Annapurna Base Camp Trek

Description

Annapurna Base Camp trek is a breathtaking scenic trek in the Annapurna region of the Himalayas that takes trekkers to the base of the Annapurna South massif. The route takes trekkers to the base camp of Annapurna, one of the highest peaks in the world. The trek takes you through a variety of landscapes ranging from luscious forests, terraced fields, and traditional villages accompanied by breathtaking views of the Annapurna range and other Himalayan peaks.

The trek begins in Pokhara and follows a well-marked trail through the Modi Khola valley. Captivating views of Annapurna, Dhaulagiri, Machhapuchhre, Hiunchuli, Gangapurna, and other peaks are visible during this trek. The Poon hill trek is one of the best parts of the Annapurna Base Camp trek. The majestic Poon Hill provides mesmerizing views of tall peaks such as the Annapurna, Dhaulagiri, Annapurna South, Machapuchare, Hinchuli, Annapurna III, Dhampus peak, Dhaulagiri II, and many others.

The 14-day trek around the Annapurna region is suitable for fit and experienced trekkers and requires trekkers to have a good level of physical and mental fitness. The trek is considered a challenging as well as satisfying experience for trekkers. To experience the best out of this trek, months ranging from September to November and March to May are suggested for trekkers.

Along the way, trekkers have the opportunity to experience the rich culture and hospitality of the local communities. Reaching the base camp is a greatly rewarding accomplishment for many hikers as the trail delivers magnificent panoramic views of the Himalayas and glaciers.

The highest altitude the trekkers trek through in the Annapurna Base Camp trek is 4,130m (13,550 feet) at Annapurna Base Camp. There might be a risk of altitude sickness during this trek, as most of the route is above 3,000 meters (9,843 feet) in elevation from sea level.

Highlights

- The trek offers breathtaking views of the Annapurna range and other Himalayan peaks, including Annapurna South, Hiunchuli, Machhapuchhre, and Gangapurna.
- Lushful forests and terraced fields, offering a chance to experience the natural beauty of the region.
- Traditional villages, giving you the opportunity to experience the culture and hospitality of the local people.
- Challenging and rewarding experience, and reaching the base camp is a great accomplishment for many hikers.
- well-marked route through the Modi Khola valley, passing through forests, villages, and terraced fields, and offering plenty of opportunities to take in the stunning surroundings.

Itinerary

Days	Description	Altitude	Hours
1	Arrival in Kathmandu	1,400 meters	
2	Drive/ Fly to Pokhara	980 meters	7-8 hours
3	Drive from Pokhara to Nayapul (1,070 meters, 1 hour) and trek to Tirkhedhunga	1,587 meters	4-5 hours
4	Trek from Tirkhedhunga to Ghorepani	2,850 meters	7-8 hours
5	Hike to Poon Hill (3,210 meters, 1 hour) and return to Ghorepani, then trek to Tadapani	2,710 meters	6-7 hours
6	Trek from Tadapani to Chomrong	2,170 meters	6-7 hours
7	Trek from Chomrong to Dovan	2,600 meters	6-7 hours
8	Trek from Dovan to Deurali	3,230 meters	6-7 hours
9	Trek from Deurali to Annapurna Base Camp	4,130 meters	4-5 hours
10	Return to Dovan	2,600 meters	6-7 hours
11	Trek from Dovan to Jhinudanda	1,780 meters	
12	Trek from Jhinudanda to Nayapul (1,070 meters, 4-5 hours) and drive back to Pokhara (823 meters, 1 hour)	980 meters	7-8 hours
13	Drive to Kathmandu	1,380 meters	7-8 hours
14	International Flight to Homecountry		

Detailed Itinerary

Day 1: Arrival in Kathmmandu

On your arrival at the TIA, you will be greeted and guided to the designated hotel by one of our Precious Adventures representatives. He/ She will give short information about the Time zone, room, money exchange, and welcome dinner. Later you will be visiting one of the finest restaurants for a complimentary welcome dinner. You will be informed in short about the summary of your tour.

Day 2: Drive to Pokhara

The distance from Kathmandu to Pokhara is approximately 200 kilometers, and the drive typically takes about 6-7 hours by car.
To get to Pokhara from Kathmandu, you would need to take the Prithvi Highway, which is the main road that connects the two cities. The highway passes through several towns and villages, and there are several points of interest along the way, including the Nagarkot Hill Station and the Chitwan National Park.

Day 03: Drive from Pokhara to Nayapul (1,070 m, 1 hour) and trek to Tirkhedhunga,(1,587 m), 4-5 hours

Today we drive towards Nayapul from where we start our trek to Tirkhedhunga. We drive through rural landscapes and twisty country roads. Nayapul is a small village near the Modi Khola, located about an hour's drive from Pokhara where the Annapurna Conservation area permit will be checked. From Nayapul we start walking through the splendid countryside we reach Birethanti after a steep ascend. The trail passes through small traditional settlements and a forest of magnolia, oak, rhododendron, and pine. We walk along the banks of Burundi Khola and then continue uphill to Tikhedhunga. Overnight at Tirkhedhunga.

Day 04: Trek from Tirkhedhunga to Ghorepani (2,850 m), 7-8 hours

Following our breakfast in Tirkhedhunga, we hike up to Ghorepani. We start our hike through an uphill section for nearly 2 hours till Ulleri. It is a Magar village. Our today's trail takes us through stone steps and a magical rhododendron forest accompanied by the magnificent view of the Himchuli Annapurna I, and Annapurna south. We have lunch in Banthanti, and following that we continue forward. After we arrive at Ghorepani, we enjoy the splendid views of Dhaulagiri, Annapurna South, and Machhapuchhre. Overnight at Ghorepani.

Day 05: Hike to Poon Hill (3,210 m, 1 hour) and return to Ghorepani, then trek to Tadapani, (2,710 m), 6-7 hours

This day we begin an early day hike to Poon Hill. Today we ascend for 45 minutes on an uphill trail and get to the top of Poon Hill. The fascinating view of the surrounding mountains and the rising sun is bound to enchant you. After relishing the view we head back to Ghorepani and then head on to Tadapani. Passing through the Deurali pass, we reach Ban Thanti. From there the trail steepens. Tadapani presents some best views of Dhaulagiri, Machhapuchhre, Manaslu, Hiunchuli, and Annapurna I. We will spend a night here in Tadapani.

Day 06: Trek from Tadapani to Chomrong, (2,170 m), 6-7 hours

We begin our 6th-day hike from Tadapani to Chomrong after breakfast. We pass through the beautiful Rhododendron forest and suspension bridge over the Kimrong Khola, its beauty will amaze you. We shortly arrive at Kimrongkholagaon where we have our lunch. After replenishing our energy we head towards Chomrong. The trail gets a little steep after we cross Taulung village. Chomrong is a beautiful Gurung village lying beneath the Giant Annapurna I. Tonight we rest at Chomrong.

Day 07: Trek from Chomrong to Dovan, (2,600 m), 6-7 hours

Today we embark on a journey to Dovan. Leaving the lovely Chomrong village we head north and cross Chomrong Khola before passing through several settlements. We trek alongside the Modi Khola and see some deserted settlements near Kuldhighar. We have lunch at. Following lunch, we continue traveling to Bamboo and make our way passing through dense bamboo and Rhododendron forest. At the end of the route, we walk through a stone steep staircase before making it to Dovan. Overnight at Dovan.

Day 08: Trek from Dovan to Deurali, (3,230 m), 6-7 hours

For our 8th-day trek program, we walk from Dovan to Deurali. From Dovan we go through the Himalayan village and then the Hinku cave before reaching Deurali. At Hinku cave we get a panoramic view of the glaciers and the rivers in its vicinity. We have lunch at Deurali. Overnight at Deurali.

Day 09: Trek from Deurali to Annapurna Base Camp, (4,130 m), 4-5 hours

Today's adventure will take us to the Annapurna base camp. We initiate our today's trek by hiking along the river bank of Modi Khola and arrive at Machhapuchhre Base Camp, surrounded by breathtaking mountain views. From Machhapuchhre Base Camp (3700m), we'll continue to the Annapurna Base Camp and have the opportunity to witness the towering Mardi Himal, Annapurna I, and Dhaulagiri mountain ranges. The views from the Annapurna base camp are truly awe-inspiring, including the stunning sunset. Overnight at Annapurna Base Camp.

Day 10: Return to Dovan(2,600 m), 6-7 hours

After experiencing the adventures of Annapurna Base camp we head back now. we follow the same trail and return to Dovan. We will have lunch at Deurali. After Lunch, we walk down to Dovan. Overnight a Dovan.

Day 11: Trek from Dovan to Jhinudanda, (1,780 m)

On the 11th day after breakfast,t we initiate our journey to Jhinudanda. Traversing along with the Modi Khola, we pass through the trail and villages which we had previously crossed. Retracing our steps we arrive at Chhomrong, descend from a steep trail, and then head towards Jhinudanda. Here we can go natural hot spring. Overnight at Jhiludanda.

Day 12: Trek from Jhinudanda to Nayapul (1,070 meters, 4-5 hours) and drive back to Pokhara (823 meters, 1 hour) (980 m), 7-8 hours

This day marks the final day of our Annapurna Base Camp trek. After finishing our breakfast we move forward to Nayapul. From Jhinu danda we cross a suspension bridge over Kimrong Khola and travel along with it. We will take a local jeep drive to Nayapultill and we drive to Pokhara.

Day 13: Drive to Kathmandu, (1,380 m), 7-8 hours

Today we take a scenic ride following the Trishuli river. We travel on the Prithvi Highway and along the way, enjoy the beauty of the Nepali countryside. For the last time catch the captivating views of mountains, including Ganesh and Manaslu peaks along the way. After arriving in Kathmandu, you'll be transferred to your hotel room. Overnight at Kathmandu.

Day 14: International Flight to Home country

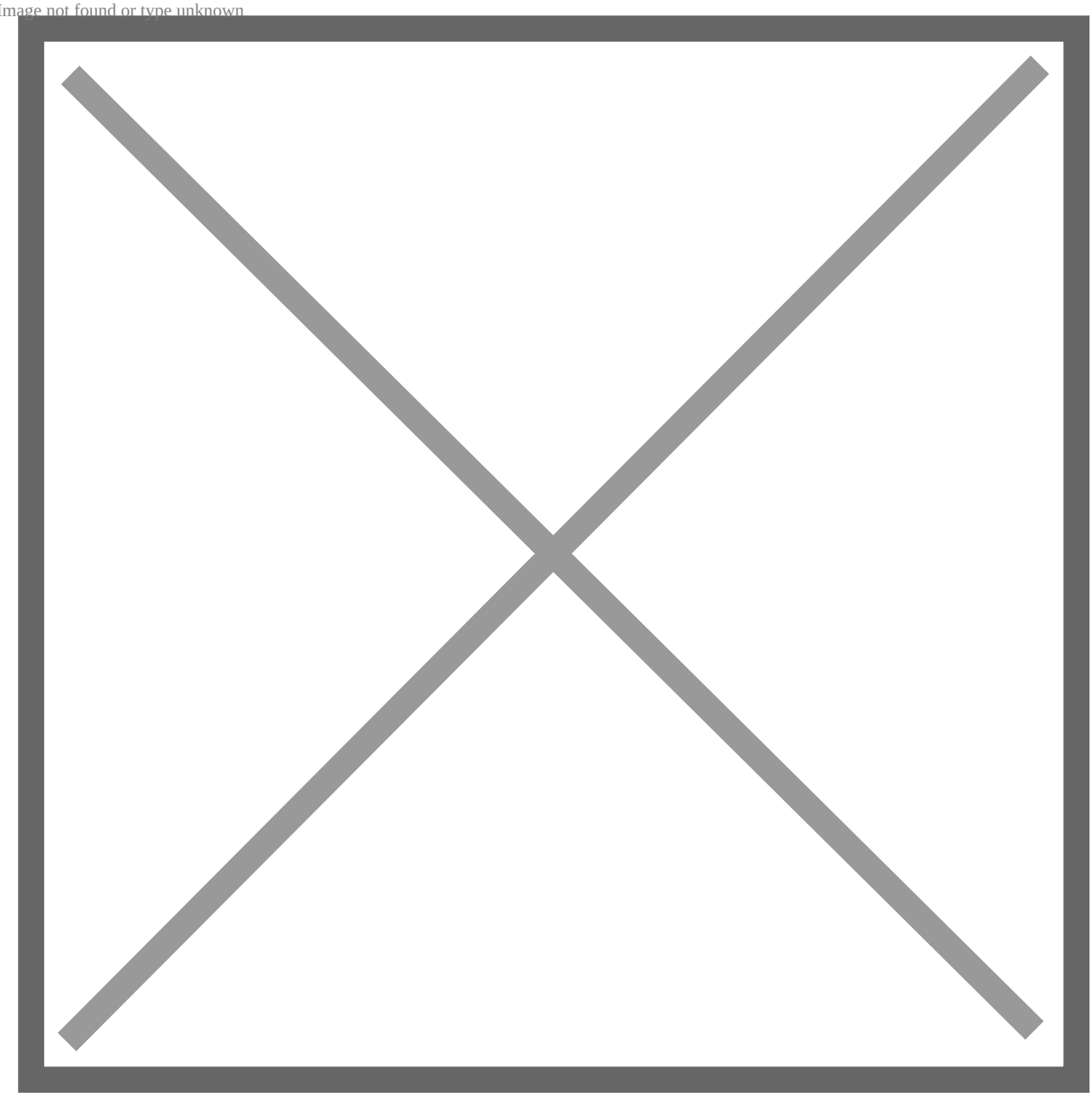
With hopes that you enjoyed the experience with us, we bid you goodbye. We will be looking forward to more precious adventures together. Have a safe journey.

Includes

?? Airport picks up and drops off by the private vehicle.
?? Accommodation with breakfast at a 3-star category hotel in Kathmandu & Pokhara.
?? Ground transfer to and from Pokhara by tourist bus then by private car to and from Nayapul.
?? Full board meals with tea/coffee (breakfast, lunch, and dinner) during the trek.
?? Twin-sharing accommodation during the trek.
?? An experienced English-speaking (trekking guide), porter to carry luggage (2 trekkers: 1 porter) including their salary, insurance, equipment, and meals.
?? A comprehensive medical kit.
?? All necessary paperwork and permits (ACAP and TIMS, please bring 3 passport-size photographs)
?? All government and local taxes.

Map

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Practical Information

Q. Food and Accommodation
A. you will have a variety of options for food and accommodation. In terms of food, there are many small villages and teahouses along the route where you can stop to eat and drink. These teahouses offer a range of local and international dishes, as well as snacks and drinks. You can also bring your own food and snacks, although these may be more limited in availability along the trail. It's a good idea to bring some high-energy snacks such as nuts, dried fruit, and energy bars to keep you fueled during the trek. As for accommodation, you will have the option to stay in teahouses or guesthouses along the route. These accommodations are basic but comfortable, with private or shared rooms and shared bathroom facilities. Most teahouses and guesthouses also have a common area where you can relax and socialize with other travelers. Some of the more upscale teahouses and guesthouses may also offer hot showers and wifi for an additional fee. It's a good idea to bring a sleeping bag or a lightweight sleeping bag liner, as the blankets provided in the teahouses may be thin.

Q. Best season for the trek
A. The best time to do the Annapurna Base Camp Trek is from September to November and from March to May. These are the periods when the weather is typically the most stable and the trails are at their best. However, it's important to keep in mind that the weather in the mountains can be unpredictable and can change quickly, so it's always a good idea to be prepared for a range of conditions.

Q. Trip Category
A. As far as trekking in the Himalayas goes for first-timers, the Annapurna Base Camp Trek is a great option. It doesn't require any technical climbing skills, but it will require you to hike for 4-6 hours daily, which will be easier if you are physically fit. Before undertaking this trek, it's important to develop your fitness level with exercises and cardio. There is a risk of altitude sickness on this trek, as most of the route is above 3,000 meters (9,843 feet) in elevation, with the highest point being the Annapurna Base Camp at 4,130 meters (13,550 feet). With proper preparation and acclimatization, however, the Annapurna Base Camp Trek can be a rewarding and unforgettable experience for first-time trekkers.

Q. Health and Safety along the trail
A. It's important to drink plenty of water to stay hydrated and to prevent altitude sickness. Aim to drink at least 3-4 liters of water per day, and more if you are sweating heavily. To help your body adjust to the altitude, it's important to follow a gradual ascent and to allow for acclimatization days if needed. Symptoms of altitude sickness include headache, dizziness, nausea, and shortness of breath. If you experience these symptoms, it's important to descend to a lower altitude or seek medical help. Wear comfortable and sturdy hiking boots, as well as warm and waterproof clothing to protect against the elements. The sun can be strong at high altitudes, so it's important to wear sunscreen, sunglasses, and a hat to protect yourself from the sun's rays. If you are on a guided trek, be sure to follow the instructions and guidance of your guide. They are trained in mountain safety and know the best routes and practices to follow. It's a good idea to carry a small first aid kit with you, including items such as painkillers, bandages, and any personal medications you may need Don't push yourself beyond your limits, and listen to your body. If you are feeling tired or unwell, take a break or turn back if necessary.

Gear List

Q. Trekking Gear
A.

Necessary Trekking Gears

Upper Body

- Shirt
- jacket
- cap

Lower Body

- Pant
- trauser

Frequently Asked Questions

Q. What is the difficulty level of the Annapurna Base Camp Trek?
A. The Annapurna Base Camp Trek is considered a moderate to challenging trek, with an overall difficulty rating of 3B on a scale of 1A to 7C. The trek involves several days of hiking over varied terrain, with some steep and rocky sections. A good level of physical fitness and some prior hiking experience is recommended to complete the trek.

Q. What equipment do I need for the Annapurna Base Camp Trek?
A. Some of the essential equipment you will need for the Annapurna Base Camp Trek includes: Comfortable and sturdy hiking boots Warm and waterproof clothing, including a down jacket, thermal layers, and a shell jacket A day pack to carry your belongings Water bottles or a hydration system Sunglasses, sunscreen, and lip balm A first aid kit and personal medications A headlamp or flashlight (optional)

Q. When is the best time to do the Annapurna Base Camp Trek?
A. The best time to do the Annapurna Base Camp Trek is from September to November and from March to May. These are the periods when the weather is typically the most stable and the trails are at their best. However, it's important to keep in mind that the weather in the mountains can be unpredictable and can change quickly, so it's always a good idea to be prepared for a range of conditions.

Q. How long does the Annapurna Base Camp Trek take?
A. The Annapurna Base Camp Trek typically takes 7-12 days to complete, depending on your pace and the route you take. Most people take around 7-8 days to complete the trek, but you can add additional days for acclimatization or side trips if desired.

Q. How do I prepare for the Annapurna Base Camp Trek?
A. To prepare for the Annapurna Base Camp Trek, it's important to focus on improving your overall physical fitness and endurance. This can involve activities such as running, cycling, swimming, or hiking, as well as strength training to build up your leg muscles. It's also a good idea to familiarize yourself with the equipment you will need and to practice using it before the trek.

Q. Is it safe to do the Annapurna Base Camp Trek?
A. Like any mountain trek, the Annapurna Base Camp Trek carries some inherent risks and dangers. However, with proper planning, preparation, and the guidance of a professional guide, the risk of accidents or injuries can be significantly reduced. It's important to follow all safety guidelines and instructions provided by your guide, and to be aware of the potential hazards such as falling ice, crevasses, and avalanches.

Q. Is the Annapurna Base Camp Trek suitable for beginners?
A. The Annapurna Base Camp Trek is a suitable trek for fit and experienced hikers who are comfortable with long days of hiking over varied terrain. While it does not require any technical climbing skills, it does involve some steep and rocky sections, and a good level of physical fitness is recommended. If you are new to hiking or have limited experience, you may want to consider a shorter or less strenuous trek to start with.

Q. Can I bring my drone on the Annapurna Base Camp Trek?
A. It is generally allowed to bring a drone on the Annapurna Base Camp Trek, but you will need to follow the guidelines and regulations set by the Nepali government and your tour operator. This may include obtaining a permit, flying in designated areas only, and not flying over sensitive or restricted areas. You will also need to ensure that your drone is in good working condition and that you have the necessary skills and knowledge to operate it safely.

Q. Can I do the Annapurna Base Camp Trek during the monsoon season?
A. The monsoon season in Nepal runs from June to August, and during this time the trails can be slippery and landslides and flooding can be more common. While it is technically possible to do the Annapurna Base Camp Trek during the monsoon season, it is not recommended due to the increased risks and challenges. The best time to do the trek is from September to November and from March to May, when the weather is typically the most stable and the trails are at their best.

Q. Can I do the Annapurna Base Camp Trek if I have a disability?
A. It is possible to do the Annapurna Base Camp Trek if you have a disability, but it will depend on the nature and severity of your disability and your physical abilities. The trek involves long days of hiking over varied terrain, and you will need to be able to walk for 4-6 hours per day and to carry your own backpack. If you have a disability and are interested in doing the trek, it's a good idea to consult with your doctor and to consider hiring a porter or using a trekking pole to help with balance. You may also want to consider hiring a private guide or joining a trekking group specifically geared towards people with disabilities.