



# Annapurna Base Camp Short Trek - 7 Days



## Trip Facts

Destination	Nepal
Duration	7 Days
Group Size	2 - 6
Trip Code	dwt 12
Grade	Difficult
Activity	Annapurna Treks
Region	Annapurna Region
Max. Altitude	4,130m at Annapurna Base Camp
Nature of Trek	Lodge to Lodge Trekking
Activity per Day	Approx. 4-6 hrs walking
Accommodation	Hotel in Pokhara and Hotel/Lodge/Tea House during the trek
Start / End Point	Pokhara / Pokhara
Meals Included	Breakfast in Pokhara Hotel and all Meals (Breakfast, Lunch, Dinner) during the trek
Best Season	Feb, Mar, Apr, May, June, Sep, Oct, Nov & Dec.
Transportation	Kathmandu- Pokhara-Kathmandu by Tourist Bus, Pokhara - kimche, Ghandruk Phedi - Pol

## A Leading Himalayan Trekking & Adventure Specialists

TRULY YOUR TRUSTED NEPAL'S TRIP OPERATOR.

Annapurna base camp in just 7 days, a hike you walk through lush rhododendron forests past rivers to Gurung villages rich in customs and traditions surrounded by mountain views so...




Its Notice to all our valuable clients who are joining Annapurna Base Camp trek with us that our journey begins with a 6-7 hour bus ride from Kathmandu to Pokhara (approx 200 km) which is included in the package, however, if you want to take a domestic flight from Kathmandu to Pokhara (20 mins approx) and also from Pokhara to Kathmandu, we can provide that with an additional flight cost which is not included in the package. Discovery World Trekking would like to recommend all our Valuable Clients that they should arrive in Kathmandu a day earlier in the afternoon before the day we depart and start our Annapurna Base Camp Trek the next day, To make sure that you'll attend our Official Briefing as an important Pre-meeting. The reason we do so is we want to make sure that you get proper mental guidance and necessary information just to have a recheck of equipment and goods for the journey so that if you have forgotten something then we'll provide you with that ASAP.

## About the Trip

Annapurna base camp in just 7 days, a hike you walk through lush rhododendron forests past rivers to Gurung villages rich in customs and traditions surrounded by mountain views so beautiful you'll be holding back tears. Being a relatively easier trek than Everest, Annapurna Base Camp is truly an extra ordinary experience for both experienced and new trekkers,

- ✔ Best Price Guarantee
- ✔ Hassle-Free Booking
- ✔ No Booking or Credit Card Fees
- ✔ Team of highly experienced Experts
- ✔ Your Happiness Guaranteed

### Highlights

-  Spend a day in Tourist hub Pokhara
-  Visit to gurung village of Ghandruk
-  Explore Gurung museum and buddhist monasteries
-  Reach annapurna base camp(4130m)
-  Relaxing Hot spring at Jhinu danda
-  Amazing View of Hiunchuli, Annapurna South Annapurna I ,Khangsar
-  Kang,Gangapurna, Annapurna III and Machhapuchhare.

### What is Included?

- ✔ Both way transportation for Kathmandu-Pokhara-Kathmandu by Tourist Bus.
- ✔ Two nights accommodation with Breakfast (room with attached bathroom) at "Hotel Crown Himalayas" in Pokhara.
- ✔ Accommodation: Two nights room with attached bathroom at Ghandruk ,Jhino Danda and four nights standard accommodation at Himalayan, Chomrong, Annapurna base camp,Bamboo(Generally, Twin Sharing Room)- 6 Nights
- ✔ Both way private transportation service from Pokhara to syauli bazaar /kimche(trek start) and Ghandruk Phedi (trek end) to pokhara.
- ✔ All Standard Meals (7 Lunches, 6 Dinners and 7 Breakfasts) during the trek.
- ✔ Government License holder English Speaking Discovery World Trekking experienced and qualified trek leader guide and porter to help trekkers luggage. (2 trekkers:1 porter "9 kg per trekker max limit")
- ✔ Coverage of Guides and Porters, Their meals, insurance, salary, lodging, transportation, flight and other necessary equipment.
- ✔ Water purification tablets for safe drinking water
- ✔ Annapurna Conservation Area Permit (ACAP) Fee.
- ✔ Trekkers Information Management System (TIMS) card fee.
- ✔ Snacks (cookies) and Seasonal fresh fruits every day
- ✔ All government, Local taxes and official Expenses
- ✔ Assistance in arranging rescue operation in case of complicated health condition (funded by travel insurance)

- ✔ Souvenir - A company's T-shirt & Cap
- ✔ Discovery World Trekking's appreciation of certificate after the successful trek
- ✔ Farewell Dinner at the end of the trek

## What is Excluded?

- ⊖ International flight airfare
- ⊖ Nepal Entry Visa Fees for multiple Entries on arrival at Tribhuvan International Airport- (15 days - \$25-30, 30 days- \$40-50 and 90 days- \$100-110)
- ⊖ Excess baggage charges (Limit is 9kg per Person)
- ⊖ All Accommodation and meals in Kathmandu, before and after we start our journey
- ⊖ Lunch and Dinner in Pokhara.
- ⊖ Extra night accommodation, Meals in Kathmandu and Pokhara due to early arrival or late departure, early return from the trek.
- ⊖ Personal expense (shopping, snacks, boil bottle water, hot and cold drinks, hot shower, Alcohol, Wi-Fi, telephone call, battery re-charge fee), extra porters etc
- ⊖ Personal clothing and gear
- ⊖ Travel insurance which has to cover emergency high-altitude rescue and evacuation compulsory
- ⊖ Tips for guide and porters (Recommended by the Culture)
- ⊖ Additional costs or delays caused by out of management control, for example, landslide, weather condition, itinerary modification due to safety concerns, illness, change of government policies, strikes etc.
- ⊖ All the costs and expenses which are not listed in "cost includes" will be counted as Excludes

## Overview

Annapurna Base Camp trek route, a trekking trip to one of the most popular tourist attractions in the world, praised by reputed Travel Experts from Lonely Planet, Tripadvisor, and many such, **Annapurna Base camp** is a diverse trek where you'll be passing through countryside villages of ethnic Nepalese people, lush forests and shrubs. With a rewarding view of the mountain sanctuary. It is not particularly strenuous and also short, great for those who don't have as much time but wish to experience the beauty of the mountains and hills of Nepal.

Our trek starts at Kimche, after two hours drive from **Pokhara**, we follow the trail that takes us through dense forests of **rhododendrons and bamboo**, over fast-flowing rivers on a suspension bridge to the traditional village of the indigenous Gurung community where old customs have been kept alive even at this age of modernizations. The warm hospitable people of the village will greet you warmly and happily interact with you during your overnight stay there. As we ascend higher the scenery changes. From the **lush forest and grass pastures** to the landscape, slowly turns to rocky passes and steep cliff faces, and stunning views of the snow-capped peak. The kind of serenity that will make you whisper to keep the peace. When we finally reach our destination at **Annapurna base camp** where everywhere you look

you'll see enormous mountains from Hiunchuli, past Annapurna South to **Annapurna I (8,097m/26,566ft)** and **Khangsar Kang, Gangapurna, Annapurna III, and Machhapuchhare**. you'll feel like you're standing at the heart of the mountains. After spending a night here we follow the trail to Siwa/Ghandruk Phedi and drive back to Pokhara.

DWT's 7 days ABC trek itinerary is particularly planned for those with short vacation time where within just a week you can experience all the astonishing beauty of nature. It's a shorter version of our 11 days Annapurna base camp trek which is slightly easier with more stops in between. For those who wish to go on an even more adventurous trip between Annapurna and Everest regions, plan your customized trek in our trip planner. Learn more about Annapurna Base Camp Trek Itinerary, Annapurna Base Camp trek Cost, weather, and everything you need to know about the Annapurna region in our Trip Note & Itinerary section below.

## Day to Day Itinerary

### Day 1

#### Drive from Pokhara to Nayapul /Syauli bazaar /kimche (1,784m) Trek to Ghandruk (1940m / 6,364 ft )

##### Itinerary Facts

<b>Driving hours</b>	2 & ½ hr
<b>Trek Distance</b>	8 km/ 4.9 miles
<b>Highest Altitude</b>	1940m / 6,364 ft
<b>Trek Duration</b>	2 hrs

After spending days in **Kathmandu**, we go to **Pokhara**. You can choose to go to Pokhara either by a 25 minutes flight or by our free bus service(**6 hours drive**) After having breakfast early in the morning in Pokhara and drive to Nayapul then off-road through a small village, **Sauli Bazar and Kimche**. we start our first day of trek to reach the all-round us will be a panoramic view of mountains. We cross a suspension bridge over **Kimrung Khola** lovely Gurung village of Ghandruk. **Ghandruk village** is filled with Buddhist monasteries and rich in traditional customs and lifestyle we will get a chance to explore **Gurung Museum** From **Ghandruk**, we can see the spectacular view of **Fishtail, Annapurna South**, and **Hiunchuli mountains**. In this way, Our 1st day of Annapurna Base Camp Trek will be successful.



Overnight at Breeze Guest House with attached bathroom



Included meals: (Breakfast, Lunch, Dinner).

### Day 2

#### Trek from Ghandruk (1940m / 6,364 ft ) to Chhomrong (2170m / 7,119 ft)

##### Itinerary Facts

<b>Trek Distance</b>	(9 km/ 5.5 miles)
<b>Highest Altitude</b>	2170m / 7,119 ft
<b>Trek Duration</b>	4hrs

After a cup of tea early morning, we hike an hour through **Ghandruk** and a steep descent to **Kimron River**, and up to Chhomrong, on our way, we will see the great view of Annapurna South, Fishtail mountain. We arrive at **Chhomrong** for an overnight stay. It is a great place situated on the lap of mighty **Annapurna massif**. In this way, Our 2nd day towards **Annapurna Base Camp** will be successful.



Overnight at "Panorama View"with attached bathroom



Included meals: (Breakfast, Lunch, Dinner).

### Day 3

#### Trek from Chomrong (2170m / 7,119 ft) to Himalaya (2,890 m / 9,425ft)

##### Itinerary Facts

<b>Trek Distance</b>	12 km / 7.4 miles
<b>Highest Altitude</b>	2,890 m / 9,425ft
<b>Trek Duration</b>	6/7 hrs

Today, we pass through the **lush forest** over stone steps across **Chhomrong Khola** and then uphill through the deep bamboo and rhododendron forest to the village of Doban. In this way, Our 3rd day of **Annapurna Base Camp Trek** will be successful.



Overnight at "Hotel Himalayan"



Included meals: (Breakfast, Lunch, Dinner).


## Day 4

### Trek from Himalaya (2,890 m / 9,425ft) to Annapurna Base Camp (4,130 m/13,550 ft) via Machhapuchchhre Base Camp (3720m)

#### Itinerary Facts

<b>Trek Distance</b>	12.5 km / 7.7 miles
<b>Highest Altitude</b>	4,130 m/13,550 ft
<b>Trek Duration</b>	5 hrs

We follow a route through the narrow gorge **Modi Khola** glacier valley past the base of **Machhapuchhre** which ultimately takes us to **Annapurna base camp**. We will be walking close by the Annapurna glaciers. Machhapuchhre Base Camp offers us a stunning panoramic view of the surrounding mountains. Fro Annapurna base camp we get a 360-degree view from **Hiunchuli**, past Annapurna South to **Annapurna I (8,097m/26,566ft)**, and **Khangsar Kang, Gangapurna, Annapurna III, and Machhapuchhare**. In this way, Our 4th day of **Annapurna Base Camp Trek** will be successful.

 Overnight at "Hotel Paradise Garden Guest House"

 Included Meals: (Breakfast, Lunch, Dinner).


## Day 5


### Trek from Annapurna Base Camp (4,130 m/13,550 ft) to Bamboo (2,350 m / 7,700 ft)

#### Itinerary Facts

<b>Trek Distance</b>	14 km/ 8.6 miles
<b>Highest Altitude</b>	4,130 m/13,550 ft
<b>Trek Duration</b>	6 hrs

We enjoy breakfast with the **beautiful sunrise** over the Himalayas as our backdrop. Then we will continue our trek out of the "**Annapurna Sanctuary** " and retrace our steps out of the **Modi River valley**. We eventually make it to our serene stopover point name **Bamboo**. In this way, Our 5th day of **Annapurna Base Camp Trek** will be successful.

 Overnight at "Hotel Green View"

 Included Meals: (Breakfast, Lunch, Dinner).

## Day 6


### Trek from Bamboo(2,350 m / 7,700 ft) to Jhinu Danda (1,780 m / 6,393 ft) and nearby natural hot springs

#### Itinerary Facts

<b>Trek Distance</b>	8.5 km/ 5.2 miles
<b>Highest Altitude</b>	2,350 m / 7,700 ft
<b>Trek Duration</b>	3-4hrs

We continue our way down to **Kimrong Khola** and start ascending passing through the **serene forests** of rhododendron, bamboo, and oak We then ascend to **Chomrong village** before dropping by the small peaceful settlement of **Jhinu danda**. This village has a nearby riverside **hot springs** where we can soak our tired muscle. In this way, Our **6th day of Annapurna Base Camp Trek** will be successful.

 Overnight at "Hot Spring Cottage" with attached bathroom.

 Included Meals: (Breakfast, Lunch, Dinner).

## Day 7

### Trek from Jhinu Danda (1,780 m / 6,393 ft) to Siwa/Ghandruk Phedi (1,150m/3,770ft) drive to Pokhara (820m ) via Nayapul (1050m)

#### Itinerary Facts

<b>Trek Distance</b>	4 km / 2.4 miles
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**Highest Altitude** 1,780 m / 6,393 ft

**Trek Duration** 3-4hrs

**Driving hours** 2-3 hrs

After leaving **Jhinu Danda hot spring** We follow the plain dust road along the right of Mardi Khola walking for 3 to 4 hrs to reach Siwa/Ghandruk Phedi. Which is regarded as one of the best and most relaxing walks of the entire trek .we drive to **Birethanti, Nayapul** and a 2/3hrs drive take us to the **tourist hub Pokhara**. Our trek package completes at **Pokhara**. We wish you have a memorable journey trekking to **Annapurna Base Camp!**



Overnight at "Hotel Crown Himalayas" with attached bathroom.



Included meals ( Breakfast + Lunch )

Route Map



## Trips Notes

### Annapurna Base Camp - Trekking in Nepal

We welcome you to join the **magnificent Annapurna Base camp trip** with Discovery World Trekking. ABC trek starts from Kathmandu with a drive to Pokhara. This is a relatively short trek that specifically focuses on the Annapurna base camp in the entire Annapurna Circuit.

Both way transportation for Kathmandu- Pokhara by Tourist bus is included in the package. The flight/private transportation is provided at an extra cost.

### Free Airport Pick & Drop Service from Tribhuvan International Airport

We offer a complimentary Kathmandu TIA (**Tribhuvan International Airport**) airport pick-up and drop-off service. Upon your arrival, you are welcomed and greeted at your arrival gate (Holding your name on the company pamphlet) by our representative member from **Discovery World Trekking**, then transfer to your selected hotel in Kathmandu. For departure transfer, we will come to pick you up at your stay hotel in **Kathmandu** and take you to the airport for your international flight.

### Trekking Annapurna Base Camp | Accommodation | Amenities | Group/ Single

**Hike to Annapurna Base Camp** includes six nights lodge at a mountain and two nights in Pokhara hotel where we use the best feasible inn and select the best accommodation in your Annapurna base camp trek. We provide two nights room with attached bathroom at **Ghandruk, Jhino Danda**, and four nights standard accommodation at Himalayan, Chomrong, Annapurna base camp, Bamboo(Generally Twin Sharing Room for Group)

We spend a two-night hotel in Pokhara, accommodation with attached bathroom, TV, 24 hours hot water, power, and laundry facility.

For solo trekker -a single private room with attached bathroom in the available lodge, single private accommodation in other places of the itinerary.

Two nights of Hotels in Kathmandu before and after the trek is required which is not included in the package. Kathmandu has a wide range of hotels for all budgets and your interest. We prefer your choice.

Hot showers, Wi-Fi will be available at an extra cost in possible places.

### Food at Annapurna Base Camp | Breakfast - Lunch - Dinner |

Annapurna Base Camp trek is all over high elevations near the world's highest peak which means your body needs enough carbohydrate, protein, nutrition as food is fuel for the body to hike on such **humongous Himalayan trails**. The meal on this trek is very convenient but not as in cities.

There will be **7 Breakfasts, 6 Lunch, and 6 Dinners** will be provided in the trek.

Some of the popular menu items are -

**Seven breakfasts** - ( Oatmeal, Corn Flakes, French toast with Jam, Butter, Cheese, and Honey Tibetan bread or Chapati Local tsampa porridge, Hashed brown eggs, Varieties of eggs (Omelets) Pancakes Muesli Breads Fruits and Vegetables Hot drinks like varieties of teas and coffees Hot chocolates, etc)

**Seven lunch** - (Dhal, Bhat & Tarkari (Dal Bhat power 24 hours) Tibetan Bread Various Soups items Sherpa Stew Steaks Sandwiches Momo (dumplings) Macaroni dishes Tenduk Spaghetti Noodles Thukpa Pasta Vegetable curry Potatoes items Vegetable and salad Pizza (Tomato, Mushroom, Mixed) Snakes (Papad, Prawn) Desserts items (Rice Pudding, Apple pie), etc)

**Six dinners** - ( Dhal, Bhat & Tarkari Tibetan Bread Various Soups items Sherpa Stew Steaks Sandwiches Momo (dumplings) Macaroni dishes Tenduk Spaghetti Noodles Thukpa Pasta Vegetable curry Potatoes items Vegetable and salad Pizza (, Tomato, Mushroom, Mixed) Snacks (Papad, Prawn) Korean Raman Desserts items (Rice Pudding, Apple pie), Hard Drinks Steaks, etc.)are available on the menu during the trek.



**Note-** Lunch and dinner at Pokhara shall not be provided by the company.

The best selected from the menu of the lodge will be fresh, hygienic, tasty, and nutritious. The menu is a combination of traditional local, Asian, and western cuisine almost everywhere but as we go up close, the menu list will be shorted. We highly recommend liquids green tea, lemon tea, hot lemon, ginger tea and garlic soup(must), etc. at high altitude and also the fresh vegetable items for health benefit.

Tho plenty of non-veg items will be available we won't recommend any of them because the meat in such places is not hygienic and healthy during the trek. We highly encourage you to avoid dairy and cheesy items and strongly suggest not to consume Alcoholic drinks, caffeinated items, hot chocolates as experts suggest avoiding such items during such high elevation treks.

All Personal Bills (Alcoholic Drinks, Hot and Cold Drinks) in tea house/ Lodges or in cafe except Standard Meals(Breakfast, Lunch, Dinner with seasonal fruits) are excluded from Package

### Best Time To Trek Annapurna base camp

The weather is the most significant determinant to look at when determining to trek to **Annapurna Base camp**. Trek to Annapurna in Nepal is possible throughout the year but certainly, there are ups and downs in every season. It is best fitted to trek during the spring and the autumn as the sky is crystal clear from dusk till dawn, the rainy weather stops, and thick sun-blocking clouds also fade. The Magic of clear azure skies provides the most spectacular vistas.

### Annapurna Base Camp in Spring

Destination towards Annapurna base camp in Spring (March-May) is a season in which mountain lovers and travel enthusiasts come to Annapurna Base Camp in a very large number. In this season, the climate is mild, the rainfall is quite low and the trekking conditions are perfect. The mean daily temperature in the Annapurna Base Camp is between 10 to 0 degree C. Lower regions along the trek are even warmer making it pleasant for any nature lover.

Trekking season begins after March in the spring. By April, the trek route throughout the Himalayas will be rewarded with different full blossom rhododendron of red, pink, and white even at an elevation of over 3,000 meters. The temperature starts rising from mid-March up to mid-May. The weather is cool at this time. The sky is very clear and you can enjoy the clearest views of the mountains.

### Annapurna Base Camp in Summer

If you are coming to trek **Annapurna base camp in the summer** between July to August, you are signing up for summer. The summer season falls in the month of June, July, and August. Summer is the month of the hottest temperature and therefore has the most pleasant trekking conditions compare to other months. But the monsoon that coincides with the summer means that you have to be more careful with your preparation as the trekking trails might be wet and slippery.

It usually rains during this season. Monsoon generally begins around the end of June and continues up to the second week of August. The temperature during the days usually ranges from 10°C to 23! and gets relatively colder at night ( 5°C to 10?) mornings are usually clear with clouds building up during the afternoon and disappearing again at night. Though the rain may cause some problems. Various plants bloom during this season, the valleys will be green and have totally different views than during other seasons.

### Annapurna Base Camp in Autumn

Autumn (September, October, November), like Spring, is a season that invites travelers around the world to trek in the **Annapurna Base Camp**. Moderate temperatures, mild wind, and low precipitation make Autumn a season of wonderful trekking conditions.

This is a favorite among tourists with the most favorable weather and perfect climate condition. The sun shines brightly the skies are clear you get a superb view of mountains and the temperature is perfect for the daytime trek. You can enjoy spectacular starry skies since the sky is clear at night. The monsoons will be over by early September and the weather ranges from mild to warm days. Daytime temperatures can reach up to 20c in high altitudes, the nights are colder with temperatures that may go down around 5c. the greens that grew during monsoon fade to golden/amber proving a spectacular contrast against the crystal blue skies, grains are ripening in the enclave. The environment is clean and the lowlands are lush. The biggest festivals of Nepal like Dashain, Tihar also fall during these seasons. It is also a busy season, the clearest month, with the crisp and sparkling sky. The daytime temperatures at this month are usually the most stable, from mild to cool conditions the humidity is also pretty dry with very cold nights.

## Annapurna Base Camp in Winter

Winter (December - February) treks in the Annapurna region are as popular as the Spring or Autumn treks. The places along the Annapurna Base Camp trek can be cold during the winter but that's what excites most trekkers. The temperature of Annapurna Base Camp itself can be as low as -10 degree C which tempts trekkers to visit this region in pleasant climatic conditions.

The coldest time is from December through early February, after late February, climate gradually gets warmer. Temperatures get cold dropping to -5 degree C at high altitudes. Daytime is pleasantly and relatively warm with sunshine. Despite being cold the skies are usually very clear, mountain views are at their best. With snowy caps, it might snow and the ground will be snow. The trails are the least busy at this time. It may not be the best season for beginners but experienced trekkers will have no problem.

The weather in the Himalayas is so unpredictable and the temperature may change quickly from day to night.

## Physical Condition & Experience Requirements for ABC Trek

**While there's no official physical requirement for this Annapurna Base Camp** is a comparatively hard standard and a customized trek that only focuses on ABC trek. The hiking is usually 6 to 7 hrs a day, with periodic breaks to take in the stunning mountain views. Trek routes on Annapurna the trek routes involve long climbs, steep descents, and straightforward roads following a good trail. To accomplish trek, a **prior hiking experience** would be an added advantage although no technical experience and skills are necessary.

Trekkers who are able to hike 6 to 7 hours a day at a reasonable pace with a light day pack can take part in our short **Annapurna base camp trekking**. Some days require longer waking hours. So you must be reasonably fit and prepared for long days. Trekking at more eminent altitudes is physically demanding than trekking at the lower altitudes. Novice trekkers are not recommended to join. It is very important to make sure you are as healthy as possible before starting the trek.

Participants with pre-existing medical conditions such as heart, lung, and blood disease should inform us before booking the trek.

## Annapurna Base Camp in Nepal | Trekking in Group | Private Trek

We organize a group as well as a private trek. The price of group discount is applied with having your own paxes at your group and price will be the same whether group joining or private touring. We are able to lead and handle any size of the participants in a group. There will be a group leader Guide, a porter for every two trekkers and an assistant guide for a group of 12 or above trekking members.

## A typical day in Annapurna Base Camp Tour

Every day will be rewarded with a unique experience of **trekking**, climbing enjoying the scenery, taking photos, and exploring the local villages. During the expedition, we are accompanied by experienced, friendly, and qualified expert Sherpa's sharing of information and historical facts about the places as we trek. We will also be accompanied by the porters who carry our luggage. However, we will be carrying our small regular day bag pack of necessary items.

The day starts with an early morning hot cup of tea/coffee. After packing our bags and gorging on a wholesome breakfast, we set off on the day's walk around 7 AM to 8 AM, depending on the duration and nature of the day's walk. After trekking for three to four hours, lunch will be served around midday on the route to the next destination and we continue after about an hour of rest.

The afternoon walk is generally shorter; about two to three hours. Once we reach our overnight lodge/tea house/tent, we snack on the extra dietary food. We will have free time to explore nearby places.

Dinner is served around 6 PM to 7 PM. After dinner and before going to bed, we indulge in **friendly conversations** and discuss the experience of that day. The expedition leader/guide will brief us about the next day's plan. After this briefing, we enjoy onboard games like monopoly, cards, and watch available mountaineering documentaries. Most of the foreigners indulge in light and fun learning of the Nepalese language from our crew or read books before heading off to bed for a well-deserved sleep.

## Communication during trek in Nepal

On our Annapurna Base Camp hike, internet service will be possible at the lodges with some additional service charge. You can contact your family and friends via the lodges, but once we reach high altitudes contact will be through the

phone.

We'll interact with all our valuable clients through our leader at least once a day to make sure you're fine, safe, feel right, and have everything up there. You'll always be connected to Kathmandu's DWT office for any kind of help during the trek. Also, depending on the kind of network you use, there will be a signal but not very strong before the high altitude. At your request, we can provide you with a separate local sim card (Most of the places have wifi service available at an extra cost) for good access to connect.

Normally Wi-Fi works every part of the trek in lodge/lodges which will be provided with an extra cost.

### Electricity and battery recharge, water on trekking

Throughout the lodges at **Annapurna base camp**, electricity for the camera and mobile battery recharge is available at an extra cost in all lodges. Most of the lodges have **hydroelectricity** and some of them have used solar panels. Water during the trek, you can buy either packed mineral water from local lodges and en route shop or filling boiled water at an extra cost. A water **purification pill** is will be provided to make water drinkable.

You shouldn't drink water from the river, tap, well up there cause it might not be drinkable as it seems.

### Extra personal expenses on trekking

**Discovery World Trekking** tries to provide all extra expenses excluded from the package. Meals and **accommodations in Kathmandu** are up to our clients themselves as all kinds of hotels/lodges (both luxury & budget) can be booked easily online or even we can do it on request. All our valuable clients will have to bring personal spending money with them to cover costs of meals and accommodations in Kathmandu and **lunch and dinner in Pokhara**, visa process, travel insurance policy purchase, beverages, snacks for the trek, hot and cold drinks, tips to the trekking crew members, souvenirs, etc. We recommend bringing cash (dollars) which can be changed to rupees here cause during the trek only Nepalese currency is accepted.

### Annapurna Base Camp Travel insurance

Annapurna Base Camp trip grade is ranked moderately difficult as it entails the risk of potential high altitude sickness and other unforeseen events including sudden climate changes.

**Travel insurance is a significant part of our booking condition** for The Annapurna base camp trek. All the members of trekking must provide a copy of their comprehensive travel insurance policy certificate to Discovery World Trekking. The policy must cover medical and emergency repatriation inclusive of helicopter rescue and evacuation expenses at high altitudes for trekking members.

We can recommend insurance companies to help you but we don't directly get involved in the sale of an insurance policy. Members can be refused to be included in the trekking based on insufficient, improper, or absence of travel insurance policy.

Trekking members are kindly requested to send their detailed insurance information once they book trekking. In case of emergency situations, we will be using the insurance policy and informational documents you sent us. This will help us arrange a quick and effective rescue operation, transfer for emergency medical help, etc. Please ensure that the insurance company includes the cost incurred for mountain rescue service at the highest elevation of the trekking.

Before you buy travel insurance (Don't just believe them what they say on their website) make sure you call them and recheck if they have Helicopter-rescue and evacuation up to 6000m according to your trekking height.

### Nepal Tourist Visa

All foreigners except Indian nationals must have a valid visa to enter Nepal. Visa is available on arrival at Tribhuvan International Airport upon entry in Kathmandu, Nepal, and at Nepal borders of India and Tibet. Visa can be easily extended to the central immigration office. [www.immigration.gov.np](http://www.immigration.gov.np); Visa application requires a passport with at least 6 months until expiration and one passport-size photo. The current cost of visas for 30 days is US\$50 (to be paid in cash) for 30 days that is required to make in cash. Other currencies are also accepted although rates may differ. Other nationalities should check entry requirements. visitors are requested to specify return flight tickets, time intended to stay in Nepal. we recommended you schedule at least 1-2 days extra at the end of the trip just in case there is a delay. If no delay occurs we can arrange additional activities for your time in Nepal. To help calculate the exact dates of these crossings we have found the website [www.timeanddate.com](http://www.timeanddate.com) to be very useful.

The children under the age of 10 will get a free visa. Please be advised to check the current regulation. Visa regulation can change without prior notice. Citizens of china as well as citizens of the South Asian Association for Regional Cooperation (SAARC) countries (Bangladesh, Bhutan, India, Maldives, Pakistan, and Sri Lanka) get a free visa. countries not entitled to get a visa upon arrival are Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, and Afghanistan If you are a citizen of one of these countries, please contact your local Nepalese embassy.

### Currency Exchange in Nepal | USD to NPR

## Nepali Rupees (NPR/Rs) is the local currency.

(1 USD = ~ Rs.100-120 NPR).

We can exchange most of the foreign currencies through local banks and legitimate money exchanges in Kathmandu and all over Thamel. Small amounts of cash can also be exchanged at the hotel.

The ongoing rate of exchange is visibly displayed. The government of Nepal has banned the import, export, and use of 500 and 1000 Indian Rupee note in Nepal. You should ensure that you are not carrying these notes on arrival in Nepal as they will be confiscated and you may also be fined.

Despite having the security advantage of a traveler's cheque, we prefer cash exchange to avoid hassles like a lengthy process and a high rate of commission at the banks. You can withdraw cash (in Rupees only) from one of the many ATMs in Kathmandu and Thamel itself. There are quite several ATMs that are open around the clock. The maximum withdrawal amount is 35,000 Rupees for a 500 Rupees processing fee if you are using your foreign card.

If you use the money exchange facility at banks and financial institutions the service fee charge imposed is about four percent or more depending upon the bank.

Most of the established banks in Asia will not accept foreign currency notes that are old, torn, or faded. Please ensure that you have new, clean notes

### How Much Does Annapurna Base Camp Trek Cost?

The Annapurna Base Camp Trek Cost is a relatively modest trip to make in South Asia. Generally, it stretches from 7 Days to 14 Days which ranges between \$500 USD to \$800 USD or €414 EUR and € 665 EUR.

### How Much Luggage can I take during 7 days Annapurna Base Camp Trek?

The weight limit for your luggage, Porters will be assigned to carry your luggage. two people will be assigned one porter, combined luggage should not exceed more than 18 kgs. We never overload our porters. but a should carry your own knapsack or backpack (with your valuables or anything important) on your own. Only carry what the essentials, You can leave any excess baggage either at your hotel or at the Discovery World Trekking store for free.

We'll recheck everything (Luggage, equipment, etc.) in our briefing before we start our journey from our Office.

### Annapurna Base Camp Safety




Discovery World Trekking guarantees **our valuable client's safety, security, and satisfaction.** **Safety** is the utmost important concern for us. For the trek, we will be carrying all the necessary gears, equipment, and first aid kits. Our leaders and guides have vast knowledge and have extensive first aid training. If a trekker falls sick due to the altitude, it is entirely up to the trekker to decide if he/she will further continue as health is very important. In case of emergency, the rescue helicopter will always be ready to bring you back from the higher elevation. During the trek, every group will be

together so that everyone is safe and won't wander off alone.




## **Equipment Checklist**

Depending on the season you wish to go trekking you may make alterations to Annapurna clothing and the Annapurna base camp packing list. However, these are the necessities list we prepared to keep your comfort and utility in mind. We never recommend our clients to bring over types of equipment which is not necessary for the trek.



### **Head**

-  Sun hat or scarf
-  Winter hat or insulating hat or a wide-brimmed hat
-  Headlight with extra batteries











### **Face**

-  Sunscreen
-  Sunglasses with UV protection
-  Face/body wipes



### **Hands**

-  Lightweight gloves
-  Heavyweight winter gloves

### **Body**






-  Hiking shirts
-  Long sleeved shirt made of synthetic fibre
-  Hooded rain jacket
-  Fleece jacket
-  Lightweight cotton pants
-  T-Shirt (bring lightweight wool)
-  Polypropylene underwear
-  Down jacket (available for rent in Kathmandu)
-  Sweater
-  Waterproof jacket and pants

### **Footwear**





-  Hiking Boots
-  Thick wool socks (Take an extra pair of thick light socks)

### **Essential gear**

-  Backpack or daypack (Size depends on whether you take porter or not)

-  **Thermal bottle**
-  **Water purification**
-  **Trekking pole**
-  **Sleeping bag (-15 degree bag is best in the high altitude trek)**
-  **Toiletries (toilet papers, toothpaste, toothbrush)**

### Personal accessories

-  **Money**
-  **Watch**
-  **Cell phone**
-  **Camera**

### Extra items

-  **First aid kit**
-  **Extra passport photos and photocopies of passport**
-  **Notebook and pen**
-  **Binoculars**

## Join Upcoming Trips

The given prices are per person basis and fixed in which the International flight cost has excluded. In addition, trek cost includes and excludes details is applied. The dates schedule is fixed, 100 percent guaranteed and confirmed to departure trekking. We are flexible to organize trek in your own departure trek date. We organize private and group trek. For this, trekker can send us message submitting your own departure trek date.

Departure Dates	Price
29 Oct, 2021 - 04 Nov, 2021	\$850 \$490
31 Oct, 2021 - 06 Nov, 2021	\$850 \$490
01 Nov, 2021 - 07 Nov, 2021	\$850 \$490
02 Nov, 2021 - 08 Nov, 2021	\$850 \$490
05 Nov, 2021 - 11 Nov, 2021	\$850 \$490

# FAQ's

## Can I use flight option for any local destination during Annapurna Base Camp trek?

Yes, you can. Pokhara is the starting and ending point for the trek. You can use local airlines to fly to and from Pokhara to Kathmandu for about 25 minutes at your own expense.

## What about the Insurance of guides and porters?

Discovery World Trekking ensures the expenses for insurance of its guides, porters, and all the crews along with meals, salary, lodging, transportation, and other necessary equipment.

## Is there any luggage limit for porter?

Discovery World Trekking will provide one porter for two trekkers to carry 18 kgs of luggage (maximum 9 kg for each trekker). Please be sure your porters are not overloaded because they do not carry only your equipment but also lift your spirit to reach new heights, and your love, affection, and generosity can be the reason for them to work hard to take you to your destination.

## Do I need to submit Immunization Certificate for Annapurna Base Camp?

An immunization certificate is not mandatory for the Annapurna Base camp. However, since 2021 you need a proof of vaccine report at the Airport to fly overseas.

## What documents do I need for trekking to Annapurna Base Camp?

You need to submit the following documents after the advance payment deposit and all the documents should be sent via email.

-  A copy of passport,
-  Passport size photos,
-  Flight details,
-  Copy of travel insurance (it has to cover heli rescue and medical evacuation).

## What is the accommodation on the trails of Annapurna Base Camp like?

For the Annapurna Base Camp trekking, you will be staying at teahouses/lodges, generally offering twin sharing rooms and healthy local foods. The toilets are outside the room or the house in a squat form. Hot showers/running water are available at extra cost in most of the places.

## Is meal easily available on the trek to Annapurna Base Camp?

The meal on this trek is very convenient but not as in cities. Along with Western meals, chapati, rice, local tsampa porridge, Tibetan bread, various soups like Sherpa stew steaks, Momo (dumplings), Tsenduk, noodles, and thukpa are amazing Himalayan cuisines for the trekkers. Discovery World Trekking will arrange meals in special areas for its clients.

## Is the drinking water safe in the trails to Annapurna Base Camp?

Bottled water is easily available at a low cost. But you can not use plastic bottles in the Annapurna region. So, You need to drink mineral water or boiled or filtered water in those areas. It is better to use water purification drops and tablets which you can either bring from your own country or buy in Kathmandu or Pokhara. Discovery World Trekking also provides water purifier pills.

## I am a vegetarian. Am I supposed to get enough meal on my trek?

Discovery World Trekking won't recommend non-veg items because the meat in such places may not be hygienic and healthy. Discovery World Trekking also encourages to avoid dairy and cheesy items and strongly suggests not to consume them during the trek. So, our packages are suitable for both vegan and vegetarians.

## Is there pick service by the Company?

You will see a personal representative of Discovery World Trekking welcoming you outside the arrival lounge of Tribhuvan International Airport with your name pamphlets in her/his hand. S/he will take you to your selected hotel on private transportation conveniently.

## Is there a cancellation or refund policy?

Discovery World Trekking offers cancellation and refund facilities. You need to visit Discovery World Trekking's tour packages for more information.

### **What is the booking and payment method for Annapurna Base Camp?**

You need to pay 10% in advance and the rest of the amount can be paid after your arrival in Nepal. We accept Credit Card, however, you will be charged an extra amount as a service fee by the bank. So, Discovery World Trekking recommends you to pay in cash to enjoy the benefit of a discount. Any currency is accepted.

### **Is tipping necessary for porter and guide?**

Your porters are a big reason why you got a chance to feel something very few can have. Apart from guiding and carrying your necessities and being mindful of your safety, they want to see you happily succeeded more than anyone like family and help you successfully complete the trek safely. So, your tips reflect gratitude towards them. So, tipping is a recommended culture for porters and guide in Nepal as a gesture of thankfulness.

### **Is internet access available in Annapurna Base Camp route?**

Yes, you will find the internet and wifis in most places. it charges a small amount.

### **How difficult is annapurna base camp trek?**

Annapurna Base camp Trek is by far one of the most popular trekking destinations in the world. The difficulty level or Trip grade of Annapurna Base camp is relatively easier than treks like Everest or Kanchanjanga Treks in Nepal. Having said that, you'll need to have a fair amount of fitness and you should be able to hike at a steady pace to take most from the Annapurna Base camp Trek. On guided tours, you'll with professional Trek leaders and under the supervision of experts, so it would fair to say Guided Annapurna Base Camp Trek is easy to trek to take a shot at.

### **Where is annapurna base camp?**

For trekkers and height fans, Annapurna Base Camp is a household name. From Lonely Planet to TripAdvisor Annapurna Base Camp trek praised as once in a lifetime experience venture but where exactly is it? Annapurna Base Camp lies in Central Nepal. The **Annapurna Base Camp** is a huge polar basin prevailing 40 km directly north of Clean city Pokhara. According to Wikipedia "*This oval-shaped plateau sits at an altitude of over 4000 metres*".

### **what continent is annapurna in?**

Mt Annapurna, which translates to "giver of food and nourishment" from Sanskrit texts s a massif in the Himalayas in north-central Nepal of South Asian Pacific. Annapurna Peak sits at an Elevation of 8,091 m. Annapurna is one of the few peaks which are over 8,000 meters in the World.





## Discovery World Trekking

### Paul Gurung (CEO/Founder)

Mailing Address: Post Box: 21576, Kaldhara Marg, Thamel, Kathmandu, Nepal, Kaldhara Marg, Thamel, Kathmandu, Nepal

**Phone:** [+977 1 4252366](tel:+97714252366)

**Mobile:** [+9779840055491](tel:+9779840055491)

**E-Mail:** [info@discoveryworldtrekking.com](mailto:info@discoveryworldtrekking.com)

**Skype:** discovery1120

**Phone:** [+977 1 4252366](tel:+97714252366)

**Location:** Saat Ghumti Chowk, On the way to Kaldhara Marg, Near to the International Guest House, Kaldhara, Thamel, Kathmandu, Nepal. [Opening hours – 8 Am to 7 Pm]

### 24 Hrs. Emergency Call

[+977 9851054143](tel:+9779851054143)

or [+977 9840055491](tel:+9779840055491)

Quick Questions? Email Us

**[info@discoveryworldtrekking.com](mailto:info@discoveryworldtrekking.com)**

Talk to an Expert

**[+9779840055491](tel:+9779840055491)**  

