

## 7 Days Annapurna Base Camp



**Annapurna Base Camp trek** also known as **ABC trek** is captivating trek of **Annapurna region** that encompasses bewitching snow clad mountains, lush hills, rich local culture, diverse flora and fauna along sensational experience of typical Himalayan lifestyle, religion, culture inherited by various local ethnic communities.

The high glacial basin epitome of natural serenity, beauty, divinity with presence of Hindu Goddesses Annapurna and Gangapurna lies north of **Pokhara** as perfect sanctuary. The trek along trail weaved amid thick bamboo, rhododendron forests is lifetime memorable moment to relish on the lush forests veiled by the blooming flowers during the seasons and greenery along opportunity to engross on spellbinding beauty of snowcapped mountains glistening under sun.

**Annapurna Base Camp trek** also popular as **Annapurna Sanctuary trek**, perfect trekking trips rich on natural diversities as well as cultural blessings begins from Pokhara; tourist's paradise adorned with natural, virgin beauties and cultural heritage, with plus chance to explore **Annapurna Conservation Area**; house of various diverse endangered species.

Duration: 7 days

Price: \$820

Group Size: 2

Grade: Moderate

Destination: Nepal

Activity: Trekking

Region: Annapurna

### Date & Prices:

| Start Date             | End Date                 | Price |
|------------------------|--------------------------|-------|
| 26th Mar, 2021, Friday | 01st Apr, 2021, Thursday | \$820 |

| Start Date             | End Date                 | Price |
|------------------------|--------------------------|-------|
| 23rd Apr, 2021, Friday | 29th Apr, 2021, Thursday | \$820 |
| 28th May, 2021, Friday | 03rd Jun, 2021, Thursday | \$820 |
| 24th Sep, 2021, Friday | 30th Sep, 2021, Thursday | \$820 |
| 29th Oct, 2021, Friday | 04th Nov, 2021, Thursday | \$820 |
| 26th Nov, 2021, Friday | 02nd Dec, 2021, Thursday | \$820 |

### Equipment Lists:

**Recommended equipment list:** Trekkers need to provide their own personal clothing and equipment. Some items of equipment are available for hire from us as like Down Jacket

**Footwear :** Well broken-in walking shoes - these must be suitable for snow, thick socks, light socks, camp shoes.

**Clothing :** Down or fiber filled waterproof jacket and trousers, sweater or fleece jacket, underwear, warm and cotton trousers or jeans, shirts and T-shirts, shorts, long underwear, wool hat, sun hat, gloves, bathing suit, track suit.

**Other equipment:** Sleeping bag (5 seasons), lock, day pack, water bottle, sun cream, sunglasses, flashlight with spare batteries, lip salve, gaiters.

**Other items:** Insect repellent, toilet articles, diary, toilet roll, laundry soap, wet ones, pocket knife, towel, sewing kit, plasters, binoculars, camera, memory cards, charger and personal medical kit.

### Itinerary:

**Day 1:** Flight to Pokhara drive to Nayapul and trek to Ghandruk (1,940m)

Breakfast at the hotel. After breakfast check-out at the hotel and drive for 1 hour to reach the domestic terminal of Tribhuvan airport for the 40 minutes flight to Pokhara. Then drive for 1 hour and 20 minutes to reach Nayapul which is the starting point of the trek. Then we trek for 5-6 hours to reach Ghandruk; beautiful Gurung village for the overnight.

**Day 2:** Ghandruk to Sinuwa (2,360)

Breakfast at the hotel. After breakfast, continue the trek on the undulating trail for 6-7 hours to reach Sinuwa for the overnight. During the trek, we gain an altitude about 400 meters crossing rivers, jungles as well as enjoying the splendid view of Mount Annapurna and Fishtail.

**Day 3:** Sinuwa to Deurali (3,230m)

Breakfast at the hotel. After breakfast proceeds the trekking journey on the path that runs through bamboo, rhododendron and oak forest for 6 hours to reach Deurali for the overnight. During the scenic journey enjoying the amazing beauty of waterfall, temple, and

cave we gain an altitude of almost 900 meters.

**Day 4:** Deurali to Annapurna Base Camp (4,130m)

Most of the trek will be on the uphill trail as the trail gains a height of almost 900 meters. After breakfast, we trek on the challenging trail till we reach Machhapuchhre base camp from where we experience the spectacular vision of the Mt. Hiunchuli, Annapurna South, Annapurna I, Annapurna III, Gangapurna and many more. Then we follow upward trail to reach the Annapurna base camp from where thrill at the 360-degree panoramic vision of majestic peaks. Overnight at the hotel.

**Day 5:** Annapurna Base Camp and descend back to Sinuwa (2,360m)

Breakfast at the hotel. After breakfast, we follow the downhill trail as we descend 1700 meters to reach Sinuwa for the overnight. During almost 6-7 hours trek we enjoy the spectacular vision of Annapurna South, Annapurna and many more.

**Day 6:** Sinuwa – Kyumi (1680m)5 hrs - drive to Pokhara (2hrs) and evening flight to Kathmandu Overnight in Hotel

Breakfast at the hotel. After breakfast, the trek from Sinuwa for 5 hours to reach Kyumi crossing the village Pitam Deurali, Pothana, Dhampus. From Kyumi we will catch the vehicle for 2 hours drive to Pokhara. Then from Pokhara, we will have 40 minutes return flight to Kathmandu

**Day 7:** Departure from Kathmandu Overnight in Hotel

We will drive you to airport on the basis of your scheduled flight

**Cost Include:**

- Kathmandu/Pokhara/Kathmandu flight fare
- Pokhara / Nayapul / Phedi/Pokhara private transportation for members & Nepali staffs
- Accommodation in Normal tea house during trek
- Meals (Breakfast 2 cups of tea , lunch, dinner) in trekking
- Sleeping bag
- Annapurna conservation permit fee & TIMS
- A First Aid and Eco trained & Government licensed holder English Speaking guide
- One porter between each two members (A porter carries maximum weight of 24 kg)
- First Aid Kit
- Travel & Rescue arrangement
- All government taxes
- Farewell dinner

**Cost exclude:**

- International Airfare
- Nepal Visa Fee (USD 40 for 30 Day)
- Accommodation and Meals in Kathmadu & Pokhara
- Drinking water ,Hot shower and Electricity bill during trek
- Soft/hard drinks
- Tips, any expenses of personal nature, client's insurance
- Personal gears & clothing
- Medical evacuation in case of emergency
- Expenses incurred due to mishaps, landslide, strikes, political unrest etc. In such case extra will be charged as per actual
- Anything not specified in cost include section