



## Annapurna Base Camp Trek

**Duration:** 6 days

**Difficulty:** Medium

DoT No. 1888

NRB No. 1573

PAN No. 601340433

NMA. AM#1171, TAAN

Govt. Regd No. 115217

**Travel time:** Can be freely chosen

**Group size:** Private Trek

### Quick Trip Facts

**Altitude:** 4130m

**Season:** Fall/Spring/Winter

**Accommodation:** Teahouse

### Overview

The Annapurna Base camp Trek is a Nepal classic. The base camp itself is located near Annapurna South with a perfect view of Annapurna and Mount Fishtail. Thanks to the popularity, the trail is very well developed, offers comfortable accommodation and warm hospitality of different ethnic groups. We designed the Annapurna Base camp trek for 10 days but it can be flexibly extended and linked with other sections of the Annapurna trail.

The Annapurna base camp is within the Annapurna conservation area; the largest protected areas in the country. The trail is centred on the famous Annapurna I (8091m) which is 10th highest peak in the world and the first 8000m peak to be climbed. Other stunning views include impressions of the Dhaulagiri range to the north. Beyond the landscape itself, the conservation area also offers an impressive range of wildlife and remarkable flora and fauna – an unforgettable experience of the Himalayan ecosystems and cultures.

### Highlights:

- + Impressive views of the Annapurna range
- + Enjoy the unique eco system of the Annapurna conservation area
- + Relax at comfortable lodges with good, locally sourced food & friendly locals

### Suggested Itinerary:

**Day 01; Pokhara to Chhomrong (2210m/ 7250.656 ft.), 3-4hr drive+3-4hr walk**

Our trip commences with scenic drive to Landruk (1620m). From Landruk offer us rewarding views of Annapurna South, Machhapuchare (6997m). From here we seriously climb to Chhomrong via Jhinu Danda (1750m/ 5741.47 ft.), Himal Qu (1410m) and Kimrong Khola.

[Included meals: Lunch+Dinner]

Overnight at hotel

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## **Day 02; Ascend to Dovan (2500m/8202.1 ft.)5-6hr walk**

Initial trek begin with 150m descend on stone staircases and cross the Chhomrong Khola suspension bridge(1860m) and climb to Sinuwa(2340m) through the forests of bamboo, rhododendrons & oak on rocky trail. We continue our trek in a forests of rhododendrons, festooned with orchids and ferns to a stone-paved trail that passes Kuldi (2470m). Further some descend a long, steep, slippery stones staircases into dense bamboo and rhododendrons forest bring us to Bamboo (2500m). From here steep ascends through stands of bamboo, rhododendrons canyon. We will see black-faced langur monkeys, birds etc.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

## **Day 03; Climb to Machhapuchare BC (3700m/12135ft.), 4-5hr walk**

We climb past a cascade over a rock platform and pass a trailside temple decorated with Shiva tridents and flowers and further short walk bring us to Himalayan (2840m). We continue climb steep ravine, to Hinku cave (3100m). The trail crosses the remnants of a glacier just beyond Hinko, then climb through large boulders to Deorali (3140m). Now valley widens and become less steep. We climb through unusual mix of bamboo and birch. From Bagar we climb across more avalanche paths, then through spare birch forest, cross a moraine and descend to a stream and further short walk bring us to Machhapuchare Base Camp.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

## **Day 04; Climb to Annapurna Base Camp (4,130m/13,545ft), view pint & retrace steps to MBC, 4-5hr walk**

We Climb to Annapurna Base camp (ABC). It is a pleasant walk, we follow a stream, then climbs to a few shepherds' huts. The journey offers us and unparalleled panorama that includes Hiunchuli, Annapurna I, III, Gangnapurna, Tharpu Chuli, Machhapuchare etc. We hike to 5000m view point spot to overview the various dramatic Himalayas and after we return to Machhapuchare Base camp.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

## **Day 05/06; retracing our steps to Sinuwa (2340m) & Pkr (823m)**

We retrace our steps to Pokahara – time to take in the experiences from the previous days and take some seconds of those views. You also have the option to extend the trip and continue to the **Ghorepani Poon Hill Trek, Muldai View Point Trek, and Khopra Ridge Trek** with only a few additional days necessary.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

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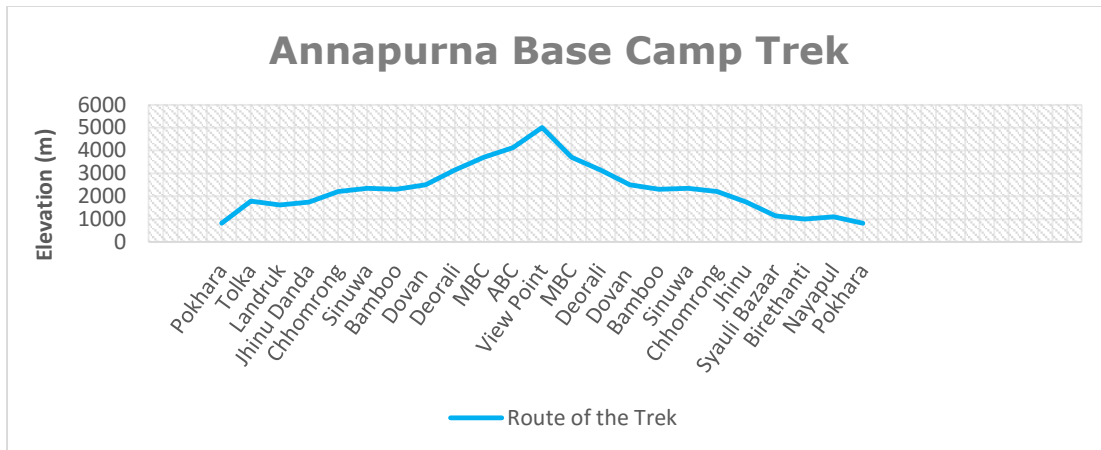
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## Altitude Profile



## Your Package:

- + 6 days Annapurna Base Camp Trek
  - + Guide and porter services
  - + Food throughout the trip
  - + Private and sharing transportation for details see below.
- Price: 595 USD** per person with group size of 2

## Group Discount:

There is a further discount for larger groups. Please contact us for details.

## Trek Duration:

Standard itinerary – 6 days. Can be shortened or extended depending on time and fitness.

### Includes:

- + Private trek with an English speaking trekking guide
- + 1 porter (between two clients) to carry your luggage during the trek (max 15 kg; i.e. 7.5kg pP)
- + Private car & sharing jeep
- + Full board meals (Breakfast+Lunch+Dinner) during the trek
- + Accommodation during the trek in carefully selected teahouses
- + Trekking permit and TIMS
- + First Aid kit
- + Guides' and porters' medical and accidental insurance

### Excludes:

- Travel & Health Insurance [needs to cover Emergency Helicopter Rescue at altitude]
- Any alcoholic beverages, cold drinks and boiled mineral water as well as snacks, deserts etc. during the trek
- Tips for Guide & Porter (not mandatory but expected)
- Hot shower, battery charges (available at extra cost in lodges, sometimes free)
- Unforeseen expenses not under our control such as flight cancellations or delays, weather related issues, illness during the trek, rescue costs etc.
- Any other costs not specifically included. Please feel free to ask if in doubt.

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## Additional Options:

### + Additional porter: 90 USD [15 USD per day]

We plan with one porter per 2 clients. If you require additional support, you can book an additional porter for the trip to lighten your load.

### + Optional Extended Route [continue to following destinations]

If you prefer to extend the trip and continue to **Ghorepani Poon Hill, Muldai View Point Trek, and Khobra Ridge Trek** rather than return to Pokhara, this can also be arranged.

### +Private Jeep & Flight (120 USD for KTM2PKR & 75USD for PKR2Landruk]

For a more comfortable flight from Kathmandu to Pokhara and ride from Pokhara to Landruk

## Trip Related Information

### Trekking Day

Our trekking itineraries are designed to be challenging, but not exhausting. The day starts with a comfortable breakfast at the teahouse after getting the baggage ready (as porters often set off early). We tend to set-off just in time to enjoy the morning sun. At noon we stop for a lunch break and relax a bit before the final bit of trekking for the day. The afternoon sections tend to be shorter and we aim to arrive at the destination by 3pm. This leaves some time for local explorations or simply a game of cards at the lodge. Dinner is generally around 6.30PM at the lodge.

### Trekking Guides

The trekking guide is in charge of the trek and responsible for looking after you. You can address the guide regarding all problems, concerns and questions. All our guides are professionally trained and will be happy to answer any questions or deal with any issues. Communication is usually not an issue but remember they are local guides and their English proficiency can sometimes be limited outside of trek-related topics.

### Accommodation

Throughout the trek you will be accommodated in lodges and teahouses with the usual basic standard you can expect in the mountains. Rooms may be twin or multi share with some basic shared toilet facilities (rooms with en-suite bathrooms are available in some of the lodges but this is rare). Hot showers are available in some places (charges apply).

### Food

On the trail, meals are available in tea houses and lodges. The choice can be limited due to their remoteness. Expect simple but tasty meals – we also encourage you to opt for the local options. On top of that you may want to buy plenty of snacks before leaving Kathmandu as your body burns plenty

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of calories on the trail, especially at altitude. Healthy cereal bars are a good (and not too heavy) choice.

### **Your luggage**

Your daypack should contain everything you need during the day but keep it as light as possible. Examples: water, some warm clothing, your camera, sunscreen, etc. Note that luggage you hand the porters might not be available to you during the day as they sometimes set their own pace.

### **Money and Tipping**

It is best to bring a mixture of cash and traveller's checks in a major currency [some currencies are not convertible to NPR]. USD, GBP, CAD, EUR, and AUD are generally fine. Ensure you have also small denominations. As a guideline for baseline spending money we suggest USD 8 - 10 per meal in Kathmandu and USD 30 - 35 per day whilst trekking in the Annapurna Region (if you drink or smoke or plan some major shopping this could be higher). You should exchange enough money into Nepalese Rupees to last the entire time of your trek BEFORE leaving Kathmandu. There are no exchange facilities in the villages along the trail but plenty of money changers in KTM. Tipping is, of course, voluntary but tips are not included in the trip price. If you are happy with the performance of the trekking staff, we suggest the following as a minimum: USD 9 per person and day in a medium sized group. This will be shared among guides and porters.

### **Insurance**

Travel insurance is not included in the trip price but is absolutely essential. Your travel insurance must provide cover for personal accident, medical expenses and especially emergency evacuation and repatriation (including helicopter rescue). Make sure the insurance is valid at an altitude of >5000m.

### **Preparation and Health Issues**

Trekking in the Himalayas, especially at altitude, is more challenging than some leisurely walking at home. Keep in mind: Altitude affects everyone differently. Regardless of age or fitness, some preparation before you arrive is essential. We suggest some regular exercise. Feel free to contact us if you need some specific advice of how to prepare. There are no specific health requirements but as this trek reaches altitudes above 5000m, you should be generally healthy. While serious problems are rare, it makes sense to come prepared. Please consult your doctor and check your national health authority for up-to-date information regarding vaccinations, high altitude medication and medications for any foreseeable

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illnesses whilst trekking in Nepal – especially considering the remoteness of some parts of the trek. Be aware that some drugs have side effects at altitude. Please discuss this carefully with your doctor. In a serious emergency, helicopter evacuation might be the only possibility. A personal First Aid kit and sufficient quantities of any personal medical requirements (including a spare pair of glasses) are highly recommended.

### **Altitude Issues**

AMS (acute mountain sickness) is a serious condition. It can affect anyone, regardless of age, fitness or previous experience. It usually occurs above 3000m and the probability of symptoms and their severity increases with altitude. It can present with a variety of symptoms caused by the body's incomplete adjustment to altitude. Symptoms can include headaches, sleeplessness, dizziness, nausea, breathing difficulties and swelling of extremities and tissue. If two or more symptoms occur, an immediate descend might be required. A quick descend (of about 300m vertical distance) typically resolves the issues. The body can then complete the acclimatization. Although our routes are carefully planned following international guidelines, you may experience some effects of the altitude; particularly in the beginning and at higher altitudes. Breathlessness and mild headaches are not uncommon and generally decrease as your body adjusts. Maintaining adequate fluid intake is essential. Your guide will encourage you to drink plenty of tea and water. Please refrain from drinking alcohol during any acclimatization phase as it can amplify the problem. Please advise your guide if you feel more severe symptoms and inform the guide about any medication you are taking.

### **Climate and Temperature**

At lower altitudes the climate is generally warm and mild. Above 3500m, the temperature can fluctuate a lot during the day but nights are often cold (below freezing). Above 4,100m a colder climate prevails comparable to the higher elevations of the Alps. The weather can fluctuate strongly and unexpectedly. Always be prepared for a change in conditions and note that if severe or dangerous weather conditions occur your guide's decision on any course of action is final.

*Have a Nice Trip ...*

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