



Annapurna Base Camp Trek (4130m) 14 Days

Details

When you decide to trek in Nepal, you should consider Annapurna Base Camp as one of the first options. Many trekkers to Nepal prefer Annapurna Base Camp because of its relative popularity and moderate level of challenge. Often, it pops up on charts and rankings as one of the best trekking routes on the planet. The trek is moderately challenging, attracting novices and pros alike of any age. The main attraction of this trek is the beauty of Annapurna mountain range. The trek exposes you to numerous landscapes, flora and fauna of Nepal.

Your trip begins from Pokhara and until you reach the Base Camp, you will go through numerous natural landscapes across hills, forests, mountains and waterfalls. Annapurna Base Camp is located within Annapurna Conservation Area, the first conservation area of Nepal. The region has the world's tenth highest mountain and covers an area of 7,629 square kilometers. The Annapurna Massif itself is lined by Marshyangdi River in the north and the east whereas the southern neighbour is the beautiful Pokhara Valley and the western region is a part of the Kali Gandaki Gorge. A trip to Nepal is not complete without visiting Annapurna Base Camp.

En route to ABC, you will also reach MBC or Machhapuchchhre Base Camp at 3,700 meters. Relax in the natural hot springs of Jhinu Danda, and have an unrestricted 360° view of the Annapurna Range. These are some of the highlights

of the trip. With incredible scenery and not too difficult walk, this program attracts nearly everyone coming to Nepal. A trek through dynamic landscapes - with amazing views of the mountain ranges, and time-worn villages. It's a chance to trek one of the most popular routes on the planet. Take this trip with Discovery Mountain, and enjoy a complete experience of the Annapurna region of Nepal.

Fitness Level:	:	
Group Size:	:	2 to 15 people
Max-Altitude:	:	4130m
Duration:	:	14 Days
Walking Days:	:	9 Days
Activity:	:	Trek
Best Period:	:	MAR APR MAY SEP OCT NOV

DAY 1 : ARRIVAL IN KATHMANDU (1365M)

A quick welcome at the airport and transfer to your hotel. You will be given a brief of the program and introduced to your trekking guide. Later, take an evening stroll around and stay overnight at the hotel.

DAY 2 : DRIVE FROM KATHMANDU TO POKHARA (875M) 6/7H DRIVE

Wake up early and after a leisurely breakfast, a private vehicle will come to pick you up at the hotel. Get ready as your car to Pokhara leaves immediately after breakfast. The beautiful scenic drive with a couple of stops takes approximately seven hours. Relax the rest of the day in Pokhara and stay overnight at the hotel.

DAY 3 : DRIVE TO NAYA PUL AND TREK TO GHANDRUK(1930M) 6H TREK 1H

After a leisurely breakfast, you will first drive for over an hour to Nayapul. From there you begin the trek to Ghandruk via Birethanti. The normal walking duration is around six hours to Ghandruk, home of the Gurung people.

DAY 4 : TREK FROM GHANDRUK TO CHHOMRONG (2150M) 6/7H TREK

Leaving behind Ghandruk in the morning, we travel up to the vantage point of Kimrungdanda with views of Annapurna South, Gangapurna, Himalchuli, and Mt. Machhapuchchhre. From there our trail descends sharply to reach a river, and again snakes up to Chere Danda. The trek continues with little stopovers until we reach the village of Chhomrong at an altitude of 2,170

meters. Having walked for around six hours, you will enjoy a good night's rest at Chhomrong at the base of the majestic Annapurna range.

DAY 5 : TREK FROM CHHOMRONG TO BAMBOO (2315M) 5/6H TREK

Leaving behind Chhomrong, the trail, called 2500 steps, descends pleasantly until we reach Chhomrong River. Cross the swaying suspension bridge and get on the trail that gradually climbs upwards to the village of Sinuwa. Next, cross the forest of Kuldiyar and descend until we reach the village of Bamboo at 2,310 meters, where we stay for the night.

DAY 6 : TREK FROM BAMBOO TO DEURALI (3235M) 3/4H TREK

After a quick breakfast, today we head towards Deurali as we arrive near the Annapurna Base Camp. Bamboo, as the village is named after the thick bamboo forest surrounding it, is indeed a picturesque village that we leave today. First the trail ascends steadily up to Hinku Cave and from there the scenic route to Deurali begins. You will have wonderful views of hills and valleys and the river below. Lined along the route is a stretch of cliffs and some more open spaces until we arrive at Deurali. It is a quiet village at an altitude of 3,235 meters where we stay for the night.

DAY 7 : TREK FROM DEURALI TO ANNAPURNA BASE CAMP (4130M) 5/6H TREK

Today is the day we finally get to see the Annapurna Base Camp. Starting off easy along a river bed, the trail suddenly turns steep and more challenging until we arrive at Machhapuchchhre Base Camp where we take a brief stop and enjoy really close-up views of several mountains in the Annapurna Range. Once past the Machhapuchchhre Base Camp, you will notice that the flora and vegetation begins to disappear due to increasing altitude. However, you won't notice the air getting thinner because when you reach the Annapurna Sanctuary, views of the looming Annapurna peak and a whole range of other mountains will make you completely forget the hardship. You will peacefully and whole-heartedly enjoy the splendor of the mountains at extremely close quarters.

DAY 8 : EXPLORE THE BASE CAMP AND TREK TO BAMBOO (2115M) 7/8H TREK

Today you will explore around the "hidden valley" and see at least one glacier. The aura is such that you will feel amazed at the landscape itself. Being encircled by mountains and only the blue sky visible for a moment, will surely invigorate you for weeks ahead. Later, we will retrace our track back to Bamboo to stay for the night.

DAY 9 : TREK FROM BAMBOO TO JHINU DANDA (1650M) 5/6H TREK

In the morning, we again climb uphill to reach Kuldighar and then walk downhill to arrive at Chomrung. From there we trek further to Jhinu Danda and spend the night there. If you like, we can take a short detour to a natural hot-spring for refreshment.

DAY 10 : TREK FROM JHINU DANDA TO LANDRUK (1790M) 5H TREK

Taking an alternative route instead of retracing to Ghandruk, today we head towards Landruk located at an altitude of 1,790 meters. It's an enjoyable and easy walk with magnificent views of the hills and valleys. At Landruk, enjoy a comfortable night.

DAY 11 : TREK FROM LANDRUK TO POKHARA (875M) 5/6H TREK 1 DRIVE

Leaving behind Landruk in the morning, you will trek via Pothana Deurali and to the Australian Base Camp. It's a mossy deep-green forest along the route, with some of the best views of the entire Annapurna Range on a clear day. Further, descend to Kande and drive to Pokhara. Enjoy the rest of the day or the evening in a pub sharing the memories of the trip, or go to bed early to catch up on some sleep.

DAY 12 : DRIVE FROM POKHARA TO KATHMANDU 6/7H DRIVE

Today you drive to Kathmandu from Pokhara. Our private vehicle will drive you to Kathmandu in comfort. You can spend the rest of the afternoon in Kathmandu and in the evening, join us for a Nepali dinner.

DAY 13 : KATHMANDU : SIGHTSEEING

The valley of Kathmandu is home to several UNESCO World Heritage Sites. So, we recommend you to take a sightseeing tour visiting these wonderful attractions.

DAY 14 : DEPARTURE ON YOUR DESTINATION

After breakfast, or according to your flight schedule, we will take you to the airport a few hours before flight time.

INCLUDED IN THE COST

- Staff costs including their salary, insurance, equipment, domestic airfare, food and accommodation
- 3 -star hotel accommodation in Kathmandu and Pokhara with bed and breakfast
- Guesthouse accommodation during the trek with: Breakfast, Lunch and Dinner
- All ground transportation on a comfortable private vehicle as per the itinerary
- An experienced, English-speaking and government-licensed trek Guide
- Down jacket and sleeping bag: to be returned after trip completion
- Discovery Mountain's duffel bag, t-shirt and trekking map are yours to take
- All necessary paperwork and trekking permits: National Park ACAP and TIMS
- Assistant guide on your trek: 4 participants: 1 assistant
- Medical kit: carried by your trekking assistant guide
- Energy supplies: Dry fruits, Snicker, Mars and Bounty
- Airport pickups and drops in a private vehicle
- Welcome and farewell dinners in Kathmandu
- Porter service: 2 participants: 1 porter
- Personal insurance for Nepalese trekking staff
- Gamow bag for your safety and security
- All Government and local taxes

NOT INCLUDED IN THE COST

- Nepalese visa fee
- International flights
- Travel and rescue insurance
- Tips for guide, porter and driver
- Lunch and evening meals in Kathmandu and Pokhara
- Personal expenses laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower

ACCOMMODATIONS

We will be staying at Hotel Manaslu, Moon Light hotel or similar hotel 3 star in Kathmandu: and guesthouses during the trek. All accommodations are on twin-shared basis. Single supplement will be served on request and will cost an additional. Also note that single rooms are readily available in Kathmandu and the trekking regions at lower elevation but it might be difficult to find them at higher elevations.

MEALS

All meals will be provided during trekking while only breakfast will be available in Kathmandu. There will also be welcome and farewell dinners for guests. While on trek, we have breakfast and dinner in the tea-houses/lodges we spend the night and lunch on our way to the next destination. Nepalese, Tibetan, the more common continental and Indian cuisines are common choices in the menu.

PHYSICAL CONDITION REQUIREMENT

Discovery Mountain Trek can offer advice and recommendations about health requirements but it is the individual responsibility of each trekker to acquire any necessary documents and medical care. The information on the technical sheet provided is indicative, it is your responsibility to check with the authorities concerned for the exact requirements for your chosen destination at the time of travel. If you do not obtain any necessary medical consultations or travel documents and are not allowed to enter a country, or suffer personal injury or death as a result, we have no liability to you for any cost, loss or damage which you suffer nor will we refund you the cost of any unused portion of your travel arrangements. It is your responsibility to comply with the regulations and procedures of police, customs and health at all times throughout your trip.

BEST TIME TO TRAVEL

The best time to trek to the Everest Base Camp Trek is in spring (February to May) and autumn (September to November). The temperature is moderate in these seasons and guarantees amazing views through the trip. Although this trek can be undertaken during winter, the cold temperature might not be suitable for everyone.

GUIDE & STAFF ARRANGEMENT

The most significant thing that makes this trek enjoyable and memorable is the skilled, experienced and helpful Guide and crew member who have the ability of guiding our trek on the mountain smoothly. Our trip will be led by the best and most professional Guide. All of Discovery Mountain Trekking Guide's are carefully selected on the basis of their appropriate experience, skills and personal aptitude. With an objective of sustaining local communities, Discovery Mountain only employs local Staff, who have knowledge about culture, ecosystem, flora, fauna, geography, and history of their local region.

PORTER CARE

We are firmly committed to porter rights. We make sure that all our porters are well treated, well paid and we provide the level of shelter, clothing and footwear that these harsh environments demand. Porters who become sick are treated with the same care and attention as other team members and we have previously used helicopters - at our expense - to rescue porters from dangerous situations. We support the work of the International Porter Protection Group (IPPG), making our resources available to them to help improve the working conditions of the porters. International Porters Progress Group.

ENVIRONMENTAL CONCERNS

The Everest Region is stunningly beautiful, but equally fragile. Future generations have just as much of a right to appreciate it as much as we do. Therefore, we believe that the tourism industry has an obligation to protect and preserve it. Discovery Mountain employs a 'zero impact' policy on the natural environment and the traditional communities that live there. Discovery Mountain, therefore, enforces a number of do's and don'ts. Please talk to your trek leader to avoid environmental impacts.

TRAVEL INSURANCE

It is a condition upon joining any of Discovery Mountain's trips that all clients be insured for comprehensive expenses that might incur due to medical issues or accidents (this includes air ambulance, helicopter rescue, and treatment costs). Please note that we don't arrange or sell insurance.

ACCLIMATIZATION

This trek's itinerary is planned with a high degree of awareness of AMS (Acute Mountain Sickness). Going up at higher altitudes too fast causes a medical condition serious enough to result in death. The higher the altitude, the less oxygen will be in the air. For example, at an altitude above of 5000m, there is 50% less oxygen than at sea level. Therefore, our body needs many days to adapt to an environment with less oxygen. During this trip, we take rest in Namche Bazaar and Dingboche which will help us acclimatize to the high altitude.

EQUIPMENTS LIST

This list is a guideline to help you pack for your adventure. Also understand that the items listed below will vary a little according to the season and the trek duration. Those items marked by an asterisk (*) are provided by Discovery Mountain Trek inclusive in the service. The weight limit for your luggage is 15 kg.

SLEEPING

- 1 sleeping bag: -10° or -15° (*)
- Fleece sleeping bag liner (optional)

FROM HEAD TO TOE

- A cap or sunhat
- 2-pair of thermals
- long-sleeved thermal tops and full-length long johns
- Long-sleeved and short sleeved t-shirts, preferably in quick-drying technical material.
- A light fleece or equivalent (plus extra warm layers if necessary)
- A breathable windproof, water proof jacket (Gore-Tex...)
- Discovery Mountain Trek's down Jacket (*)
- Discovery Mountain Trek's half T-shirt (*)
- Lightweight waterproof over trousers
- Suitable shorts
- Walking trousers

- A pair of high rise walking boots
- A pair of sandals or equivalent casual shoes for cities, villages and evenings
- Thick walking socks
- Warm gloves
- Hat and scarf

DAY BAGS/ SHOULDER BAG

- 1 medium shoulder bag: 50-70 liter cubic inches, can be used for an airplane carryon
- A small daypack/backpack for carrying your valuables,

PRACTICAL ITEMS

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 compass or GPS (optional)
- 1 digital camera with extra cards and batteries
- 1 medium-sized quick drying towel
- Female hygiene products
- Wet wipes (baby wipes)
- Tissue /toilet roll
- Anti-bacterial hand wash

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

TERMS AND CONDITIONS

Discovery Mountain Trek & Expeditions Company is a trustworthy and registered Company under the laws of Nepal Tourism Industry and accepts your bookings under the following terms and conditions.

Booking Terms

Booking your trip with Discovery Mountain Trek accept with terms and conditions of sale. Every trekker is required to complete the form of registrations. At the time of registration, Trekker's are expected to pay a deposit 25% of total cost to complete your booking. Please note the trip cost is required to make in advance as per the company policy, this deposit help us to make confirm reservation of Hotels in City, domestic flights and all other trip arrangements for final trip booking. Along with deposit we need detailed name lists of participants, same as passport, Gender, Nationality, Date of birth, passport number, passport issue/ Expiry dates & profession. You need to send us passport copy, photo identity and e-ticket by e-mail for all trips in Nepal.

Cancellation Policy

If any reason you have to cancel your trip, we Discovery Mountain Trek require written confirmation of your decision. The amount you have paid to us will be refunded according to the following terms:

- Cancellation more than 35 days before your departure date: \$60 will charged
- Cancellation more than 35 to 19 days before your departure date: your deposit, 25% will charged
- Cancellation more than 18 to 10 days before your departure date: 50% will charged
- Cancellation more than 9 to 05 days before your departure date: 75% will charged
- Cancellation less than 4 days before your departure date: 100% of the total will charged

I reserve the right to revise pricing rates declared under any circumstances, or on the pressure of various external factors that are further than our control, for instance changes in exchange rate, government action etc. But, I declared forth effort to keep on the present rate. In case of minor increase in flights fares, hotels or other related factors, we don't revise the cost of the trip which was already confirmed & booked by deposit.

RISK & RESPONSIBILITY

Your safety and enjoyment is my prime concern. I therefore carry out my responsibility honestly & sincerely to ensure your holiday trouble – free as well as you have desired. Nevertheless, unless stated otherwise, trip may be change under uncertain and inherent circumstances such as land-slides, road blockage, flood, snow political unrest, cancellation of flight, delay arrival, sickness or accidents etc. Any extra cost incurring there is your personal responsibility and should be borne on the spot.

IMPORTANT NOTE

Your safety is of paramount concern while traveling with Discovery Mountain Trek. Please note that your guide has the authority to amend or cancel any part of the itinerary if it is deemed necessary due to safety concerns. The guide will try to ensure that the trip runs according to plan, but please be prepared to be flexible if required. Bad weather in mountain regions can cause domestic flight delays, particularly in the Everest, Lukla, Jomsom, phaplu, Kanchenjunga and any other remote mountain regions in Nepal.