

## *Annapurna Base Camp Trek 13 Days :- 13 Days - USD 1300 Per Person*

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## **Highlights**

- *The base camp is surrounded by huge mountains and serves as a lovely alpine haven.*
- *Views of the Annapurna Massif including, Annapurna I (8,091m), Machapuchare (6,993m), and Hiunchuli (6,441m), among other beautiful peaks.*
- *Experience the unique cultures of the [Gurungs](#) and [Magars](#) by going to traditional towns and old monasteries and learning about how people live there.*
- *[Enjoy Jhinu Danda's hot springs](#); you can relax in natural hot springs that are soothing and energizing for hikers.*
- *Moderate difficulty level, good for most trekkers, with a slow ascent and time to get used to the altitude.*
- *From Annapurna Base Camp, you can see a beautiful sunrise over the Annapurna Massif – the peaks get colored pink and gold.*
- *You will see a lot of different surroundings as you hike through subtropical forests, bamboo groves, rhododendron-filled landscapes, alpine meadows, and high-altitude deserts.*
- *Spectacular sunrise view from Ghorepani Poonhill (3210m).*
- *Explore the Annapurna Conservation Area, which is home to a wide range of plants, animals, and birds, such as flowers, rhododendrons, and rare animals like the Himalayan Thar and the elusive snow leopard.*

## **Overview**

*The Annapurna Base Camp Trek (ABC trek, in short) is a moderately difficult Himalayan adventure that anyone can enjoy, leading up to the breathtaking sight of the sunrise over the Annapurna Massif from the base camp. The trek is an example of the perfect blend of stunning scenery, fascinating culture, and daring adventurers, resulting in an amazing Himalayan journey. On this trek, you'll get to see the Annapurna Massif at its most breathtaking, with Annapurna I, Machapuchare, and Hiunchuli standing tall above the rest. Interacting with locals, especially Gurungs and Magars, who may give you a look into their traditional villages and monastic life, enriches the journey. The 13-day trip starts at Pokhara and from there, you drive to Nayapul to enter the Annapurna region. Pokhara is the lowest point on the trek at 870 meters, and the highest point is the Annapurna Base Camp at 4,170 meters. Also, you will need a permit to trek inside the Annapurna Conservation Area. The Gurung cottage community heavily dominates this region, so you can see their influence throughout the trek. On average, you will be walking for 6 hours a day. The terrain is gentle during the first half and gets challenging...*

## *Itinerary*

### *Annapurna Base Camp Trek 13 Days Itinerary Outline*

*Day 01: Arrival at Kathmandu Airport.*

*Day 02: Drive from Kathmandu to Pokhara (915m) 6-7 hours. (B)*

*Day 03: Drive from Pokhara to Nayapul (1050m) and trek to Ulleri (2050m) 5-6 hours. (B/L/D)*

*Day 04: Trek from Ulleri to Ghorepani (2860m) 5-6 hours. (B/L/D)*

*Day 05: Trek from Ghorepani to Tadapani (2675m) via Poon Hill (3210m) 6-7 hours. (B/L/D)*

*Day 06: Trek from Tadapani to Chhomrong (2040m) 5-6 hours. (B/L/D)*

*Day 07: Trek from Chhomrong to Himalaya (2920m) 5-6 hours. (B/L/D)*

*Day 08: Trek from Himalaya to Annapurna Base Camp (ABC) (4170m) 6-7 hours. (B/L/D)*

*Day 09: Trek from Annapurna Base Camp to Bamboo (2310m) 5-6 hours. (B/L/D)*

*Day 10: Trek from Bamboo to Jhinudanda (Hot Spring) (1750m) 5-6 hours. (B/L/D)*

*Day 11: Trek from Jhinudanda to Pokhara via Nayapul 4-5 hours. (B/L)*

*Day 12: Drive from Pokhara to Kathmandu 6-7 hours. (B/D)*

*Day 13: Departure to the Airport. (B)*

### *13-Day ABC Trek Cost Includes*

- **Airport Transfer:** Upon your arrival in Kathmandu, you'll be greeted at the airport and transported to your hotel to begin your journey.
- **Hotel Accommodation:** Enjoy a comfortable stay in Kathmandu and Pokhara, with two nights in each city at a well-appointed 3-star hotel. Breakfast is included to start your days off right.
- **Meals:** During your trekking days, you'll be provided with hearty meals, including lunch, dinner, and breakfast, to fuel your adventures along the trail.
- **Transportation:** Travel conveniently between Kathmandu and Pokhara by tourist bus, and between Pokhara and Nayapul by private vehicle ensuring smooth transitions to and from the trekking route.
- **Permits:** Necessary permits for trekking in the Annapurna region, including the Trekking Permit (ACAP) and Trekkers' Information Management System (TIMS) Permit, will be arranged for you.
- **Equipment:** A duffle bag will be provided for you to carry your trekking gear during the

*journey. You can return the bag after completing the trek.*

- **Souvenir:** Take home a special memento of your adventure with a company logo T-shirt, a reminder of your memorable experience in Nepal.
- **Paperwork and Taxes:** All essential paperwork and government taxes are taken care of, ensuring a hassle-free experience for you.
- **Accommodation:** Rest comfortably in lodges and tea houses along the trekking route, providing a cozy and welcoming atmosphere after a day of hiking.
- **Guide and Medical Support:** An experienced and friendly guide will accompany you throughout the trek, offering valuable insights and ensuring your safety. Medical supplies, including a first aid kit, will be available for any unforeseen emergencies.
- **Farewell Dinner:** Conclude your adventure with a memorable farewell dinner at an authentic Nepalese restaurant, featuring cultural performances that showcase the rich traditions of Nepal. It's a perfect way to celebrate the completion of your journey.

## 13-Day ABC Trek Cost Excludes

- **Nepal Visa Fee:** You'll need to obtain your Nepal Visa upon arrival at Kathmandu airport. The fee varies depending on the duration of your stay.
- **International Airfare:** The cost of international flights to and from Kathmandu is not included in the package.
- **Extra Night Hotel Accommodation:** Any additional nights of hotel accommodation in Kathmandu and Pokhara, due to early arrival, late departure, or early return from the mountain, are not included in the package.
- **Porter:** If you require the services of an extra porter to carry your belongings during the trek, this is not included in the package.
- **Extra Meals:** Any additional meals beyond those provided during the trekking days are not included.
- **Travel and Rescue Insurance:** It's essential to have travel and rescue insurance that covers trekking activities in Nepal. This insurance is not included in the package.
- **Personal Expenses:** Expenses such as phone calls, laundry, bar bills, battery recharge, extra porters, bottled or boiled water, showers, and other personal items are not covered in the package.

## Equipment

### Equipment and clothing for Annapurna Base Camp Trek – 13 Days

#### 1) Backpack & Luggage:

- **Trekking Backpack (40-50L):** Choose a comfortable pack with adjustable straps and good back support.
- **Duffel Bag (60-90L):** It will store your luggage that won't be needed much during trekking and it'll be carried by the porters. Himalayan Adventure also provides a duffel bag if needed.

#### 2) Clothing



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- **Base Layers**

*Moisture-wicking Thermals (top & bottom): Keep you dry and comfortable during exertion.*

- **Mid Layers**

*Hiking Shirts (long & short sleeves)*

*Fleece Pullover or Jacket*

- **Outer Layer**

*Waterproof Jacket & Pants: Essential for unexpected rain or snowfall.*

- **Other Clothing**

*Trekking Shorts & Pants: Convertible options offer flexibility for changing weather.*

*Hiking Socks (multiple pairs): Choose moisture-wicking and blister-resistant socks.*

*Underwear & Sports Bras: Breathable and comfortable for daily wear.*

*Warm Hat & Beanie: Keep your head warm during cold nights and high altitudes.*

*Sun Hat & Sunglasses: Protect yourself from the harsh mountain sun.*

*Gloves (thin & warm): For chilly mornings and higher elevations.*

*Sleeping Bag Liner: Adds an extra layer of warmth and hygiene to your sleeping bag.*

### 3) Footwear

- **Hiking Boots**

- *Sandals or Crocs: For camp life and river crossings.*

4) *Trekking Poles: Offer stability and balance, especially on steep sections and river crossings.*

5) *Headlamp and Batteries: Essential for early mornings, evenings, and potential power outages.*

### 6) Sun protection:

- *Sunscreen (SPF 50+): Protect your skin from harmful UV rays.*

- *Lip Balm with SPF: Keep your lips moisturized and protected.*

### 7) Hydration and Nutrition:

- *Water Bottle or Hydration Pack*

- *Water Purification Tablets or Filter: To treat river water for drinking.*

- *High-energy Snacks & Trail Mix: Fuel your body during the trek.*

## 8) Personal Hygiene:

- **Quick-drying Travel Towel:** Lightweight and dries quickly.
- **Toiletries (biodegradable):** Choose eco-friendly options for minimal environmental impact.
- **Hand Sanitizer:** For hygiene on the go.

9) **First-Aid Kit:** Be prepared for minor injuries and ailments. Include painkillers, bandages, antiseptic wipes, etc. Our guides are also equipped with first-aid kits – no worries!

## 10) Others:

- **Camera & Extra Batteries (optional):** Capture the breathtaking scenery.
- **Book or Journal (optional):** Document your experiences and reflections.
- **Cash (Nepalese Rupees):** For tipping, buying souvenirs, etc.
- **Personal Documents:** Passport, copies of visas, travel insurance.
- **Garbage Bags:** Leave no trace and respect the environment.

*This is a general packing list for Annapurna Base Camp Trek 13 Days; however, for more detailed information or if you have any doubts, please do not hesitate to [contact us](#) at any time.*

## Trip Notes

*Best time for Annapurna Base Camp Trek*

*There are four distinct [trekking seasons in Nepal](#), each offering a unique experience at Annapurna Base Camp. The two most popular seasons for hiking ABC are:*

*Spring (pre-monsoon): March to May*

*In the spring, trekkers travel to Annapurna Base Camp in large numbers. The afternoon highs in lower elevations are between 59 and 77 degrees Fahrenheit (15 and 25 degrees Celsius), making for warm and reasonably consistent weather.*

*When the weather is fine, photographers prefer to capture the spectacular vistas of the mountains, as the rhododendron forests are in the midst of their blooming season. It begins to warm up, and snow is less likely to fall at higher elevations.*

*Following the monsoon, the fall months of September through November:*

*The second busiest season for hikers is the fall when many people go on their adventures.*

*Clear skies, consistent weather, and breathtaking mountain vistas characterize this day. Daytime highs in low-lying regions usually do not rise above 20°C (68°F). Clear, cold air greets you as you make your way down dry, well-marked trails. Many believe that the pleasant weather in the fall makes it the ideal time to go trekking.*



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??June through August – The Monsoon Season

*The monsoon season is characterized by heavy rains that can make hiking risky and difficult. There is a chance that trails may become muddy, slick, and prone to soil slips. It might be disheartening when clouds obscure the mountains. It is not advisable to go hiking in Annapurna during the rainy season, despite the fact that the area receives less rain than others.*

December to February is winter:

*Something to think about: in the winter, you can expect cooler weather, particularly higher up.*

*Daytime highs in low-lying regions typically range from 41 to 59 degrees Fahrenheit (5 to 15 degrees Celsius). It can drop below freezing at base camp and at higher elevations.*

*The hike could become more challenging if it were to snow. There is less noise on the road because fewer hikers are using it. Which season is ideal for you depends on your preferences, tolerance for various climates, and desired experience. During the spring or fall, when the weather is pleasant and the trails are in excellent condition, the Annapurna Base Camp hike is most enjoyable.*

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*Altitude sickness and Health concerns*

*The Annapurna Base Camp trek boasts awe-inspiring views, but climbing higher brings a new challenge: altitude. Let's break down how to stay safe and healthy on your journey:*

*Altitude Awareness:*

*As you ascend, thin air makes it harder to breathe. This can lead to altitude sickness, with symptoms like headaches, dizziness, and fatigue.*

*Preventative Measures:*

- **Ascend Slowly: Take your time!** We include built-in acclimatization days in our itineraries.
- **Listen to Your Body: Rest when you need it, even if others seem fine.** Pushing yourself can worsen symptoms.
- **Hydrate, Hydrate, Hydrate: Water helps your body process oxygen.** Drink plenty!
- **Skip the Extras: Avoid alcohol and smoking, as they dehydrate and reduce oxygen intake.**

*Common Concerns:*

- **Diarrhea: Pack Imodium and practice good hygiene.**
- **Sunburn: Sunscreen and protective clothing are your friends.**
- **Blisters: Proper boots and socks are key.**

*We're Here to Help:*

- **Experienced Guides: Our guides are trained in first aid and early detection of altitude sickness, they adjust the pace and plan rest days for you.**



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- **Medical Kit:** We're prepared to handle various health concerns on the trek.
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*Physical fitness and training for ABC Trek 13 days*

*Preparing for the Annapurna Base Camp trek by being in shape is essential if you want to have a safe and pleasurable journey through the varied Himalayan landscapes. This is a moderate-level trek, meaning that hikers should concentrate on increasing their endurance levels due to the long days of walking and gradual elevation rise.*

*To prepare for the uphill and downhill sections, build leg strength with squats and lunges. Maintaining your balance on unlevel ground is another benefit of a strong core. Dynamic stretches should form a significant portion of your training regimen to help you maintain the flexibility necessary to traverse rocky terrain. Practicing aerobic activities, such as jogging or cycling, can help you become physically healthy and accustomed to exerting yourself for extended periods.*

*Training at a high altitude, if feasible, can acclimate your body to the higher altitude. Long trekking days and unpredictable weather can be tough, so it's crucial to prepare for them mentally. Be sure you're physically fit for the trip by drinking plenty of water, eating healthily, and seeing a doctor before you go. If you want your body to adjust to carrying additional weight on your journey, it's a good idea to practice with a backpack that matches the one you'll use. Ultimately, trekkers are guaranteed to embrace the beauty and challenges of the Annapurna Base Camp trip with a holistic approach to physical preparation.*

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*Why 13 Days ABC Trek?*

*You might be wondering why most itineraries take 14 days. Well, there's a sweet spot for a reason! Let us look at why rushing or delaying would not be as awesome:*

*Why not less than 13 days?*

- *Altitude sickness can be critical if you climb too quickly; 13 days allows your body to gradually adjust, putting you on top of your game (not your stomach!).*
- *Missing Out: Poon Hill's sunrise, charming villages, and the epic Annapurna Base Camp itself? Don't skip these highlights! Rushing means ticking fewer boxes.*
- *This trek deserves savoring. 13 days let you soak in the scenery, connect with locals, and truly feel the mountain magic.*

*Why not more than 13 days:*

- *More is Not Always More: Extra days can mean extra costs and maybe a bit of a "been-there-done-that" feeling. You might reach a point where everything feels a bit repetitive.*
- *14 days fit perfectly, leaving time for exploring Kathmandu and Pokhara before and after the trek.*
- *Pushing yourself too hard can lead to fatigue and zap your excitement. 13 days keep the adventure fresh and fun all the way through.*



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## *Meals and Accommodation during ABC Trek*

*Throughout the Annapurna Base Camp (ABC) trek, teahouses generally serve as the designated locations for meals and lodging.*

### *Meal:*

*Breakfast options in teahouses typically consist of toast, porridge, muesli, pancakes, poached, fried, or scrambled eggs, as well as tea or coffee. Dal Bhat (lentil soup with rice), noodles, pasta, rice or vegetable dishes, sandwiches, tea or coffee, and sandwiches are typical lunchtime fare. Menus differ among teahouses. Typically, dinners feature a more varied selection of dishes, including dal bhat, pasta, desserts, momos (dumplings), pizza, and various curries. Furthermore, coffee and tea are offered.*

*Snacks are available along the trail and include chocolate, energy bars, nuts, and treats prepared locally. It is recommended that you bring along some refreshments throughout the day.*

### *Accommodation:*

*Teahouses are simple mountain lodges that provide lodging and food, and they are an essential part of the Nepalese trekking experience. Standard twin-share rooms include basic amenities such as a bed, bedding, and possibly a small table. Although heated showers may be available for an additional fee, bathrooms are frequently shared.*

*Teahouses provide an opportunity to interact with fellow trekkers and share experiences in a communal and comfortable setting. Frequently, dining areas are heated to produce an inviting and cozy atmosphere.*

*The facilities at higher elevations, particularly within Annapurna Base Camp, may be more basic. The logistical challenges associated with high-altitude locations may result in rooms lacking heating and restrooms featuring more basic amenities. To ensure a bed for the night during prime trekking seasons, it is recommended to make reservations in advance for accommodations, particularly in renowned teahouses.*

*Bear in mind that although teahouse lodgings offer a comfortable and genuine trekking experience, the amenities are rudimentary in comparison to those found in urban hotels. Being flexible and adaptable is essential when it comes to understanding the special charm of teahouse trekking in the Himalayas. Furthermore, while on their voyage, trekkers are advised to be flexible and understanding, as the availability of specific provisions and services may differ.*

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## *Nepal Visa Entry Procedure*

*Planning your Annapurna Base Camp trek? Entering Nepal is easy with the right preparation! Here's a handy guide:*





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## Visa Options:

**Visa on Arrival (VoA):** Most nationalities can obtain a VoA at Tribhuvan International Airport (TIA) in Kathmandu. It is typically valid for 15/30/90 days depending on length of stay and fee. It requires a valid passport, an online visa application form (optional, but recommended), and sufficient funds for your stay.

## Essential Links:

- **Immigration Department website:** <https://www.immigration.gov.np/>
- **Visa on Arrival information:** <https://www.immigration.gov.np/page/tourist-visa>
- **Online visa application form:** <https://nepaliport.immigration.gov.np/>

## Additional Tips:

- **Check if your nationality requires a pre-arranged visa before arrival.**
- **Fill out the online visa form beforehand to speed up the process at the airport.**
- **Carry multiple passport-size photos and your passport with validity extending beyond your stay.**
- **Have proof of sufficient funds for your trip (bank statements, credit cards).**
- **Purchase Travel Insurance covering medical emergencies and helicopter evacuation.**

## Trekking Permits:

**Remember, a separate trekking permit is mandatory for trekking in restricted areas like Annapurna Base Camp. That said, you don't have to worry – we, as an [authorized trekking agency](#), will assist you with obtaining permits after your arrival.**

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## Book Your Annapurna Adventure in 3 Easy Steps

- 1. Find Your Trek:** Browse this page thoroughly or chat with our friendly experts. We'll match you with the perfect trail for your fitness level and dreams. We'll seamlessly customize your itinerary based on your requirements and budget.
- 2. Ask Away:** Got questions? Just ask away! We're happy to answer anything about the trek, packing, or even what to wear.
- 3. Secure Your Spot:** A small deposit locks your place on the mountain. We offer simple online payments or can find a method that works for you.

**Ready to conquer Annapurna Base Camp? Don't wait – contact us today!**