700 meters (12,139 feet). You will take a lunch break here, enjoying the incredible Himalayan ambiance. Then, moving further in your ascending trail to the northwest, you will push for Annapurna Base Camp.

From ABC, you will witness the 360° panoramic views of the Himalayan peaks like Machapuchare, Hiunchuli, Annapurna South, Annapurna I, Annapurna II, Gangapurna, Tent Peak, Tilicho, Pisang and other surrounding peaks.

Relishing the true Himalayan magnificence at the foothills of these stunning peaks, you will rest here tonight.

Day 05

Helicopter flight back from base camp to Pokhara [820 meters/ 2,690 feet]

Elevation Loss: 3,310 meters/ 10,859 feet

Flight Duration: 30-35 minutes

Today, after enjoying a warm breakfast enjoying the serenity of these pristine peaks in the Himalayas, you will take a helicopter ride for your trip back to Pokhara. But, before that, you will take your time relishing the magnificent aerial views of the Himalayas from a bird-eye perspective.

This will be the most magical day in your exciting Himalayan adventure. The breathtaking views of the 6,000 to 8,000-meter class pristine Himalayan massifs from the sky will be something you will treasure for life. Then, after concluding your journey, you will fly down to Pokhara.

After landing at Pokhara, you will have a leisurely day. You can use this time to do sightseeing around the popular landmarks of the city, boat riding or paragliding. Today, you will be able to enjoy the comfort of the modern amenities as you settle in for the night at this tourist hub.

Day 06

Pokhara to Kathmandu [1,400 meters/ 4,593 feet] bus drive

Elevation Gain: 580 meters/ 1,902 feet

Drive Duration: 6-7 hours

After completing the Annapurna Base Camp Trek With Helicopter Return, on this day, you will wrap up

your remarkable exploration. You will drive back to Kathmandu in a luxurious tourist bus, enjoying the incredible natural scenery.

You will be transferred back to your respective hotels after reaching Kathmandu. Thank you for trekking with [My Everest Trip](#); we hope to see you again. Safe journey!

You may also like:

- [Annapurna Base Camp Trek Map](#)
- [Annapurna Base Camp Trek Difficulty](#)
- [Annapurna Base Camp Trek Via Poon Hill](#)
- [Annapurna Base Camp Trek Packing List](#)

What To Expect?

What's included

- Airport/hotel pick up and drop off by private car.
- Two nights 3-star hotel in Kathmandu / Pokhara Bed and Breakfast plan
- Meals on the entire board (breakfast, lunch, and dinner) during the whole trekking
- Kathmandu - Pokhara - Kathmandu By tourist bus or up to your request
- Trekking map
- An experienced Government license holder guide
- Insurance, salary, equipment, transportation, local tax for guide.
- Group medical supplies (first aid kit will be available)
- All necessary paper works and national park entry permits
- Travel and rescue arrangement
- TIMS (Trekking Information Management System)
- All government taxes and tourist service charges

What's not included

- Meals in Kathmandu before and after trekking
- Your travel insurance (Rescue)
- Tips for trekking staff and driver
- Drinks (hot, cold, and alcoholic)
- Personal shopping and laundry etc
- Personal trekking equipment
- Trekking porter/Sherpa who will carry your bags during the trekking.

Why Annapurna Base Camp Trek With Helicopters Return?

ABC Trek With Helicopters Return FAQ

Why Annapurna Base Camp Trek With Helicopters Return?

The Annapurna Base Camp trek with a helicopter return presents a one-of-a-kind and effective opportunity to explore the stunning Himalayan landscape. This adventure blends the excitement of trekking to the renowned Annapurna Base Camp with the ease of a helicopter ride back, saving both time and energy. It's perfect for those who want to experience a thrilling mountain journey while also being mindful of their schedule.

Annapurna Base Camp Trek With Helicopters Return Cost ?

The cost of the Annapurna Base Camp Trek with helicopter return varies between \$2,200 and \$3,000 per person. This package includes all expenses related to trekking, accommodations, and a helicopter ride back. It is an excellent option for those who want to experience a comfortable and efficient trekking adventure in the Himalayas while enjoying scenic views.

Is This Trek Difficult?

[Annapurna Base Camp Trek](#) is considered a light to moderate level of adventure in the Himalayas. Thanks to its lower elevation points, this trek is not as demanding as other high-altitude base camp adventures.

Furthermore, in Annapurna Base Camp Trek With Helicopter Return, you will fly back directly to Pokhara from the base camp without the need to retrace your steps back on the trekking route. So, most definitely, this exciting trekking package is more comfortable and easier than the standard ABC trekking package.

You will kick start this trekking after a scenic drive from Pokhara to Jhinu Danda (1,780 meters). Annapurna Base Camp (4,130 meters) is the only destination with a significant elevation. However, as you will acclimatize properly, this won't be much of a big deal either.

The total distance of the ABC trek is around 115 to 130 km (71 to 81 miles) in total. You will trek about 4 to 6 hours on average to cover the required distance in a single-day itinerary. However, the trek will be at a slow pace, so you don't need to worry about the long hours of hiking either.

Is Annapurna Base Camp Trek With Helicopter Return for Me?

Annapurna Base Camp Trek With Helicopter Return, without a doubt, is one of the most incredible and rewarding trekking packages in the Himalayas. Thanks to its light and mild difficulty level, pretty much anyone can easily partake in this exciting adventure.

You will not require any technical or mountaineering skills to do this trek. You don't even need to have previous hiking or trekking experience. As you will be returning with a helicopter flight to Pokhara, this exciting package will rescue the physical demand of the return trip. So, even the elderly trekking enthusiast can do this trek.

The success rate of the Annapurna Base Camp Trek is 99% to a total of 100%. If you do some light

preparation for the trek and have good health conditions, you will be able to smoothly complete this expedition without any hassles.

Training and Preparation

Although the Annapurna Base Camp Trek With Helicopter Return isn't a physically challenging adventure, it is still a Himalayan trekking experience. So, you will need to make an adequate effort in your preparation to add comfort to the experience.

The Annapurna region is known for its uphill and downhill sections, which means you will be ascending and descending along the trekking a lot, during your adventure. You should generally work on your strength and stamina aspects for this excursion. You will trek for long hours during the trekking part and should maintain a strength level to carry a backpack at rising altitudes.

Stamina Training Exercises: Running, Jumping Rope, Swimming, Dancing, Rowing, Hiking, Power Walking, Aerobics, Cardio, etc

Strength and Endurance Exercises: Push Up, Plank, Squat, Pull Up, Lunge, Deadlift, Bicep Curl, Glute Bridge, Overhead Press, Leg Raise, Leg Extension, Woodchup, Hammer Curl, etc

Permits for Annapurna Base Camp Trek With Helicopter Return

You will need two permits to do this exciting trekking adventure in the north-central part of the Himalayas.

- Annapurna Conservation Area Project (ACAP) Permit
- Trekkers' Information Management System (TIMS) Card

Both of these permits are mandatory for trekking in the Annapurna region. As you traverse across the protected areas of the region, you need to have an ACAP Permit, which costs approximately US\$ 30.

TIMS Card, on the other hand, is a mandatory requirement for high-altitude trekking adventures in Nepal. This card helps the authorities to keep track of trekkers' entry points in the region and enhances the security features in case of any mishaps. The TIMS card costs around US\$ 17.

You can get both TIMS Card and ACAP permits from the Tourism Board office in Kathmandu. The ACAP permit is also available at the Tourism Board Center in Pokhara and the permit counter at Besisahar. However, for a seamless transition and hassle-free experience, My Everest Trip will arrange all the necessary permits for you.

What Kind of Accommodation Can You Expect?

During this exciting 6-day exploration of the enchanting Annapurna region, you will spend 3 nights at the teahouse/lodge and 2 nights at Pokhara City. You will enjoy luxurious accommodation facilities during your stay at a star hotel in Pokhara. Every type of modern amenities and in-house services in the major tourist hub of the country.

As for the accommodation facilities at the teahouse, they are also on a moderate level. Most of the

teahouses/lodges are run by the locals of the region, so the in-house services can be on a limited number.

In a standard trekking package, you will stay in a comfortable and warm room. You will receive clean-fresh bedding, a cosy mattress, blankets, and pillows during your stay. There are modern bathroom facilities with showers at the lower trails. However, as you trek to the higher altitudes, the facilities may be limited.

Food and Beverages

As the Annapurna region is known for its culturally enthralling trails, the food and beverage lineup is pretty exciting as well. In this remarkable exploration of the Annapurna region, you will be able to taste a wide range of delightful delicacies.

You will be able to enjoy fine dining services during your stay at the hotel in Pokhara. However, the teahouses along the trekking trail will offer a more culturally immersive and authentic experience to explore the diverse range of regional dishes in the country.

Besides the incredible local delicacies, the teahouses in the Annapurna region also include other Asian cuisines and international dishes on the menu.

Menu for Breakfast: Bread, Toast, Roti, Tibetan Bread, Muesli, Pancake, Pudding, Chapati, Paratha, Salad, Fruits, Oats, etc

Menu for Lunch and Dinner: Dal Bhat, Dhindo Gundruk, Thakali Set, Sel Roti, Samosa, Thukpa, Choila, Pizza, Sandwich, Momo, Chowmein, Steak, Fries, Pasta, etc

Beverages

Besides the incredible delicacies, the Annapurna region also offers a diverse range of delightful beverages. During your trekking exploration, you can start the day with warm, refreshing drinks like Tea, Coffee, Milk, Hot Chocolate, and freshly squeezed Fruit Juice.

There are also bottled and canned variants of cold drinks like Fanta, Coke, Dew, Mirinda, Pepsi, etc. But we recommend you to avoid plastic bottles and tin cans as it hurts the environment.

In the hard drink category, local drinks like Chang, Raksi, Tongba, and Aila take the top spot. Branded drinks like Beer, Whiskey, Brandy, and Rum are also available at the teahouses if the local alcohol doesn't grow on you. But you should drink alcoholic drinks in moderation or completely avoid them as they are known to affect the acclimatization process.

Health and Safety

Even though this is not a Himalayan trekking adventure with major altitude jump points above 4,000-5,000 meters class, we will strictly follow the proper precautionary measures to make the experience safe and enjoyable.

Your health and safety are our topmost priority, and we will monitor your health conditions throughout the trek. This remarkable trekking adventure will be led by a government-licensed guide with significant experience in the Annapurna region.

He/she will carry out the health inspection and monitor your oxygen saturation level during the trip. In case of any health issues or emergency, your guide will coordinate with the head office to take immediate measures.

My Everest Trip guides are also trained for first-aid response and have received high-altitude training. So, you are in safe hands during your Himalayan exploration, and you can enjoy the adventure without worrying about anything.

Packing for Trek

In this Himalayan exploration, you will traverse across different climatic zones, from sub-tropical regions to alpine altitudes. Thus, you need to pack the right layers wisely, which is ideal for different climatic zones.

My Everest Trip will provide one porter for two trekkers, and the maximum luggage weight limit for the porter is 30 kg (66 lbs). That means the porter will carry 15 kg (33 lbs) worth of luggage of a single trekker.

You will have to carry extra luggage that is over the recommended weight limit by yourself during the trek. So, pack as lightly as possible without leaving out the most essentials.

Recommended Packing List for Trek

For Head and Body

- Sun hat
- Woollen hat and beanie
- Scarf, neck gaiter
- Tshirt, shirt (lightweight)
- Insulated inner wear
- Sweater
- Windproof/waterproof jacket
- Down jacket for minus degrees
- Fleece jacket
- Trekking shorts, cotton pant
- Lightweight trousers, woollen trousers
- Waterproof/windproof trousers
- Gloves (light, woollen, insulated)
- Several pairs of undergarments

For Foot

- Comfortable trekking boots
- Trainer shoes
- Sandals, slippers
- Waterproof gaiter
- Ankle support
- Socks (light, woollen, insulated)

Personal Hygiene

- Bar soap
- Shampoo, conditioner, hair oil
- Body lotion, sunscreen cream, lip care
- Deodorant
- Foot powder
- Nail clipper
- Small mirror
- Tissue paper, toilet paper
- Wet wipes, face wash
- Toothbrush, toothpaste
- First aid box
- Sanitizer
- Insect repellent
- Water purifier

Gears

- Trekking poles
- Sleeping bag
- Duffle bag
- Packsack
- Waterproof cover
- Sunglass
- Binocular, Camera
- Headlamp
- Powerbank
- Map, GPS
- Journals, magazines, pen
- Entertainment set

Electricity and Internet

Most parts of this trekking have access to reliable electricity and different modes of internet facilities. But, as you move to higher elevation points, the settlements are more dependent on solar power.

Regardless of that, you will be able to charge your devices at the teahouses throughout the trekking. You will have to pay an extra amount to charge your gadgets at the teahouses; the cost may vary from US\$ 2 to US\$ 4, depending on the altitude.

In the case of internet facilities, you will be able to use the Wi-Fi services at your resting destination during the trek. The cafes and restaurants around the region also offer internet services, and you will get short breaks during the trek and have plenty of time to reconnect with the world.

Like electricity, you will have to pay an extra US\$ 2 to US\$ 4 to use the internet services at the teahouses/lodges. There are also mobile networks like Ncell and NTC that offer reliable data packages. You can opt for these networks if don't feel like using shared WiFi; click the following links to check the fresh data packages offered by both of these networks: Ncell and NTC.

Why US

[MyEverestTrip](#) is a **Nepalese Travel and Trekking Agency** based in Kathmandu. We have been operating in different trekking regions for over a decade, traveling with hundreds of travelers worldwide.

With the pure intention to bring trekkers to Nepal's safety and comfort, we have an entire team of travel planners, guides, and porters. We also have connections to hotels and restaurant lines all over Nepal to ensure that our trekkers get the best possible facilities.

So, here is the reason why you should travel with MyEverestTrip.



Customize Your Itinerary:

We have designed a well-planned Itinerary for all travel destinations around Nepal. However, this Itinerary is customizable as per the needs and requests of our trekkers. Just let us know when and how long you are staying so we can arrange the rest.



Our Expert Guide:

Although all travel agencies claim to have a good guide, many are not informed about the place you are traveling to. However, MyEverestTrip has its licensed guide in Nepal. They have been working in this field for over three decades, collecting all the information about the place/ culture and learning to keep the travelers safe. Also, our guide is good at the English language. We can even hire a guide who can speak Chinese and other European languages for trekking in Nepal upon special request.



Fair and reasonable Cost:

MyEverestTrip has been known for its very economic trek packages in Nepal. You can compare the price we offer with any other travel agency in Nepal and only book with us if you are satisfied with our cost. We try to include all needed expenses during the tour so that you will not be overwhelmed with hidden expenses after the packages are booked.



Your safety is our priority:

Obviously, the safety of our trekkers and team is the utmost priority of MyEverestTrip. Our guide and porters who shall accompany you for the trip will have their insurance. We also encourage Travel insurance for our trekkers. Our treks and trips have been so designed that you only walk an appropriate distance. In any case of emergency, you will always have our back.



Responsible and Eco-Friendly

MyEverestTrip operates with the belief in responsible tourism. This includes

- We are transparent about the services covered on the trip. There shall be no hidden cost (informed in advance if there's any)
- We cover all the places promised before the trek (the trend of skipping places once you book the package has to be discouraged).
- All our guides and porters are above 18yrs. We highly discourage child labor in the tourism industry
- We do not leave any wastage behind on the trekking routes. We either dispose of the waste appropriately or carry it back with us and send it to the municipality
- We do not engage in any activities that affect the people in the trek places of Nepal where we stay.

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