



THE ANNAPURNA BASECAMP CHALLENGE

23RD APRIL-3RD MAY 2026

Nepal is widely regarded as the finest destination in the world for trekking and the area around Annapurna is very hard to beat. In the evening after a day of trekking, there is nothing better than to put your feet up and relax with your fellow trekkers looking out at the magnificent scenery. From our highest point on the trek, the panorama of the Himalayas is truly awe inspiring, with Dhaulghiri to the west, Manaslu to the east and in between them, Annapurna and Macchapuchhare, the 'fishtailed' mountain. The people are warm and friendly, its unique culture and incredible history, bring a visit to this country alive.

D1 23RD APRIL KATHMANDU/SENSE INTERNATIONAL VISIT

As the first day of the experience you will visit the Sense International project in Kathmandu. We will be able to provide transfers to the project and back to our centrally located hotel. This evening we all get together for our first meal and have a briefing from our guide and local team on the challenge ahead.

D2 24TH APRIL : POKHARA / GHANDRUK 1950M 3-4 HRS TREKKING

Early this morning we transfer to the domestic airport for our flight to Pokhara. This is a stunning half hour flight along the Himalayan Range, where we can see four out of the world's fourteen giant mountains over 8000m; Dhaulagiri, Annapurna I, Manaslu and Shishapangma, before landing in Pokhara. An experience not to be missed!

In the last 7 years there has been much development of roads in this area and so we start our trek from Shaulibazaar. The trails are a great introduction to the coming days with a good uphill 4hr trek to Ghandruk, with great views of the Machapuchhre and Hiunchuli mountains. We stay here in a charming little family-owned lodge where we can enjoy an organic coffee and great views.



D3 25TH APRIL CHOMRONG 2040M**6-7HRS TREKKING**

Our trek begins with a scenic and relatively gentle trail that winds through traditional Gurung villages, terraced fields, and rhododendron forests. The first section of the trail is pleasant, with a mix of flat and uphill stretches until you reach Chomrong Danda. From here, the trail drops steeply down to the Chomrong Khola. After the suspension bridge begins the sharp ascent up to Chhomrong, a lively settlement spread across a ridge, with wide views of the valley below and dramatic mountain backdrops above. The stone-paved paths, neatly lined guesthouses, and warm hospitality make it a great place to rest and reset before continuing higher into the region.

D4 26TH APRIL BAMBOO 2310M**5-6HRS TREKKING**

We have a steep descent down a long series of stone steps to the Chhomrong Khola today. It's a bit of a reality check right out the gate, especially on tired legs, but the path is well-maintained and offers stunning views of the lush forest. After crossing a suspension bridge over the river, the trail rises sharply again, climbing up to Upper Sinuwa. From Sinuwa, the terrain begins to level out. The trail leads through thick forests of bamboo, often damp and misty, with the sound of distant waterfalls echoing in the background. You'll walk past small teahouses and rest stops before finally reaching Bamboo, a peaceful settlement tucked deep in the forest.

The air feels different here — fresher, heavier with moisture, and still. It's the kind of place that makes you pause, breathe, and take stock of how far you've come (and how far you still have to go).

D5 27TH APRIL HIMALAYAN HOTEL 2920M**5-6HRS TREKKING**

Leaving Bamboo, the trail continues through dense forests dominated by bamboo, rhododendron, and oak. This section doesn't come with dramatic altitude shifts, but don't let the elevation gain fool you — the steady uphill climb and the humid forest can wear you down more than expected. Waterfalls appear more frequently here, cutting through the silence with their steady roar, and the river below often stays out of sight but within ear shot.

By the time you reach the Himalayan Hotel, the tree line begins to thin and the landscape opens just a little. The lodge itself is tucked into the hillside, surrounded by rocky outcrops and dense shrubbery. It's a peaceful stop, usually less crowded than other villages, and offers a good point for rest and acclimatization before climbing further.

D6 28TH APRIL MACCHAPUCCHRE BASE CAMP 3700M 5-6HRS TREKKING

Climbing steeply, we soon reach a fire-blackened overhang which has been walled-in to make a small lodge. This place is known as Hinku Cave. The trail rises continually now, as we near the entry to the Sanctuary. Passing the lodges at Deorali and Bagar, we arrive at the level and grassy moraine platform known as Machhapuchhare Base Camp.





D7 29TH APRIL ANNAPURNA BASE CAMP 3900M

APPROX. 7-8 HOURS TREKKING

Another short day today, and a fairly gentle ascent through tranquil meadows brings us to Annapurna South Base Camp. Increasingly impressive views reward us for our efforts as we climb the last steep section before reaching the base camp area. From here there are fantastic views of the south face of Annapurna 1.

After soaking it all in, the descent begins. You'll retrace your steps to Macchapuchare BC, then continue downhill past Deurali and the Himalayan Hotel, eventually arriving at Dobhan **2600m**. Dobhan is a small forested settlement with a handful of teahouses, making it an ideal place to rest after such a long and emotional day.

D8 30 APRIL SINUWA 2320M

APPROX. 5-6 HOURS TREKKING

The trail from Dobhan to Sinuwa is a steady descent through lush forest, retracing part of the route like the Himalayan Hotel, Dovan and Bamboo. Though it's a descent overall, the trail still demands attention with slippery stone steps, patches of mud and short uphill segments which keep the walk physically engaging. By the time you reach Sinuwa, the landscape has fully transitioned back into mid-hill terrain. It's a cozy settlement perched along the ridge, with several teahouses that offer sweeping views down the valley.

D9 1ST MAY JHINU DANDA & POKHARA

APPROX. 2-4 HOURS TREKKING

Today we retrace our steps as far as Jhinu Danda 1780M where our trek comes to an end. If time permits you have the chance to relax in the natural hot springs about a 15 minute walk down (and half hour walk back up) from the tea house, well worth the walk (there is a small shed to change clothes in and the hot springs have simple cement slabs to contain the water). Again the roads up into the valley have reached this point, so we jump in to our vehicle for the 2.5hr transfer back to Pokhara. Tonight, we have a celebration meal to mark the end of an incredible challenge.

D10 2ND MAY POKHARA / KATHMANDHU—EXTEND OR ONWARD JOURNEYS

For those that wish to stay on in Pokhara, the magical time continues. For the rest of the group we transfer back to the airport for our short flight back to Kathmandu and on to our comfortable hotel. Here you have free time to explore the city on your own or sit back and relax as you like!

D11 3RD MAY DEPART KATHMANDU/RETURN HOME

It's time to say farewell to Nepal. Depending on the time of your flight you may have time to enjoy some last moments in Kathmandu.



COSTS OF CHALLENGE 2026

£395/€460 Registration Fee

LAND ONLY PRICES

£1895/€2195 balance for 14-19 participants

£2095/€2425 balance for 11-13 participants

£2295/€2655 balance for 8-10 participants

£250/€290 Single Supplement

Minimum number 8 –23 Maximum participants

CHALLENGE COST INCLUSIONS

Action Challenge Leader

Action Challenge Medic (for 8+ pax)

Domestic Kathmandu-Pokhara flights

Pre-trip briefing by Action Challenge staff

Online Registration system

Bespoke challenge App for smart phones

English-speaking local head guide / translator

Local specialised guides

All participant and luggage transfers

All accommodation (on a twin share basis)

Kathmandu hotel & mountain teahouses

All meals, except in free time

All group transfers

Full communications 24hr emergency line

Full risk assessment

Full UK office support and management

Event manual / kit list / full challenge brief

3 litres of treated water provided daily

All entrance fees as per the itinerary

Celebration dinner

Medal ceremony

FREE 50 km place on a UK Ultra Challenge

NOT INCLUDED

Return International flights

Alcoholic drinks

Travel insurance

Items of a personal nature

Single supplement

Any required visa fees

Tips for Staff

Meals during free time

Any Helicopter required due to inclement weather

RATING, FITNESS & EXPERIENCE

This challenge is rated as Moderate+ and requires a good level of fitness to walk the route. Training is essential in order to be able to complete the route and enjoy the challenge. Health, fitness and strength will play a significant role and assist in acclimatisation.

CHALLENGE DATES

23rd April—3rd May 2026

TOTAL DISTANCE TREKKED

Apx 65km

ACCOMMODATION

Accommodation in Kathmandu/Pokhara is at good comfortable hotels. Whilst trekking we will be in local private and community teahouses which are more basic, but full of character and usually placed in locations with breathtaking views. Capacity would be approximately 20 max in a single teahouse. All rooms are allocated on a twin-share, single-sex basis. Single rooms are subject to availability and cannot be guaranteed on all nights. They may also be in a separate teahouse within the village.

FOOD

We will bring you appropriate food for the challenge and where possible include local flavours and cuisine, it will always be freshly prepared food that is nutritional and ultimately tasty. We hope that it exceeds peoples expectations given the circumstances. Three meals are provided throughout the challenge days apart from during free time. There will be picnic lunches en-route and evening meals will be at the accommodation.

WEATHER

The best time to visit Pokhara is during the autumn (September to November) and **Spring (March to May) seasons**. During these periods, the weather is pleasant, with clear skies and mild temperatures, making it ideal for outdoor activities and enjoying the scenic beauty of the area.

EQUIPMENT

A full equipment list will be available on the app once each participant has confirmed.

FLIGHTS

This event doesn't include flights.



