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# ANNAPURNA BASE CAMP TREK

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12 DAYS **\$998**

PROVIDED BY



# DESTINATION INFO

## NEPAL

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- **Weather:** The best time to trek in Nepal is October-November and Feb-May
- **Capital:** Kathmandu
- **Safety:** Relatively safe, however exercise precaution
- **Time zone change:** +5:45hrs GMT
- **Dress code:** Avoid clothing that is too revealing. Temples require to cover between shoulders and knees. Whilst trekking appropriate gear is essential
- **Visas:** Visa on arrival for up to 15 days USD 30 or up to 30 days USD 50
- **Covid & Vaccines :** Covid vaccine or PCR test not required. Hepatitis A, Diphtheria, Tetanus and Typhoid
- **Validity of passport:** 6 months



# COUNTRY INFO

## NEPAL

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Nepal is located in Central Asia and lies in-between China (Tibet) in North and India in South. Country is rich of culture, is home of Buddhism, has many temples and absolutely stunning nature.

Nepal is home to the world's highest peaks including Everest (8848m). It is a very popular trekking destination and dream for the most mountaineers. As many say, Nepal is "the roof of the world" and majority of the country lies in Himalayas.

Climate in Nepal varies from hot summers to freezing temperatures in high altitudes in Himalayas.

There are many popular trekking routes in Nepal such as Annapurna Circuit and Base Camp, Everest Base Camp and Langtang Valley.

## ANNAPURNA REGION

There are 2 treks you can complete - the most popular route in Nepal - Annapurna Circuit or Annapurna Base Camp. To get to Annapurna region you can fly to Pokhara which takes 30 min or take a tourist bus of 7 hours. Full Annapurna Circuit takes 22 days or you can shorten it to approximately 7-12 days. This trek goes around Annapurna Massif and scenery will change every day. You will also be crossing Thorong La pass of 5416 meters. Another popular trek is to Annapurna Base Camp that takes around 7 days and goes to the base camp and back. Both treks are considered to be moderately difficult.

## EVEREST REGION

Everest Base Camp is definitely a dream of many. You can either opt to fly to Lukla, drive or take a helicopter ride - options are endless. Trek takes approximately 14 days but can be shortened if you chose one of the flying options. Everest base camp is located at 5364 meters.

## LANGTANG VALLEY

If you want a relatively easy trek that takes 8 days and is only short 6-8 hour drive away from Kathmandu then Langtang Valley is for you. The hike is simple 3 days up to Kyangjing Gumpa and 3 days back down. On day 4 you can opt to hike Tsergo Ri of 5033m. Langtang Valley was completely demolished in 2015 earthquake but has been rebuilt and you can enjoy amazing scenery along the way.

# ANNAPURNA BASE CAMP

ANNAPURNA BASE CAMP TREK IS THE MOST PLEASING AND MOST TEMPTING 12 DAYS TRIP AVAILABLE IN NEPAL. FOR THOSE UNAWARE, **ANNAPURNA I** (8091 M) IS THE TENTH HIGHEST MOUNTAIN IN THE WORLD ABOVE SEA LEVEL. MOREOVER, THE BASE CAMP FALLS INSIDE **ANNAPURNA SANCTUARY**, A HIGH GLACIAL BASIN LYING 40 KM DIRECTLY NORTH OF POKHARA. THE PACKAGE IS THUS TAILORED FOR ALL THRILL SEEKING NOMADS WITH A HUNGER FOR MORE.

THE TOUR USUALLY BEGINS WITH A PICK UP FROM KATHMANDU AIRPORT. TRAVELERS THEN TAKE A SCENIC DRIVE TO **POKHARA** THE NEXT DAY. THE TREK ACTUALLY BEGINS FROM DAY THREE WHEN YOU ARRIVE AT **BIRETHANTI**. FURTHERMORE, THE ANNAPURNA BASE CAMP TREK IS ALSO KNOWN AS THE ANNAPURNA SANCTUARY TREK. THIS OVAL-SHAPED PLATEAU SITS AT AN ALTITUDE OF OVER 4000 METERS. IT IS SURROUNDED BY A RING OF MOUNTAINS, THE ANNAPURNA RANGE, MOST OF WHICH ARE OVER 7000 METERS. HOWEVER, THE ONLY ENTRANCE HERE IS A NARROW VALLEY BETWEEN THE PEAKS OF **HIMCHULI** AND **MACCHAPUCCHRE**. THE SANCTUARY WAS THUS NOT PENETRATED BY OUTSIDERS UNTIL 1956.

**THE ANNAPURNA SANCTUARY** RECEIVES ONLY 7 HOURS OF SUNLIGHT A DAY AT THE HEIGHT OF SUMMER. THE UNIQUE COMBINATION OF HEIGHTS AND DEPTHS INSIDE THE SANCTUARY THUS GIVES AN INSIGHT INTO AN EXTRAORDINARY VARIETY OF ECOSYSTEMS. FURTHERMORE, THE SOUTH-FACING SLOPES ARE COVERED IN DENSE TROPICAL JUNGLES OF RHODODENDRON AND BAMBOO. WHILE THE NORTH-FACING SLOPES, IN THE RAIN SHADOW, HAVE A DRIER COLDER CLIMATE.

NONETHELESS, THE PANORAMIC VIEW OF THE SANCTUARY FROM THE **ANNAPURNA BASE CAMP** IS BREATHTAKING AND NEVER EXPERIENCED LIKE BEFORE. DUE TO THE SAME, THE NUMBER OF TREKKERS TO THE SANCTUARY HAS INCREASED SUBSTANTIALLY. ADDITIONALLY, IT IS BECAUSE THE SANCTUARY FORMS THE BASE OF ONE OF THE MAJOR ROUTES TO THE PEAKS OF THE ANNAPURNA RANGE. THE ANNAPURNA SANCTUARY IS NOW PART OF THE **ANNAPURNA CONSERVATION AREA PROJECT** (ACAP). THIS THEREFORE ADDS RESTRICTIONS ON THE NUMBER OF OUTSIDE TRAVELERS, GATHERING OF FIREWOOD, AND DOMESTIC ANIMAL GRAZING.

MOREOVER, DURING YOUR JOURNEY YOU WILL ALSO BE EXPERIENCING A DIVERSE RANGE OF FLORA AND FAUNA. ADDITIONALLY THE TRAVELERS WILL ALSO BE EXPLORING THE ETHNIC GURUNG CULTURES AND THEIR HOSPITALITY WHILE VISITING THE FAMOUS **GHANDRUK VILLAGE**.

# ITINERARY

## **DAY1 - ARRIVAL IN KATHMANDU (MAX ALTITUDE: 1350M)**

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- On the first day of your trip, you will be arriving in Kathmandu via Tribhuvan International Airport. A Cordial Trek representative will greet and pick you up from the airport. You will then check into a hotel and be briefed about your upcoming trek and get introduced to your guide.
- **Accommodation:** '3 Star' Category Hotel
- **Meals:** None

## **DAY2 - TRAVEL FROM KATHMANDU TO POKHARA (MIN ALTITUDE: 830M)**

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- On the second day of your trip, you will be traveling early in the morning for a scenic drive from Kathmandu to Pokhara via a Luxury Tourist Bus. The trip will take you 6-7 hours. You will then be exploring the beautiful city of Pokhara in the evening and stay here for a night halt.
- **Accommodation:** '3 Star' Category Hotel
- **Meals:** Breakfast

## **DAY3 - DRIVE TO BIRETHANTI, TREK TO GHANDRUK (MAX ALTITUDE: 1940M)**

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- Today you will be taking a one hour drive from Pokhara to Birethanti, the start point of your trek. You will then be trekking (5-6 hours) towards the beautiful village of Ghandruk via Syauli Bazar. The village provides you with an insight of the traditional Gurung cultures, their hospitality and some amazing cuisines.
- On your journey, you will be passing through various scenic trails including waterfalls, spectacular views of the mountain range including Mt. Annapurna South and Mt. Himchuli among others. A Mountain Guest House in the village of Ghandruk will then be your halt for the night.
- **Approximate Trek Distance:** 9 km / 5.6 miles
- **Accommodation:** Mountain Guest House
- **Meals:** Breakfast, Lunch and Dinner

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**DAY4 - TREK FROM GHANDRUK TO CHOMRONG (MAX ALTITUDE: 2170M)**

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- Today you will be trekking to Chomrong village, a modern Gurung village via Gurjung village and Kimrung Hill. The journey will take you through a 4-5 hour hike. The trek passes through a scenic view of traditional farming and a dense forest.
- On your way, you will also be witnessing a majestic view of the mountain range including Mt. Annapurna III, a close up view of Mt. Machhapuchhre (The Holy Fishtail Mountain) among others.
  
- **Approximate Trek Distance:** 10 km / 6.2 miles
- **Accommodation:** Mountain Guest House
- **Meals:** Breakfast, Lunch and Dinner

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**DAY5 - TREK TO BAMBOO (MAX ALTITUDE: 2310M)**

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- On day five you will be taking a 5-6 hours hike from Chomrong to Bamboo via Sinuwa, a small Gurung village. Today you will be passing through another dense forest while exploring many wild floras and faunas on the way. A Mountain Guest House in Bamboo will then be your halt for the night.
  
- **Approximate Trek Distance:** 8 km / 5 miles
- **Accommodation:** Mountain Guest House
- **Meals:** Breakfast, Lunch and Dinner

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**DAY6 - TREK FROM BAMBOO TO DEURALI (MAX ALTITUDE: 3230M)**

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- On day six you will be taking a 5-6 hours hike from Bamboo to Deurali via Himalaya, a small settlement with tea houses. Today you will be yet again passing through a dense forest while exploring many waterfalls on the way. A Mountain Guest House in Deurali will be your halt for the night.
  
- **Approximate Trek Distance:** 8 km / 5 miles
- **Accommodation:** Mountain Guest House
- **Meals:** Breakfast, Lunch and Dinner

#### **DAY7 - TREK FROM DEURALI TO ANNAPURNA BASE CAMP (MAX ALTITUDE: 4130M)**

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- On day seven you will be arriving at your destination, the Annapurna Base Camp(ABC) via Machhapuchhre Base Camp (MBC) that lies inside MBC valley. The journey from Deurali to ABC takes an about of 5-6 hours.
- The base camp is famous for an amazing and mesmerizing view of Annapurna Mountain Range itself. A Tea House at Annapurna Base Camp will then be your halt for the night.
  
- **Approximate Trek Distance:** 9 km / 5.6 miles
- **Accommodation:** Mountain Guest House
- **Meals:** Breakfast, Lunch and Dinner

#### **DAY8 - TREK BACK TO BAMBOO (MIN ALTITUDE: 2310M)**

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- On day eight, you will be witnessing a spectacular view of sunrise and a delicious breakfast in the early morning. You will then be trekking down towards Bamboo via Deurali, Himalaya and Dobhan. A guest house in Bamboo will be your halt for the night.
  
- **Approximate Trek Distance:** 17 km / 10.5 miles
- **Accommodation:** Mountain Guest House
- **Meals:** Breakfast, Lunch and Dinner

#### **DAY9 - TREK FROM BAMBOO TO JHINU DANDAH (MIN ALTITUDE: 1760M)**

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- On day nine, you will be hiking down towards Jhinu Danda / Hot Spring (4-5 hours) via Sinuwa and Chomrong. Jhinu Danda is famous for its natural Hot Spring that lies 15-20 min further hike from your Tea House. The spring lies on the bank of river Modi, famous for its 'Asala' fish. A guest house at Jhinu Danda will be your halt for the night.
  
- **Approximate Trek Distance:** 10 km / 6.2 miles
- **Accommodation:** Mountain Guest House
- **Meals:** Breakfast, Lunch and Dinner

#### **DAY10 - TREK TO BIRETHANTI, DRIVE BACK TO POKHARA (MAX ALTITUDE: 830M)**

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- On day ten, you will be hiking down towards Birethanti (4-5 hours) via Samrung and Syauli Bazar alongside river Modi. You will then take a one hour drive back to Pokhara from Birethanti. In the evening you will be celebrating the successful completion of your trip to Annapurna Base Camp. Here you will be also bidding a farewell to your trekking crew. A hotel in Pokhara will be your halt for the night.
- **Approximate Trek Distance:** 12 km / 7.5 miles
- **Accommodation:** '3 Star' Category Hotel
- **Meals:** Breakfast and Lunch

#### **DAY11 - TRAVEL BACK TO KATHMANDU (MIN ALTITUDE: 1350M)**

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- On day eleven you will be driving (6-7 hours) back to Kathmandu. You may also book a flight (30 min) back to Kathmandu as well (optional).
- In the evening you will be served with a farewell dinner and a cultural program. A hotel in Kathmandu will be your halt for the night.
- **Accommodation:** '3 Star' Category Hotel
- **Meals:** Breakfast and Dinner

#### **DAY12 - FINAL DEPARTURE**

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- On day twelve you will be awarded with a Trip Certificate and be bidden a final farewell. We will then drop you back to the airport three hours before your final departure.
- **Meals:** Breakfast



# PRICE INCLUDES

## INCLUDED IN THE PRICE:

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- Accommodation in Kathmandu and Pokhara
- Airport Transfers - you will be greeted by Cordial Trek representative at arrivals
- Breakfast in Kathmandu
- Farewell Dinner in Kathmandu and Cultural Program
- First Aid
- Full Board Meals (Trekking Days) - vegetarian options are available
- Guide and Porter (weight limit is 25kg between 2 travellers so 12.5kg per person)
- Mountain Guest House
- Necessary Equipment (sleeping bag, walking poles)
- Tour Bus
- Travel and Trekking Permits (you will not need any additional permits)
- Trekking Map
- Company T-shirt

## EXCLUSIONS:

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- Beverages
- Gratitude for Guide and Porter
- Insurance (recommended with helicopter rescue)
- Lunch & Dinner in Kathmandu
- Lunch and Dinner in Pokhara
- Nepal Visa (can be purchased on arrival)
- Personal Expenses

## FAQs

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- For solo travellers, an additional USD 200 will be charged
- This is a moderately challenging trek



# TREK MAP



# PACKING LIST

## CLOTHING

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- Clothing (leggings, shorts, hiking pants, fleece pants for sleeping and layering on colder days)
- Fleece jumper
- Rain jacket and rain pants
- Light dune jacket
- Hat and a beanie
- Gloves
- Hiking boots (I also had a pair of trainers) and flip flops for evenings and going to a shower
- Some t-shirts and long sleeve thermo layer
- Socks and underwear In lower altitudes you can wash your clothing and air dry or in higher altitudes hang it in the common room over the fireplace.

## HYGIENE

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- Quick dry towel
- Sheet pocket soap and fabric wash (most outdoor stores sell them)
- Wet wipes and hand sanitiser
- Toilet paper (most places will sell it on the trek, but you will not find any in the toilets)
- Personal hygiene items (toothbrush, deodorant etc)
- SPF
- Mosquito spray

## HIKING SPECIFIC AND OTHER

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- Headlamp (for evenings going to outside toilet/ hiking)
- Water bottle
- Backpack
- External battery and adapter (most places have outlets however not all)
- Water purification tablets (you can refill your water bottle along the way in any tea houses, however it is recommended to use water purification tablets)
- Sleeping bag (company may provide you with one) - we used them at higher altitudes
- First aid kit (plasters, medicine, altitude sickness tablets)
- Neck scarf
- Hiking poles (we did not use them but many people did)
- Camera, phone

*\*If you have forgotten to buy something, you will find most things in Kathmandu to buy.*