

Annapurna Base Camp Trek - 13 Days



Trek Information

Duration	13 days
Difficulty	Medium
Region	Annapurna Trekking Region
Highest Altitude	4130.0 m
Group Size	2-10 pax
Season	Spring and Autumn
Individual Cost	\$0.00

Description

About the Destination

Detailed description for **Annapurna Sanctuary**.

Trip Overview

The Annapurna Region is always known for its spectacular beauty and its stunning landscapes. It covers proper Himalayan geography with traditional trails, which remain unsoiled by modern infrastructure. It made Annapurna an authentic as well as popular

choice among trekkers and travel enthusiasts. Mostly, the Annapurna Base Camp Trek is considered the best among trekking trails in the Annapurna Region.

The journey in Annapurna offers incredible Himalayan beauty with scenic landscapes. It includes the forested trails, meadows, and alpine landscapes. The scenic view includes the snow-capped peaks such as Annapurna, Annapurna South, Annapurna II, Machhapuchre, Huinchuli, and other peaks. These scenic views will offer you breathtaking scenery all along the way.

The Annapurna Base Camp trek is also best known for its traditional experience. The trail consists of multiple traditional villages that offer you an authentic taste of culture and traditional practices during your stay. Teahouse accommodation during the journey enhances the journey for the ABC trek. The traditional foods and cuisines during your journey add more flavour. You will get an opportunity to try locally produced dishes.

Also, the Annapurna Region is rich in diverse biodiversity. It holds the habitats of rare and endangered species of animals and plants. It is also rich in wildlife, so you also get to encounter wildlife sometimes. The wildlife includes rare animals such as the snow leopard, musk deer, Himalayan monal, and other species that are only found in higher altitudes.

So, this itinerary for 13 days of Annapurna Base Camp is properly designed to enhance such features of the Annapurna Base Camp trek. The Thai journey will offer you well-managed itinerary days, organized accommodation, and properly planned trekking days. It is ideal for trekkers who seek to have something authentic in the Himalayas.

Trip Highlights

- Scenic views of the panoramic Annapurna Range
- Stunning sunrise and sunset views during the journey
- Summit to Annapurna Base Camp
- Traditional experience of local ethnic communities
- Wildlife encounters of rare and endangered animals
- Exploring the scenic trails, meadows, terrains, and steep routes
- Taste of local cuisines and dishes

Detailed Itinerary

Arrival In Kathmandu

Your itinerary for the Annapurna Base Camp trek, 13 days, begins with your arrival at Tribhuvan International Airport. There, you will get one of our representatives waiting for you at the arrival section. You can recognize them with the template they are carrying with your name and your company logo written on it. After a short introduction and greetings, you will transfer to the hotel. You just need to follow the directions of our staff to have a smooth transfer. After your hotel check-in, you can have some refreshment time. Or else you can visit the nearby attractions. You can also explore the streets of Kathmandu, trying some local street foods or cuisines in various restaurants. You will get your overnight stay in a Hotel in Kathmandu.

Drive From Kathmandu to Pokhara

Today, you will get a morning breakfast and will get ready for a transfer from Kathmandu to Pokhara. You will get a drive that will offer you a scenic drive through the mid-hill terrain of Nepal. The drive is itself a typical road trip experience of Nepal. You will get an Arsenic Drive, which covers the scenery of traditional villages, terraced farms, and diverse landscapes of Nepal. The riverside journey passing the Trishuli River and the Maesyangdi River makes your drive more fun, and multiple stops in different roadside towns are also another side of the experience to have. Upon your arrival in Pokhara, you will witness a nature city with a lake and panoramic view of Macchapuchre. It is also the prime example of what a Himalayan city looks like. After you get your hotel check-in, you can have a refreshment time. You can also explore the nearby attractions or roam around the lakeside. During the evening, you can enjoy and have fun with the vibrant environment at the lakeside. You can also try and enjoy some local cuisines, with the calm view of Phewa Lake. You will get your overnight stay in a Hotel in Pokhara.

Drive to Nayapul and Trek to Ulleri

Today, you will get your morning breakfast, and will get a drive up to Nayapul. From there, you will start your actual trekking journey. So, this short drive offers you a scenic drive from Pokhara to Nayapul. Once you arrive at Nayapul, you will start your trekking journey, entering the gradual ascent. From there, the trail goes through villages, farmlands, and along the riverside trail. The scenic route will offer you a refreshing journey. The trail ascends through the Tikhedhunga. It is itself a sensational place inside the Annapurna Region for the ABC trek. You will also pass through stone stairs, which can be a bit physically demanding, but are worth the climb, as you will get an authentic experience. Until you arrive at Ulleri, you will pass through such a scenic trail. Ulleri is a traditional Magar village surrounded by beautiful scenery. It is one of the best stops for refreshment. You can relax for the day. You will get your overnight stay in a teahouse in Ulleri.

Trek from Ulleri to Ghorepani

Today, you will continue your trek from Ulleri towards Ghorepani. You will get your morning breakfast and continue your trek for the day. The trail enters with a gradual ascent. The route passes through Banthali and Nangethanti village. During the spring, you will get to enjoy the lush rhododendron forest, which makes your journey more scenic. Today, you will gain an altitude gap. As you gain more altitude, you will start to get a panoramic view of Annapurna South and Huichuli. The scenic trail continues until you arrive at Ghorepani. It is popular for its Himalayan view and the viewpoint, like Poon Hill, which is also a sensational place in itself. It is a great stop to have during your Annapurna Base Camp. You will get your overnight stay in a teahouse in Ghorepani.

Hike to Poon Hill and trek to Tadhapani

Early in the morning, you will start a hike towards Poon Hill. You will be catching the sunrise view, so we will be starting the hike earlier in the morning. The trail requires a steep climb. You will enjoy the early morning atmosphere of the Himalayas. Once you arrive at Poon Hill, you will get a stunning sunrise view above the snow-capped mountain peak. It includes the peaks such as Annapurna, Dhaulagiri, and Macchapucchre. The sun rays above the mountain range will be the highlight of the day. After enjoying the sunrise for a while and admiring nature, we will descend back to Ghorepani. After arriving at Ghorepani, you will get a morning breakfast, and the trek continues to Tadhapani. The trail will offer you refreshing forests and ridges with beautiful mountain views. When you arrive at Tadhapani, you will witness a very beautiful scenic village surrounded by forest and mountain scenery. You can relax for the rest of the day. ■

Trek from Tadhapani to Sinuwa

Today, you will trek across both ascending and descending trails. It passes through Chghomorong. It is a large village of Gurung people. It also offers you stunning views of landscapes. After spending some time in Choomorong, we will continue to descend to the river. The descending trail will be much easier for the day. And again crossing the river, we will ascend uphill to Sinuwa. The trail offers you the scenic route and cultural experiences. Upon your arrival in Sinuwa, you will get to experience a small and peaceful settlement surrounded by forest. You will get your overnight stay in a teahouse in Sinuwa.

Trek from Sinuwa to Deurali

After morning breakfast, you will continue to descend to Bamboo. The trail descends and again ascends through dense forest. As you gain altitude, the landscape gradually changes into alpine forests. The trail also passes via the Himalayan hotel before you arrive at Deurali. It is a small village which is located in a narrow valley surrounded by cliffs and mountains. It is also the best place for acclimation before the Annapurna Base Camp summit. You can rest for the day. You will get your overnight stay in a teahouse in Deurali.

Trek from Deurali to Annapurna Base Camp

Today, it is the highlight of your itinerary for the Annapurna Base Camp Trek. You will be exploring two base camps. One is of Macchapuchre, and another is of Annapurna Base Camp. So the trail is more scenic than any other day of your itinerary. The trail passes via Macchapuchre Base Camp before reaching Annapurna Base Camp. While you arrive at the Annapurna Base Camp, you will get one of the best mountain views of this itinerary. It covers the Annapurna Sanctuary and other surrounding peaks. It also includes the peaks such as Annapurna I, Macchapuchre, and Huiculi. You can enjoy the rest of the day at Base Camp, enjoying the tranquility and peaceful nature. You will get your overnight stay in Annapurna Base Camp. ■

Trek from Base Camp to Bamboo

Today, you will again enjoy the sunrise view from Annapurna Base Camp. After your breakfast in Annapurna Base Camp, you will start to descend to Bamboo. The trail again retraces the trails that you came through. You will get to enjoy the different perspectives of landscapes and the scenic trails. Until you reach Bamboo, you will get a refreshing journey and a faster pace than in pioneer days. You will get your overnight stay in a teahouse in Bamboo.

Trek from bamboo to Jhinu Danda

On this day, you will get your morning breakfast and continue your trek to Jhinu Danda. The trail will descend down the hill. You will enjoy the earlier trail and descending trail with the refreshing nature. Once you arrive at Jhinu Danda, you will get to enjoy the peaceful nature and the scenery. It is also popular for its natural hot spring. It is an ideal place for soothing tired days. You can have your day relaxing for the rest. You will get your overnight stay in Jhinu Danda.

Walk to the road access and Drive to Pokhara

Today, you will be returning to Pokhara. So, after breakfast, you will continue a short walk to get there via road access. From there, you will get a drive back to Pokhara. The drive will offer you a scenic view of the Annapurna Region. After you arrive in Pokhara, you will get your hotel check-in, and you can have your refreshment time. During the evening, you can also enjoy the vibrant environment of lakeside, roaming around and trying some food and local dishes in various restaurants, enjoying the calm view of Phewa Lake. You will get your overnight stay in a hotel in Pokhara.

Drive from Pokhara to Kathmandu

After morning breakfast, you will get a drive which will take you back to Kathmandu. You will again get a scenic drive to enjoy through mid-hill terrain. The riverside road trip and the scenery of traditional villages, terraced farms, and small roadside towns are what make your journey more enjoyable. Once you arrive at Kathmandu, you will get your hotel check-in. Thereafter, you can have your refreshment time, or you can explore the nearby markets like Ason and vibrant Basantapur. There you can also buy some souvenirs to take with you as a token. You can also experience nightlife in Thamel before your departure. You will get your overnight stay in Kathmandu.

Departure

Today, you will be concluding your journey of the Annapurna Base Camp Trek of 13 days. You will get your morning breakfast and will get a drive which will take you to Tribhuvan International Airport. From there, you will get a farewell and a goodbye from our team. You will finally complete the whole itinerary with unforgettable memories. You will get your departure on a scheduled flight.

What's Included

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What's Not Included

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Equipment & Packing List

Best Time for Annapurna Base Camp Trek

The best time for the Annapurna Base Camp trek is considered to be the time during the seasons of Autumn and Spring. It is due to the advantages and features which trekkers can enhance. Travelers will get to enjoy the stable weather, fine visibility, fresh atmosphere, mild temperature, and features of each of them.

During the time of Spring, you will get to enjoy the blossoming landscapes of the Annapurna Region. You will be in between the blooming rhododendron landscapes and trails filled with wild flowers. The weather will get stable. The visibility also gets clearer with lush greenery and a refreshing atmosphere due to the pre-monsoon rain. So, you will get to enjoy the refreshing air as well as scenic trails during the season of Spring.

And during the time of Autumn, the Annapurna trail will offer you an amazing and mesmerizing journey. The trail gets colorful with dry falling leaves. The weather will be at its finest, and visibility will be clearer than at any other time of the year. You will also get picturesque routes with colorful trails and mesmerizing warm hues of Autumn. So, you will get to enjoy the mesmerizing journey along with picturesque trails if you choose Autumn as the best time for the Annapurna Trek.

Winter is also considered best for uncrowded trails. During this time, less crowd travels the trail, making your journey more peaceful. But during the morning and evening, it gets very cold, which can ruin the whole experience for some trekkers.

Accommodation, Food, and Drinks

The accommodation facilities during the journey to Annapurna Base Camp comes basic. Most of them are managed in teahouses or guesthouses, which provide mostly the traditional style of services. So, basic is the key to accommodations. But, it is an experience in itself to have a teahouse trek in the Himalayas and is considered one of the best and most authentic experiences in the world to have once in a lifetime. So, it's more of an opportunity than an adjustment.

The meal comes with the structure of Breakfast, Lunch, and Dinner. The menu of foods mostly includes local dishes such as Dal Bhat Tarkari, noodles, Thukpa, Mo:Mo, eggs, and other local cuisines, as available. Because the Annapurna region is a popular destination, you can also find some of your favorite Western dishes, such as pizza, fries, and pasta, in some restaurants in the trail in lower altitudes, but availability is still uncertain.

All the basic logistics will be covered during the journey. But any expenses which are due to personal interest or which are not part of the package will be excluded. Such as bars, beverages, desserts, sweets, ice-cream, or any other services or expenses which are not included in the package. For better insight into the cost, you can look for the cost section.

Also, the prices of goods may be found to be more expensive than the market price, as the means of transport in such altitudes are still porters and animals. It increases the price of goods automatically, and also, the people of the Himalayas have limited access to earn. So, recommend not to argue about the price hike in the trail mostly when you go higher in altitude.

Preparation and Fitness

Annapurna Base Camp Trek is a proper Himalayan journey that covers a 13-day itinerary through the Himalayan terrains. So, proper preparation is necessary to do the trek properly

and comfortably. You need to have preparation with clothes, gear, equipment, as well as fitness, before you head to your trekking trail.

Start with the clothes, keep and pack enough clothes that can cover your 13-day journey properly. Also, keep most of your clothes, which can cover your body properly, as you will be mostly on the forested trails.

Pack for your essentials and gear such as trekking poles, trekking shoes, gloves, glasses, caps, a water bottle, or whatever you think is going to be necessary for you during your trek. It is very important to keep it as needed. But do not pack for unusual stuff that you will not use often on your journey. It can just be a burdensome weight during your journey and can ruin your whole experience. Same, with the comfortable clothes. Comfortable clothes also play a crucial role in making your journey more enjoyable.

Do not forget to keep first aid. You will be in remote places of the Himalayas and inside the mountain terrains. Sometimes, unfortunate incidents can happen, and in such cases, having first aid or basic medical support can be helpful.

For fitness, a good shape is recommended for the Annapurna Base Camp trek. As you will be traveling through steep climbs, mountain terrains, ascending and descending trails through cliffs. So, being in good shape can be better for you if you have to do trekking activities. Also, you can do some basic physical exercises prior to the 30 days of your journey. Basic breathing exercise is also recommended for better results.

Permits and Regulations

The trail of the Annapurna Base Camp trek is drawn properly inside the Himalayan terrain of the Annapurna region. It is a preserved area by the government to protect the biodiversity and culture of the people. So, to get an abscess inside the region, or to do outdoor activities like trekking, you need to have a permit. You need to have,

- Annapurna Conservation Area Entry Permit
- Trekkers' Information and Management System

Above are the permits that a trekker should have during their trekking journey inside the Annapurna Region. Without permits, the outdoor activities or accessing inside the region are prohibited. Usually, the permits are managed by the travel agencies. All permits should be filled with the proper legal information of trekkers.

Also, do carry proper legal documents like ID, a valid Passport, etc., to avoid any issues during your journey, so that you can fully enjoy and focus on your journey.

Conclusion

The Annapurna Base Camp Trek is a spectacular trekking journey. It covers 13 days inside the Annapurna Region across the Himalayan trail. From the scenic drive from Kathmandu to Pokhara to summit the Annapurna Base Camp, it stands as one of the best trekking trails to experience the Himalayan lifestyle. The wildlife, biodiversity, and nature are the features that keep Annapurna as an incredible trekking trail.

It not only offers you an authentic experience of the traditional journey of the Himalayas. It also blends the natural beauty with the cultural and traditional immersion of the ethnic communities of the Himalayas. You will get an opportunity to experience and learn the culture and lifestyle by experience on your own.

So, blending all these features and characteristics, the ABC trek remains one of the finest

trekking trails of the Himalayas. If you are a beginner or trekker who seeks to have something authentic about Nepal or the Himalayas, the Annapurna Base Camp Trek offers you an unforgettable experience for your lifetime.

Pricing

Group Size	Price per Person (USD)
Individual	\$0.0

Frequently Asked Questions

Q: What is the difficulty level of ABC Trek?

A: The difficulty level of the Annapurna Base Camp trek is considered moderate to slightly challenging. With some steep climbs, mountain terrains, and high altitude trekking on some days, it is picked as a moderately challenging journey. It also depends on the trekkers' experience for treks. If you are an experienced trekker and have done some trekking activities before on longer trails too, then it can be moderate for you. But if you are a beginner, then it can be a challenging journey for you.

Q: Is Altitude Sickness a concern during this trek?

A: Altitude sickness occurs after you gain an altitude of 3500m above sea level. ABC Trek covers the altitude above 3000m for several days and touches 4100m plus on the day of the summit to the Base Camp. So, yes, it is a concern for the ABC. But it can be avoided with proper precautions such as hydration, slower pace, and avoiding activities which need intense body movement or respiration more than usual after a specific altitude.

Q: What are the accommodations available during the trek?

A: You will get accommodations managed in teahouses and guesthouses during the trek. These locally run teahouses provide basic services and include mostly the local dishes for meals. It includes Dal Bhat Tarkari, MO:MO, Chau Mein, thukpa, and other local dishes as available. You will get clean and comfortable rooms, and usually the bathrooms are shared. So, most of the services are basic, which is also close to the daily lifestyle of the Himalayan People.

Q: Is it suitable for beginners?

A: Yes, Annapurna Base Camp is suitable for beginners. With no technical limbs, gradual ascents, and minimal steep trails, it is totally fine for beginner trekkers. But it also depends upon your experience. If you are a beginner and have done some trekking before on shorter trails or hikes, it can be moderately challenging for you. But if you are an absolute beginner in trekking and haven't done any trek before, then it can be a challenging and hard trek for you. In such cases, shorter treks like Poon Hill Trek, Ghorepani Trek, Ama Yangri trek, etc., are recommended before ABC.

Q: What is the maximum walk and minimum walk per day in this trek?

A: To complete the Annapurna Base Camp Trek, 4 to 5 hours of continuous walking is minimum and a maximum of 6 to 7 hours of continuous walking is required. Again, it also depends upon your ability to walk and the pace of your journey. If you can do it quicker and have a faster preference for your journey, then you can do it better. But if you have a slower pace, then it can take more time than expected. But keep in note, you will not be there to win any competition, you are on a journey, so have your own pace and enjoy the experience to its fullest.