

Annapurna Base Camp Trek- 12 Days (All-inclusive)

3 Star Hotel Package

1370^{USD}
per person

*Including healthy meals

5 Star Hotel Package

1570^{USD}
per person

*Including healthy meals

Trip Style: Trekking & Hiking

Trip Difficulty: Moderate



Annapurna Base Camp (ABC) Trek: An Adventure of a Lifetime

The Annapurna Base Camp is a sought-after trekking destination in Nepal, promising a journey through picturesque valleys, traditional villages, and awe-inspiring mountain landscapes. Our meticulously crafted 12-day itinerary for [Annapurna Base Camp trek](#) encompasses a comprehensive city tour of Kathmandu, inclusive of round-trip flights between Kathmandu and Pokhara. Additionally, private vehicle transportation is arranged for your convenience before and after the trek.

This thoughtfully designed itinerary ensures a seamless and comfortable expedition, allowing trekkers to savor the Himalayan vistas without being burdened by transportation logistics. The city tour of Kathmandu provides a captivating opportunity to delve into the cultural and historical tapestry of Nepal's capital. Simultaneously, the swift and convenient flights to and from Pokhara grant easy access to the trek's starting point.

Here are key details to acquaint you with the Annapurna Base Camp trek:

1. **Location:** Situated in the Annapurna Conservation Area, in the north-central region of Nepal.
2. **Elevation:** The Annapurna Base Camp is perched at an elevation of 4,130 meters (13,550 feet) above sea level.
3. **Trekking Route:** Typically commencing from Nayapul, a small village a few hours from Pokhara, the trail traverses through charming villages like Ghandruk, Chomrong, and Dovan. The trek unveils breathtaking vistas of the Annapurna mountain range, including Annapurna South, the iconic Machhapuchhre (Fishtail), and Hiunchuli. However, our ABC trek through **Mountain Sherpa Trekking** commences from Kimche, a village conveniently positioned just two hours from Pokhara, the renowned gateway to Nepal's trekking destinations. The distance between Pokhara and Kimche is approximately 42 kilometers (26 miles) by road.
4. **Trekking Difficulty:** The journey to Annapurna Base Camp is considered moderately challenging, with some steep uphill and downhill sections. Adequate preparations are essential to combat altitude sickness effectively.
5. **Accommodation:** Along the trekking route, a multitude of tea houses and lodges offer basic yet comfortable accommodations and meals. For those seeking a more adventurous experience, camping is also an option.
6. **Best Time to Trek:** The ideal periods for the Annapurna Base Camp trek are from March to May and from September to November when the weather is dry and skies are clear. Nevertheless, with proper preparation and gear, this trek can be undertaken during other months as well.
7. **Trek With a Sherpa Guide:** Our Annapurna Base Camp trek is fully guided by an experienced, reliable, and friendly Sherpa guide. We ensure a fully safe, comfortable, and enjoyable trek

Trekking to Annapurna Base Camp is a captivating and fulfilling experience, replete with breathtaking mountain panoramas and a glimpse into the local culture and way of life. With thorough planning, the right gear, and professional guidance, this trek is accessible to all and guarantees indelible memories.

DURATION: 12 days

ITINERARY

Day 01:: Arrival in Kathmandu [1,400 m/4,600 ft] and transfer to hotel-Overnight stay at Hotel

If it's a clear day when you are flying into Kathmandu, then your tour begins right from the skies itself. The sights from the windows of our jet show us glimmering snow-capped mountain peaks spread out down below us, giving us the first thrills of our just begun vacation, sparking off a whole reaction of unforgettable experiences that stay with us for some time to come. As soon as your plane hits the tarmac of Tribhuvan International Airport, Mountain Sherpa Trekking office representative and driver will be on standby to meet and greet you at the airport and escort you to your hotel. The rep will help you check into your designated hotel, and after going to our rooms and refreshing ourselves we will be briefed about our daily activities. The rest of your time is free to move around the neighborhood and get familiar with your surroundings. In the evening we will meet our senior trek guide who will brief the group about details related to our trek. Your first overnight in the ancient city of temples, probably the most in the world. Breakfast

Day 02:: Cultural Tour in Kathmandu & flight to Pokhara (827 m/2,713 ft)Overnight stay at Hotel

After breakfast depart for your hotel for half day tour in Kathmandu city.

There are many interesting places that you can visit. Here's a possible itinerary for a half-day tour in Kathmandu:

1. **Swayambhunath Stupa (Monkey Temple):** Start your tour with a visit to Swayambhunath Stupa, also known as the Monkey Temple. This is one of the most sacred Buddhist sites in Nepal and offers panoramic views of Kathmandu Valley. The stupa is located on a hilltop and is surrounded by monkeys, hence the name.
2. **Boudhanath Stupa:** After visiting Monkey Temple, head to Boudhanath Stupa, one of the largest stupas in the world. This stupa is located in the heart of Kathmandu's Tibetan community and is a UNESCO World Heritage Site. You can circumambulate the stupa and observe the prayer wheels and prayer flags.
3. **Pashupatinath Temple:** Next, head to Pashupatinath Temple, one of the most important Hindu temples in the world. This temple is dedicated to Lord Shiva and is located on the banks of the Bagmati River. You can witness the Hindu cremation ceremony here.

This itinerary can be completed in approximately 4-5 hours, depending on how much time you spend at each site. Keep in mind that the traffic in Kathmandu can be chaotic, so plan accordingly. Additionally, be sure to dress appropriately for the religious sites and respect local customs and traditions. After tour you will be transfer Airport and fly to Pokhara.

Day 03:: Drive to Kimche & trek to Ghandruk 2,012 meters (6,601 feet) Overnight stay at Lodge

The drive from Pokhara to Kimche is approximately 33 kilometers and takes around 2 hours by road. The road from Pokhara to Kimche is mostly paved, but there are some rough patches, so it's recommended to hire a four-wheel-drive vehicle. Our package price includes 4W jeep with experience driver. The road winds through the mountains and offers some stunning views of the Annapurna mountain range.

To get to Kimche from Pokhara, you need to head north towards Nayapul, which is around 40 minutes from Pokhara. From Nayapul, you need to take a left turn towards Birethanti and continue driving until you reach the village of Kimche. The drive is scenic, and you'll get to see some traditional villages, waterfalls, and lush green forests along the way. From Kimche we trek to Ghandruk village.

Ghandruk is a beautiful village located in the Kaski district of Nepal, in the Annapurna region of the Himalayas. It is situated at an altitude of 2,012 meters (6,601 feet) above sea level, and is surrounded by stunning views of the Annapurna Range, including Annapurna South, Hiunchuli, Machhapuchhre (Fishtail), and Gangapurna.

The village is known for its unique traditional architecture, with houses made of stone and slate roofs. The streets are paved with stones, and the village is very well maintained. There are several tea houses and lodges for tourists to stay in, as well as local shops selling handmade crafts and souvenirs.

Meals included: Breakfast, lunch, and dinner

Day 04:: Trek to Chomrong 2170 meters/ 7,120 feet:Approx 5/6 hrs-Overnight stay at Lodge

After having good breakfast at Ghandruk then we process to trek Chomrong, which is a popular village in the Annapurna region of Nepal. The distance from Ghandruk to Chomrong is approximately 10 kilometers (6.2 miles). However, the trail can be steep and challenging in some sections, so be prepared for some uphill and downhill walking.

Duration: The trek can take anywhere from 4 to 6 hours, depending on your fitness level and pace. Chomrong is a village located in the Annapurna region of Nepal. The elevation of Chomrong is approximately 2,170 meters (7,120 feet) above sea level.

Route: The trail from Ghandruk to Chomrong is well-marked and follows a scenic route through forests and terraced fields. You'll also have views of the Annapurna mountain range along the way.

Accommodation: There are several lodges and guesthouses in both Ghandruk and Chomrong where you can stay overnight. The accommodation options range from basic teahouses to more comfortable lodges with attached bathrooms and hot showers. We MST provide you comfortable lodge.

Meals included: Breakfast, lunch, and dinner

Day 05:: Trek to Bamboo (2,510 m/8,235ft):Approx 5/6 hrs-Overnight stay at Lodge

After having breakfast, we start our trek. The distance between Chomrong and Bamboo is about 7 kilometers (4.3 miles). The trek from Chomrong to Bamboo usually takes around 4 to 5 hours to complete, depending on your pace and the number of breaks you take. It's a moderately difficult trek with some steep uphill and downhill sections, so you should be in good physical condition and have some trekking experience before attempting it.

The trail is well-maintained and passes through beautiful forests, waterfalls, and small settlements. Along the way, you will also get stunning views of the Annapurna range. The trek from Chomrong to Bamboo is a scenic and enjoyable journey that's well worth the effort.

Meals included: Breakfast, lunch, and dinner

Day 06:: Trek to Deurali (3,230 m/10,597 ft) : Approx.4 hrs-Overnight stay at Lodge

Today we trek to Deurali from Bamboo, which is most popular section of the Annapurna Base Camp Trek in Nepal. Here's a guide on what to expect during the trek. The distance between Bamboo and Deurali is approximately 6 kilometers. It takes around 3-4 hours to complete the trek from Bamboo to Deurali. The trail is mostly uphill, and you will pass through beautiful forests, waterfalls, and streams. The trail can be slippery, especially during the monsoon season, so it's essential to wear proper trekking shoes. Bamboo is situated at an altitude of 2,335 meters, and Deurali is located at 3,230 meters. So, you will be gaining an altitude of around 895 meters during the trek. There are several lodges and teahouses along the way where you can stay overnight. Deurali has several options for accommodation, including lodges and teahouses, with basic facilities such as hot showers and comfortable beds. We will accommodate you in best available lodge. The highlight of the trek from Bamboo to Deurali is the beautiful scenery and the opportunity to explore the local culture. You will pass through several small villages where you can interact with the locals and learn about their way of life.

Meals included: Breakfast, lunch, and dinner

Day 07:: Trek to Annapurna Base Camp (4,130 m/13,549 ft) - Approx 4/5 hrs-Overnight stay at Lodge

From Deurali, the trail continues up the Modi Khola valley, passing through Bagar (3300m) and then to Machhapuchhre Base Camp (3700m), which offers a spectacular view of the Machhapuchhre peak. From Machhapuchhre Base Camp, the trail goes through the moraine and snow-covered terrain to reach **Annapurna Base Camp**, which is surrounded by snow-covered mountains.

Meals included: Breakfast, lunch, and dinner

Day 08:: Trek down to Dovan (2,340M/7,677 ft) - Approx. 4-5 hrs-Overnight stay at Lodge

The distance between Annapurna Base Camp and Dovan is approximately 12 kilometers (7.45 miles) and the estimated walking time is around 4-5 hours, depending on your pace and level of fitness.

The trek from Annapurna Base Camp to Dovan will take you downhill through the beautiful forested area of the Himalayas. You will descend through the Modi Khola valley and follow the same trail you took to ascend to the base camp.

The trail initially descends steeply from the base camp, passing through a beautiful rhododendron forest before reaching the Himalaya Hotel. From here, the trail continues to descend gradually along the Modi Khola river until you reach Dovan.

Along the way, you will have stunning views of the surrounding mountains, including Hiunchuli, Annapurna South, and Machhapuchhre (Fishtail). There are also several tea houses along the route where you can rest and grab some food and drinks.

It is important to note that the trek from Annapurna Base Camp to Dovan involves a lot of downhill walking, which can be tough on your knees and joints. It is recommended to take it slow and steady and wear appropriate trekking shoes with good grip.

Meals included: Breakfast, lunch, and dinner

Day 09:: Trek to Jhinu Danda [1,760 m/5,774 feet] - Approx 5 hrs- Overnight stay at Lodge

The trail continues along the Modi Khola river, passing through the forested area of rhododendron and bamboo. After a few hours of trekking, you'll reach the village of Bamboo, where you can have tea break. From Bamboo, the path leads uphill through dense bamboo forests and across a few streams before reaching the village of Sinuwa (2,340 meters/7,677 feet). After Sinuwa, the trail descends to the Chomrong Khola river and crosses a suspension bridge. From here, the path climbs steeply uphill to Chomrong (2,170 meters/7,119 feet), a Gurung village with stunning views of the Annapurna range. Beyond Chomrong, the trail descends through forests and terraced fields to Jhinu Danda (1,760 meters/5,774 feet), a hot springs destination with several lodges and guesthouses. The trek from Bamboo to Jhinu Danda offers a variety of landscapes, including bamboo forests, rhododendron groves, and terraced fields. Along the way, you'll have stunning views of the surrounding mountains, including Machhapuchhre (Fishtail) and Annapurna South. Jhinu Danda is a popular rest stop with a natural hot spring where trekkers can relax and soak in the warm waters.

Meals included: Breakfast, lunch, and dinner

Day 10:: Drive to Pokhara from Jhinu Danda: 2 hours drive- Overnight stay in Hotel

The drive from Jhinu Danda to Pokhara takes approximately 2-3 hours depending on the road conditions and traffic. The road from Jhinu Danda to Pokhara is a mix of narrow, winding roads and some portions of the road are unpaved. So, it is always advisable to hire experience driver and 4W jeep. It is also recommended to have a reliable vehicle and a skilled driver to make the journey as safe and comfortable as possible. As a reliable company, We Mountain Sherpa Trekking provide you skilled driver and good conditions private Jeep. The road offers stunning

views of the Annapurna range, lush green forests, and small villages along the way, which make the journey a worthwhile experience.

Meals included: Breakfast

Day 11:: Transfer to Airport & Flight Back to Kathmandu, Transfer to Hotel

After b/fast, we hang around for some time before our flight, and in this spare time, we can do some shopping. We then get into our vehicle and head down to the airport for our flight to Kathmandu.

The flight duration is typically around 25-30 minutes depending on the airline and weather conditions. The flight from Pokhara to Kathmandu is one of the most scenic flights in Nepal, as it offers stunning views of the Himalayas and the Nepalese countryside.

Once you reach in Kathmandu, our day is free to do our own things. For suggestions, you can do some valley shopping, or enjoy a tour around Bhaktapur city, or relax at the hotel, there are a whole lot of other activities if you feel like it. In the evening we will have a farewell dinner in a traditional Nepalese restaurant with a cultural performance by the local belles. (Your guide(s) and office staff will accompany you.) Overnight at your hotel

Breakfast

Day 12:: Drive to the Airport to head back to that lovely place we call ‘home’

After breakfast, our representative and office vehicle will be on standby at our hotel to transfer us to the airport for our connecting flight home. Serving you was a wonderful joy and pleasure, we at [Mountain Sherpa Trekking and Expeditions](#) will cherish the bonds of our relationship created over the time you spent with us and we thank you for choosing us as your travel partner and for visiting this amazing country Nepal. This homely trek in the amazing Annapurna region will give you lifetime memories of a vacation worth its weight in gold. Adios friends! Till we meet again. **Breakfast**

Cost Includes

Transports & Accommodations

- Private Transfers upon arrival and departure
- Kathmandu-Pokhara-Kathmandu Round-trip flight
- 2 Night hotels in Pokhara city as specified in Itinerary
- 2 Night hotels in Kathmandu city as specified in Itinerary
- 7 nights local lodge accommodations during trek

Meals & Drinks

- Daily hygienic breakfast in city as specified in Itinerary
- Daily 3 meals entire trek (Breakfast, Lunch & Dinner)
- Tea or Coffee as per choice (Per day 5 Cups Per person)
- Welcome dinner at best local restaurant with cultural show

Gear & Equipment

- Sleeping bags and down Jackets if required
- Duffel bag, Trek Map & group medical Kit
- Pulse oximeter for oxygen saturation as well as heart rates

- Hot water bag to warm your feet inside the sleeping bag
- Complimentary T-shirt, Water bottle and walking pole

Support

- Reliable and honest Local Sherpa guide
- Hardworking and trustworthy porters (1 porter for 2 People)
- Free extra luggage storage service
- Free help to get SIM Card, renting or buying gears
- Call support for anytime 24/7 for Emergency

Pays & Permit

- Pay and insurance for guide and support staff
- Annapurna conservation entry permit fee
- TIMS Card fees and local administration fees
- Cultural tour in city including guide and driver as per itinerary
- Entrance fees to historic sites, temples and monuments

Additional MST Service

- We help you, if an airline loses your luggage, or delayed
 - One hour free Special Ayurvedic massage at the end of Trek
 - We help our clients to buy souvenirs at wholesale price
 - We show you around local areas, recommend to eat etc
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WHAT'S NOT INCLUDED

- International Airfare and Nepal Visa fee
- Travel insurance for emergency rescue and trip Cancellation
- Lunch & Dinner in City (approximately \$ 5-10 Per Meal)
- Any Alcoholic Drinks and deserts in Trek
- Gratitude for Guide & Porter after end of trek

Extra Bills

- Phone, internet & Battery Charges bills on trek
- Unforeseen Cost such as Flight Delayed/cancellation

FAQS

How Fit Do I Need to Be to Do the Annapurna Base Camp Trek

[Annapurna base camp trek](#) is recommended for average people who are reasonably fit. This trek is less demanding than other treks in Nepal, thus no prior experience is required. However, we suggest you do some

physical fitness programs such as running, swimming, and hiking before embarking on your journey.

Because of the ascents and descents walking, the Annapurna Base Camp trek is not appropriate for anyone with knee problems or weak ankles. Anyone with heart trouble or lung problems should check with their doctor.

What sort of accommodation can I expect in Kathmandu, Pokhara and in trekking

We use standard rooms at quality hotels in Kathmandu and Pokhara with breakfast included. Along the trekking routes, teahouses/lodges generally provide basic clean facilities with a mattress and a quilt or blanket. We can also offer you sleeping bags if needed (to be returned after the trip) but it is a good idea to always have your own sleeping gear. The lodges in trekking routes generally provide single and double rooms, or seldom a dormitory. At times when possible, dining will be around a bonfire. In tea houses, food will be prepared in the kitchen which you should not enter without permission. The toilet in tea houses provides essential and basic facilities and will be always outside the room.

What sort of food can I expect in trekking

Most teahouses (lodges) in Annapurna Base Camp trails cook a delicious range of mostly vegetarian fare. Pasta, tuna bakes, noodles, potatoes, eggs, daal Bhat(rice and lentils), bread, soup, fresh vegetables (variety depends on the season), and even some desserts like apple pies, pancakes, and some interesting attempts at custard. You will find a lot of garlic on the menu because it assists with acclimatization – eat some every day. In many larger villages, you may find some meat items on the menu. You can always get hot chocolate, tea, and hot lemon drinks, as well as soft drinks, and treats like chocolate and crisps. Each day dinner and breakfast will be at a lodge you'll stay at while lunch will be taken on the way to your destination.

Do your guides have trekking guide license and first aid training for high altitude

Yes, they have all received 45-day training from the Hotel Management and Tourism Center in Nepal. The guides have also received high-altitude first aid training from KEEP (Kathmandu Environmental Education Project). Please check our Trekking Guides Profiles and Training Certificates.

What opportunities will I have for shower along the trek

In major places, we arrange guesthouses with hot showers. And in the rest of the places, water in the bucket will be provided for the shower.

Is Mountain Sherpa trekking staff insured

Our company insures all our trekking staff members, including guides, cooks, Sherpas, and porters. Please browse through Company Information pages to view insurance details.

What is the maximum weight for my trek bag

We ask that you keep the weight of your trek bag a maximum of 15kgs. Each porter can carry a maximum of 30kgs = 2 clients trek bags @15kgs per bag per person.

Where can I leave my extra things and valuables while I am on the trek

The hotel we use in Kathmandu & Pokhara has a securely locked room where they store Client's extra belongings in a safe way. So, you can leave your extra things in Hotel safely or you can also leave your belongings at our office.

Do you use porters on the trek or do we carry all of our own gear? Do you provide us duffle Bags

Whilst on the trek, our porter will take care of your luggage. All you need to carry is your small day bag for your

personal belongings like a camera, water bottle, sun cream, etc only. Yes, we do provide you with duffle bags.

Are solo female travelers safe on Annapurna Base camp trek

We ensure the travel safety of all our trekking guests, both male and female. Nepal, on the whole, is both very safe and welcoming of foreign visitors. We have longstanding, strong relationships with the lodges we frequent, and know them to be safe and reliable. In addition, our guides are consistently mindful of all guests' whereabouts while trekking. We travel in small groups, all the better to easily maintain continual contact.

How I can book this trek? What about Payment

Once you have confirmed your booking, an advance deposit of 25% of the "total trip Package" is required for 100% Confirmation. The deposit can be paid [online](#) or by bank Wire transfer. [This advance booking deposit helps us to make 100% confirm reservations of Hotels in the City, domestic flights, and all other trip arrangements.](#)

Once you have made the advance booking payment, we will send you an advance booking payment invoice and booking confirmation e-mail. The remaining trek balance needs to be paid in Kathmandu on your arrival day. Please note that the trek deposit is non-refundable. However, you may postpone your travel date if in case required. [Your deposit expires after 3 Years only. You can travel on any date within 3 years.](#)

What is your success rate for reaching the Annapurna base Camp

We boast a 100% success rate to date on our Annapurna Base camp trek, this is achieved because of our highly experienced local Sherpa guides & staff. As we are 100% local Sherpa Company in Nepal. Our entire guides & staff are 100% Local Sherpa people. **"Sherpas are highly regarded as elite mountaineers and experts in their local area. They were immeasurably valuable to early explorers of the Himalayan region, serving as guides at the extreme altitudes of the peaks and passes in the region, particularly for expeditions to climb Mount Everest"**

What happens if I get sick

Our expert Local Sherpa guides and porters have trained in mountain first aid and altitude-related illness. The solution to severe altitude problems is always to descend. Thousands of our clients hike the **Annapurna base camp trek** each year and most do not have serious issues. If someone is unwell or has an accident, we evacuate them out to the nearest road or village where we organize helicopter evacuation back to Pokhara. We always have sufficient staff with our crew so that one of our people can leave to care for the sick/injured client and the rest of the group can continue on with their trek or climb if they wish to. There is now cell phone network coverage throughout Annapurna Base camp Trek. so it is possible to get 3G connectivity throughout the entire [Annapurna Base Camp trek](#). In case of emergencies, your guide will utilize your travel insurance information to call a rescue helicopter, and you will be flown to Pokhara or Kathmandu for medical attention.

Will My Travel Insurance Cover Me for the Annapurna Base Camp Trek

Check the terms and conditions of your travel insurance very carefully before embarking on the **Annapurna Base Camp trek** – the elevations involved are above 5000m, and many companies simply will not cover you at that level. (World Nomads offers trekking up to 6000m under its level 2 cover.)

You need to be covered for a helicopter evacuation from the mountains in emergencies, and, if you have a connecting flight to your home country, are flying out of Lukla, and planes stop running, your insurance should cover the cost of a helicopter out of Lukla. We fully facilitate for our valued clients for any emergencies issue.

What would be normal group size & How many porters and trekking staff are in the group

Mountain Sherpa Trekking & Expeditions is committed to looking after our porters and our trekking weights are

carefully calculated so that our porters are not overloaded. We provide 1 porter for 2 trekkers. There will be one expert local Sherpa guide for 2 people. **For the above 5 trekkers, we provide an extra assistance Sherpa guide. This arrangement ensures that if anybody in the group gets sick, the trip can still go ahead as planned.**

We can run the trek for groups of any size but after our years of experience, we have found a maximum of eight to twelve people to be the optimum size for a successful trip. However, if you'd like to book this trip for a smaller group, solo trek, or just a private family trek then please let us know, certainly, We will arrange a **private Annapurna base camp trek** as per your requirement.

Do the tea houses/ lodges have electricity? Can I charge my iPod or camera

In the Annapurna base camp trek, most lodges/tea houses have electricity. You can charge your iPod or camera batteries while on treks. Please note that lodges/tea houses will charge you some money for the charging fee (1 USD to 2 USD per hour) or some places you can charge as free.

If I have more questions, how should I contact Mountain Sherpa Trekking

If you have more questions, do not hesitate to contact us. You can e-mail us or you can call us or message us anytime by WhatsApp /Skype with us, see the **Message Us** button on the website's lower-left corner. Or just send an e-mail at: info@mountainsherpatrekking.com (We'll get back to you within 24 hours)

Why book Annapurna Base Camp trek with Mountain Sherpa Trekking & Expedition

Here are the top 7 reasons to book your Annapurna Base Camp Trek with Mountain Sherpa Trekking

- 01.** Over 25 years of experience
- 02.** Reliable and honest Local Sherpa guide
- 03.** Expert Sherpa family own company
- 04.** Flexible itinerary with an all-inclusive package
- 05.** Clean accommodation and hygienic meals
- 06.** Best Service and Price guarantee
- 07.** Giving back to society