



# Annapurna Base Camp Trek - 11 Days



## Trip Facts

Destination	Nepal
Duration	11 Days
Group Size	2 - 30
Trip Code	DWTTK03
Grade	Moderate
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	Kathmandu / Kathmandu
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 - Birethanti, Ghandruk Phedi

## A Leading Himalayan Trekking & Adventure Specialists

TRULY YOUR TRUSTED NEPAL'S TRIP OPERATOR.

Annapurna Base Camp Trek is way around one of the remote traditional villages where our journey heads towards greetings of provincial people exceeding lush green growth with scenery snow-covered white...

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 departed 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 Trek is way around one of the remote traditional villages where our journey heads towards greetings of provincial people exceeding lush green growth with scenery snow-covered white mountains with fine views and a delightful blend of cultures unprecedented by any other treks in the World. Annapurna Base Camp is by far one of the most beautiful treks. It's a path to the brilliant bastard amphitheater of the extremely elegant peaks of the Annapurna mountain range. ABC trek is the most familiar and vibrant hike in the Himalayas of Nepal. The journey starts from Pokhara in the foothills of the Annapurna and dies through charming villages of Magar and Gurung public as Gurkha soft soldiers recuperate. The lushness of the Rhododendron woodland, happy villages, and sky kissing mountains landscapes within just 8 days or less constitute an outdoor journey one of the most popular. The journey is indifferently full of exciting burns of ups and downs on the rough trail. Annapurna base camp at (4,130)m is a funnel-shaped valley with panoramic inspection of Annapurna South, Annapurna I (8,097m/26,566ft), Tent peak, Fishtail, and others. Melting snow of the immense rock faces form a glacier that drains into the Modi River. Annapurna I is the tenth highest peak in the world and is the first of the 8,000 m peak climbed as early as in 1950.

- ✔ 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
-  Sunrise Views of Annapurna ranges include Dhaulagiri and the Kali Gandaki from Poon Hill
-  Reach annapurna base camp(4,130m),Rich in flora and fauna
-  Relaxing Hot spring at Jhinu danda
-  Amazing View of Hiunchuli, Annapurna South Annapurna I ,Khangsar
-  Gangapurna, Annapurna III and Machhapuchhare.
-  pretty villages and farmland at Ghandrung,
-  Get a taste of rural Nepalese life

### What is Included?

- ✔ Both way transportation for Kathmandu-Pokhara-Kathmandu by Tourist Bus.
- ✔ Both way private transportation service from Pokhara to Birethanti (trek start) and Ghandruk Phedi (trek end) to pokhara.
- ✔ Two nights accommodation with Breakfast (room with attached bathroom) at "Hotel Crown Himalayas" in Pokhara.
- ✔ Accommodation: Three nights room with attached bathroom at Ulleri, Ghorepani, & ,Jhino Danda, five night standard room at Tadapani, Himalayan, Chomrong, Annapurna Base Camp and Bamboo (Generally twin Sharing room)- 8 Nights
- ✔ All Standard Meals ( 9Lunches, 8 Dinners and 9 Breakfasts) during the trek.
- ✔ Government License holder Discovery World Trekking experienced and qualified trek leader (guide), assistant trekking guide, (12 or

above trekkers: 1 assistant guide) and porter to help trekkers luggage (2 trekkers:1 porter "9 kg per trekker max limit").

- ✔ Coverage of guides and porters meals, insurance, salary, lodging, transportation 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
- ❑ Extra night accommodation, Meals in Kathmandu and Pokhara due to early arrival or late departure, early return from the trek.
- ❑ Lunch and Dinner in Pokhara.
- ❑ Personal expenses (shopping, snacks, boil bottled 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 modifications 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** is one of the most popular journeys in Nepal. Annapurna Base Camp is a Grade B or a temperately laborious trekking route. So, any fit person can do this trek, **even if you do not have any previous experience**. It is a considerably easy and shorter trek than other high altitude treks in Nepal. You should be aware of what to expect and mentally prepare for it. Then, as long as you dare to, you can. This trek incorporates diverse terrain, culture, and wildlife. Along with the most spectacular and close up view of the **Annapurna range, Machhapuchhre, Hiunchuli, and Dhaulagiri**.

The ABC Trek is also known as the **Annapurna Sanctuary Trek** because you walk along the protected area's trail. The journey can be considered as much of an ecclesiastical journey as a venturesome one. It is considered one of the most beautiful sanctuaries in the world- protecting not only the floral and faunal species of the land but also its natural environment and the local ethnic culture. Throughout the trip, you can enjoy and encounter local ethnic Gurung and Magar cultures at small settlements and villages. Sitting at an altitude of **(4,130m/13,549ft)**.the Sanctuary is an oval-shaped plateau that is surrounded by a ring of the Annapurna Mountains. Due to its unique terrain, trekking through it presents you with a flourishing **Himalayan ecosystem** that consists of lush woodlands blended with drier terrains. As you ramble along the unsophisticated trails that are adorned with rhododendron canopies, you can also come across Thakali people who have dainty villages at the foothills of the Annapurna Himalayas.

Encountering small **chores and goombas**, the trekking trail is a tranquil journey of exotic traditions that transports you to another time. Gliding farmlands and terrace rice farms are also a common sight while trekking, and thick pine and bamboo forests make the adventure a relaxing escape away from the bustling cities.

The most popular trekking destination Annapurna Base Camp trek, also known as the sanctuary trek, Combined with dramatic views of the mountain ranges, against the blue sky, nature in its untouched form in the rural villages it's a hike to the huge amphitheater enclosed by a solid wall of snow-capped peaks, the Annapurna base camp.

We kick start our trek at Nayapul/birethanti, a town that's a short drive away from Pokhara. We trek through the rice terraces along the rushing Modi river to **Tikhedhunga/ulleri**. We stay there overnight to recharge ourselves and the next day of our trek we reach Ghorepani, you can explore the villages and interact with the people to get an insight into their life and culture.

It's a slightly harder hike but you'll be rewarded with fantastic views of the Annapurnas, Machhapuchhare, and Hiunchuli as well as our first peak of Dhaulagiri.

Early morning, the next day we make our way to Poon Hill to watch the renowned sunrise over the snowcapped Himalaya. From Poon Hill we go to Tadapani, then Chomrong, and finally the Annapurna Base camp where we see a fantastic sight of glaciers, and mountain ranges from **Hiunchuli, past Annapurna South to Annapurna I (8,097m/26,566ft) Gangapurna, Khangsar Kang, Annapurna III, and Machhapuchhare**. Then we return to **Nayapul** through bamboo on our way. We stop by Jhinu Danda to relax in the natural hot springs there. our trek finishes and we drive back to Pokhara

Annapurna Base camp trek is not particularly strenuous but of unparalleled beauty to that of other treks, which is also a reason for its popularity. This is just an **11-day trek** but for those who don't have that much time and are willing to push themselves a little, we also have a 6 days Annapurna base camp trek, where you get the same experience within a week!

After almost a year of the ban on travel and tourism, Nepal is welcoming travelers, trekkers, and mountain climbers from all over the world to pursue their dreams in Nepal this New Year 2021. Here's how we're working with the Government of Nepal following all safety guidelines to make our valuable client's trip to Nepal as comfy & safe as possible. Check out how [we're operating treks/expedition after pandemic](#) with all necessary safety required.

For those who wish to go on an even more adventurous trip in Annapurna and Everest Regions do check out our 16 Days Annapurna Circuit Trek and Tilicho Lake, 16 Days Nar Phu Valley Trekking, 14 Days Annapurna Circuit Trekking, [11 Days Annapurna Base Camp Trekking](#), [10 Days Annapurna Circuit Trekking](#), [9 Days Annapurna Sanctuary Trekking](#), [7 Days Khopra Danda Trekking](#), 7 Days Mardi Himal Trekking 10 days Annapurna Circuit Trekking, 9 days Annapurna sanctuary Trekking, 12 Days Everest Base Camp Trek, 14 days Everest Base Camp Trek, 15 Days Everest Base Camp And Gokyo Lakes Trek, 17 Days Everest High Pass Trek, Everest Base Camp Trekking or Short Annapurna Base Camp Trek from a variety of [Discovery World Trekking](#) tour packages.

## Day to Day Itinerary

### Day 1

#### Drive to Pokhara (820 m/ 2,690 ft) west of the Kathmandu Valley

##### Itinerary Facts

**Driving Hours** (205km/127 Miles) 6-7hrs

After an early breakfast, our endeavor towards **Pokhara by a tourist bus** (probably 6-7 hours journey). On our way, we can see the picturesque Trishuli and Marsyangdi rivers along green and rocky mountains, rivers connecting each other, and small springs too. Pokhara is a beautiful valley set on the banks of the Phewa and began Lake, also known for its **panoramic views of Annapurna (8,091m), Machapuchare (6,993m)** in the north, **Dhaulagiri (8,169m)** in the west, **Manaslu (8,156m)**, and **Lamjung Himal (6,983)** in the east. Pokhara is a lakeside tourist's paradise with many facilities for travelers. You can roam around the lakeside where people of different cultures come to hang out and have a good time near Phewa lake. Accommodation at the bank of Lakeside.



Overnight at "Hotel Crown Himalayas" with attached bathroom.



Included Healthy Breakfast.

### Day 2

#### Drive From Pokhara to Nayapul /Birethanti (1039m/3,250 ft) trek to Tikhedunga - uleri (1,540 m/5,050 ft)

##### Itinerary Facts

**Driving Hours** 2hrs

**Trek Distance** 7 km/ 4.34miles

**Highest Altitude** 1,540 m/5,050 ft

**Trek Duration** 3-4 hrs

After a **nourishing breakfast** at the bank of Phewa Lake, we'll continue our journey with a short drive through the beautiful landscape on the way to Nayapul/Birethanti or off-road of Hile, we start our trek from here. The route follows pleasantly through the fertile jungle and terraced fields along a rushing river. This place is an important point along the trekking route that runs from Pokhara towards the **Annapurna and Machhapuchhre base camps** and further towards the town of Jomsom, then we follow the trail through the north bank of the Bhurungdi Khola, steadily up the side of the valley to Hille(1,495m) and after a short climb, we reach **Tikhedunga(1,570m)**. We walk steep up to **Ulleri (2073 meters)**, a large beautiful Magar village.



Overnight at "Hotel Purinima" with attached bathroom.



Included all Standard meals ( Breakfast + Lunch + Dinner ).

### Day 3

#### Trek from Uleri (1,540 m/5,050 ft) to Ghorepani ( 2,860 m/ 9,385 ft)

##### Itinerary Facts

**Trek Distance** 11 km / 6 miles

**Highest Altitude** 2,860 m/ 9,385 ft

**Trek Duration** 3-4 hrs]

After a long drive and short trek towards Tikhedhunga /Uleri, today we'll head towards a steep ascent. we can take in astonishing views of the snowy peaks of the Annapurnas, **Machhapuchhare**, and Hiunchuli. Then we ascend more gently through rhododendron forest where we can see wild animals like monkeys and along the way we can also see springs and rivers Making the land seem like paradise towards **Nanghethani(2460m)**. After an hour more walking we'll reach our destination Ghorepani, a spectacular settlement located on a ridgeline. The views of the Himalayas from this village are breathtaking. We can see panoramic views of **Annapurna and Dhaulagiri Himalayas** on a clear day. **Dhaulagiri I, II, III, IV, V, Tukuche, Dhampus, Nilgiri, Annapurna South, Barah Sikhar, Machhapuchhre (commonly known as Fishtail)** are some of the major peaks seen from here. In this way, our 3rd day at Annapurna base camp will be successful with amazing pictures of humongous mountains and lots of memories.



Overnight at "Hotel Snow Land" with attached bathroom.



Included all Standard meals ( Breakfast + Lunch + Dinner ).

#### Day 4

#### Early morning hike to Poon Hill viewpoint (3,210 m/ 10,525 ft) , then trek to Tadapani (2,630 m/8,630 ft)

##### Itinerary Facts

**Trek Distance** 11.50 km / 7.1 miles

**Highest Altitude** 3,210 m/ 10,525 ft

**Trek Duration** 4hrs

If your **sunrise lover** today is your day, we'll have an early start of the day as we begin before sunrise to ascend Poon Hill in time to view the sunrise on the Himalayas. We'll ascend to Poon Hill just in time to view the sunrise on the Himalayas. After taking a natural view of sunrise and the warm sun kissing We can have viewed a brilliant panorama of mountain ranges from Poon Hill of **mountains Dhaulagiri, Nilgiri**, more than 32 ranges of the **Annapurnas** and much more which will make you feel a heaven is a place on earth. After enjoying the views, we return to our lodge for a hearty breakfast and then follow a pleasant forest trail through **rhododendron and oak** groves to **Deurali(2960 m)**, then we descent to Bandhani and finny to Tadapani another beautiful village with great views of the peaks! As you can assume today will be the day of glancing at mountains and hills to make memories for life.



Overnight at "Hotel Grand View Lodge"



Included all Standard meals ( Breakfast + Lunch + Dinner ).

#### Day 5

#### Trek from Tadapani (2,630 m/8,630 ft) to Chomrong(2,165 m/7,105 ft)

##### Itinerary Facts

**Trek Distance** 10 kilometers / 6.2 miles

**Highest Altitude** 2,165 m/7,105 ft)

**Trek Duration** 5 hrs

After long mountainous sightseeing in the Poonhills today We'll enjoy an early **morning panorama from Tadapani** as the peaks light up. After a healthy breakfast early morning while viewing the sunrise in **Tadapani**, we'll hike 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. It is a great place situated on the lap of mighty **Annapurna massif**. Chomrong is a village in the **Annapurna area of Nepal** and a popular overnight stop for those walking the Annapurna sanctuary trek or base camp trek. The village is spread over a hillside that has stunning views of the **Annapurnas and Machapuchare**.



Overnight at "Panorama View"



Included all Standard meals ( Breakfast + Lunch + Dinner ).

#### Day 6

#### Trek from Chomrong (2,165 m/7,105 ft)to Himalaya (2,890 m / 9,425ft)

##### Itinerary Facts

**Trek Distance** 12 km / 7.4 miles

**Highest Altitude** 2,890 m / 9,425ft

**Trek Duration** 6/7 hrs

Today's trek is a bit longer. We make our way down through the spread out, the picturesque **village** as We follow the trail down to **Chomrong Khola**, through the picturesque village, and climb to the valley of the Modi River. We follow the trail through a clearing in the forest then through the lush jungle with rhododendron (**Nepal's national flower**), dense bamboo, and oaks. We pass a **trailside canyon** and eventually we make it to our evening's destination.



Overnight at "Hotel Himalayan"



Included all Standard meals ( Breakfast + Lunch + Dinner ).

## Day 7

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

#### 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

From Himalaya we'll follow a route through the narrow gorge along the Modi Khola glacier valley past more forests, we pass a large overhanging rock known as **Hinku Cave** and the lodges of Deurali before making it to the entryway of the 'sanctuary' which ultimately takes us to **Annapurna base camp**. We will be walking close by the Annapurna glaciers. On our way, **Machhapuchhre Base Camp** offers us a stunning panoramic view of the surrounding mountains. From 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. Today is also mountain scenery day, humongous mountains have seen at close quarters which includes the **Annapurna Massif (Annapurna I-IV), Dhaulagiri, Machhapuchhre, Manaslu, Gangapurna, Tilicho Peak, Pisang Peak, and Paungda Danda**. Numerous other peaks of 6000-8000m in elevation rise from the Annapurna range. This might be the day which you'll never forget in your entire life being around snow-capped mountains We will spend overnight in base camp.



Overnight at "Hotel Paradise Garden Guest House"



Included all Standard meals ( Breakfast + Lunch + Dinner ).

## Day 8

### 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

After leaving our footprints on **Annapurna base camp** we'll have a 10 miles trek today. 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 named Bamboo. We'll encounter huge mountains on our way and feel the cold breeze on our way. After a long journey, We spend **overnight at Bamboo**.



Overnight at "Hotel Green View"



Included all Standard meals ( Breakfast + Lunch + Dinner ).

## Day 9

### 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

After a long 10 miles journey from **ABC to Bamboo**, We'll continue our way down river towards joining danda, passing through the serene forests of We continue our way down to **Kimrong Khola** and start ascending passing through the serene forests of rhododendron, **bamboo, and oak**. Jhinu Danda is located in a very exotic geographical place. Due to which trekkers can find the soothing **natural hot springs**. Here, we can just relax and soothe out your tired muscles. While observing the natural sights around. Forests filled with rhododendron forest and vegetation largely occupy the central hot spring areas. Along with that, we can even celebrate the achievement of reaching **Annapurna Base Camp**.

Moreover, the place seems to attract tons of new visitors each year without any decrease in the overall tourist numbers. Meanwhile, 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.



Overnight at "Hot Spring Cottage" with attached bathroom.



Included all Standard meals ( Breakfast + Lunch + Dinner ).

## Day 10

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

#### Itinerary Facts

<b>Trek Distance</b>	4 km / 2.4 miles
<b>Highest Altitude</b>	1,780 m / 6,393 ft
<b>Trek Duration</b>	2-3hrs
<b>Driving hours</b>	2-3hrs

We have reached our final day on the trekking trails. After leaving **Jhinu Danda hot spring** We follow the plain dust road along the right of Modi Khola which is regarded as one of the best and most relaxing walks of the entire trek. We reach **Siwa/Ghandruk Phedi**. We then say goodbye to the trails and make a return drive through **picturesque countryside** to Pokhara. Accommodation at a hotel near **the lake**.



Overnight at "Hotel Crown Himalayas" with attached bathroom.



Included all Standard meals ( Breakfast + Lunch ).

## Day 11

### Drive from Pokhara (820 m/ 2,690 ft) to Kathmandu (1,350 m/4,450 ft)

#### Itinerary Facts

**Driving hours** 205 km /127 miles) - 6-7hrs

Early in the morning, we depart from **Pokhara to Kathmandu by tourist bus**. The 200 km route goes along the Marsyangdi River and then the **Trishuli river** offering a good view of the natural scenery and farmland. The bus makes one last climb and we arrive at the valley of the gods, Kathmandu. **Accommodation at your selected Hotel in Kathmandu**. Upon arrival in Kathmandu, we will head to our hotels respectively and then it is entirely up to you what you wish to do. Upon your request, we can arrange a Kathmandu city tour of **UNESCO World Heritage sites** , Durbar Squares, Tourist places, etc. with our well informed and experienced guide.

**Note-** You can wish for a 20-minute flight to Kathmandu at an extra cost too.



Breakfast

Route Map



## Trips Notes

### Covid-19 updates & safety precaution for Annapurna base Camp!

The mighty massif Mt Annapurna lies in Central Nepal, it's base camp is roughly 50 km from Pokhara. Annapurna base camp is one of the most iconic places to visit, 2019 National Geography added Annapurna as a "once in a lifetime experience destination of the world". The popularity of Annapurna Base camp is really overwhelming but a question might arise on how to travel Nepal post-covid-19 to make up to ABC, how can we be sure of safety? We got you! Here are the things which make Annapurna safer than most of the destination in the world:

To make up to Annapurna Base camp is a moderate level of trekking which means, it relatively easier to hike for this route, the ideal route is to go from Kathmandu to Pokhara (Drive or you can also choose to take flight) and make up to Ghorepani where technically our real trek starts. While making up to Ghorepani, apart from Pokhara our route consists of a population of hardly 2000 people till Ghorepani which means it's totally aloft place where social distancing is the law of Nature and after Ghorepani, chomping it's all trails with very few Lodges and hotels which makes Annapurna the most aloft destination of Nepal to travel on Post Covid-19 Travel.

Apart from Geographical safety, Discovery World Trekking has taken precaution in following things to make travel as safe as possible making the most out of it without any worry!

- Our guides are well trained with Intensive wilderness First Aid
- Trek leaders and guides have years of trekking experience who can help you if there is any kind of uneasiness and assure happiness & satisfaction is guaranteed.
- We'll have High-quality masks & Gloves with sanitizers for everyday use throughout the journey for the DWT team assisting you.
- Encouragements and motivation will be everyday perks
- Food & Accommodation in mountains will be rechecked for extra hygiene.

Flight is not include in Package

### The beginning of the journey towards Annapurna Base Camp

The first day is your arrival day in Kathmandu (Tribhuvan International Airport-TIA), Nepal. The second day, we'll drive to Pokhara. Tourist bus departures around 7 a.m. every day from Kathmandu.

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

### Don't Worry, We'll Pick You!

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.

### Accommodation Details During The Trek

**11 days Annapurna Base Camp trek includes eight nights lodge to lodge** stay at a mountain and two nights in Pokhara hotel where we use the best available lodge and select the best accommodation in Annapurna. We provide three nights room with attached bathroom at Ulleri, Ghorepani, and Jhinu Danda, five nights standard room at Tadapani, Himalayan, Chomrong Annapurna Base Camp, and Bamboo (Generally twin Sharing room)

We'll spend two nights in Pokhara at a hotel, 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.

## The Meals

Our 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 in this trek is very convenient but not as in cities.

There will be **10 Breakfasts, 9 Lunch and 9 Dinners** will be provided in the trek.

Some of the popular menu items are -

**Ten 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)

**Nine 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) Snacks (Papad, Prawn) Desserts items (Rice Pudding, Apple pie), etc)

**Nine 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.

The best selected from the menu of the lodge which 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 shortened. 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.

Though 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 to avoid dairy and cheesy items and strongly suggest not to consume Alcoholic drinks, caffeinated items, hot chocolates as experts suggest to avoid 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 one of the most important factors to look at when deciding to trek to **Annapurna Base camp** cause no one is beyond nature.. People trek 12 months of the year up to Annapurna base camp trek but certainly, there is ups and downs in every season, It is best suited 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 fades. The Magic of clear azure skies provides the most spectacular vistas. With added those breathtaking views, Tho during the winters and monsoon, it becomes a bit challenging to trek due to heavy snowfall, cold temperature but that's what excites many trekkers.

Although trekking is possible throughout the year each season has different advantages and attractions and advantages offered for trekking in the Annapurna region. The temperature in the mountains also depends according to the altitude range – the higher the altitude, the lower the temperature. In brief, below are the detailed information about the climatic condition of every quarter of months.

### March-May - 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 rhododendrons 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.

## June to August -Summer

If you are coming to trek **Annapurna base camp** between July to August, you are signing up for summer. Summer falls in the month of June, July, and August. Summer is the month with the hottest temperature and therefore has the most pleasant trekking conditions compared 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°C) 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 a green and totally different view than during other seasons.

## September to November -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 the 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 20°C in high altitudes, the nights are colder with temperatures that may go down around 5°C. 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

## December to February- 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, the 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 Himalaya is so unpredictable and the temperature may change quickly from day to night.

## Physical Condition & Experience Requirements

11 days Annapurna Base Camp trekking is a difficult grade and a customized trek. The hiking is generally 6 to 7 hrs a day, with regular 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, past 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 higher altitudes is physically demanding than trekking in lower altitudes.

Novice trekkers are not recommended to join. However, the fitter we are the more enjoyable experience we will have during the trekking. all participants should be in good health condition with normal physical fitness and have a positive attitude, self-confidence, and strong determination.

It is very important to make sure you are as healthy as possible before starting a trek. Participants with pre-existing medical conditions such as heart, lung, and blood disease should inform us before booking the trek.

## Travel insurance

This 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 altitude 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 for 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 in their website) make sure you call them and recheck if they have Helicopter-rescue and evacuation up to 6000m according to your trekking height.

## Passport and 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 a **visa 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 activity 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.

## Trekking group/single

We organize a group as well as a private trek. The price of group discount is applied with having your own paxes in 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 f

## Equipment Checklist

### 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 trekking)
- ☞ Toiletries (toilet papers, tooth paste, tooth brush )

## Toiletries

- ☞ Medium size drying towel
- ☞ Toothbrush
- ☞ Toothpaste
- ☞ Deodorant/ floss
- ☞ Biodegradable bar soap
- ☞ Nail clippers
- ☞ Small mirror

## 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
06 Mar, 2021 - 16 Mar, 2021	\$1450 \$580
08 Mar, 2021 - 18 Mar, 2021	\$1450 \$580
10 Mar, 2021 - 20 Mar, 2021	\$1450 \$580
13 Mar, 2021 - 23 Mar, 2021	\$1450 \$580
15 Mar, 2021 - 25 Mar, 2021	\$1450 \$580

# FAQ's

## **Do I need Travel Insurance to trek in Annapurna Region?**

You need travel insurance prior to booking the trek which must cover medical and emergency repatriation inclusive of helicopter rescue and evacuation expenses at high altitude for trekking members. You should provide it to us before you start your trekking. Discovery World Trekking will help you to get travel insurance for potential altitude sickness and unforeseen events due to sudden climate change.

## **Is trekking to Annapurna Base Camp difficult?**

No, basically you do not need any ropes or ice picks. Moreover, there is no vertical climbing. No matter who you are, as long as you are reasonably fit, can walk for 5-6 hours a day and trek/hike few uphill, Discovery World Trekking will guide you to reach Annapurna Base Camp.

## **How safe is Annapurna Base Camp trekking?**

Discovery World Trekking guarantees 3S for the clients: safety, security and satisfaction. The team members of Discovery World Trekking will be carrying all the necessary gear, equipment and first aid kits and they have extensive first aid training. If a trekker falls sick on high altitude, the leader will decide whether to continue the trek. In case of emergency, Discovery World Trekking have rescue helicopter to bring you back from the higher elevation. Moreover, Discovery World Trekking also provides oximeter to monitor oxygen level at high altitude and offers regular health check-up facilities.

## **Which is the best time of the year to trek Annapurna Base Camp?**

Spring (March to May) and Fall (October to November) are the best seasons to trek Annapurna Base Camp to explore a clear view of the Himalayas. The temperature is cold between December and February but the visibility is still good. Trekkers choose this season because there are few tourists on the trails. Admittedly, Discovery World Trekking can make it happen in any season you want with all the safeties and fun.

## **How long do I need to walk per day during my trek to Annapurna Base Camp?**

The hiking will be 5-7 hours a day depending upon the landscape and destination.

## **How long will it take to reach Annapurna Base Camp?**

It takes 7 to 11 days to reach Base Camp depending upon the mode of transportation and packages Discovery World Trekking offers.

## **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.

## **Do I need any permits before starting the trek to Annapurna Base Camp?**

You need Trekkers' Information Management Systems (TIMS) card and the Annapurna Conservation Area Permit (ACAP). Discovery World Trekking will help you with all the necessary paperwork and let you enjoy your holidays to the fullest.

## **Do I need Travel Insurance to trek in Annapurna Region?**

You need travel insurance prior to booking the trek which must cover medical and emergency repatriation inclusive of helicopter rescue and evacuation expenses at high altitude for trekking members. You should provide it to us before you start your trekking. Discovery World Trekking will help you to get travel insurance for potential altitude sickness and unforeseen events due to sudden climate change.

## **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.

## **Can I take my children to Annapurna Base Camp?**

Yes, you can. Discovery World Trekking offers private and family tours. Please make sure your children have a walking experience.

## **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.

### **What is the weather condition at Annapurna Base Camp?**

<b>Seson</b>	<b>Months</b>	<b>Temperature</b>
Spring	March to May	17°C to 20°C
Summer	June to August	20°C to 25°C
Autumn	September to November	15°C to 17°C
Winter	December to February	9°C to 15°C

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

No, you don't and that is not mandatory. But if you have any pre-existing medical conditions, let your trip planner know about this.

### **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).**

### **Has devastating earthquake of Nepal affected Annapurna Base Camp?**

The earthquake was kind to Annapurna Region. Less than 1% of the route was damaged. Nevertheless, Discovery World Trekking concerns your safety and proper care while guiding you to Annapurna Base Camp.

### **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 room 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), Tenduk, noodles, and thukpa are amazing Himalayan cuisines for the trekkers. Discovery World Trekking will arrange meals in special areas for its clients.

### **What types of liquid do I need to drink at high altitude?**

Garlic soup is must while trekking. Discovery World Trekking recommend trekkers to drink green tea, lemon tea, hot lemon and ginger tea. However, it is better to avoid alcohol and alcoholic beverages, caffeinated items and hot-chocolates at high altitude.

### **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, they do not sell plastic bottled mineral water. 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 hygienic and healthy. Discovery World Trekking also encourage to avoid dairy and cheesy items and strongly suggest 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.

**Can I buy the gear in Nepal?**

Discovery World Trekking will introduce dozens of shops selling knock-off gear in Kathmandu. You can also barter those gears at the knock-off places but be sure you keep the receipt safely. Moreover, you can rent the needed gears if you do not want to buy them.

**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.



## Discovery World Trekking

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### 24 Hrs. Emergency Call

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Quick Questions? Email Us

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Talk to an Expert

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