

## Overview

### **Annapurna Base Camp Trek, one of a lifetime holiday experience!**

Annapurna Base Camp Trek, probably the best legendary and classical treks in the world, offers breath-taking mountain views and gives the opportunity to experience the typical Nepali village, local people, and their way of living traditional life in the Himalayas of Nepal. The Annapurna Base Camp route goes passing through spectacular and tranquil landscapes, charming Gurung and Magar villages, lush green Rhododendron, bamboo and alpine forests to the trip's last and final destination, Annapurna Base Camp, at a height of 4130 m (13546 ft.)

## Natural Experience

The trail is equally a delight for natural experiences. On the third day of our trekking, we leave our luggage in the hotel at Ghorepani for the Poon Hill excursion before dawn to catch the spectacular sun rise. Poon Hill is one of the best viewpoints in this trek for a sunrise view and mountain vista. Mount Dhaulagiri, the Annapurna Range, and Mount Machhapuchhre (Fishtail Mountain) to the northern part and the Butterfly Peaks in the far western part are all visible from atop Poon Hill. (Should you say something about what you see when you reach ABC in this part?). Finding yourself in the base giant Annapurna I (8091 m) with a 360-degree mountain view is terrifically beautiful and beyond your imagination. That is an unforgettable lifetime mountain holiday experience in Nepal.

## Hot springs

There is a natural hot spring near Jhinu Danda; you can cleanse yourself spiritually in natural hot springs with bathing areas in the lap of the mountains. Locals believe that the waters have a healing quality that eases away your aches and pains.

## People and Culture

The locals we will encounter in Annapurna Base Camp Route are mixed ethnic groups; there are Brahmans and Chhetris in lower elevations and Mongoloid Himalayan people in Himalaya. Mostly there are Gurung and Magar people in the area, famous for Gurkha regiments. If you would like to explore more cultural and traditional heritages in the Himalaya, then Wilderness Excursion suggests you trek to Langtang, Manaslu, and the Everest region. But there is no doubt that Annapurna is the best for scenery, as some 55,000 people trek there every year.

## Getting there and away

Like most of the Annapurna treks except Annapurna Circuit, the Annapurna Base Camp Trek also starts and ends in Pokhara, the second biggest city and a naturally blessed place to relax after the big hike in Annapurna. It is 200 km west from Kathmandu. All

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domestic airlines run several flights daily from Kathmandu to Pokhara, which cost USD 102.00 per person. About 7 to 8 hours drive by tourist bus. Local buses and microbuses leave every hour from Kathmandu till 3pm. Green Line Buses (USD 25.00 per person) and other tourist buses live every morning. Wilderness Excursion arranges and handles everything on your request.

## **Annapurna Base Camp Trek Itinerary**

Annapurna Base Camp (ABC in short form) trek itinerary will be 7 to 12 days from/to Pokhara and 2 transportation days from/to Kathmandu, depending on your time and level of physical fitness. Most of the people trek to Annapurna Base Camp via Ghorepani Poon Hill, which is relaxing and allows you to get acclimatized, and the itinerary will be 10 to 12 days. The itinerary can be even longer if we trek back to Pokhara through villages of Landruk, Tolka, and Pothana Dhampus and end the tour at Phedi. Starting from Nayapul—Jhunu—Chhumrung and straight up to Base Camp and back to the Nayapul the same way along the Modi Khola River is the shortest itinerary. Our custom-designed itinerary is 7 days only that starts and ends at Pokhara. We also have a [10-day Annapurna Base Camp Trek](#) itinerary that goes through the famous Pon [Hill Trek](#). We also offer customized trip to Annapurna Base Camp.

## **How difficult is the Annapurna Base Camp Trek?**

Regarding the difficulty of this trek, it is very moderate and doesn't demand advanced physical fitness levels, so anyone can enjoy and take pleasure in nature walking during this trek. Also, those who are traveling with children can also get pleasure from this trek. Trekking Annapurna Base Camp via Ghorepani allows your body to get adapted and acclimatized to high altitude. Also, it helps you to keep your body in better shape, and you can tackle physically demanding aerobic walks in thin air. Visitor having previous trekking experience with fit body can trek it in within a short period of time. The highest elevation we will reach is 4130 meters above sea level.

## **When to trek?**

From mid-September to November (autumn) and March to May (spring) are the best seasons to trek to Annapurna Base Camp. June to August (monsoon) are the rainy months, but this time is best for keen botanists and has a clear sky sometimes. During the hike, it offers grand spectacles of blooming rhododendron flowers during the months of March, April, and May. The view of Mt. Dhaulagiri with the rising sun shining on it is one of the superb views of this trek. At the highlight of this trek, you will climb Poon Hill at dawn to enjoy one of the most brilliant mountain views on the Earth. As the sun touches the snow-capped summits, the Himalayan Giants (Dhaulagiri 8,167 m) and Annapurna (8,091 m), among many other peaks, gradually become visible magically before your eyes. This trek offers great opportunities to witness the beauty of the Annapurna region with a limited short time of trekking. If you would like to avoid crowds, then it is recommended to trek in winter (December–February). The temperature is cold in the mornings but not unbearable, and it is warm during day hikes with a clear sky and a fantastic view most of the days.

### **Packing List**

Wilderness Excursion will send you the list of Annapurna Base Camp Trek Packing List specifically required for this trekking once your booking is received with us. But in the meantime, consider buying some good walking boots and start wearing them in... now. No technical kit is required, though a good 3-season plus sleeping bag will be much appreciated at the higher altitudes. In lower elevations, lodges provide quilts and blankets, and you can pile them up on your sleeping bag, but as we go higher towards Annapurna Base Camp, there are limited lodges, and trekkers are expected to have good sleeping bags.

### **How much does the ABC trek cost?**

Annapurna Base Camp Trek cost here we have offered USD 499.00 is standard trek price on double occupancy basis. Single supplement cost will be extra USD 95.00. The price will vary according to group size, budget, and standard and deluxe tour plan. Taking flights to and from Pokhara saves your time, and riding a bus reduces the trip expenses. Accommodation in Kathmandu is not included, and it will be extra. We will provide a 2-night deluxe air-conditioned room in one of the best tourist-standard hotels (2\*\*) in Pokhara with buffet breakfast on a twin- or double-occupancy basis if you ask us to book for you. AND WE ARE OPEN TO CUSTOMIZE YOUR TOUR AND PACKAGES PRICE AS PER YOUR REQUIREMENTS. International tour leaders are highly encouraged to get discounts and active complimentary.

### **How is accommodation in Annapurna Base Camp trek route?**

Compared to other trekking areas such as Kanchenjunga, Makalu, Dolpo, etc., lodges and food in Annapurna and the Everest region are better as it is a well-established lodge trek route, but if you compare it to city accommodation, it is still basic. And note: As you hike beyond Chhomrong village, the last human settlement, Annapurna Conservation controls and limits the number of lodge buildings to protect the nature and wildlife in the sanctuary,

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so there are limited accommodations having three or four bed rooms plus the owner tries to cater to unlimited people in peak seasons. If you are trekking solo or in a two-person group, then you may have to share a room with other trekkers. We strive to provide great services so that explorers may enjoy once-in-a-lifetime adventures. If you are comfortable and luxury-minded, then we don't recommend this trek but suggest you remain in lower altitudes and enjoy the [Luxury Annapurna Trek](#).

## **Further Afield**

Visitors can extend their Annapurna Base Camp Trek by walking back through the villages of Ghandruk, Landruk, Tolka, Pothana, and Australian Camp and exploring the charming hamlet, culture, and people and enjoying 1 or 2 days extra in nature. Please feel free to ask us for your customized trip that meets your budget, time restrictions, and interest.

## **Highlights**

- 7 Days inclusive package trek to Annapurna Base Camp
- Visit to beautiful Gurung village of Ghandruk en route.
- Be at the base of Mount Annapurna (8091m) – the highest peak in the world.
- Relaxing Hot spring at Jhinu Danda
- 360 Degree amazing View of Himalayan giant from Annapurna Base Camp (4130m)

## **Outline Itinerary**

**Day 01 : Drive to Phedi and hike to Tolka (1750m), 5-6 hrs walk.**

**Day 02 : Trek to Sinuwa (Altitude 2100m) – 5-7 hours walk**

**Day 03 : Trek to Deurali (Altitude 3230m) 6-7 hrs walk.**

**Day 04 : Trek to ABC (Annapurna Base Camp) Elevation 4130m, walk 5-6 hrs.**

**Day 05 : Trek down to Dovan – Bamboo (2310m). 6-7 hrs walk.**

**Day 06 : Trek to Ghandruk (1940m), 7-8 hours walk.**

**Day 07 : Drive to Pokhara / Kathmandu.**

## **Cost Includes**

- A registered experienced Annapurna Base Camp Trek Guide.
- 1 Sharing trekking porter to between 2 trekkers (weight limit 25kg)
- Meals: 6 Breakfasts, 6 Lunches and 6 Dinners during the trek.

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- Sharing twin /triple bed room in tea house lodges during trek.
- Guide and porter fees with all their expenses.
- Shuttles by private vehicle from and to your hotel in Pokhara.
- Necessary insurance for your guide and porters.
- Necessary Annapurna Base Camp Trek Permissions.
- All applicable local taxes

## Cost Excludes

- Transfers, meals and accommodation in Kathmandu and Pokhara.
- Bar drinks and beverages such as coke, fanta beer and mineral water.
- Personal travel insurance, gear and rescue operation in case of emergency.
- Any expenses which arise due to a change of the itinerary, because of landslides, political trouble, and strikes etc.
- Items and expenses of personal nature such as laundry, phone calls, internet.
- Tips for guide and porters

**Note:** This trip can be personalized as per your requirements that meet your time frame. The trip price will be according to Deluxe, Standard, Budget and group size so please kindly provide us your details for tailor made program.