



# Himalayan Adventure Treks & Tours

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## *Short Annapurna Base Camp Trek :- 08 Days - USD 1000 Per Person*

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## **Highlights**

- **Stunning Scenery:** Experience breathtaking views of snow-capped peaks, lush valleys, and cascading waterfalls as you trek through the diverse landscapes of the Annapurna region.
- **Annapurna Base Camp (ABC):** Reach the legendary Annapurna Base Camp, nestled at an altitude of 4,130 meters (13,550 feet), surrounded by towering peaks including Annapurna I (8,091 meters) and Machapuchare (6,993 meters).
- **Cultural Encounters:** Immerse yourself in the rich cultural heritage of the region as you pass through traditional Gurung and Magar villages, where you'll have the opportunity to interact with locals and learn about their way of life.
- **Ghorepani Poon Hill:** Ascend to the famous viewpoint of Poon Hill (3,210 meters) for a breathtaking sunrise panorama of the Annapurna and Dhaulagiri mountain ranges, including views of Mount Everest on a clear day.
- **Natural Hot Springs:** Relax and rejuvenate tired muscles in the natural hot springs of Jhinu Danda, nestled amidst the tranquil surroundings of the Annapurna Sanctuary.
- **Varied Terrain:** Trek through rhododendron forests, terraced fields, and alpine meadows, experiencing the diverse flora and fauna of the Annapurna Conservation Area.
- **Local Cuisine:** Indulge in delicious Nepalese cuisine, including dal bhat (rice and lentils), momos (dumplings), and thukpa (noodle soup), served at teahouses along the trekking route.
- **Himalayan Wildlife:** Keep an eye out for Himalayan wildlife such as langur monkeys, deer, and various bird species, which inhabit the forests and hillsides of the Annapurna region.
- **Safe and Well-Organized:** Enjoy the peace of mind of trekking with experienced guides and porters, who will ensure your safety and comfort throughout the journey.
- **Sense of Achievement:** Conclude your trek with a sense of accomplishment as you reflect on the incredible landscapes, cultural experiences, and personal growth gained from your adventure in the Annapurna Sanctuary.

## **Overview**

*Annapurna Himalayas is one of the most iconic landmarks in Nepal. As such, the trails to the south of these mountains also house exciting trekking adventures. Similarly, Short Annapurna Base Camp Trek- 8 Days explores these trails which have plenty of natural and cultural beauty. The trek follows the popular trails through the Annapurna Conservation Area. Likewise, this short trek is best for those with limited days to explore Nepal. Trekkers can also enjoy the views of mountains like Annapurna I (8091m), Dhaulagiri (8167m), and Machhapuchhre (6993m). Firstly, the Short Annapurna Base Camp Trek- 8 Days begins as you arrive in Kathmandu and prepare for the trip. Next, you fly towards the City of Lakes- Pokhara. You can explore the vibrant streets of Pokhara and boat on Phewa Lake.*

*Then, you drive to Nayapul and begin the Short ABC trek officially. Heading north from Birethanthi, you trek to Syuaulibazaar trail passes along Gurung and Magar villages en route to Jhinu Danda. Further, the trek continues along the Chhomrong River and settles at Chhomrong. Here, you can enjoy the views of the Annapurna range and Mt. Fish Tail (6993m). The trail begins to ascend gently to Dovan and further camp to Himalaya. You...*

## Itinerary

### Outline Itinerary:

*Day 01: Arrival at Kathmandu Airport.*

*Day 02: Fly from [Kathmandu](#) to Pokhara (914m), drive Nayapul and trek to chhomrong (2170m) 6-7 hours. (B/L/D)*

*Day 03: Trek from Chhomrong to Himalaya (2920m) 6-7 hours. (B/L/D)*

*Day 04: Trek from Himalaya to [Annapurna Base Camp](#) (4210m) 6-7 hours. (B/L/D)*

*Day 05: Trek from Annapurna Base Camp to Bamboo (2310m) 5-6 hours. (B/L/D)*

*Day 06: Trek from Bamboo to Jhinu Danda Hotspring (1780m) 5-6 hours. (B/L/D)*

*Day 07: Drive from Jhinu Danda to Pokhara via Birethati (1024m) and fly back to Kathmandu (1025m) 4-5 hours. (B/D)*

*Day 08: Departure to the Airport. (B)*

### What's included?

- *Airport pickup and transfer to the hotel upon arrival in Kathmandu.*
- *Two nights' accommodation in a 3-star hotel in Kathmandu with breakfast included.*
- *Meals (lunch, dinner, and breakfast) during the trekking days.*
- *Kathmandu to Pokhara and Kathmandu by flight.*
- *Private vehicle transportation from Pokhara to Nayapul and Jhinu to Pokhara.*
- *Trekking permits, including the Annapurna Conservation Area Permit (ACAP).*
- *Trekkers' Information Management System (TIMS) Permit.*
- *All necessary paperwork and permits for the trek.*
- *Accommodations in tea houses (lodges) during the trekking days.*
- *An experienced, helpful, and friendly guide, as well as porters (with one porter assigned for every two clients).*
- *Arrangement of travel rescue services in case of emergencies.*
- *A duffle bag provided for carrying trekking gear, which will be returned after the trek.*
- *Company T-shirt provided as a souvenir.*

- *Medical supplies, including a first aid kit available throughout the trek.*
- *A farewell dinner on the last night at an authentic Nepalese restaurant, featuring a cultural performance.*

## *What's excluded?*

- *Nepal Visa Fee: Obtain your Nepal Visa upon arrival at Kathmandu Airport. The fee varies based on your length of stay.*
- *International Airfare: International flights to and from Kathmandu are not included in the package. You'll need to arrange and cover these expenses separately.*
- *Travel and Rescue Insurance: Ensure you have travel and rescue insurance that covers trekking in Nepal. This is not included in the package.*
- *Personal Expenses: Expenses like phone calls, laundry, bar bills, and personal items are not covered in the package.*
- *Tips: Tips for your guide and porter are not included. It's customary to tip at the end of the trek as a sign of appreciation.*

## *Equipment*

### *Equipment List for Rapid Annapurna Base Camp Trek:*

#### *1. Clothing:*

- *Moisture-wicking base layers: These are essential for managing sweat and keeping you dry and comfortable during physical activity. Look for synthetic or merino wool materials.*
- *Insulating mid-layers: A fleece jacket or down jacket provides warmth without adding too much bulk to your pack. Choose a lightweight yet warm option.*
- *Waterproof and windproof outer shell jacket: This outer layer protects you from rain, snow, and wind. Look for a breathable jacket with sealed seams for optimal weather protection.*
- *Quick-drying hiking pants: Opt for lightweight and breathable hiking pants that dry quickly in case of rain or sweat.*
- *Thermal underwear: For higher altitudes where temperatures drop, thermal underwear provides extra warmth without adding much weight.*
- *Warm hat and gloves: These are essential for keeping your extremities warm in colder temperatures.*
- *Sun hat and sunglasses: Protect yourself from the sun's harsh rays with a wide-brimmed hat and UV-blocking sunglasses.*

#### *2. Footwear:*

- *Sturdy and comfortable hiking boots: Choose waterproof and ankle-supportive boots with a good grip for stability on varied terrain.*
- *Lightweight hiking socks: Wool or synthetic socks that wick moisture away from your feet and prevent blisters are ideal for long treks.*

#### *3. Gear:*

- **Backpack:** Opt for a comfortable and well-fitted backpack with a capacity of 30-40 liters to carry your essentials.
- **Sleeping bag:** Choose a sleeping bag rated for low temperatures to ensure a warm and comfortable night's sleep at higher altitudes.
- **Trekking poles:** These provide stability and reduce strain on your joints, especially during steep ascents and descents.
- **Headlamp or flashlight:** Essential for navigating in low-light conditions or during early morning or late evening hikes.
- **Sunglasses with UV protection:** Protect your eyes from harmful UV rays and glare from snow or water reflections.
- **Water bottle or hydration system:** Stay hydrated throughout the trek with a refillable water bottle or hydration bladder.
- **Trekking map and guidebook:** Carry a map and guidebook of the trekking route for navigation and reference.
- **Personal toiletries and medications:** Pack travel-sized toiletries and any necessary medications in a lightweight toiletry bag.
- **Sunscreen and lip balm with SPF:** Protect your skin from sunburn at higher altitudes where UV exposure is stronger.
- **Personal first aid kit:** Include essential items such as bandages, antiseptic wipes, blister treatment, pain relievers, and any prescription medications.

#### 4. Miscellaneous:

- **Lightweight towel:** A compact and quick-drying towel is convenient for personal hygiene and bathing.
- **Snacks and energy bars:** Pack lightweight and high-energy snacks to fuel your trekking adventures.
- **Camera or smartphone for photos:** Capture memories of your journey with a camera or smartphone.
- **Portable charger/power bank:** Ensure your electronic devices stay charged for navigation, communication, and entertainment.
- **Plastic bags for waterproofing items:** Use ziplock bags or dry sacks to keep electronics and other essentials dry in case of rain.
- **Cash (Nepali rupees):** Carry enough cash for purchases along the trek, as ATM facilities may be limited in remote areas.

#### 5. Optional:

- **Gaiters:** These are useful for keeping mud, snow, and debris out of your boots, especially in wet or snowy conditions.
- **Binoculars:** Enhance your wildlife viewing experience with lightweight binoculars.
- **Travel pillow:** For added comfort during rest breaks and nights in teahouses.
- **Multi-tool or knife:** Handy for various tasks such as cutting food, repairing gear, or emergency situations.

## Trip Notes

### Physical Fitness:

*Many people have questions as to what level of physical fitness is required for trekking in Nepal and that is extremely reliant on what activity the visitor is engaging in Nepal. With that said, for a standard easy trek to Extreme hard level of trekking. The daily activity (trek) would be 5-6 hours, (depend on the trekking trail) and elevation will generally not exceed 5,600 meters like Everest Base Camp, Throng la passes, Chola passes treks and other passes or Base Camp but some of them are less than 4000m. The trekking day is involving both long steep climbs, and descents with a variety of terrain underfoot from well-trodden paths, to rocks covered with ice or snow, depending on the season. Mostly a day would include a number of climbs or descents of 600 meters more or less, starting after the early morning breakfast, resting at a lunch place in the afternoon, then continuous trekking until arriving at the teahouse.*

*In preparation for trekking in Nepal, it is important, to begin with, the basic training requirement at least 2 months before departing for trekking in Nepal. Two to three hours of aerobic exercise like running, walking, swimming, cycling & some gym work per week is the minimum and most will find it beneficial to add some basic strength training to their physical fitness routine required for the hard trekking and for normal and easy trek just have some physical fitness is enough. One of the best ways to prepare is to take practice hikes with a daypack roughly the same weight as what you will be taking during the trek. Your calf should be enough fit and prepare for trekking. Mostly during trekking calf pain or tiredness is the main issue. Do this only after a baseline of fitness has been reached. Moving fast is not our goal, will provide a more enjoyable and safe adventure trekking in Nepal for all easy and hard level.*

### **Trekking Seasons in Nepal:**

*There are main two seasons in which Nepal where the most amount of visitors visit. (September, October & November) being the most popular season which is also called the peak season in Nepal, and spring (March, April & May) coming in close behind which is also called the mini-season in Nepal. The summer months of June, July, and August are the monsoon season and most of the time raining as such the trails are mostly washed out sometimes, and roads can sometimes be impassible due to landslide activates. Nevertheless, you can trek to rain-shadow regions like Upper Dolpo and Upper Mustang during the monsoon seasons. Nepal is a suitable destination for all seasons.*

*Winter is very dry & extremely cold and all the high passes become inaccessible due to ice and snow conditions. The temperature doesn't usually fluctuate during the day time temperature is around 20-25 degrees. However, you gain altitude the temperature decreases. The temperature can drop to around 0 to -25 degrees at night when staying at tented camps in the Himalayan regions. Winter trek in higher altitudes is not advised due to the danger of avalanches and also altitude sickness. Although some may enjoy the sight of the snow-covered mountains as you reach your destination. However, the temperature does not change as much in lower mountain regions the nights are slightly colder than days' time.*

*Autumn & Spring is the best timing for trekking in Nepal because the weather is generally warm and dry, and flowers are in bloom in the lower elevations of the country on the same time you can see the many festivals during that period.*

### **Trekking Day:**



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*A typical trekking day begins with the early morning breakfast around 7 am in the hotel. (Depend on the trekking region). It would advise you to pack your trekking gears in a duffle bag and essential supplies in your day pack after having breakfast; we begin the trek and head along the trail at around 8 am. The morning walk is more energetic to be longer as we begin with refreshed bodies and enthusiasm. A good morning's walk, we make a stop for lunch at around 11-12 pm. The lunch involves group meals enjoying the vicinity around the stop & enjoys the organic & local food in the mountain. After resting for about an hour or two, we resume our trek to reach the teahouse or camp by 2-3 pm. The afternoon walk is relatively shorter and can involve games and side trips as organized by the trekking experienced guides. You also can enjoy breaks during the trek to relax, read, and stroll around the area or doing yoga. You can explore with the local people and observe their lifestyle & culture. Dinner is served around 7-8 in the evening to round off the day.*

## *Meals and Accommodations:*

*During the trekking period, the accommodation is commonly referred to as teahouses. These are family-run basic lodges that fill the role of the restaurant, Dining hall, and boarding house for tourists. Now a day's electricity can be found in the rooms, which means one light bulb, and one or two outlets for charging electronics. The common areas are also lit by electricity. Alternatively, teahouses may also use solar, hydroelectric, or have electrical lines running into the village, so the commonality and availability of electricity may vary. Still, a few of the trekking route electricity service is not available. Use the local traditional kerosene light.*

*Most of the teahouses have private rooms, though if the trek is in a more remote or high altitude place there are limited teahouses so season time dormitories are the norm. Most of the room has 2 single beds with basic bedding, and the bathroom is shared. Some of the places we can get the private bathroom also with a mix of western and squat style toilets in the bathrooms.*

*Breakfast and dinner are taken at the same teahouses and these lodges have large family-style dining rooms centered on a stove or coal to provide heat basically in mountain areas. Most of the area's menu will have Nepali-style western foods such as pancakes, pizza, burgers, fries, etc. Also on the menu is the traditional Nepali food Dal Bhat meal. This is a lentil soup with rice, vegetable, Pickle, or meat curry. Most menus will also offer a smattering of local cuisine.*

## *Internal Flight Delays:*

*Nepal is an incredible and beautiful country mixed with the White Mountains, deep valleys, Landscape, rivers, and green rolling hills. With this incredible diversity of landscapes, road travel can be extremely time-consuming and flights within Nepal to reach popular trekking destinations is the easiest way. Not all the trekking destination has flight service, so road transportation is the only option. Mountainous terrain also comes with the possibility of in-climate weather. It mentions the incredibly high number of visitors during peak seasons makes internal flight delays a genuine possibility. To manage this situation, it may be helpful to have a few extras days on either end of your tour. If any cancellations or flight delays do occur (high chances of flight delays from around Kathmandu to Lukla, Everest region, Pokhara to Jomsom, Annapurna region), we also provide services to arrange chopper on the last stage to help you to be on your schedule on the premises of Civil Aviation Rules in Nepal which state that helicopters can fly if the visibility is 1500m. The cost ranges from USD400 to*



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*USD650 according to the number of passengers. The payment can be made either to the helicopter company or to us directly and can be made either by cash or using a credit card. It will be beneficial to purchase and review your insurance, the insurance companies may cover some of the alternative measures of travel. Flight insurance may cover changing your international flight if it is necessary.*

## *Travel Insurance:*

*Most expeditions, Adventurous trekking, and tours require that travel insurance and it is purchased prior to arriving in Nepal, but other normal treks and tours may not require it. However, travel insurance is definitely an important consideration. There are a number of reasons to consider insurance. Firstly, it may be required, so check to see what is being asked for by the company. Second, Nepal is a landlocked country, and there are only a few direct flights. Travel in and out of the country can encounter some disruptions if purchasing insurance, make sure flight delays and cancellations also included. Always choose insurance that, though every safeguard is in place during your Holiday, there are always extenuating circumstances that may result in an accident during trekking & tours. Read carefully printout of insurance policies to ensure that the trekking or any other activity you are engaging in is covered or not, as some policies have stopped covering trekking in certain places. If you are going above 5000 m or high always mention the policies so it's cover the chopper service in the last condition. It is very important that if you have the comfort of good insurance, so do the research and choose carefully which makes your trip relaxing and joyful.*

## *Nepal Visa Entry Procedure:*

*There is only one International airport which is the Tribhuvan International Airport in Nepal. Immigration Office, TIA (Tribhuvan International Airport) under the Department of Immigration has been facilitating tourists flying to Nepal by providing visas on Arrival.*

*The 'On Arrival' visa procedure is very quick and simple. October, November, March, April can expect some queues during peak Tourist season and October is basically the Nepalese got the Main festival Dashain. You can also get Visa from Nepalese Diplomatic Missions stationed abroad prior to your arrival. The choice is yours.*

*Visa obtains from Nepalese Diplomatic Missions, and then you must enter Nepal within six months from the visa issued date. Your total stay is counted starting from the day you enter Nepal.*

*Visas obtained on Arrival at the Entry and Exit points are 'Tourist Visas'. They bear multiple Re entry facilities. Tourist Visa 'On Arrival' is the only entry visa to Nepal. If you are visiting Nepal for purposes other than Tourism (sightseeing, tour, travel, mountaineering, trekking, visiting friends and families), you should still get a 'Tourist Visa' to get into the country. However, you must change the category of visa as per your purpose and length of stay in Nepal from the Department of Immigration by producing the required documents.*

*Please click below for the online Visa form.*

<http://online.nepalimmigration.gov.np/tourist-visa>



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*The following visa rules apply for tourists:*

*For 15 days Multiple Entry Visa, the visa fee US \$ 30 or equivalent foreign currency.*

*For 30 days Multiple Entry Visa, the visa fee US \$ 40 or equivalent foreign currency.*

*For 100 days Multiple Entry Visa, the visa fee US \$ 100 or equivalent foreign currency.*

*According to the immigration regulations, a tourist is allowed to stay in Nepal only for 150 days a year. You can extend the visa up to another 90 days.*

*US\$ 2 or equivalent Nepalese currency per day for extension.*

*Additional US\$ 25 or equivalent Nepalese currency on visa fee, if Multiple Entry facility is required for the extended period*

*For more details please visit our FAQ link*

<https://www.himalayanadventuretreks.com/faq/>

*Acute Mountain Sickness (AMS):*

*Acute Mountain Sickness (AMS) is usually seen in un-acclimatized people shortly after ascent to high altitudes. The condition occurs due to the thinning of air as the altitude increases. The condition, if not taken seriously and treated immediately, can be life-threatening and its symptoms can be seen generally above 3200 meters. The symptoms of Acute Mountain Sickness are nausea, vomiting, tiredness, shortness of breath, and cerebral pain. The itineraries are designed to properly acclimatize you to the change in high altitude climate and sufficient precautionary measures too are taken to take utmost caution for our valuable guests. Our staff also equipped with cell phones and satellite phones (Option) in the occurrence of any emergency cases. We are greatly driven to keep the safety and security of our clients as our foremost concern.*

*Drinking-Water:*

*Water is essential for life, and clean water is imperative while on holiday. When visiting less developed countries like Nepal it is a concern that all travelers should consider. There are few options when trekking or traveling in Nepal that will mitigate any chances of drinking contaminated water. The first consideration to take into account is that tap water should not be ingested. That even means when brushing your teeth in an urban area. Most will choose to buy bottled water and if doing so make sure the cap has sealed properly. Plastic bottle reuse is a big problem, and with that being said there are other options on the market to assist in making water drinkable. Mountain spring water is drinkable but if you use the purified tablet. The conservation area project also sells this tablet to most of the trekking area. A guide will assist you to find out it also.*

*Arrival Instruction:*



*Upon your arrival at Tribhuvan International Airport (TIA) Kathmandu Nepal, our company representatives are stationed to welcome you to the country. We request you to carefully look for your and company name placard being held by our representatives following the events upon landing. Our representatives will be responsible to escort you up to your hotel in Kathmandu. There are many brokers, Taxi drivers, and troublemaker people offering you to carry your luggage and take you to your destination as you exit from the gate. We request you to pay no attention to these people and follow the company representatives and follow their instructions.*

## **Best Time for ABC Trek:**

### **1. Spring (March to May):**

- **Weather:** Spring is one of the most popular times for the ABC Trek due to its mild temperatures and clear skies. Daytime temperatures range from 15°C to 25°C (59°F to 77°F) at lower elevations, making it comfortable for trekking.
- **Scenery:** The spring season brings vibrant colors to the landscape, with rhododendrons, magnolias, and other wildflowers in full bloom. The forests are lush and green, providing stunning scenery along the trekking route.
- **Wildlife:** Spring is also a great time for wildlife spotting, as animals become more active after the winter months. Keep an eye out for birds, butterflies, and other wildlife in the region.

### **2. Autumn (September to November):**

- **Weather:** Autumn is another excellent time for the ABC Trek, with clear skies, mild temperatures, and low humidity. Daytime temperatures range from 15°C to 20°C (59°F to 68°F) at lower elevations, making it ideal for trekking.
- **Scenery:** The autumn season offers clear views of the mountains and surrounding landscapes, with minimal cloud cover. The trees start to change color, creating a picturesque backdrop for your trek.
- **Cultural Festivals:** Autumn coincides with various cultural festivals in Nepal, such as Dashain and Tihar, adding cultural richness to your trekking experience. You may have the opportunity to witness traditional celebrations and rituals in local villages along the trekking route.

### **3. Considerations:**

- **Weather Variability:** While spring and autumn are generally the best times for the ABC Trek, weather conditions can vary. It's essential to be prepared for sudden changes in weather, especially at higher elevations where temperatures can drop rapidly.
- **Peak Season Crowds:** Both spring and autumn are peak trekking seasons in Nepal, and popular trails like the ABC Trek can get crowded, especially during holidays and peak travel periods. It's advisable to book accommodations and permits in advance to avoid any last-minute hassles.
- **Monsoon Season (June to August):** Monsoon season brings heavy rainfall and increased risk of landslides and avalanches, making trekking challenging and potentially dangerous. It's generally not recommended to trek during this time due to poor trail conditions and limited visibility.

## **How to Book Your Tour:**



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*Before booking any tour or trekking please read all the terms and conditions thoroughly and call or email the company representative with any questions prior to making any payments. Begin by filling out a booking form and pay the non-refundable deposit. Fill out the form completely and if any confusion contacts the company person so as not to disrupt the expediency of the process. The form may be submitted online or by downloading the form and mailing or WhatsApp (+977-9851138875) the form to your company representative.*

*It is very important to understand all aspects of the chosen trip, from what's included and excluded, to the level of service, or even what trip may be right for your level of experience and fitness. Take the time to get all the questions answered so that when booking the trip, it is without trepidation.*