

Annapurna Base  
Camp & Everest  
Summiteers Summit  
2026



## Itinerary for ESS Pre Event

Date	Itinerary	Duration Approx.
16 May 2026	Arrival in Kathmandu (1,400m) and transfer to hotel	30 mins
17 May 2026	Fly to Pokhara & Trek to Ghorepani (2,875m)	5-7 hours (drive + trek)
18 May 2026	Sunrise at Poon Hill (3,210m) & Trek to Tadapani (2,630m)	6-7 hours
19 May 2026	Trek to Chhomrong (2,170m)	5-6 hours (trek)
20 May 2026	Trek to Bamboo (2,310m) or Dovan (2,600m)	6-7 hours (trek)
21 May 2026	Trek to Deurali (3,230m) or Machhapuchhre Base Camp (3,700m)	6-7 hours (trek)
22 May 2026	Trek to Annapurna Base Camp (4,130m)	4-5 hours (trek)
23 May 2026	Descend to Sinuwa (2,340m) or Bamboo	6-7 hours (trek)
24 May 2026	Trek to Jhinu Bridge & Return to Pokhara	7 hours (trek)
25 May 2026	Fly to Kathmandu	30 mins
26 May 2026	Everest Summiteers Summit Gala Dinner	
27 May 2026	Everest Summiteers Summit	
28 May 2026	Departure	

## **Background of this Event:**

Everest Summiters Summit is a global gathering of Everest summiters from around the world. It is a historic initiative aimed at celebrating the legacy of mountaineers and inspiring youth toward sustainable mountaineering practices.

On May 27, 2025, for the first time in history, the Everest Summiters Summit 2025 was successfully held, with the participation of 154 Everest summiters. To continue this remarkable legacy, we are organizing the Everest Summiters Summit 2026.

This time, the summit will bring together Everest summiters and climate advocates on a single platform to discuss critical issues related to mountains, climate change, and sustainable tourism.

Following the previous summit, many Everest summiters, Trekkers, and mountaineers shared valuable feedback. Several expressed their interest in staying longer in Nepal to explore its popular destinations. Everest summiter even mentioned a desire to bring their family to Everest Base Camp and Other non-Everest summiters who are interested in visiting Nepal are finding it difficult to travel for a one-day event.

In response to these suggestions, Everest Alliance Nepal is planning to organize pre- and post-event programs for the 2026 summit. These programs will include exclusive dinners with Everest summiters and visits to Nepal's iconic trekking trails. Participants will be welcome to join these experiences along with their family and friends.



## Trip Highlights

- Scenic mountain flight from Kathmandu to Pokhara
- Classic sunrise view from Poon Hill (3,210m)
- Close-up views of Annapurna I (8,091m)
- Walk through blooming rhododendron forests (April season)
- Stay in traditional Gurung villages like Ghorepani and Chhomrong
- Experience the Annapurna Sanctuary amphitheater
- Reach Annapurna Base Camp (4,130m)
- Stunning views of Machhapuchhre (Fishtail)
- Natural hot spring option near Jhinu (optional extension)
- Beautiful lakeside relaxation in Pokhara
- Chance to join in Everest Summiteers Summit 2026

If you are planning to visit Nepal, you can follow this suggested itinerary. Travel agencies are kindly requested to promote this itinerary to interested travelers. You may also choose to explore other destinations in Nepal and attend the Everest Summiteers Summit on May 27, 2026.

This summit is a unique opportunity to meet Everest summiteers from around the world and gain firsthand insights on the impacts of climate change in the mountains. Participants will experience and discuss these effects during interactive sessions in Kathmandu, focusing on pressing mountain issues.

Participation Details:

Cost: \$200 per participant

Special Discount: \$100 if shared through our country representatives

Includes: 1 Dinner, 1 Lunch, and a Delegates Kit

Join us for this extraordinary event to network, learn, and celebrate the spirit of mountaineering.

## **Detailed Itinerary**

### **May 16 – Arrival in Kathmandu (1,400m)**

Upon arrival at Tribhuvan International Airport, you will be warmly welcomed and transferred to your hotel in Kathmandu. After check-in and rest, a short briefing about the trek will be conducted. You can explore the vibrant streets of Thamel in the evening, finalize trekking gear, and enjoy a traditional Nepali welcome dinner.

### **May 17 – Fly to Pokhara & Trek to Ghorepani (1,540m)**

After breakfast, you take a scenic 25-minute flight to Pokhara, enjoying panoramic views of the Himalayan range. From Pokhara, a private vehicle drive takes you to Ulleri. The trek begins with a gentle walk through villages and terraced farmlands along the Modi Khola River, gradually ascending to Ghorepani. Overnight at a teahouse.

### **May 18 – Sunrise at Poon Hill (3,210m) & Trek to Tadapani (2,630m)**

An early morning hike takes you to Poon Hill, one of Nepal's most celebrated viewpoints. The sunrise illuminates Annapurna I, Dhaulagiri, Machhapuchhre, and other peaks in golden light. After descending for breakfast, the trail continues through enchanting rhododendron forests toward Tadapani. The path offers constant Himalayan views and peaceful forest walking.

### **May 19 – Trek to Chhomrong (2,170m)**

The trail descends through forests before ascending again to the charming Gurung village of Chhomrong. This village is the gateway to the Annapurna Sanctuary and offers magnificent views of Annapurna South and Machhapuchhre. The landscape transitions into a deeper valley system as you approach the high mountain region.

### **May 20 – Trek to Bamboo (2,310m) or Dovan (2,600m)**

You descend via stone steps to the Chhomrong Khola and climb toward Sinuwa. The trail continues through dense bamboo and rhododendron forests, entering a quieter, more secluded section of the trek. The atmosphere becomes cooler and more alpine as you reach Bamboo or Dovan for overnight.

### **May 21 – Trek to Deurali (3,230m) or Machhapuchhre Base Camp (3,700m)**

Today's trek gradually ascends through Himalayan landscapes with waterfalls and steep canyon walls. As vegetation thins, the valley opens dramatically. Depending on pace and acclimatization, you stay at Deurali or continue to Machhapuchhre Base Camp (MBC). The first close-up views of towering snow peaks create an unforgettable experience.



## **May 22 – Trek to Annapurna Base Camp (4,130m)**

The highlight of the journey. A gradual ascent across alpine terrain leads you into the Annapurna Sanctuary. Surrounded 360 degrees by massive peaks, you arrive at Annapurna Base Camp. Annapurna I, Annapurna South, Hiunchuli, and Machhapuchhre rise dramatically around you. Sunset and sunrise here are truly magical, painting the mountains in shifting shades of gold and pink.

## **May 23 – Descend to Sinuwa (2,340m) or Bamboo**

After a memorable sunrise at ABC, you retrace your steps, descending through MBC, Deurali, and forested sections toward Sinuwa or Bamboo. The descent is long but easier on the lungs as oxygen levels increase.



## **May 24 – Trek to Jhinu Bridge & Return to Pokhara**

The final trekking day takes you through lush forests and villages to Jhinu Bridge. From there, you drive back to Pokhara and transfer to hotel. In the evening, take a stroll around Lakeside.

## **May 25 – Leisure Day and Fly to Kathmandu**

You are free to roam around or let us know if you'd like to try any adventure activities in Pokhara. In the afternoon, fly back to Kathmandu and transfer to hotel.

## **May 26 - Everest Summiters Summit Welcome Gala Dinner**

## **May 27 - Everest Summiters Summit**



## **May 28 – Departure**

After breakfast, you will be transferred to the international airport for your onward journey, carrying unforgettable memories of the Annapurna Himalayas.