

Annapurna Base Camp Trek-14 days



Figure 1 Towards ABC

TRIP OVERVIEW

The Annapurna Base Camp Trek is a popular trekking destination that can be completed in a short period of time. The trail starts from Pokhara and is well-developed, offering a chance to witness a wide variety of flora and fauna, as well as the rich culture of the local people living in the region. The trekking trail comes under the protective zone of the Annapurna Conservation Area Project.

The trek offers stunning views of the Annapurna range, including Annapurna I, II, III, IV, and South, as well as Machhapuchhre, Dhaulagiri, Hiunchuli, Nilgiri, Lamjung Himal, Tukucho Peak, and Tilicho Peak. The trek is best for new hikers and experienced trekkers, and people with normal health and physical fitness are eligible to do the trek.

The itinerary involves trekking for about 4-7 hours a day for an average hiker and is designed in a way that allows proper acclimatization and adequate time to enjoy the surrounding environment. It is much recommended to trek to Annapurna Base Camp either during the spring season or during the autumn season.

Expedition Himalaya offers a 14-day standard itinerary to Annapurna Base Camp, which includes accommodation at locally available tea houses, all meals included while on the trek, and bed and breakfast at the main cities. They also provide transportation as stated in the itinerary and can customize the itinerary upon the interest of the clients. Expedition Himalaya also offers trekking to various other places in the region, such as Annapurna Circuit Trek, Ghorepani and Poonhill Trek, and Tilicho Lake Trek.



Figure 2 Annapurna base camp

OUTLINE ITINERARY

Day 01	Arrive Kathmandu
Day 02	Rest/preparation
Day 03	Fly Pokhara (884m); drive Phedi; trek Tolka (1790m)
Day 04	Trek Chhomrong (2210m)
Day 05	Trek Bamboo (2310m)
Day 06	Trek Himalaya Hotel (2840m)
Day 07	Trek Machhapuchhre Base Camp (3700m)
Day 08	Trek Annapurna Base Camp (4130m)
Day 09	Trek Himalayan Hotel

Day 10	Trek Chhomrong
Day 11	Trek Ghandruk (2050m)
Day 12	Trek Naya Pul (1070m); drive Pokhara
Day 13	Fly Kathmandu
Day 14	Depart Kathmandu

PRICE INCLUDES

- Airport Pick-up and Drop-off service in a private tourist vehicle
- Airfare: Kathmandu/ Pokhara/ Kathmandu (Fixed wing)
- All ground transportation by private vehicle as per the itinerary
- Annapurna Conservation Area Project Fee
- TIMS (Trekkers Information Management System) fee
- 3-star accommodation in Kathmandu for three nights along with breakfast on twin sharing basis
- 3-star accommodation in Pokhara for one night along with breakfast on twin sharing basis
- Accommodation during the trek in Teahouse/Lodges
- All meals (Breakfast/ Lunch and Dinner) during the trek
- Experienced and licensed, English-speaking trekking guide.
- Assistant Guides as required by group size
- Porters (One porter for every 2 members)
- Staff expenses (salary, insurance, equipment, domestic airfare, food, and accommodation)
- First Aid Kit (Carried by trek guide)
- Applicable local and government taxes
- Welcome dinner in Kathmandu

PRICE EXCLUDES

- Nepal arrival visa and international flights.
- Any meals in Kathmandu and Pokhara except for welcome dinner (Day 1).
- Your personal equipment (Available on hire in Kathmandu)
- Expenses such as mineral water, laundry, bar bills, showers, internet, battery chargers, etc.

- Travel insurance covering Helicopter evacuation, medical expenses and trip cancellation.
- Tips to guide, porters, and driver as a token of appreciation.
- Any other expenses or charges that are not mentioned in the “cost includes” list.

***Note:** Please note that the Weather conditions in the Himalayas can be a big obstruction, even during the best trekking seasons. Bad weather or unsuitable weather conditions will directly affect the flight schedule, resulting in flight delays for a few hours to even a few following days. If a flight is canceled, we'll do our best to reschedule it for the next day the following day (Subject to availability).*

PREPARING FOR THE TREK



Figure 3: Suspension Bridge-Jhinu

TRAVEL INSURANCE

A specialist travel insurance would be required to guarantee you are adequately insured. In addition to cover for medical expenses and trip cancellation, please ensure that all activities and destinations in the itinerary are included in your policy.

Also, emergency helicopter evacuation on injury, death, loss of baggage and theft need coverage. A rescue helicopter can be arranged if you are injured in a remote area and in no condition to trek further. However, a definite proof of ability of payment is required. We suggest you to bring your travel insurance certificate or send us scan copy that are required from your home land and we do

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not arrange or sell insurance. Additionally, please make sure you keep safely a copy of the summary of your insurance policy containing the policy number and the insurer's emergency contact details.

IMMIGRATION REQUIREMENT

A visa is required to enter Nepal. This can be obtained by application to the Nepalese Embassy in your own country. Alternatively, a visa can be obtained upon arrival at Kathmandu International Airport. You will need US\$30 in cash and one passport sized photograph. Please ensure that you have enough cash in denominations of 10s and 5s since the Immigration Officers require the exact money.

INFORMATION ON TOURIST VISA

You can extend your tourist visa at the Department of Immigration in Kathmandu if you so choose.

- Tourist visas may be extended for a maximum of 150 days in a single visa year. The charge for a visa extension of 15 days or less is USD 30, or an equivalent amount in convertible currency. The fee for a visa extension of more than 15 days is USD 3 per day (January to December)

Only visitors from the SAARC nations are eligible for a free 30-day visa. For multiple visits lasting 15 days, you must pay \$30 in US dollars or another convertible currency.

- Multiple admissions within 30 days: \$50 in US dollars or another convertible currency
- Multiple entry for 90 days: 125 US dollars or an equivalent amount in convertible currency

HEALTH ISSUE

We recommend that all clients consult their doctor to discuss the health issues associated with their trek. We also recommend that clients bring their own personal first aid kit to supplement the comprehensive first aid kit carried by the Trek Leader.

VACCINATIONS REQUIRED

Please ensure that you allow at least 1 month to complete a course of vaccinations. Whilst your personal doctor will be the final authority, we recommend the following:

- Poliomyelitis
- Typhoid

- Tetanus
- Rabies
- Meningococcal
- Immunoglobulin (for Hepatitis A)

COVID INFORMATION

All you need is the official Proof of Vaccination, the vaccine should be administered 14 days prior before making visit. All you need is a PCR-Negative report taken 72 hours prior to boarding. *Not required for children below 5 years

MALARIA

Nepal is listed as a country for which malaria prophylaxis is advised. We will not be visiting any malarial areas on the treks; however, you may wish to consult your doctor about the need to take malaria pills. Trekkers who plan to do rafting and jungle excursions are advised to take the necessary medication to protect against malaria.

MONEY

The unit of currency in Nepal is the rupee. In Jan 2023 the exchange rate was

- 1 US Dollar = 120-127 rupees
- 1 UK Pound = 147-155 rupees
- 1 Euro = 132-138 rupees

Foreign currency can be exchanged in most hotels, banks and at money changing stalls, and all major currencies are accepted. Credit cards are also accepted in most tourist shops (at a 4 % surcharge). We recommend that all trekkers carry some rupees, in small denominations, with them on the trek to cover their personal expenses. However, the preferred currency in Nepal is the US dollar and this can be used to pay for personal expenses on most of the popular trekking trails. We recommend that you bring this currency in small denominations. In order to help you budget for additional expenses that are not included in the trip price, the following list gives an indication of what is required:

- Visa - as already mentioned US\$30 is required for the Nepalese Visa, if gained upon entry.
- Meals in Kathmandu - accommodation at the hotel is on a room only basis. Allow a total of US\$45 per day for meals whilst in Kathmandu.

- Sightseeing and transport in Kathmandu - an allowance of a further \$75 per day will certainly cover transport costs in and around Kathmandu.
- Personal expenses on the trek -again \$30 per day will cover items such as bottled water or alcoholic drinks and chocolate bars etc.
- Gifts - many visitors to Nepal like to take home gifts. Many wonderful mementoes can be purchased cheaply and usually paid for by credit card.
- Tips - this is entirely optional, but most clients will want to tip the local team of porters and other staff. The amount is a purely personal decision but on average is around \$25-35 per trekker per trekking day. Note that there is usually a slighter higher tip given for a successful ascent to the sherpa climbing guides.
- Kathmandu Departure Tax - on flying out of Nepal there is an airport departure tax of R3000

Photo Gallery



Figure 6 : Trekking trail to Jhinu Danda



Figure 7 : Chomorong Village



Figure 5: Landruk Village



Figure 4: Way to MBC