

Annapurna Base Camp Trek with Helicopter Return - 5 Days

URL: <https://nepalalternativetreks.com/trip/annapurna-base-camp-trek-with-helicopter-return/>

Weather -10°C to 18°C	Duration 5 Days	Difficulty Moderate
Accommodation Lodge	Meals Included Breakfast, Lunch, Dinner	Transportation Jeep + Flight
Daily Activity Approx. 4 - 5 hours	Religion Buddhism	Ethnic People Gurung, Magar
Region of Nepal Annapurna Region, Kaski	Max Altitude 4,130 m / 13,550 ft	Per Person Cost USD 850
Best Season Sept, Oct, Nov, Mar, Apr, May	Geographic Terrain Mountain, Forest, Village, Glacier, Hot Spring, Terrace	

Group Discounts Available

No. of Persons	Price per Person
Group Of 1 - 4	USD \$850.00
Group Of 5 - 8	USD \$830.00
Group Of 9 - 12	USD \$810.00

Note: Our fixed group departure dates, services and price is guaranteed even if the group numbers are 1 person to maximum 18 persons. We will provide a guide cum porter if there is only 1 person to operate the trek and one more assistant guide if group size is above 10 persons. And of course, guide cum porter will carry 10 kg luggage.

Annapurna Base Camp Trek with Helicopter Return

Overview

The Annapurna Base Camp trek with helicopter return allows you to experience the **full Annapurna Base Camp trekking trail on foot one-way and return to Pokhara on a helicopter flight** instead of retracing the same trail. During 4 active trekking days, you will travel from the lower Modi Khola valley through dense forests and Gurung villages, and spend one night at **Annapurna Base Camp** (4,130 m), which is located inside the famous amphitheater of peaks. Then, on the next day (day 5), after witnessing the sunrise over **Annapurna I, Machhapuchhre, Annapurna South, Hiunchuli, and Gangapurna** and spending some time at Base Camp, you will board a helicopter back to Pokhara, which will take around **25 to 30 minutes**.

This 5 days ABC trek with heli return itinerary **keeps all the traditional features of the ABC trek** (*terraced fields, rhododendron forests, hot springs, and sunrise over the Annapurna range*), while **removing two to three long downhill days** that are usually the most tiring and hardest on the knees. The trek is **suitable for travelers who have limited time, families, honeymooners, photographers, and anyone looking for a more comfortable Annapurna region trekking experience**.

If you compare it with a **standard Annapurna Base Camp trek** or with the **Annapurna Base Camp Helicopter Tour**, this program **sits exactly in the middle**. It's more immersive than a one-day heli tour, but shorter and more comfortable than the full classic ABC trek. One advantage of this itinerary is the **combination of adventure, comfort, and luxury**. You earn the achievement of trekking to base camp and later enjoy a spectacular aerial view of the Annapurna Himalaya during the return flight.

The helicopter ride itself is another highlight of the whole trip. From the moment the helicopter takes off from Annapurna Base Camp, trekkers get a completely new view of the Annapurna Sanctuary. From above, you see beautiful glaciers, deep valleys, and high Himalayan peaks that one can't fully appreciate on the ground.

Annapurna Base Camp trek with Helicopter Return Highlights

- Trek inside the Annapurna Conservation Area, Nepal's most visited trekking region.
- Reach Annapurna Base Camp (4,130 m) on foot and see the world-famous Annapurna Sanctuary.
- Enjoy close-up views of Annapurna I, Machhapuchhre (Fishtail), Annapurna South, Hiunchuli, Gangapurna, and several surrounding peaks.
- Save two to three days of trekking by returning to Pokhara via helicopter.
- Enjoy a helicopter flight above glaciers, valleys, forests, and mountain ridges.
- Walk through beautiful Gurung settlements, including Chhomrong, one of the largest villages on the route.
- Relax your muscles at the natural Jhinu Hot Spring before beginning the trek.
- Trek through dense bamboo forests where Langurs, Himalayan birds, and other wildlife are occasionally spotted.
- Stay in traditional mountain teahouses and experience local hospitality.
- Ideal combination of adventure trekking and luxury travel.
- Capture sunrise over the Annapurna massif from Annapurna Base Camp.

Weather

What is the Best Time for the Annapurna Base Camp Trek with Helicopter Return?

The best time for the Annapurna Base Camp trek with helicopter return is during the two main trekking seasons in Nepal: **spring (March to May) and autumn (September to November)**. Annapurna Base Camp Trek in March and April is the most beautiful time. During these months, the rhododendron forests are in bloom, temperatures are moderate, and mornings are clear and offer excellent mountain views with warmer daytime conditions at lower elevations.

Autumn brings stable weather after the monsoon, with crisp air, long-distance visibility, and cooler but very pleasant trekking temperatures. Helicopter operations are also more reliable in these seasons because the skies are clearer, and wind patterns are more predictable during the mornings. October is the busiest time in Autumn, as the month overlaps with festivals like Dashain and Tihar, and many trekkers want to experience them.

Winter (December to February) can be beautiful and quieter on the trail, but snow and cold temperatures at higher elevations can make the route more demanding and sometimes affect heli scheduling. Likewise, the monsoon period (June to August) is not recommended due to rain, leeches at lower altitudes, clouded views, and a higher risk of flight delays or cancellations.

January

-10°C to 5°C

February

-8°C to 7°C

March

-5°C to 10°C

April

-2°C to 12°C

May

2°C to 15°C

June

5°C to 17°C

July

7°C to 18°C

August

7°C to 18°C

September

5°C to 16°C

October

-2°C to 11°C

November

-5°C to 8°C

December

-8°C to 5°C

Difficulty

Difficulty Level of Annapurna Base Camp Trek with Helicopter Return

Annapurna Base Camp Trek with Helicopter Return is a moderate level trekking. One of the biggest misunderstandings about the helicopter is that it makes the whole trek very easy. The fact is that you still have to walk from Jhinu Danda to Annapurna Base Camp on foot. That means you will be doing a lot of uphill climbing, stone stairs, and several altitude gains over five days. The helicopter only substitutes the descent from Annapurna Base Camp to Pokhara.

Physically, the most difficult part of the journey is the section from Chhomrong to Deurali. Trekkers have to climb thousands of stone stairs, cross hanging bridges, and walk along steep forest paths. The last climb from Deurali to Machhapuchhre Base Camp (MBC) and Annapurna Base Camp is not steep, but due to the high altitude, it becomes difficult. Luckily, the walking times for these days are not too demanding.

Furthermore, unlike Everest Base Camp or Annapurna Circuit trekking, the trek to Annapurna Base Camp with a heli return does not require the trekker to traverse over a high mountain pass of more than 5,000 m. Because of this, the overall level of difficulty as well as altitude-related dangers is much less.

The ABC trek with a return by helicopter is suitable for fairly physically fit trekkers who can walk several hours a day and have no serious heart or lung problems. Being skilled in high-altitude trekking is an advantage but not a requirement if you get proper preparation and keep up the pace set by your guide.

5 Days Annapurna Base Camp trek with Helicopter Return Itinerary

Day 1: Drive from Pokhara to Samrung, Natural bath at Jhinu Hot Spring. Trek to Chhomrong

Your trek guide meets you in Pokhara, and you start the day with an overland drive to Samrung, the main trailhead for this shorter ABC approach. The road passes through terraced hillsides, traditional villages, and river valleys. Then, once in Samrung, you will follow the trail down towards Jhinu, where you can relax in the natural hot springs along the Modi Khola. The warm mineral water pools beside the Modi Khola River provide a perfect way to relax before heading into the mountains.

After the hot spring visit, you will continue your trek towards Chhomrong. There are several stone steps that you need to tackle. Chhomrong is one of the most scenic villages on the route. From the village, you can enjoy views of Annapurna South and Machhapuchhre on a clear day. Overnight at Chhomrong.

Destination:	Accommodation	Altitude:
55-60km drive (2.5-3 hours) 4	Panorama Point Hotel / Hotel	2,130 m / 7,029 ft
km Uphill hike (3-4 hours)	Excellent View	

Meals

Lunch, Dinner

Day 2: Trek from Chhomrong to Bamboo

On the second day, after breakfast, you will leave Chhomrong. You descend stone steps to reach the suspension bridge over the Chhomrong Khola, which you have to cross, and then climb to Sinuwa. The trekking trail passes through a dense forest, where the landscape becomes more enclosed and cooler as you gain altitude. You will see the villages becoming fewer and the forest sections longer and more silent.

After you pass Upper Sinuwa, the trail leads you down to Bamboo, *a place that has received its name from the dense bamboo forests found there*. Today's hike will offer a good mix of ascents and descents without being too long, so you can get used to the new environment as you go deeper into the Modi Khola

valley. You may also see Himalayan birds, Langurs, and other wildlife along the way.

Destination:	Accommodation	Altitude:
8-11 km Uphill hike (4-5 hours)	Trekking Guest House	2,300 m / 7,590 ft

Meals

Breakfast, Lunch, Dinner

Day 3: Trek from Bamboo to Deurali

From Bamboo, the trail ascends through the forest area toward the upper section of the sanctuary. Along the way, you pass small stops like Dovan and Himalaya. Most of the walk takes place alongside the river, with occasional waterfalls and narrow sections where the valley walls rise steeply on both sides. As you gain height, the vegetation begins to thin, views of snow-covered peaks open up, and you start to feel the transition from forest to more alpine terrain.

You continue past Hinku Cave and follow the trail towards Deurali. The final stretch can feel cooler and windier. On arrival at Deurali, you settle into New Panorama Point Hotel, enjoy a hot meal, and rest well in preparation for the big day to Annapurna Base Camp tomorrow.

Destination:	Accommodation	Altitude:
12 km Uphill hike (5 hours)	New Panorama Point Hotel	3,200 m / 10,499 ft

Meals

Breakfast, Lunch, Dinner

Day 4: Trek from Deurali to Annapurna Base Camp

Today is the highlight and most-awaited day of the entire journey as you make your way into the heart of the Annapurna Sanctuary. You start from Deurali with a gradual ascent along the valley, paying attention to any signs of altitude discomfort and maintaining a slow, steady pace. The trail often follows the river, with occasional sections that can be prone to avalanches in winter and early spring, so your guide will decide the safest line based on current conditions.

You first reach Machhapuchhre Base Camp (MBC), where the view of Machhapuchhre, Annapurna South, and Hiunchuli dominates the landscape. After a short rest and refreshments at MBC, you continue on the wide, gently rising trail towards Annapurna Base Camp. The air feels thinner, but the gradient is manageable if you walk slowly and hydrate well.

By the time you arrive at Annapurna Base Camp, you are surrounded by a 360-degree panorama of peaks, including Annapurna I (8,091 m / 26,545 ft), Annapurna South (7,219 m / 23,684 ft), Machhapuchhre (6,993 m / 22,943 ft), Hiunchuli (6,441 m / 21,132 ft), and several others. You settle into a lodge here, enjoy a hot meal, and, if the weather allows, watch sunset colors on the surrounding mountains.

Destination:	Accommodation	Altitude:
8-9 km Uphill hike (4 hours)	Annapurna Sanctuary Lodge	4,130 m / 13,550 ft

Meals

Breakfast, Lunch, Dinner

Day 5: Helicopter flight from Annapurna Base Camp to Pokhara

Get up early to see the beautiful view of the sun rising over Annapurna I and the other peaks before your helicopter flight. After catching the sunrise at Annapurna Base Camp, you will have a quick breakfast. Your guide coordinates the helicopter arrangements and checks updated weather conditions. Once the helicopter arrives, you board a sharing flight that lifts directly out of the Annapurna Sanctuary, giving you one last, unforgettable look at the peaks from above.

The flight takes 25 to 30 minutes (*depending on routing and conditions*) before you touch down in Pokhara. Once you arrive in Pokhara, the trek officially ends. You can go to your hotel or continue your travel plans.

Destination:

25-30 minutes

Accommodation

Not included

Altitude:

820 m / 2,690 ft

Meals

Breakfast

What's Included

- Pick up and drop off at the hotel in Pokhara before and after the trip
- Lodge accommodation on a twin-sharing basis throughout the trek
- All meals (Breakfast, Lunch, Dinner) during the trek
- Government-licensed, English-speaking trekking guide
- Porter service (1 porter shared between 2 trekkers)
- Guide and porter salary, meals, accommodation, insurance, transportation, and equipment
- Shared helicopter flight from Annapurna Base Camp to Pokhara
- Ground transportation, as mentioned in the itinerary
- Annapurna Conservation Area Project (ACAP) and other necessary documents
- A trekking map, daily oxygen saturation check-up, beanie, first aid kit, water purification, fresh seasonal fruits, trek completion certificate, and company T-shirt
- Government tax and service charges
- Emergency rescue coordination assistance
- Public Liability Insurance

What's Excluded

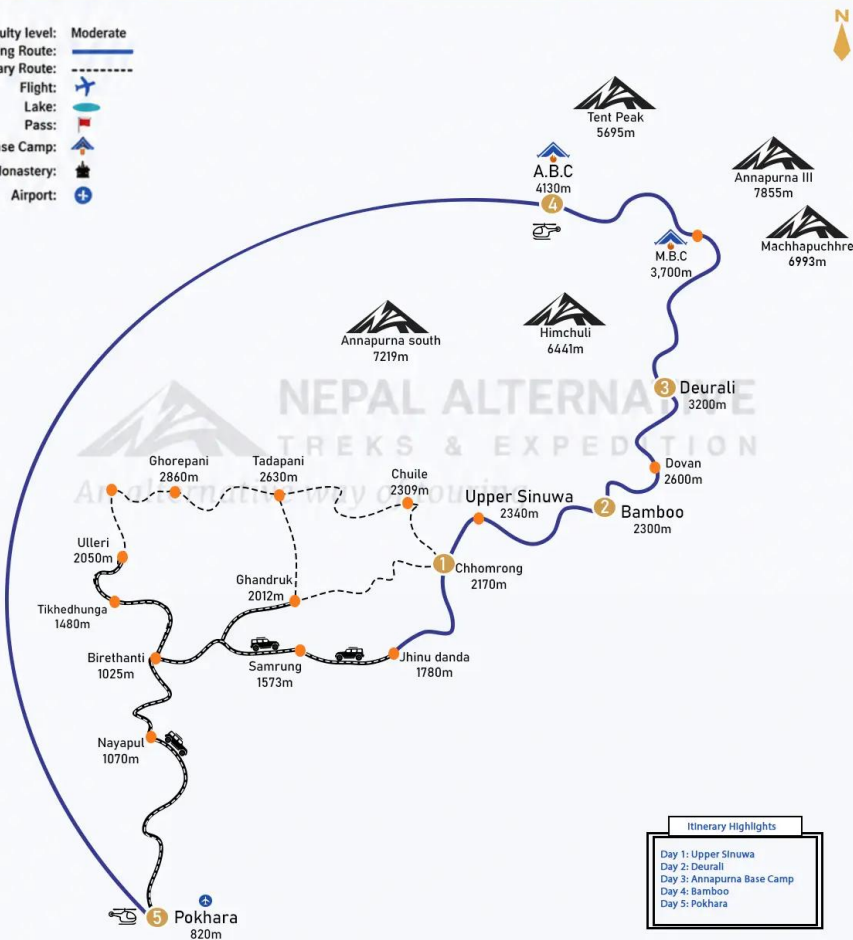
- Hotel accommodation in Kathmandu and Pokhara
- Meals in Kathmandu and Pokhara
- Tea, coffee, bottled water, soft drinks, alcoholic beverages, and other personal drinks

- Hot shower fees, device charging fees, laundry expenses, telephone, and internet charges
- Personal travel insurance
- International airfare
- Nepal entry visa fee
- Personal trekking equipment
- Tips for guides and porters (highly recommended)

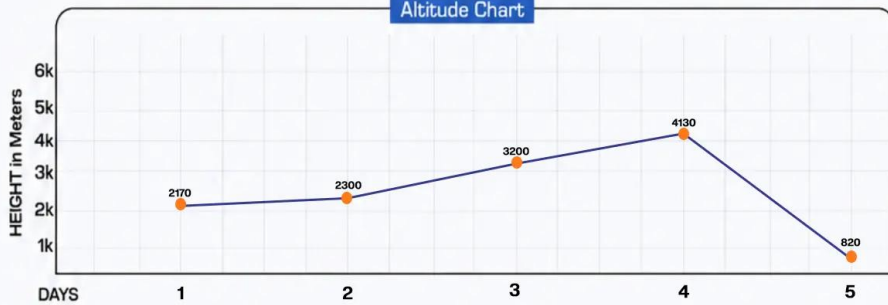
Annapurna Base Camp trek with Helicopter Return Map

Annapurna Base Camp Trek with Helicopter Return 5 Days

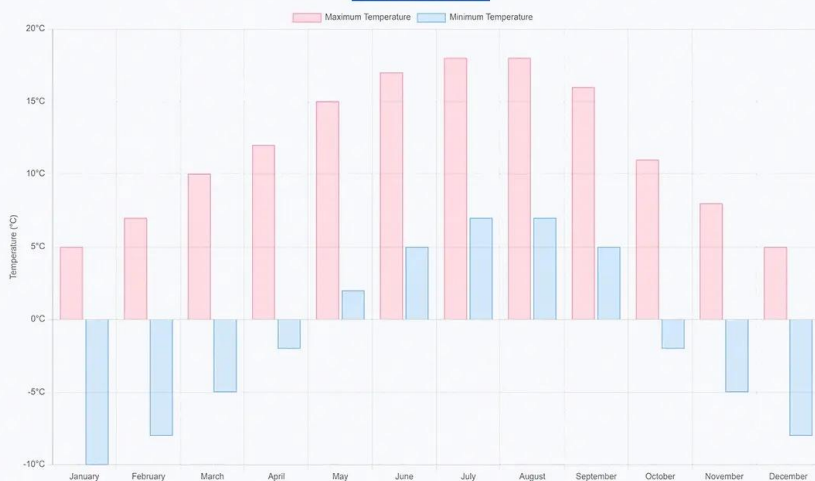
Difficulty level: Moderate
Trekking Route: ———
Secondary Route: - - - - -
Flight: ✈️
Lake: 🌊
Pass: 🏔️
Base Camp: 🏠
Monastery: 🏛️
Airport: ✈️



Altitude Chart



Temperature Chart



Additional Trip Information

What is the Major Difference Between the ABC Trek with Helicopter Return and the ABC Heli Tour?

The **main difference between the ABC Trek with Heli Return and the ABC Helicopter Tour is how much time you spend trekking versus flying**. The Annapurna Base Camp Trek with Helicopter Return is a 5-day, lodge-based trek where you walk all the way up to ABC and only use the helicopter for the return to Pokhara. Over the course of 4 trekking days, you walk through villages, forests, suspension bridges, and mountain trails, visit Gurung villages, spend nights at Chhomrong, Bamboo, Deurali, and Annapurna Base Camp, and then enter the Annapurna Sanctuary. This option gives you a genuine Himalayan trekking experience inside the Annapurna Conservation Area.

The Annapurna Base Camp Heli Tour, by contrast, is primarily an aerial and short-stop experience with no trekking involved. You fly directly from Pokhara (or Kathmandu, depending on the package) to Annapurna Base Camp, land for a brief period for photos and views, and then return by helicopter on the same day. The entire experience usually lasts around 3 hours. It’s suitable for non-trekkers and those who want a luxury sightseeing experience.

In terms of cost, the heli tour is more expensive but shorter overall. The trek with a heli return spreads the experience over several days and provides a deeper connection with the mountains, local culture, and trekking lifestyle.

Feature	ABC Trek with Helicopter Return	ABC Heli Tour
Duration	5 days	3 hours
Trekking required	Yes	No
Accommodation	Teahouses	Not required
Cultural experience	High	None
Physical difficulty	Moderate	Very easy
Time at ABC	Overnight stay	Short visit
Helicopter use	Return journey only	Entire trip

Safety Concerns During the ABC Trek with Helicopter Return

The Annapurna Base Camp Trek with Helicopter Return is a safer, popular high-altitude trek in Nepal. The route is well-established and heavily trekked, and there are teahouses, guides, rescue services, and helicopter operations available. However, as with any Himalayan trek, you should be mindful of safety concerns before starting. These safety concerns include:

Altitude-Related Risks:

The highest Annapurna Base Camp Trek elevation is 4,130 m at Annapurna Base Camp. This altitude is lower than that of destinations such as the Everest Base Camp Trek or the Thorong La Pass. However, altitude can still affect trekkers. You may experience mild symptoms such as headaches, fatigue, loss of appetite, or shortness of breath as you gain elevation. In the event of a medical emergency, helicopter

evacuation can be arranged if covered by your travel insurance.

Weather Conditions:

Mountain weather can change quickly, especially around Deurali, Machhapuchhre Base Camp, and Annapurna Base Camp. Conditions can vary significantly from one day to the next, and occasional delays are part of mountain travel. It is always advisable to keep some flexibility in your travel schedule.

Possible weather-related challenges include:

- Heavy snowfall during winter.
- Rain and slippery trails during the monsoon season.
- Fog and low visibility at higher elevations.
- Delays or rescheduling of helicopter flights due to poor weather.

Helicopter Flight Safety:

Helicopter operations in Nepal follow strict aviation regulations. Flights only operate when weather conditions are suitable for mountain flying. Flights are operated by pilots who regularly conduct rescue, transport, and sightseeing flights throughout the Annapurna region.

If conditions are not suitable for flying, flights may be delayed until it is safe to proceed. These delays occasionally affect travel plans, but they are an important part of maintaining safety in the mountains.

Trail Safety:

The ABC trek trail is well-marked and well-established. Nonetheless, there are some sections that require extra care. Common trail hazards include:

- Slippery stone staircases, especially after rain.
- Snow or ice on higher sections during winter.
- Occasional landslide-prone areas between Bamboo and Deurali.
- Fatigue caused by long ascents and descents.

Essential Safety Tips:

Here are some safety tips that can help make the trek safer and more enjoyable:

- Trek with a licensed and experienced guide.
- Wear sturdy trekking footwear with good grip.
- Carry trekking poles for balance and support.
- Dress in layers to handle changing mountain temperatures.
- Drink plenty of water throughout the trek.
- Avoid excessive alcohol consumption at higher elevations.
- Report any symptoms of altitude sickness to your guide immediately.
- Purchase comprehensive travel insurance that includes helicopter evacuation coverage.

What are the Permits Required for Annapurna Base Camp Trek with a Helicopter Return?

A permit required for the Annapurna Base Camp Trek with helicopter return is the Annapurna Conservation Area Permit (ACAP). All foreign trekkers must obtain the required permits before entering the trail. The helicopter return does not change the permit requirements. The cost of an ACAP permit is NPR 3,000, equivalent to USD 25–30, depending on the exchange rate.

Permit fees collected go toward conservation, trail maintenance, and community projects. Your trekking company usually obtains this permit in advance on your behalf using your passport copy and, if needed, a couple of photographs. The fee is also included in the trek package cost.

For Annapurna, TIMS (Trekking Information Management System) used to be required; in recent years, it has not been compulsory. Your trek operator will check whether it is needed and help arrange it for you. However, if you are trekking solo, you may need to check the latest rules regarding TIMS.

Altitude Sickness During Annapurna Base Camp Trek with a Helicopter Return

Altitude sickness, also known as Acute Mountain Sickness (AMS), is a possibility on any trek that climbs above 3,000 m. Since Annapurna Base Camp is located at 4,130 m, trekkers should be aware of the symptoms and take proper precautions throughout the journey.

The good news is that this itinerary gains altitude gradually through Chhomrong, Bamboo, and Deurali before reaching Annapurna Base Camp. This steady ascent gives your body time to adjust to the thinner air and helps reduce the risk of serious altitude-related problems. However, some trekkers may notice mild effects of altitude, such as lighter sleep, slightly faster breathing, or feeling more tired than usual, which are generally normal at higher elevations.

It is important to pay attention to AMS symptoms. If any of these symptoms develop or worsen, you should inform your guide immediately. Early recognition and proper response are the most effective ways to prevent more serious altitude-related illnesses. Your guide will monitor your condition, assess symptoms, and may check oxygen saturation levels if necessary. Depending on the situation, they may recommend additional rest, a slower pace, or descent to a lower altitude.

In rare cases where symptoms become severe, emergency helicopter evacuation can be arranged, provided you have travel insurance that includes helicopter rescue coverage. To minimize the risk of altitude sickness, walk at a comfortable pace, stay well hydrated, eat regular meals, avoid alcohol, and allow your body time to adapt to the increasing elevation.

Note: *The helicopter return included in this itinerary is a scheduled flight back to Pokhara after completing the trek and should not be considered a substitute for emergency rescue services.*

Why ABC Trek With Helicopter Return Is The Best Short Luxury Trek in Annapurna Region?

The ABC Trek with helicopter return is one of the best short luxury treks in the Annapurna region because few treks in Nepal balance adventure, comfort, and time efficiency as effectively as this one. You get the full satisfaction of walking to Annapurna Base Camp through villages, forests, high alpine terrain,

and the mountains and culture that make the route famous.

The helicopter exit from ABC adds a luxury touch and saves time. Instead of a long, tiring descent, you start your final day with sunrise over Annapurna I and end it with a scenic flight straight back to Pokhara. This way, you avoid the least exciting part of the itinerary, which is the long return walk on the same trail that can easily stretch the trip to 8-10 days.

From a comfort perspective, this Annapurna Base Camp Trek with Heli Return itinerary still keeps the authentic lodge experience each night. You have porters carrying your main bag, hot meals in the lodges, a professional guide monitoring your pace and safety, and the assurance that a pre-booked helicopter is waiting for your return flight from base camp.

Do You Miss The ABC Experience Because Of Helicopter Return Itinerary?

No, you do not miss the ABC experience because of the helicopter return itinerary. This is one of the most common misconceptions among travelers considering the helicopter return option. The true Annapurna Base Camp experience comes from walking through key locations like Jhinu, Chhomrong, Bamboo, Deurali, and Machhapuchhre Base Camp, trekking inside the Annapurna Sanctuary, staying in mountain teahouses, reaching Annapurna Base Camp on foot, and seeing both sunset and sunrise over the mountain peaks from base camp if the weather cooperates.

The helicopter return from Annapurna Base Camp simply replaces the repeated descent along the same trail that you have already passed on the way up. In fact, many trekkers argue that the aerial return enhances the overall experience. They get to enjoy the mountains from two different perspectives: first from the trail while trekking through the Annapurna Sanctuary, and then from the air during a spectacular helicopter flight over the valley.

Location Highlights During the ABC Trek with a Helicopter Return

- **Jhinu Hot Spring:** On the first day, you can enjoy the hot springs at Jhinu near the Modi Khola. A foot soak in the hot water will relax your muscles and help you get ready for the trek with a calm mind, especially if you have just arrived from Kathmandu or abroad. A small fee for the pools may be required.
- **Chhomrong Village:** Chhomrong is one of the main Gurung settlements on the route, located on a hillside. From the village, you can enjoy excellent views of Annapurna South and Machhapuchhre on clear days. The stone houses built one above another, the terraced fields, and the long stone staircases provide insight into the lifestyle of the people living in this part of the Annapurna region.
- **Bamboo and the Forested Modi Khola Valley:** As you move from Chhomrong down to the river and back up through Sinuwa to Bamboo, the surroundings change into a dense forest and a narrow river valley. This section is quieter and beautiful, with moss-covered rocks, bamboo groves, and the constant sound of the river, especially between Bamboo and Dovan.
- **Deurali and the Entrance to the Sanctuary:** Around Deurali, the valley opens up, vegetation decreases, and the high, rocky walls on both sides become more visible. It feels like a natural passage leading to the Annapurna Sanctuary, and you can easily notice the transition between forest and alpine scenery.
- **Machhapuchhre Base Camp (MBC):** From MBC, you get expansive views of Machhapuchhre, Annapurna South, and Hiunchuli towering above you. Many trekkers stop here for a short rest and photographs because the scenery already feels like a reward before the final climb to ABC.

- **Annapurna Base Camp (ABC):** Reaching Annapurna Base Camp is the highlight of the entire journey. When you arrive at ABC, you find yourself surrounded by Annapurna I, Annapurna South, Hiunchuli, Machhapuchhre, and several other peaks, with glaciers and moraines just below. The lodges near base camp offer spectacular sunrise and sunset views, which are often considered the most unforgettable moments of the trek.

Typical Day During Annapurna Base Camp Trek with Heli Return

A typical day on the Annapurna Base Camp Trek with Helicopter Return begins early in the morning. You wake up around 6:00–6:30 a.m., have a hot breakfast at the lodge, refill your water bottles, and get a briefing from your guide about the day's route, walking time, altitude gain, and trail conditions. By around 7:30–8:00 a.m., the day's trek begins.

The aim is to cover most of the distance before mid-afternoon, when clouds and wind are more likely. During the walk, you can take regular short breaks for water, photos, and rest, maintaining a comfortable pace while enjoying the scenery. Around midday, you stop at a lodge for lunch for 45 to 60 minutes. After a relaxing break, you continue trekking for another two to three hours before reaching the next overnight stop, usually between 2:00 and 3:30 p.m.

Once checked into the lodge, you can change into warm layers, enjoy tea or soup, and explore the surroundings or rest. In the late afternoon or early evening, your guide checks your oxygen saturation and general condition. You order dinner, which is usually served between 6:30 and 7:00 p.m. Next, there will be a short briefing about the next day's plan.

Most trekkers head to bed early, as mountain mornings start early and a good night's rest helps with both energy and acclimatization. The only significant difference comes on the final day (day 5) at Annapurna Base Camp. You will wake up before dawn to watch the sunrise over the Annapurna Sanctuary. After that, you enjoy breakfast at the lodge and then board a helicopter for a spectacular flight back to Pokhara, bringing the trek to a memorable and comfortable conclusion.

Food and Accommodation During the Annapurna Base Camp Trek with Helicopter Return

Food and accommodation on the Annapurna Base Camp Trek with Helicopter Return are provided through comfortable mountain lodges, commonly known as teahouses. These lodges offer basic but clean rooms and freshly prepared meals throughout the trek.

Breakfast usually includes options such as porridge, eggs, pancakes, toast, chapati, muesli, tea, coffee, and hot chocolate. For lunch and dinner, trekkers can choose from a variety of local and international dishes, including dal bhat (*rice, lentil soup, vegetables, and pickles*), noodles, fried rice, pasta, soups, momos, potatoes, and seasonal vegetables. Dal bhat is a popular choice because it is nutritious, filling, and often comes with free refills.

Accommodation during the Annapurna Base Camp trek is simple, with twin-sharing rooms that contain basic beds, mattresses, pillows, and blankets. Bathrooms may be shared, and facilities become more basic at higher elevations. Hot showers, charging facilities, and Wi-Fi are available in many teahouses, although they may require an additional fee.

Evacuation & Insurance Facility During ABC trek with a helicopter Return

Normally, emergency evacuation during the Annapurna Base Camp trek depends on helicopter rescue if a serious medical or altitude-related problem occurs. Nowadays, most reputable operators offering the ABC Trek require travel insurance that covers high-altitude trekking and emergency helicopter evacuation in Nepal, typically up to 4,500–5,000 m. Your guide and the office staff will help you make the rescue request, communicate with the insurance company or assistance provider, and arrange the helicopter based on your location and condition.

Before traveling to Nepal, make sure to check the altitude coverage, whether helicopter rescue is included, and whether your insurer expects you to pay at the time of service or can guarantee payment directly to the rescue provider. Carry a copy of your insurance policy and emergency contact numbers during the trek so your guide can respond promptly if necessary.

Frequently Asked Questions

What is the cost of the ABC Trek with a helicopter return?

The cost of the ABC Trek with Heli Return ranges from USD 790 to USD 850 per person with Nepal Alternative Treks, depending on group size. For groups of 1–4 people, the cost is USD 850 per person, while for groups of 5–8 people, it is USD 830 per person. If the group has 9–12 members, the price drops to USD 810 per person, and for larger groups of 13–18 people, it is USD 790 per person. In general, the larger the group, the lower the cost per person.

How long is the helicopter flight from ABC?

The helicopter flight from Annapurna Base Camp to Pokhara takes 25 to 30 minutes, depending on weather conditions, passenger load, and air traffic. Although the flight is relatively short, it covers a route that would normally take trekkers several days to walk.

What is the maximum altitude and flight safety profile?

The highest point of the Annapurna Base Camp itinerary is 4,130 m at Annapurna Base Camp, which is also where the helicopter return flight begins.

Helicopter operations in this region follow strict safety regulations set by the Civil Aviation Authority of Nepal. Pilots are highly experienced in mountain flying, and the aircraft are designed to operate in high-altitude conditions. Flights only take off when the weather is safe, meaning there is good visibility, stable wind conditions, and clear skies. If the weather is not suitable, flights may be delayed or rescheduled, as safety is always the top priority in the Himalayas.

Can the helicopter take me somewhere else instead of straight to Pokhara?

Yes, in some cases, alternative destinations can be arranged at an extra cost. Most shared helicopter flights follow a fixed route from Annapurna Base Camp directly to Pokhara because all passengers in the group are returning to the same destination. If you wish to fly somewhere else, you will usually need a

private helicopter charter.

How can I add a unique cultural experience to the ABC trek with a helicopter Return?

You can add more cultural depth to this trek in several ways. One option is to spend an extra night in a traditional Gurung village near the start or end of the trek, joining a local family for dinner or a simple village walk. Another idea is to add a day in Pokhara before or after the trek to visit local temples, museums, or nearby villages like Dhampus or Kahun Danda, which offer both scenic views and cultural interaction.

Cancellation Policy

We understand that plans can change willy-nilly. However it is our responsibility to ensure fairness and transparency among our customers regarding our cancellation policy. So we kindly request all travelers to carefully review the cancellation and refund policy before confirming their trip.

After your trip starts, we cannot provide a refund for any voluntary withdrawal, cancellation, or early departure by the traveler. This means ***the full amount paid to us will not be refunded after the trip has begun.*** Likewise, if during the trip, any services such as accommodation, sightseeing, meals, transportation, etc. included in the itinerary/trip are not used by the customer, no refunds or reuse will be provided to whatever portion remains unused on the trip.

Also, please note that ***last-minute cancellations are non-refundable.*** You have to understand that many trip arrangements such as accommodation, transportation, permits, guides, and operational logistics are confirmed and pre-booked. Thus, cancellations made at the last minute create non-recoverable costs for the company and so do for our clients. In addition, cancellations made shortly before the departure date or after the trip has started will be considered as last-minute cancellations and will not be eligible for any refund.

Still, the company will use their discretion in setting the conditions for the refunds, therefore, few of the conditions mentioned are subject to change. The company holds every right to cancel the trips booked by the customers before it is guaranteed to run or an official agreement is signed. A trip is guaranteed to run once it has two fully paid travelers unless minimum numbers state otherwise.

Unfortunate circumstances such as unforeseen natural disaster, canceled flights, strike, industrial action, wars, riots, quarantine, government intervention, weather, the deteriorating health condition of a group member, etc. could lead to cancellation of trips. In such cases, the customer can either ask to get back the 90% of the total trip cost paid to the company (13% Government Tax will be deducted) or reuse the cost in an alternative trip with the same price, immediately, in the following season of the same year.

The company will require a written notice in case of any cancellation. Please ensure the date of the trip cancellation is the date on which the written cancellation is received by the company. If you cancel the trip anytime prior to the departure date of the actual trip, 90% of the total cost is reusable for a year or refund.

Trip Amendment

First and foremost, please note that all the amendment conditions are applied to the trips listed on this site only. Below are a few notes to take about the amendment fees in case of any changes during, while, or after the booking:

If the company receives a request on the booking amendments at least 60 days prior to the trip, a total of USD 50/person is charged to the customer. However, if the customer's request for a booking amendment in less than 60 days before the trip departure, then the charges will be as per the cancellation policy mentioned above. In case of any changes in the price of the trip during the procedure of booking and the amendments, the new cost will be applied to the trips. Please note that these changes might not be applied by the company, but can be levied upon the company by the third parties i.e. the hotels or the service providers working with the company.

Any changes, amendments, or additions in aggregation to the trips you have booked, for example, hotels, transfers, additional days, etc. will account for no additional fee.

Health Conditions

Nepal Alternative Treks places the highest priority on the safety and well-being of all travelers. We need to ensure the traveler's well-being and health condition at the time of booking. While travelers can participate without medical documentation, those with chronic illnesses or long-term medical conditions must obtain a doctor's consent before joining the trip. This is to ensure their health is not badly affected during the adventure and that they can safely enjoy the journey.

The company will not be responsible for any type of mishaps and will not bear the medical and evacuation expenses on behalf of the participant. Therefore, we request our clients to consult their doctors for a thorough checkup and vaccination before booking a trip with us. In addition, clients with specific health needs or concerns should inform the Company in advance. This allows us to provide guidance and, if required, arrange additional services to make the trip safer and more comfortable. If needed, clients may also request additional services related to the length of the trip or stay in the country of travel.

Weather and other unfavorable conditions

Clients should be well aware of the unpredictability of the weather conditions in the mountainous regions. The unfortunate weather conditions, especially in the Everest, Jomsom, and Kanchenjunga regions, can sometimes lead to unfavorable circumstances that include delay or cancellation of flights. The Company will cover the expenses of accommodations and food in the departing location until the arrangement of flights is done. However, the Company holds every right to reroute the original trip or transports which will be in favor of the situation without any addition in the cost. Please note that the company will not be responsible for any missed international flights, losses caused by Altitude Sickness, or any other unpredictable circumstances, and the participants will have to pay all the charges incurred. Nonetheless, the Company will connect and assist you to make the necessary alternative arrangements, but, the additional charge will be covered by the customers themselves.

Regardless of stating every condition and information about the trips on the website and brochures of the Company, we will not be responsible for the unforeseeable situations that may arise before or during the trips. The Company will, however, try its level best to give prior notice about it and take alternate

strategies to deal with it. These booking conditions may only be waived in special circumstances, and in writing, by a letter from the Chief of the Company. Note that all the legal agreements set up and signed between the client and the Company shall be subjected to and governed by the Nepalese law.

Note: All the Terms and Conditions mentioned are prepared as per the laws of the Government of Nepal and is governed by them. Therefore, only the head of the Company gets to intervene and holds the authority to make any amendments.

Address

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