

Annapurna Base Camp Trek

Duration: 13 Days

Starts At: Kathmandu

Grade: Moderate

Accommodation: Hotels And Local Lodges

Transport: Car, Bus, Jeep

Altitude: 4,130m

Ends At: Kathmandu

Group Size: 2+ Pax

Meals: Breakfast, Lunch, Dinner

Highlights

- Hike to the base camp of Mt. Annapurna. (10th highest mountain in the world)
- Spectacular views of the mountain throughout the trail.
- Explore the ethnic culture and their livelihood
- Sightseeing tour around the historic UNESCO world heritage sites in Kathmandu valley.

Overview

Our 13 days another version Annapurna Base Camp Trek has everything that you need as a trekker. Although it is a longer trip. The trip has two names. One of these treks is called the Annapurna Sanctuary Trek or Annapurna Base Camp Trek. Both are the same, both have the same itineraries, and both take you to the base of Annapurna, the most famous mountain in the world. The good thing about this trek is it is not only longer but also major, and it is such a trek of the Annapurna Region, as well as of Nepal. It also has the qualities that have won the hearts of millions of trekkers. In addition to this, it shows you the view of the world's tallest mountains. In other words, it shows you the complete view of the Annapurna Ranges, comprising Annapurna I, Annapurna II, Annapurna III, and Annapurna IV. Some other views that it offers are Gangapurna, Fishtail, Hiunchuli, Khangsha Kang, and Tarke Kang. In a short trek like this, the view of these mountains is what you desire to see in the form of a trekker.

The trekking trail of the treks and the mountains of the remote region exist side by side, so is the Annapurna Sanctuary only bordered by these mountains? It is much more than this, and you realize this when it takes you to the lowland bamboo forest and **Rhododendron** forest at the beginning of its part and then to a gorge called the Modi Khola Gorge where you walk for some hours. Whether you are in the lowland or the highland, you will always come across trekking trails that go to the extreme point. These trails go uphill, as well as go downhill, and that is where the fond lies. The

elevation of these trails is not that high like those of other major treks of Nepal, so they are easy which becomes one of the characteristics of the Annapurna Base Camp Trek.

However, the Annapurna Base Camp Trek goes beyond this because it takes place in the central part of the sanctuary which is a well-preserved area, and this part of the sanctuary is always blessed with natural beauties that are not found in other parts of the world.

If you are thinking of trekking in such a region, then we are more than happy to assist you, and we look forward to making your trip memorable with our best travel arrangement. You can make a tailor-made package with inclusions and exclusions. This package is welcomed with a wide-open arm and with our decade of experience in which there is complete satisfaction.

Best Trekking Season for Annapurna Base Camp Trek:

Generally, autumn and spring are the perfect and high trekking seasons for the Annapurna base camp trek. June, July, and August are the low months to visit the Annapurna region as the trail remains slippery and muddy due to the monsoon. In addition, visit our [trekking season information](#) section for further details.

Itinerary

Day 1: Arrival in Kathmandu - (1400m)

Day 2: Kathmandu Sightseeing Tour

Day 3: Drive to Pokhara - (850m.) 7 hrs Drive

Day 4: Pokhara to Ghandruk - (1990m) 5 hrs walk

Day 5: Trek to Chhomrung - (2210m) 5 hrs walk

Day 6: Trek to Bamboo - (2350m) 5 hrs walk

Day 7: Trek to Deurali - (3140m) 5 hrs walk

Day 8: Trek to Annapurna Base Camp - (4130m) 5 hrs walk

Day 9: Trek to Bamboo - (2350m) 6 hrs walk

Day 10: Trek to Jhinu Danda (Hot water springs) - (1780m) 4/5 hrs walk

Day 11: Trek to Nayapul and then drive to Pokhara city. - 7 hrs walk

Day 12: Drive back to Kathmandu

Day 13: Departure Day

Trip Includes:

- All the airport and hotel shuttle by private vehicles as per the itinerary.
- 3 nights of 3-star standard hotel accommodation in Kathmandu inclusive of bed and breakfast.
- 7 nights twin sharing local lodges accommodation during the trek.
- 2 nights hotel accommodation in Pokhara inclusive breakfast.
- Meals on full board (breakfast, lunch, dinner) throughout the trek in the mountain region.
- One day Kathmandu sightseeing tour guided by a city tour guide with private transport.
- Both way Kathmandu – Pokhara – Kathmandu surface transportation by tourist bus.
- Certified local trekking guide for the trek.
- 1 assistant local guide for the group above 10 people.
- Supporting local porters to carry your belongings during the trek. (1 porter for 2 people)
- All the essential trekking permits and paperwork for the trek.
- Rain protection duffel bag and sleeping bag to use for the trek.
- First aid medicine with an oximeter (which is very useful to check your pulse at high altitudes) for the trek
- An emergency helicopter rescue and treatment in case of your health issues while on the trek. (Should have your travel insurance)
- Trip achievement certificate after trip completion.
- All government taxes and company service charges.
- At the end of the tour, Nepali food farewell dinner in Kathmandu with a cultural dance program.

Trip Exclude:

- International airfares and Nepal entry visa.
- Your entrance fees for Kathmandu sightseeing.
- Lunch and dinner in Kathmandu and Pokhara.
- Your personal expenses such as the use of WIFI, hot shower, battery charging, etc in the mountain regions.
- Tips to the trip supporter. (Guide & Porters)

What you should bring depends largely upon where, when and how you are trekking. The main stress while trekking is on keeping warm and dry while still being lightweight. At altitudes above 3,000 meter, you will need warm clothing at all times, while at lower altitudes, you will need to keep warm only in the evenings. And for lower altitudes, fleece jackets are adequate, while at higher altitudes down jackets are advisable.

Waterproof, windproof jackets and pants, well broken in footwear, head cover is also recommended. Good hiking shoes, a pair of sandals, sleeping bags, down jacket, sunglasses, warm woolen hiking socks, lightweight warm gloves, drinking water bottle, water purification tablets (which is highly recommended) a Swiss army knife, torchlight, sun block cream, toiletries, one quick drying towel, first aid kit and a very good route map are other things that come very handy. You also need a camera to take home memories of the trip. Please find the details trekking gear checklist below.

Trekking Gear Checklist

Head

- Bandana or headscarf, also useful for dusty conditions.
- Warm hat that covers your ears (wool or synthetic)
- Headlamp with extra batteries and bulbs.
- Sunglasses with UV protection
- Prescription sunglasses (if required)

Upper Body

- Polypropylene shirts (1 half sleeve and 2 long sleeves)
- Light and expedition weight thermal tops.
- Fleece wind-stopper jacket or pullover.
- Waterproof shell jacket (preferably breathable fabric)
- Down jacket
- Gore-Tex jacket with hood, waterproof and breathable

Hands

- 1 pair of lightweight poly-liner gloves.
- 1 pair of lightweight wool or fleece gloves.

- 1 pair of mittens, consists of 1 Gore-Tex over mitt matched with a very warm polar-fleece mitt liner (seasonal)

Lower Body

- Non-cotton underwear briefs.
- 1 pair of hiking shorts.
- 1 pair of hiking trousers.
- 1 pair of lightweight thermal bottoms (seasonal)
- 1 pair of fleece or woolen trousers
- 1 pair of waterproof shell pants, breathable fabric

Feet

- 2 pairs of thin, lightweight inner socks.
- 2 pairs of heavy poly or wool socks.
- 1 pair of hiking boots with spare laces (sturdy, soles, water resistant, ankle support, “broken in”)
- 1 pair of trainer or running shoes/sandals
- Cotton socks (optional)
- Gaiters (winter only), optional, “low” ankle high version

Sleeping

- 1 sleeping bag (-20 degrees)
- Fleece sleeping bag liner (optional)

Rucksack and Travel Bags

- 1 medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carryon)
- 1 large duffel bag
- A small daypack/backpack for carrying your valuables should have good shoulder padding
- Small padlocks for duffel-kit bags
- 2 large waterproof rucksack covers (optional)

Medical

- Small, personal first-aid kit. (Simple and light)
- Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.
- Water purification tablets or water filter.
- 1 set of earplugs
- Extra pair of prescription glasses, contact lens supplies.

Practical Items

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 cigarette lighters, 1 small box of matches
- 1 compass or GPS (optional)
- 1 alarm clock/watch
- 1 digital camera with extra cards and batteries
- Large Ziplocs
- 2 water bottles (1 ltrs. each)
- 1 small folding knife
- Binoculars (optional)
- 4 large, waterproof, disposable rubbish sacks.

Toiletries

- 1 medium-sized quick-drying towel
- Toothbrush/paste (preferably biodegradable)
- Multi-purpose soap (preferably biodegradable)
- Deodorants
- Nail clippers
- Face and body moisturizer

- Female hygiene products
- Small mirror

Personal Hygiene

- Wet wipes (baby wipes)
- Tissue/toilet roll
- Anti-bacterial hand wash

Extras/Luxuries

- Reading books
- Trail map/guide book
- Journal and pen
- iPod
- Travel game i.e. chess, backgammon, scrabble, playing cards (to help you pass the time at teahouses or camps)
- 1 modest swimsuit
- Voltage converter
- Plug adapter (2 round pegs to 2 flat pegs)
- Lightweight pillowcase (in case if your teahouses do not provide you)