Sherpa Nomad Trek
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Short Annapurna Base Camp Trek - 7 Days

ANNAPURNA BASE CAMP TREK- 7 DAYS PACKAGE & ITINERARY

The **Annapurna Base Camp Trek** is one of the most exhilarating and fulfilling trekking routes in Nepal, serving as a key component of the adventure trekking scene alongside the **Everest Base Camp**, **Annapurna Circuit**, **Langtang Valley trek**, and **Manaslu Circuit trek**. This brief itinerary for the Annapurna Base Camp trek offers breathtaking landscapes, cultural experiences, and stunning views of the Annapurna Massif. The **Annapurna Base Camp trek** ranks among the premier trekking routes within the **Annapurna Conservation Area in Nepal**. This journey takes you to the Annapurna Base Camp, situated at 4130m, beneath Annapurna I (8091m), the tenth highest mountain in the world. Here, you can experience breathtaking 360-degree views of the majestic peaks, often described as paradise. The trek is also referred to as the Annapurna Sanctuary, where the mountains are revered and honored as the Mother Goddess. The short Annapurna Base Camp trek spans 7 days, beginning and concluding in Pokhara, making it an ideal choice for those with limited time who prefer to start their trek from Pokhara rather than Kathmandu. Begin your Annapurna Base Camp trek with a picturesque drive from Pokhara to Syauli Bazar, then set off towards Ghandruk Village. Ghandruk, the largest Gurung village, showcases traditional culture, a museum, and stunning views of Annapurna South (7219m), Hiuchuli (6442m), Fishtail (6994m), Annapurna III (7555m), and other peaks. As you traverse diverse climates, landscapes, vegetation, and terrains, including waterfalls and glaciers, you will reach Annapurna Base Camp, passing through Chhomrung, Sinuwa, Bamboo, Dovan, Himalayan, Deurali, and Machhapuchhre Base Camp. The distance from Syauli to Annapurna Base Camp is approximately 40 to 45 km, with a round trip totaling around 80 to 90 km, typically taking 5-6 days to complete. After returning to Jhinu Danda from Annapurna Base Camp, you can relax in the natural hot springs before taking a jeep ride back to Pokhara. The 7-day Annapurna Base Camp trek is the perfect package for those seeking a luxurious short trek experience. Book your Annapurna Base Camp trek

with Sherpa Nomad Trek Pvt. Ltd. for a hassle-free and unforgettable adventure.

SHORT ANNAPURNA BASE CAMP TREK COST FOR2026-2027

The short Annapurna Base Camp Trek is priced between USD 500 and USD 600, depending on the group size, with Sherpa Nomad Trek Pvt. Ltd. The cost can vary based on the services, group size, duration, package, and itinerary. Our company, Sherpa Nomad Trek Pvt. Ltd., is the leading local provider for the Annapurna Base Camp, where you can access the best packages and high-quality service at very reasonable rates. Our team is the most experienced in Nepal, with 20 years of experience, which has allowed us to develop a 7-day Annapurna Base Camp trek with excellent logistical arrangements, professional local guides, porter support, mountain meals, private rooms in the mountains, private transportation, and permits. If you are looking for a reliable local team for the ABC Trek, look no further than Sherpa Nomad Trek Pvt. Ltd. The cost of the Annapurna Base Camp trek varies according to group size.

- We welcome solo trekkers and offer a package at USD 600.
- For groups of 2-6 people, the cost will be USD 550 per person.
- If you book the ABC Trek for a group of 7 to 10 people, the cost will be USD 500 per person.

MAJOR HIGHLIGHTS OF THE ANNAPURNA BASE CAMP TREK

- Book and embark on Nepal's most renowned trek, the Annapurna Base Camp trek.
- Discover the beauty of Pokhara before venturing into the mountains.
- Experience the majesty of the world's 10th-highest peak, Annapurna I, standing at 8091m.
- Visit Ghandruk, the largest Gurung village in the region.
- Immerse yourself in Gurung culture, lifestyle, and traditional architecture.
- Explore the diverse flora and fauna within the Annapurna Conservation Area.

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- Enjoy breathtaking views of Fishtail, Annapurna South, Himchuli, Annapurna III, and other towering peaks.
- Stay in a cozy local lodge and experience warm hospitality.
- Relish the panoramic mountain views from Annapurna Base Camp at 4130m.
- Unwind in the natural hot springs and alleviate physical discomfort.

IMPORTANT NOTES

- The Annapurna Base Camp Trek is renowned as Nepal's most picturesque, short, and accessible trek.
- It is ideal for beginners, families with children, and those looking for a brief trekking experience.
- If the trail is icy, you may require microspikes for better traction.
- The trek involves a lot of uphill and downhill walking.
- The Annapurna Base Camp Trek suits both novice and experienced trekkers.
- You can indulge in the natural hot springs at Jhinu for relaxation.
- Please manage your waste responsibly to keep the environment clean.
- Show respect for the local culture, beliefs, and way of life.
- Avoid consuming meat and dairy products during your meals in the mountains.
- Ensure you have the appropriate gear for trekking
- Refrain from engaging in illegal activities such as hunting, using drone cameras, and more.
- It does not require previous experience, but reasonable fitness is required.
- Travel insurance is very important for a Nepal holiday for the safty reason.
- Travel with the local experts from the authintic expereice
- Walk slowly, enjoy every moment, and drink enough.

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DETAILED ITINERARY

Day 1: Pick up from Pokhara and Drop off Syauli Bazar and Trek to Ghandruk (2000m): 4-5 hours

Today marks the beginning of the Short Annapurna Base Camp trek, renowned as one of the most beautiful and popular treks in Nepal. After breakfast at around 8:00 am, you will meet our guide for a brief orientation before embarking on a scenic drive to Syauli Bazar. This drive, lasting approximately 1 hour and 30 minutes, offers breathtaking views of local villages, diverse terrain, lush green valleys, Phewa Lake, and the majestic mountains, including Annapurna South, Hiuchuli, and Fishtail. After an hour of driving, we will pause to combine our permits before continuing to Syauli Bazar along the Modi Khola River. Once we arrive, we will disembark and prepare for a 3-4 hour walk to Ghandruk, covering a distance of 5 km. The journey begins with a steady ascent along a stone-paved trail for the first hour, after which we will join a road where the trail becomes more gradual and scenic. Upon reaching Ghandruk, the largest Gurung village in the region, you will experience its ancient lifestyle, rich history, vibrant culture, and stunning views of the Annapurna range, including Fishtail, Annapurna III, Gandarba Chuili, Thapala, Tent Peak, Hiuchuli, Annapurna South, Annapurna Fang, and more. Enjoy lunch and take the opportunity to explore the old village, learning about the ancient values of the Gurung ethnic community. After returning to the hotel, witness the spectacular sunset views before dinner. We highly recommend visiting this village for those who wish to immerse themselves in Gurung culture and enjoy the impressive mountain vistas.

Day 2: Trek from Ghandruk to Chhomrung Village (2200m): 6-7 hours

Awaken in the early morning to the breathtaking sunrise views of the mountains and the refreshing mountain breeze. The scenery and ambiance create a sense of inner happiness and joy. Capture this moment and prepare for breakfast. Take a short break before continuing the trek to Kimrung

Village, traversing the hills and then descending to Kimrung Khola and Kimrung Village, where we will pause for lunch. Each segment of the journey offers stunning views of the river, landscape, lush valleys, and mountains. After lunch, we will ascend to Durbin Danda, the finest viewpoint for the mountains and valleys. The trail to Chhomrung is gradual, and to reach the village, a slight descent is required. Chhomrung is a Gurung and Magar village known for its impressive hospitality and warm accommodations. The distance from Ghandruk to Chhomrung is 11 km, which takes approximately 5-6 hours of walking. From this village, you can enjoy close-up views of the mountains you previously admired from a distance. Stay at the lodge and immerse yourself in the local way of life and hospitality.

Day 3: Trek from Chhomrung to Bamboo (2400m): 5-6 hours

Today marks the third day of the short Annapurna Base Camp trek. After breakfast, we will begin our descent to Chhomrung Khola following a permit check. The trail is paved with stones, and the descent takes approximately 40 minutes to reach the river. We will cross a suspension bridge and then ascend to Upper Sinuwa (2400m) via Lower Sinuwa (2200m). This leg of the trip offers lush greenery, and upon reaching Upper Sinuwa, you will be treated to stunning mountain views. You can savor the mountain scenery and enjoy a warm lunch before continuing to Bamboo Village (2400m). After lunch, the trail becomes more gradual, although there are still sections that require climbing and others that descend. The journey after lunch takes you through dense forests, with beautiful mountain views, creating a serene atmosphere. The village is named after the bamboo forests found in the area, which are located along the riverbed of the Modi Khola River, providing a peaceful night in the heart of the dense forest. The distance from Chhomrung to Bamboo is 10 km, which typically requires 5-6 hours of walking.

Day 4: Trek from Bamboo to Deurali (3200m): 5-6 hours

As is customary, after breakfast, our guide will lead us deeper into the heart of the mountains and wilderness. The village will fade away, and we will encounter the jungle until we reach Hinku Cave. Beyond that point, the landscape transforms into a morainic, rugged trail, embodying the essence of the Himalayas. After an hour of trekking, we will arrive at Doban Village (2600m), and after two more hours of walking, we will reach the Himalaya (2900m). The majority of our journey will take us through a jungle filled with rhododendron, bamboo, oak, and other flora. We will cross a gigantic waterfall, a rushing spring, and enjoy a cool, peaceful trail. We will take a break at the Himalaya for lunch, and after our meal, the trail will ascend towards Hinku Cave, continuing on a rugged path to Deurali (3200m). The walking distance is approximately 10 km, which will take around 5-6 hours. In this area, it can be quite challenging to find proper accommodations. At times, you may need to share a room with fellow trekkers due to the limited availability of lodges.

Day 5: Trek from Bamboo to Annapurna Base Camp (4130m): 5 hours

Today marks the final day to reach Annapurna Base Camp (4130m), renowned for its breathtaking scenery and mountain vistas. The journey begins after breakfast, traversing a narrow valley flanked by Hiuchuli and Fishtail, where the risk of rockfalls and glaciers is significant. It is essential to adhere to the guide's instructions and trek with caution. This journey offers close-up views of the mountains, and the cold mountain winds necessitate appropriate clothing. The trail is rugged, providing some of the best views of the mountains and glacial rivers. After approximately two hours of walking, you will arrive at Machhapuchhre Base Camp (3700m). If you wish to have lunch, you can enjoy it with panoramic views of the entire Annapurna range. Following breakfast, you will continue to Annapurna Base Camp (4130m), which offers rare mountain views and a life-changing experience for all. The journey takes around two hours, but you may want to pause for photos, which could extend your travel time. Arriving early is advisable to secure a room and minimize exposure to snow and cold winds. Check into the lodge and take in the stunning 360-degree mountain views, including Annapurna I, Bahara Sikhar, Annapurna Fang, Fishtail, Hiuchuli,

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Annapurna, Tent Peak, Gandarba Chuli, and many others. You can capture the sunset as it illuminates the last rays of the day. Enjoy dinner and spend the night at the highest point of the Annapurna Base Camp trek.

Day 6: Trek back from Annapurna Base Camp to Bamboo (2400m): 6-7 hours

Rise early to catch the stunning sunrise over the majestic mountains and enjoy breakfast. After breakfast, return to Bamboo via the same trail. If you would like to upgrade to a helicopter return, this is available for an additional cost of $550 to $600 per person for a shared helicopter. The helicopter ride offers aerial views of the mountains and valleys that cannot be experienced on foot. The trek takes around 6-7 hours and covers the unexplored glimpes of the Nature.

Day 7: Trek from Bamboo to Jhinu (1700m) : 5 hours and 2 hours drive to Pokhara

Today marks the final day of the Short Annapurna Base Camp trek. You will trek for approximately 4-5 hours to reach Jhinu Danda, passing through Sinuwa and Chhomrung. Jhinu Danda is famous for its natural hot springs. Enjoy your lunch and take a dip in the hot spring pond to relieve any aches from the trek. Afterward, you will drive back to Pokhara along a scenic route. We sincerely appreciate the opportunity to organize your trip and provide this experience. If you require any further assistance, please send us a message. We are happy to tailor the trip to meet your needs and desires. We will also host a farewell dinner before you return to Kathmandu, allowing you to enjoy your time in Pokhara.

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PRICE INCLUDES

- Pokhara to Syauli Bazar by Car/ Jeep/ Minibus as per the Group size
- All the logistical arrangements
- 6 nights Mountain Accommodation in a private Room at the best lodge as per availability.
- Mountain Meals (Breakfast, Lunch, & Dinner)
- A professional English-speaking local guide
- 2 Guests: 1 Porter to carry your heavy backpack.
- Fresh Organic fruit, nuts, and energy bars every day on the Trekking
- Wifi, Hot shower, and charging facility
- 3 Cups of Tea or Coffee every day during the trekking.
- Requires Permits (TIMS, & ACAP Fees)
- Gov Tax and Official Fees.
- Drive back from Jhino to Pokhara by Jeep, or Minibus as per the Group size
- Trekking Gears like a sleeping bag, Map and a duffel bag
- Farewell Dinner in Kathmandu or Pokhara

PRICE EXCLUDES

- Nepal Visa Fees (15 Days -30$ P/P, 30 Days -50$ P/P)
- Travel Insurance
- Drinks like (Drinking Water, Soft and Hard Drinks, and extra Tea or Coffee)
- Hotel in Kathmandu and Pokhara: 20-150 per night's Room Available

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- Kathmandu- Pokhara by Tourist Bus: 10$ P/P
- Kathmandu - Pokhara by Plane: 120$ P/P
- Kathmandu - Pokhara by Private Car: 120$ for 1-3 Pax
- Trekking Gears
- Pokhara to Chitwan by tourist bus: 10$ per person
- Chitwan safari Tour: 2 nights/3 days at USD170 per person
- Tips for the Diver, Guide, and Porter
- Chitwan to Kathmandu by Tourist Bus: 10$ P/P
- Paragliding in Pokhara: 80$ P/P
- Trishuli River Rafting: 60$ per person

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EQUIPMENT & GEAR

Backpack

- 20–30 L daypack and Rain cover
- Dry bags or zip-lock bags for electronics and clothes

Clothing

- 2–3 moisture-wicking T-shirts
- 1–2 long-sleeve hiking shirts
- 2 pairs of trekking pants
- Thermal top and bottom (for cold mornings/nights)
- Fleece jacket & Lightweight down jacket
- Waterproof and windproof jacket
- Waterproof pants (especially during the monsoon)
- 2–3 pairs of quick-dry underwear
- 2–3 pairs of trekking socks
- Warm sleeping socks

Footwear

- Broken-in waterproof trekking boots
- Lightweight sandals or camp shoes
- Optional gaiters (rainy or snowy season)

Head & Hands

- Sun hat or cap, & Warm beanie

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- Buff or neck gaiter & Lightweight gloves

Sun Protection

- UV-protection sunglasses
- Sunscreen (SPF 30+)
- Lip balm with SPF

Sleeping

- Sleeping bag (0°C to -5°C is sufficient for most seasons; many teahouses provide blankets)
- Sleeping bag liner (optional)

Water & Food

- Reusable water bottles (1.5–2 L total)/ Tharmas
- Water purification tablets or a filter
- Energy bars, nuts, or trail snacks

First Aid & Toiletries

- Personal medications, Blister treatment (e.g., Compeed or moleskin)
- Pain reliever, Bandages, and antiseptic wipes
- Toothbrush and toothpaste, Hand sanitizer
- Wet wipes, Quick-dry towel & toilet paper

Electronics

- Headlamp with spare batteries
- Power bank (10,000–20,000 mAh)
- Phone charger & Camera (optional)

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Trekking Accessories

- Trekking poles (highly recommended for the long stair sections)
- Pocket knife (optional)
- Notebook or guidebook (optional)

ADDITIONAL INFORMATION

Why the Short Annapurna Base Camp Trek?

The Annapurna Base Camp Trek is among the best trekking routes in Nepal, alongside the Everest Base Camp Trek and the Annapurna Circuit Trek. This journey takes you to the foothills of Annapurna I, the world's 10th-highest mountain at 8,091 meters. The Short Annapurna Base Camp Trek is a 7-day package that begins and concludes in Pokhara, encompassing many highlights of the ABC Trek Route, including Ghandruk Village, Chhomrung Village, Machhapuchhre Base Camp (3,700 meters), Annapurna Base Camp (4,130 meters), and Jhinu Hot Springs. This trek is ideal for those wishing to start from Pokhara and experience the most scenic parts of the Annapurna Base Camp trek. It is particularly suitable for families with children, novice trekkers, and experienced hikers looking for a shorter trek in Nepal. The Annapurna Base Camp Trek offers breathtaking views of the mountains, stunning landscapes, and rich vegetation, complemented by the cultural experiences of the Gurung and Magar villages. The views from Machhapuchhre Base Camp and Annapurna Base Camp are truly remarkable, especially during sunrise and sunset. The Annapurna Base Camp Trek is a must-do for those who appreciate moderate, scenic, short, cultural, and natural explorations, as well as panoramic views of the mountains, including Annapurna I (8,091 meters).

Why Choose Sherpa Nomad Trek Pvt. Ltd. for the Annapurna Base Camp Trek?

The Annapurna Base Camp Trek is a world-class adventure trekking route located within the Annapurna Conservation Areas. It ranks among the finest trekking routes in Nepal, offering a

moderately challenging trek that promises an exhilarating journey through diverse natural and cultural landscapes. To ensure a safe, hassle-free, and authentic experience with exceptional service, it is essential to select the best travel company for your lifetime adventure. Sherpa Nomad Trek Pvt. Lt. is the premier local company in Nepal, providing top-notch services at reasonable prices, with experienced ethnic guides, excellent logistical arrangements, and a strong focus on safety and security. We offer trekking gear and porter support to ensure a comfortable and enjoyable trip, along with maximum flexibility, authenticity, and impeccable hospitality backed by extensive experience. Embark on the Annapurna Base Camp Trek with Sherpa Nomad Trek and receive the best possible service in the mountains.

Ghandruk Village: A Hub of Gurung Culture and Stunning Mountain Views

Ghandruk village stands out as a key highlight of the Annapurna Base Camp trek. The name 'Ghandruk' translates to 'dense forest,' and it is a Gurung village that showcases the rich cultural heritage of the Gurung people, the predominant ethnic group in Nepal. Located just 57 km from Pokhara, it takes approximately 2-3 hours to reach by car. Alternatively, if you choose to trek from Syaulibazar, the classic route involves a one-hour drive followed by a 3-4 hour trek. The village is a tourist hotspot, featuring stone-paved paths, slate-roofed houses, a vibrant culture, a museum, traditional homes, and charming courtyards adorned with flowers in many residences. It also offers some of the best viewpoints of the mountains, including Fishtail (Machhapuchhre), Gandarba Peak, Annapurna III, Annapurna South, Hiunchuli, Annapurna Fang, and more. Ghandruk village is a treasure trove of cultural and natural diversity.

Booking process for your Annapurna Base Camp Trek

To reserve your spot for the Annapurna Base Camp Trek with Sherpa Nomad Trek Pvt. Ltd., we need some information from you to ensure all arrangements are in place before your trek starts. Firstly, please send us a clear copy of your passport, as it is essential for processing and obtaining the necessary trekking permits. Additionally, we require your pick-up location in Pokhara, including the name of your hotel or accommodation, so that our team can organize your transportation

efficiently. To finalize your booking, a non-refundable deposit of 10% is necessary. This deposit enables us to secure and organize all vital trekking logistics and requirements ahead of time, such as permits, transportation, accommodation, guides, porters, and other essential services. After we receive your passport copy, pick-up information, and deposit, our team will confirm your booking and start making all necessary arrangements for a safe, enjoyable, and unforgettable Annapurna Base Camp trekking adventure.

How to Pay for the Annapurna Base Camp Trek Package?

To secure your Annapurna Base Camp Trek package, a 10% deposit is required at the time of booking. The remaining 90% balance must be settled prior to the commencement of the trek, while you are in Kathmandu or Pokhara. For your convenience, we provide various secure payment methods. You can choose to pay in cash, via card, or through bank transfer, based on your preference. If you opt for a credit/debit card or bank transfer, please note that any associated bank or transaction fees will be added to the cost of the trekking package. Our team will supply the necessary payment information and support you throughout the payment process. Once we receive the required payment, we will confirm your reservation and ensure that all essential trekking arrangements and logistics are in place for your Annapurna Base Camp journey.

What is the cancellation policy?

Cancellation is not a typical occurrence in the trekking and adventure sector, as each journey necessitates numerous arrangements and prior commitments, such as guides, porters, transportation, accommodations, permits, and other essential documentation. Once a reservation is confirmed, these services are tailored specifically for our clients, and cancellations can lead to considerable expenses and complications. Nonetheless, we recognize that unforeseen situations may occur. If you find yourself unable to travel as originally planned, please notify Sherpa Nomad Trek Pvt. Ltd. at your earliest convenience. Whenever feasible, we are pleased to reschedule your trek for a more convenient date instead of canceling the trip. At Sherpa Nomad Trek Pvt. Ltd., we consistently prioritize our clients' safety, comfort, and satisfaction while delivering quality trekking

services at competitive prices. We are also delighted to tailor your itinerary to meet your specific requirements. We kindly ask that you refrain from canceling after your booking has been confirmed, as this can impact the arrangements and services secured for your trek.

Accommodation for the Annapurna Base Camp Trek Package

The 7-Day Short Annapurna Base Camp Trek features 5 nights of lodging in the mountains, providing an opportunity to immerse yourself in the stunning Himalayan scenery and the local mountain culture along the route. Depending on your itinerary, you will spend the night in Ghandruk, Chhomrong, Bamboo, Deurali, and Annapurna Base Camp. The lodging along the trekking path is typically basic yet comfortable, primarily found in traditional mountain teahouses and lodges. Rooms usually come with twin beds, equipped with cozy mattresses and blankets to ensure warmth throughout the night. Most accommodations also include a communal dining area where trekkers can unwind, savor meals, and exchange stories. It is important to note that private or attached bathrooms are generally not available in mountain accommodations. Trekkers typically share bathroom facilities. However, accommodations in Ghandruk village may provide rooms with attached bathroom options. This straightforward mountain lodging contributes to an authentic and unforgettable experience during your Annapurna journey.

Local Professional Guide and Porter

Sherpa Nomad Trek Pvt. Ltd. offers skilled local trekking guides and porters to ensure your journey to Annapurna Base Camp is safe, comfortable, and enjoyable. Our local guides provide essential support during the trek, including organizing mountain accommodations and meals as per the itinerary. They also impart their knowledge about the region's flora and fauna, local culture, traditions, history, and the majestic Himalayan mountains, enriching your experience of the places you explore. Our approachable and seasoned porters assist in carrying your heavy luggage, enabling you to trek with greater ease and appreciate the breathtaking mountain views without undue physical exertion. The package includes one porter for every two trekkers, with luggage weight regulated according to standard trekking guidelines. For groups exceeding 10 trekkers, we

will arrange for additional guides to enhance assistance, safety, and personalized support throughout the trek.

Annapurna Base Camp Trek Permits and Costs

The 7-Day Annapurna Base Camp Trek necessitates two primary permits: the Trekkers' Information Management System (TIMS) Card and the Annapurna Conservation Area Permit (ACAP). These permits are crucial for legally and safely trekking through the Annapurna region. The conservation area fees contribute to maintaining the trails and preserving nature, while the TIMS Card is for safety purposes. With Sherpa Nomad Trek Pvt. Ltd., our team manages all the required permit applications and paperwork, simplifying the process for our clients. To obtain the necessary permits, each trekker must provide a clear copy of their passport along with one passport-sized photograph. The cost for the Annapurna Conservation Area Permit is USD 25 per person, and the TIMS Card is priced at USD 18 per person. These permit fees are included in the trekking arrangements offered by our company as outlined in the package. Our team will handle all the required documentation and ensure that your permits are prepared before you embark on your memorable Annapurna Base Camp journey.

Best time for Annapurna Base Camp Trek

The optimal periods for the Annapurna Base Camp Trek are spring (March to May) and autumn (September to November). These times provide stable weather, unobstructed mountain views, pleasant trekking conditions, and fantastic chances to appreciate the stunning Annapurna Himalayas. Spring is a lovely time when the trekking paths are vibrant with blooming rhododendrons and various flowers. Daytime temperatures in the lower regions typically range from 15°C to 25°C, while at Annapurna Base Camp, temperatures can vary from -5°C to 10°C, particularly at night. Autumn is also a superb season, characterized by clear skies and excellent visibility of the mountains. At lower altitudes, temperatures generally hover around 15°C to 25°C, while at Annapurna Base Camp, they can be about -5°C to 10°C. Winter (December to February) brings colder conditions, especially at higher altitudes, while the monsoon season (June to August)

is marked by rain, clouds, and slippery trails. Although winter can be tackled with proper preparation and offers a tranquil trail experience, the rainy season poses significant risks of flooding, rainfall, and landslides. Consequently, spring and autumn are strongly advised for the most enjoyable trekking experience.

What Does Annapurna Base Camp Look Like?

Annapurna Base Camp is a breathtaking destination in the Himalayas, encircled by majestic snow-covered mountains and striking landscapes. Situated at an elevation of approximately 4,130 meters (13,550 feet), the base camp is nestled within a natural amphitheater formed by some of the most remarkable peaks in the world. From the camp, visitors can take in awe-inspiring views of Annapurna I (8091m), Annapurna South (7219m), Hiunchuli (6642m), Machhapuchhre (Fishtail) (6993m), and various other Himalayan summits. The scenery transforms beautifully throughout the day as sunlight graces the mountains, producing stunning hues of white, gold, and pink. The trek to Annapurna Base Camp meanders through charming villages, verdant forests, cascading waterfalls, flowing rivers, and terraced fields before arriving at the rugged high-altitude terrain. At the base camp, the tranquil environment and breathtaking mountain vistas create an unforgettable experience. Being surrounded by these towering Himalayan peaks is a truly remarkable moment for every trekker. This is the pinnacle experience for all trekkers. At the base camp, there are only four tea houses located above the glaciers, offering stunning views during both sunrise and sunset.

What Is the Meaning of Mt. Annapurna?

The term Annapurna originates from the ancient Sanskrit language. It is formed from the words "**Anna**," which translates to food or grain, and "**Purna**," meaning full, complete, or abundant. Thus, Annapurna can be interpreted as "**Goddess of Harvest**" or "**Goddess of Abundance**." In Hindu culture, Annapurna is linked to nourishment, food, and prosperity, and is regarded as a manifestation of the goddess Parvati. The name signifies the profound cultural and spiritual significance of the mountain and its surrounding area to local communities. Mt. Annapurna I reaches a height of 8,091 meters (26,545 feet) above sea level, making it one of the tallest mountains in the

world. The Annapurna massif comprises several stunning peaks and is enveloped by a variety of landscapes, traditional villages, forests, rivers, and breathtaking Himalayan vistas. For trekkers, the Annapurna region not only provides awe-inspiring mountain panoramas but also presents a chance to immerse oneself in the rich culture, traditions, nature, and spiritual legacy of the area.

History of the Annapurna Expedition

The world's 10th highest peak, Annapurna (8,091 meters), is renowned as a prominent climbing mountain globally. Numerous successful expeditions have taken place, alongside some tragic ones. History serves as a valuable source of knowledge, and here we present the story of the Annapurna I expedition. It is important to clarify that the Annapurna Base Camp trek is distinct from the Annapurna Expedition. The history of the Annapurna expedition dates back to 1950, when a French team led by Maurice Herzog achieved the first successful ascent of Annapurna I, reaching a height of 8,091 meters (26,545 feet). This ascent marked the first successful climb of an 8,000-meter peak and represented a significant milestone in the field of mountaineering. The expedition team comprised Louis Lachenal, Gaston Rébuffat, Lionel Terray, Marcel Ichac, Marcel Schatz, and other members, with Herzog and Lachenal successfully summiting on June 3, 1950. Their accomplishment proved that scaling the world's highest mountains was feasible and motivated subsequent Himalayan expeditions. Nonetheless, the expedition was fraught with challenges. Herzog and Lachenal endured severe frostbite during their descent, leading to serious injuries and amputations. Herzog later chronicled the expedition in his well-known book, Annapurna. Today, Annapurna continues to be a legendary destination for mountaineers and trekkers from across the globe.

How Early or Late Can we Book the Trek?

With Sherpa Nomad Trek Pvt. Ltd., you have the flexibility to schedule your Annapurna Base Camp Trek at your convenience. We allow bookings up to a year in advance, which is perfect for those who wish to plan and secure their desired trekking dates. For those who prefer last-minute arrangements, we can facilitate the trek with just one day's notice, depending on availability and the completion of all necessary preparations. This includes permits, transportation, accommodation,

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guides, porters, and other trekking logistics. To ensure the best availability and a seamless preparation process, we advise booking as early as possible, particularly during the peak trekking seasons.

Can I Drink Spring Water During the Trek?

Yes, you are allowed to drink natural spring water while trekking to Annapurna Base Camp, but it is crucial to treat it before consumption. You can purify spring water by boiling it, utilizing a dependable water filter, or by using approved water-purification tablets. Even though the mountains provide fresh water, natural sources may harbor bacteria or other contaminants, making proper treatment necessary. Opting for treated spring water is also a more environmentally friendly option. We recommend that trekkers bring a reusable water bottle and refrain from buying single-use plastic bottles whenever feasible. This practice helps minimize plastic waste and preserves the stunning Himalayan environment for future generations.

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FREQUENTLY ASKED QUESTIONS

1. How far in advance can we reserve the Annapurna Base Camp Trek?

Booking the Annapurna Base Camp Trek early is advisable to secure suitable accommodation. If you are part of a small group and wait until the last minute, finding accommodation can be quite challenging. You can make a reservation up to one year prior to your trip with Sherpa Nomad Trek Pvt. Ltd, a leading local trekking company, or even book at the last minute.

2. Where is the Annapurna Base Camp located?

The Annapurna Base Camp is situated in Nepal, specifically at the southern foothills of Annapurna I, which stands at 8,091 meters, making it the tenth-highest mountain in the world. The trek to Annapurna Base Camp is renowned as one of the most popular moderate trekking routes, second only to the Everest Base Camp trek. This area boasts some of the most stunning landscapes globally, characterized by majestic snow-capped peaks, and is located approximately 100 to 120 kilometers from Pokhara. Depending on the chosen route, the trek can be completed in 5 to 12 days.

3. What is the Elevation of the Annapurna Base Camp ?

The stunning Annapurna Base Camp is situated at an altitude of 4,130 meters above sea level. It lies on the side of the glacier and at the foothills of the majestic Annapurna Himalayan range.

4. How challenging is the Annapurna Base Camp Trek?

Compared to other high passes and renowned treks in Nepal, the Annapurna Base Camp trek is of moderate difficulty, making it suitable for novice trekkers and beginners. The trail is well-maintained by the Annapurna Conservation Area and local communities, making it an excellent choice for families with children and travelers of all ages; however, a reasonable level of fitness is essential. Each day, trekkers will need to walk approximately 5-6 hours, with an elevation gain of around 500 to 700 meters, and the journey typically spans 5 to 10 days. The highest point of the trek reaches 4,130 meters. The trail often involves both uphill and downhill sections with stone steps, requiring physical endurance and mental resilience, but the risk of Acute Mountain Sickness (AMS) is very low. We highly recommend the ABC trek for first-time trekkers in Nepal, families with children, those with limited time, and even seasoned trekkers looking to experience the breathtaking views of Annapurna Base Camp and its surrounding trails.

5. What is the ideal time for the Annapurna Base Camp Trek?

The Annapurna Base Camp trek can be considered across almost four seasons. The rainy season is quite challenging but still manageable. The optimal trekking times for the Annapurna Base Camp Trek, similar to other treks in Nepal, are Autumn and Spring. The autumn season, from September to November, is the most popular trekking season in Nepal's Himalayas due to stable weather, pleasant temperatures, low precipitation, and snowfall. This period also coincides with festivals and harvest time, making the journey from start to finish truly remarkable, allowing trekkers to experience much more than just the breathtaking Himalayan views. During Autumn, the mountain vistas are spectacular, complemented by lush greenery. Spring, which spans from March to May, is the second most favored trekking season, offering suitable conditions for trekkers with stable weather, warm and extended days, pleasant temperatures, blooming jungle foliage, stunning mountain views, and minimal snowfall and precipitation. Winter, from December to February, is the third significant season for the Annapurna Base Camp Trek. Due to its geographical location, it can be regarded as a winter trek in Nepal. However, adverse weather conditions may force trekkers to

remain at lower elevations due to blocked trails. This situation does not occur every year, but it is a possibility. Winter provides a tranquil trail experience, with more snow-capped peaks surrounding you, although it can be quite cold. If you are interested in a winter trek, please don't hesitate to reach out to us. The rainy season is not advisable due to wet trails, rockfalls, flooding, and poor visibility. While it is possible to trek to Annapurna Base Camp during the monsoon, it is essential to prioritize safety.

6. What permits are required for the Annapurna Base Camp Trek?

The trek necessitates two types of permits: the Annapurna Conservation Area Permit (ACAP) and the Trekkers Information Management System (TIMS) Card. To obtain these permits, it is advisable to join a local company such as Sherpa Nomad Trek Pvt. Ltd. The ACAP permit is designed to conserve nature and maintain the trekking trails, while the TIMS Card ensures the safety of guides and porters. The costs for the permits are as follows:

- ACAP (Annapurna Conservation Area Permit): Rs 3000 Per Person for foreigners and Rs 1000 Per Person for Indian nationals.
- TIMS (Trekkers Information Management System): Rs 2000 per person for all visitors.

To acquire the permits, you will need a copy of your passport and a passport-sized photo. Please note that the TIMS Card is not mandatory for trekking in Nepal.

7. How does the trail of Annapurna Base Camp Trek Look like?

The Annapurna Base Camp (ABC) trail offers a stunning Himalayan adventure across a variety of landscapes. The trek starts in lush green forests, terraced fields, and traditional Gurung villages. As you ascend, the scenery transforms into rhododendron forests, cascading waterfalls, rocky paths, and narrow mountain trails. You will traverse suspension bridges and pass through locations such as

Chhomrong, Himalaya, and Machhapuchhre Base Camp. Approaching ABC, the terrain becomes rugged, encircled by towering snow-capped peaks, including Annapurna South and Machhapuchhre (Fishtail). While some sections of the trail are challenging, featuring numerous stone steps, the awe-inspiring mountain vistas and tranquil environment render the journey truly memorable. The path primarily consists of ups and downs along the stone-paved route, and beyond the bamboo village, it transitions into a rough and unpaved trail. From Deurali to Annapurna Base Camp (4130m), the trail navigates through moraine and rocky terrain, with diminished greenery and closer views of the mountains.

8. What types of the Accommodation available?

Accommodation on the Annapurna Base Camp (ABC) Trek is primarily found in teahouses and small mountain lodges. These simple, family-run lodgings are situated in villages along the trail. Most teahouses provide basic private or shared rooms that include beds, mattresses, blankets, and sometimes pillows. Bathrooms are usually shared, although some lodges at lower elevations may feature attached bathrooms. Dining rooms serve meals like dal bhat, noodles, soups, and tea. At higher altitudes, the facilities become more basic, and the rooms can be quite cold. Many places offer electricity, Wi-Fi, and hot showers, but these services may come at an extra cost. The accommodation at ABC itself is very basic, typically in shared rooms or dormitories. There is no luxury accommodation available on the Annapurna Base Camp trek.

9. What time should we depart from Kathmandu on the first day?

On the first day, it is advisable to leave Pokhara between 7:00 and 8:00 AM. An early departure allows you to avoid traffic, enjoy cooler temperatures, and maximize daylight. It also gives you additional time to appreciate the scenery, including the mountains and the lush green valley. According to our plan, we will drive to Syauli Bazar from Pokhara and then begin our trek from

Syauli Bazar to Ghandruk. The trek takes approximately 2-3 hours and offers breathtaking views of the mountains and the verdant valley. Before setting off, make sure to have breakfast, check the weather and road conditions, and confirm that everyone is ready. Overall, 8:00 AM is an ideal departure time, striking a good balance between an early start and sufficient rest. You will likely have lunch in Ghandruk village, and after lunch, you can enjoy a walk around the largest Gurung village.

10. Does it require a sleeping bag for the Annapurna Base Camp Trek?

Yes, It is highly recommended to have a sleeping bag for your Annapurna Base Camp Trek. Bringing a sleeping bag for the Annapurna Base Camp (ABC) trek is essential, particularly if you plan to trek during the colder months. While tea houses do offer blankets, they may not provide adequate warmth, especially at higher altitudes like ABC. A sleeping bag with a temperature rating of around -10°C to -15°C is advisable for colder seasons, whereas a lighter bag rated between 0°C and -5°C should suffice during warmer months. If you prefer not to bring one from home, you can typically rent sleeping bags in Kathmandu or Pokhara. Additionally, a sleeping bag enhances warmth and hygiene, ensuring a more comfortable night's sleep.

11. Can I get the hot shower during the Annapurna Base Camp Trek?

Yes, it is generally possible to take a hot shower during the Annapurna Base Camp (ABC) trek, although its availability varies by village and teahouse. Most teahouses along the trek provide hot showers for an extra charge, typically utilizing gas, solar heating, or other methods. Hot showers are commonly found in locations such as Ghandruk, Chhomrong, Himalaya, and Deurali, but as you get closer to ABC, the facilities tend to become more basic. At Annapurna Base Camp itself, hot showers may be scarce or not available at all. It is advisable to bring wet wipes and toiletries as a backup. Additionally, it is wise to limit the frequency of hot showers at higher altitudes, as they can

leave you feeling cold afterward. The Annapurna Base Camp Trek offers basic accommodations, and the bathrooms typically feature common facilities with hot showers located outside the rooms.

12. What time does the trek begin?

Each day of the Annapurna Base Camp trek typically starts between 7:00 and 8:00 AM. On the first day, we leave Pokhara around this time, after having breakfast, and commence our trek along the designated route. In the subsequent days, we generally have breakfast and begin our trekking around 7:00 to 8:00 AM, which may vary based on the day's schedule and weather conditions. At Annapurna Base Camp, you have the opportunity to rise before dawn to witness the breathtaking sunrise over the majestic Himalayan peaks. Observing the initial rays of sunlight bathe the mountains is truly one of the most memorable experiences of the entire trek.

13. Is there Wi-Fi available during the Trek?

Yes, Wi-Fi is accessible at numerous teahouses and lodges along the Annapurna Base Camp trek. However, the quality and availability of the connection can differ based on the location and weather conditions. Typically, Wi-Fi is offered for an extra charge of approximately US$1–2 per person or per location, depending on the teahouse. As you approach Annapurna Base Camp, the connection may become slower or less dependable. We advise against relying solely on Wi-Fi and suggest carrying a local SIM card with mobile data for communication and internet access throughout the trek.

14. What time will we get back to Pokhara from the trek?

On the last day of the Annapurna Base Camp Trek, we conclude our trekking adventure and head back to Pokhara. The day typically starts between 7:00 and 8:00 AM from Bamboo after having breakfast. From Bamboo, we make our way to Jhinu Danda, which takes about 4 hours, depending

on our pace and the conditions of the trail. Upon reaching Jhinu, we will enjoy a scenic drive of approximately 2 hours back to Pokhara. As a result, you can anticipate arriving in Pokhara around 2:00 to 3:00 PM. Once there, you will have the opportunity to unwind, savor a well-deserved meal, and celebrate the successful completion of your trek.

15. Is the Annapurna Base Camp Trek suitable for beginners?

Yes, the Annapurna Base Camp Trek is appropriate for beginners who possess a reasonable level of fitness and engage in adequate preparation. This trek does not necessitate prior high-altitude trekking experience, which makes it a favored option for those trekking for the first time. However, it is important to be comfortable walking approximately 5–7 hours daily over diverse terrain, which includes both uphill and downhill paths. The gradual itinerary is designed to help your body acclimatize to the rising altitude. To prepare, regular walking, hiking, and cardiovascular workouts prior to the trek are beneficial. With the right clothing, quality trekking shoes, ample hydration, and a consistent pace, beginners can safely relish this stunning Himalayan journey. The Annapurna Base Camp trek is ideal for novices, families with children, as well as experienced trekkers.

16. Is Acute Mountain Sickness a cause for concern?

Yes, Acute Mountain Sickness (AMS) poses a risk during the Annapurna Base Camp Trek, especially as you ascend to higher altitudes. The Annapurna Base Camp sits at around 4,130 meters (13,550 feet), where the likelihood of experiencing altitude-related symptoms rises. Typical symptoms include headaches, dizziness, nausea, fatigue, and trouble sleeping. To mitigate this risk, adhere to a gradual itinerary, maintain a comfortable walking pace, stay well-hydrated, and limit alcohol consumption. Pay attention to your body's signals and notify your guide right away if you start experiencing symptoms. Should symptoms escalate or worsen, the safest course of action is to descend to a lower elevation. Adequate acclimatization is crucial.

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17. What is the distance of the ABC Trek?

The Annapurna Base Camp (ABC) Trek covers a total distance of approximately 65–70 kilometers, starting from Syauli Bazar and making its way to Annapurna Base Camp through Ghandruk, before returning to Jhinu Danda. The trek generally commences in Ghandruk and continues along beautiful mountain trails and charming villages towards Annapurna Base Camp, ultimately descending to Jhinu Danda. This trek is typically undertaken over a span of about 7 days, allowing trekkers to enjoy the stunning landscapes and adapt to the increasing altitude. The trail winds through verdant forests, traditional settlements, waterfalls, and magnificent Himalayan scenery. Although the distance is quite manageable, some parts of the trek involve steep climbs and descents, so it is recommended to be in good physical condition.

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