Discovery World Trekking



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Annapurna Base Camp Short Trek - 5 days

5 days. Grade: moderate.

5.0 2295+ reviews on TripAdvisor

US$ 550
per person, for 2 to 5 people

Made on 26 November 2026

https://dev.discoveryworldtrekking.com/trips/annapurna-base-camp-short-trek-5-days







Annapurna Base Camp Short Trek is the most favorable trek for physically fit persons with limited time who want to enjoy the world-famous Annapurna region, including stunning landscapes, traditional villages, and several climatic regions.

TRIP FACTS

Destination	Annapurna Base Camp
Grade	moderate
Accomodation	hotel/lodges
Best season	Throughout the year
Activity	Annapurna Treks
Max. altitude	Annapurna Base Camp (4,130m)
Activity per day	5-7 hours walk
Meals included	5 Lunches, 4 Dinners, and 5 Breakfasts (Full-board meals)
Start / end point	Pokhara

PRICE

US$ 550

per person, for 2 to 5 people

The full price is US$ 650. You save US$ 100 per person.

Group-size discounts

People	Price per person
2 to 5	US$ 550
6 to 12	US$ 500

Group discounts are exclusive to your group size only. We do not merge groups.

Highlights

- Reach Annapurna Base Camp (4,130m)
- A captivating Annapurna Massif mountain view
- Traditional Tamang and Gurung villages
- The Annapurna Sanctuary
- Views of the glorious Himalayas, including Mt. Macchapuchre, Annapurna South, Annapurna I, Annapurna III, Gangapurna, Mt. Hiunchuli, and others.
- Short but rewarding trek

5 Day Annapurna Base Camp Short Trek Overview

The 5-day Annapurna Base Camp Short Trek takes you deep into the heart of the Himalayas in north-central Nepal. At 4,130 meters, Annapurna Base Camp presents a 360-degree panorama of towering peaks, including Annapurna I (8,091 m), Annapurna South, Machhapuchhre, and Hiunchuli. Unlike other major base camps, Annapurna Base Camp is uniquely situated in a glacial basin enclosed by towering peaks over 7,000 meters, forming a stunning natural sanctuary of snow-capped summits and rugged terrain.

This short trek transitions rapidly through low-altitude farming terraces, dense forests, and high-altitude alpine landscapes, making it one of the most thrilling and efficient Himalayan adventures. This swift ascent allows you to experience Nepal's incredible biodiversity while navigating changing climates and spectacular scenery in just five days.

The journey begins with a scenic drive from Pokhara to Samrung, a warm, subtropical region marked by terraced rice fields and traditional Gurung villages in the Annapurna Region. As the trail ascends toward Sinuwa and Deurali, you will move through lush rhododendron forests, crossing river valleys and ridgelines. The forests provide shade and cooler temperatures, making the trek comfortable as elevation gradually increases.

As you approach the Annapurna Sanctuary, the landscape transforms from dense forests to barren ridges and rocky glacial terrain. You will reach Machhapuchhre Base Camp (3,700m) before ascending to Annapurna Base Camp (4,130m) - surrounded by towering peaks and pristine glaciers. The dramatic entrance into the sanctuary between Machhapuchhre and Hiunchuli creates a surreal gateway into Nepal's most spectacular high-altitude basin.

After reaching Annapurna Base Camp, you will spend time soaking in the breathtaking views and spend a night there. The next morning, you will embark on a return journey through Sinuwa and Samrung, back to Pokhara. This efficiently paced trek maximizes time in the Base Camp, offering an unforgettable blend of adventure, scenery, and cultural immersion.

Day-to-Day Short Itinerary

Day 1 From Pokhara drive to Samrung (1,613m). Drive time: Approx. 4 hours. Trek to Sinuwa (2,340m). Trek time: Approx. 4 hours.

Day 2 Trek from Sinuwa to Deurali (3,174m). Trek Time: Approx. 4 hours.

Day 3 Trek from Deurali to ABC (4,130m) via MBC (3,700m). Trek time: Approx. 5 hours.

Day 4 Trek from ABC to Sinuwa (2,360m). Trek time: Approx. 9 hours.

Day 5 Trek from Sinuwa to Samrung. Trek time: Approx: 2 hours. And drive to Pokhara (850m). Drive time: Approx. 4 hours.

Annapurna Base Camp 5 Days Trek Itinerary

DAY 1

From Pokhara (850m/2788ft) drive to Samrung (1,613m/5292ft) and trek to Sinuwa (2,340m/7,677ft)

Trek Distance 3km Highest Altitude 2340m/ 7,677ft Trek Duration 4 hours
Drive duration 4 hours/ 55km

After an early morning breakfast in Pokhara, we will head to Samrung via Nayapul. The journey will take around four hours. From Samrung, the trek begins, and trekking is very easy until Jhinu Danda, but the hike from Jhinu Danda to Chomrong is quite demanding. From Chomrong, you will continue ahead, and after crossing a steel suspension bridge, you will reach Sinuwa. The whole trek will last for about four hours.

Overnight stay at Sinuwa Guest House
Included standard meal (Breakfast + Lunch + Dinner)

DAY 2

Trek from Sinuwa (2,340m/7,677ft) to Deurali (3,174m/10,413ft)

Trek Distance 4km/8.6miles Highest Altitude 3,174m/10,413ft Trek Duration 7 hours

We leave Sinuwa after breakfast, aiming for Deurali. On the way, you will hike across Bamboo arriving at Dovan first, then Himalaya, and finally Deurali. As you trek forward, you will witness Annapurna mountain approaching nearer and nearer.

Overnight stay at Sangrila Hotel
Included standard meal (Breakfast + Lunch + Dinner)

DAY 3

Trek from Deurali (3,174m/10,413ft) to ABC (4,130m/13,550ft) via MBC (3,700m/12,140ft)

Trek Distance 7.7 km / 4.7miles Highest Altitude 4,130m/13,550ft Trek Duration 5 hours

On this day, you will reach the Annapurna Base Camp (ABC) while hiking past the Macchapuchhare Base Camp (MBC). However, the day starts from Deurali, and you will elevate constantly - firstly reaching Bagar and then Machhapuchhare Base Camp (MBC). After MBC, you will enter the Annapurna Sanctuary, and after hiking for a few more hours, you will reach Annapurna base Camp. The panoramic view of Annapurna range from Annapurna Base Camp looks mind-blowing. You will be spending the night at ABC.

Overnight stay at Hotel Paradise Garden Guest House
Included standard meal (Breakfast + Lunch + Dinner)

DAY 4

Trek from ABC (4,130m/13,550ft) to Sinuwa (2,360m/7,742ft)

Trek Distance 15 km Highest Altitude 4,130m/13,550ft Trek Duration 9 hours

You will wake up early at ABC to see the drawn breaking at Annapurna ranges. If you love photography, it is a perfect chance to capture this beautiful moment with your lens. After breakfast, you will retrace your steps to Sinuwa, passing Machhapuchhare Base Camp on the way. The path is downhill, so the trek should be easy.

Overnight stay at a Sinuwa Guest House
(Breakfast + Lunch + Dinner)

DAY 5

Trek from Sinuwa (2,360m/7,742ft) to Samrung and drive to Pokhara (850m)

Trek Distance 3km Highest Altitude 2,360m/7,742ft Trek Duration 2 hours
Drive duration 4 hours/55km

It will be your last day on the trails. You will start descending through the same path that took you to Annapurna Base Camp to reach Samrung. From Samrung, we will drive you to Pokhara. Your trek ends in Pokhara. Pokhara is also known as the tourist capital of Nepal, and you have plenty of ways to spend your day here.

Included standard meals (Breakfast + Lunch)

What is included in this trek package?

Transportation

- Transport from Pokhara to Samrung (journey start) and Samrung to Pokhara (trek end)
- Private transportation to and from Kathmandu Airport and your hotel

Accommodations

- Accommodations: 4 nights in trek regions Sinuwa (2N), Deurali, Annapurna Base Camp (ABC), (Generally, twin sharing room)

Food

- Standard full-board meals (5 Lunches, 4 Dinners, and 5 Breakfasts) with one main course per meal
- Seasonal fresh fruits every day
- Water purification tablets for safe drinking water

Guide and Porter

- Government-licensed English Speaking trek leader/guide and porters to help trekkers with luggage. (1 porter for every 2 trekkers). Per trekker weight limit is 18 kg
- Guides and porters' costs (their salary, lodging, meals, insurance, transportation, and other necessary equipment)

Trek Permits and Expenses

- Annapurna Conservation Area Permit (ACAP) fee
- Trekkers Information Management System (TIMS) card fee
- All government, local taxes, and official expenses

Medical Assistance

- Rescue operation arrangements in case of complicated health conditions (funded by travel insurance)
- Medical kits, including an oximeter to monitor blood oxygen saturation levels in high altitudes

Souvenir

- Souvenir - company's T-shirt & cap

Farewell

- Discovery World Trekking certificate of appreciation after the successful trek
- Farewell dinner at Kathmandu after the trek

Benefits

- Sleeping bags and down jackets, duffle bag (one for every two trekkers) if you do not have your own
- Free excess luggage storage at the Discovery World Trekking store for the duration of the trek

What is excluded in this trek package?

International Flight

- International flight airfare

Accommodations

- All accommodation in Kathmandu, before and after the journey
- Extra night accommodations, meals in Kathmandu and Pokhara due to early arrival or late departure, or early return from the trek

Food

- All meals in Kathmandu, before and after the journey
- Lunch and dinner in Pokhara

Guide and Porter

- Tips for guides and porters

Visa

- Nepal entry visa fees on arrival at Tribhuvan International Airport-USD 50 for a 30-day stay

Travel Insurance

- Travel insurance which has to cover emergency high-altitude rescue and evacuation compulsory

Personal Expenses

- Personal expenses (boiled/bottled water, hot (tea, coffee) and cold drinks, hot shower, alcohol, Wi-Fi, telephone call, battery re-charge fee), extra porters, shopping, snacks, etc
- Personal clothing and gear

Other Expenses

- Excess luggage charges (limit is 9kg per trekker), one porter for every two trekkers
- Additional costs or delays caused due to circumstances beyond our control, for example, bad weather conditions, landslides, itinerary modification due to safety concerns, illness, change of government policies, strikes, etc
- All costs and expenses not listed in the "cost includes" section above

Planning Your Trek Schedule

Our trips have flexible departure dates. You can select a travel date that fits your schedule and easily confirm your booking through our website at any time.

ABC Short Trek Packing Checklist

You will need different equipment, gear, and clothing for this trek according to the season you choose to trek. However, here is a packing list we have compiled to help you pack for the trip. Remember, it is always better to travel light, and we encourage you to bring only the essentials to the trek. You can store your luggage at the Discovery World Trekking store for free.

We assign one porter to carry luggage for two trekkers, and they carry up to 18 kg of luggage. Hence, your luggage limit is 9 kg. We request you partner up with a fellow trekker and pack your things together in a duffle bag over sixty liters capacity.

Head and Face

- Sun hat or cap (wide-brimmed)
- Ear-covering warm hat or knitted beanie
- Scarf, buff, or neck gaiter
- UV-protection sunglasses
- High SPF sunscreen and lip balm
- Lightweight headlamp with spare batteries

Upper Body

- Moisture-wicking short or long-sleeved t-shirts
- Thermal base layers (light for warm months/heavy for cold)
- Fleece and puffy/insulated jacket
- Down jacket for colder elevations
- Waterproof and windproof outer jacket
- Lightweight long-sleeve breathable trekking shirt
- Synthetic bra for women
- Waterproof nylon raincoat or poncho

Handwear

- Warm insulated gloves or mittens
- Lightweight liner gloves
- Waterproof outer gloves for snow or wet conditions

Lower Body

- Quick-drying trekking pants and underwears
- Convertible or full-length trousers
- Quick Drying Underwear
- Thermal leggings or base layers
- Warm trekking trousers (insulated pants) for colder sections
- Lightweight cotton pants for evenings/ inside teahouses

Footwear

- Broken-in trekking boots with ankle support and good grip
- Warm wool or synthetic trekking socks
- Lightweight camp shoes or sandals for river crossings
- Gaiters for protection against mud, water, and debris
- Microspikes/crampons (seasonal) for better grip while crossing snowy and icy high passes

Backpack/Support/Sleeping Gear

- Duffle bag/Rucksack (50-60 liters, shared between two trekkers)
- Day backpack (20–30 liters) with rain cover
- Adjustable and lightweight trekking poles (preferably
- collapsible) Reusable water bottles or hydration bladder (minimum 2 liters)
- Water purification tablets, a filter, or a UV purifier
- Sleeping bag (rated -5°C to -10°C)
- Earplugs

Toiletries

- Toothbrush and toothpaste
- Medium-sized quick-dry towel
- Biodegradable soap or shampoo
- Toilet paper (in a Ziplock bag)
- Nail Clipper
- Body wipes/wet tissues
- Feminine hygiene products
- Hand sanitizer

Electronics and Documents

- Camera/Smartphone
- Power bank and charging cable
- Two-pin charging adapter
- Passport photocopies and passport-sized photos in waterproof bags

Medications

- Personal kits and medications (inhalers, allergy medicine, etc.) are highly recommended
- Blister care kit (Compeed/moleskin)
- Cough drops or throat lozenges (very useful in dry air)
- Basic first aid supplies (band-aids, antiseptic wipes, pain relievers, Diamox)

Optional Items

- Snacks and energy bars
- Notebook or pen for journaling your experience
- Book or e-book
- Binoculars
- Small multi-tool
- Pee-bottle/pee-funnel for women
- Comb

We can provide a used duffle bag (non-waterproof), down jacket, and sleeping bag if you don’t have your own

Short Annapurna Base Camp Trek Route Map



Trip Notes

Pick up from Tribhuvan International Airport

When you arrive at Tribhuvan International Airport in Kathmandu, our representative will await you with a pamphlet displaying your name. They will greet you warmly with a traditional marigold garland and transport you to your hotel in a private vehicle.

We advise that you arrive in Kathmandu at least one day before the trek's departure (by 3 PM) for final preparations. The trek typically starts in Pokhara, and you can travel to Pokhara by bus (which takes about seven hours) or by air. From Pokhara, we will drive you to Samrung, a four-hour journey, before beginning your trek to Sinuwa, which takes another four hours.

Accommodations

The Short Annapurna Base Camp Trek includes stays in comfortable lodges. You'll spend four nights in twin-sharing rooms at Sinuwa (2 nights), Annapurna Base Camp, and Deurali. Hot showers, electricity, and Wi-Fi are available in the trekking regions for an additional cost.

Meals

To fuel your trek, we provide nutritious meals throughout the journey. Due to the high altitude, food options may be more limited than in urban areas, and prices tend to increase with elevation. We carefully select the best lodges that serve hygienic and delicious food. The menu includes traditional, Asian, and Western cuisines, though options may narrow as you ascend.

The trek package includes full-board meals (main course): five breakfasts, five lunches, and four dinners.

Please note that drinks and personal meals (snacks, alcoholic beverages, cold drinks, and hot drinks (tea, coffee, etc.) are not included in the trek package.

To combat altitude sickness, we recommend consuming fresh vegetables and fluids such as garlic soup, lemon tea, ginger tea, etc. We advise against eating non-vegetarian items, dairy products, alcohol, or caffeinated beverages.

Luggage

We provide porters to carry your luggage with a limit of 9 kg per person. Each porter will carry luggage for two trekkers, with a combined weight not exceeding 18 kg. We suggest packing lightly and only bringing essential items for the trek. We also provide complimentary luggage storage in our office store for excess items.

Facilities and Essentials

- **Water**

We recommend using a refillable water bottle and purchasing boiled or filtered water from the lodges or tea houses along the trek. We can provide water purification tablets if you don't have your own. Please do not drink untreated water from taps, wells, or rivers, as it may not be safe for consumption.

- **Communication**

You can purchase local SIM cards in Kathmandu. However, mobile coverage signals at high elevations may vary depending on your network. We remain in touch with all trekking teams at least once a day via mobile to ensure everything is proceeding smoothly. Moreover, we are always ready for emergencies.

Travel Essentials

- **Visa**

Foreigners (except for Indian citizens) require a visa to enter Nepal. Most nationalities can obtain an on-arrival visa at Tribhuvan International Airport, but certain countries may need to apply for a visa before arrival. For an on-arrival visa, your passport must be valid for at least six months, a passport-sized photo, and a visa application fee. The current visa fee for a 30-day stay is USD 50. For the most up-to-date information, please check the official Nepal Immigration website: https://www.immigration.gov.np/.

- **Travel Insurance**

It is essential to have appropriate travel insurance, including coverage for emergency evacuation by helicopter up to the highest trek altitude (4,130m at Annapurna Base Camp). We recommend confirming that your insurance includes medical expenses and helicopter rescue.

- **Currency Exchange**

The Nepalese Rupee (NPR) is the official currency, and exchange rates are approximately 138 NPR for 1 USD. Currency exchange facilities are readily available in Kathmandu and Thamel. There are no exchange services in trekking regions, so exchange enough currency in Kathmandu, preferably at legal money exchanges, before the trek. You can use an international card to withdraw NPR from ATMs in Kathmandu, but withdrawal fees may apply. Please ensure your (major) foreign currency notes are in good condition, as old or damaged notes may not be accepted.

- **Extra Expenses**

While the trek package covers most expenses, you must cover additional costs such as meals and accommodations in Kathmandu, extra meal courses, visa applications, travel insurance, beverages, snacks, tips, and souvenirs. We recommend budgeting USD 10-20 per day for personal expenses during the trek.

Trek Season and Weather Conditions

The trek is possible year-round, but the best seasons are spring (March-May) and autumn (September-November) due to clear skies, moderate temperatures, and low precipitation. Winter (December-February) is cold and snowy, while summer (June-August) is the monsoon season, which may cause slippery trails.

The temperatures during autumn range from 0°C to 10°C; summer from 10°C to 23°C; autumn from 5°C to 20°C; and winter from 0°C to -10°C at high trek altitudes. Spring sees rhododendron blooms, and autumn coincides with major Nepali festivals, creating a festive atmosphere. The month-by-month travel guide will help you understand more about the Annapurna region.

Typical Day

Each day begins with a cup of tea or coffee, followed by breakfast. The trek typically starts between 7-8 AM and lasts till mid-day, when you stop for lunch. After lunch, you'll rest before continuing in the afternoon for 2-3 more hours of trek that should take you to your planned destination. You are then free to spend the time. We serve dinner at around seven, followed by the next day's briefing from your guide. Then, before going to bed, you can spend the evening playing games, reading, or learning Nepali words.

Trip Conclusion

- **Farewell Dinner**

After completing the trek, we organize a farewell dinner in Kathmandu to celebrate your achievement. Later, we will present you with a trek achievement certificate. It is also a great time to provide us with your feedback.

- **Departure**

On the day of departure, we will provide a free airport transfer to Tribhuvan International Airport from your hotel. Please share your hotel name, room number, and departure time with us so we can provide this service. It marks the end of your trek, and we hope it has been a fulfilling and enjoyable experience.

Trek Bookings

- **Private Treks**

We offer private treks only and do not add anyone to your group. We can handle all group sizes and provide discounts based on your group size. Moreover, we add an assistant guide for a group of 12 or more.

- **Safe Trek Bookings**

Discovery World Trekking is a government-authorized trekking operator in Nepal, affiliated with the Trekking Agency Association of Nepal (TAAN) and the Nepal Mountaineering Association (NMA). To confirm your trek booking, we require a 10% advance payment. You can pay via bank transfer, Wise, Western Union, or credit card.

After booking, please provide the necessary documents—such as a copy of your passport, a recent photograph, travel insurance details, and flight information—within one week. You can pay the remaining balance upon your arrival in Nepal through cash, bank transfer, Wise, Western Union, or credit card. We will email you a detailed guide on payment options for your convenience.

- **Last-Minute Bookings**

Although we prefer advance bookings (at least one month in advance), we understand that plans can change. We have a last-minute booking provision, but you must confirm with full payment at least 24 hours before the departure date.

While we strive to ensure your trip proceeds as scheduled, last-minute bookings may experience delays due to factors like adverse weather, landslides, or limited accommodation availability. For further details, please contact Paul at +977-9840055491 or info@discoveryworldtrekking.com.

- **Flexible Schedule**

If you have a tight schedule, we can accommodate flexibility in your trek plans. Though our treks have fixed departure dates, we will work with you to adjust departure dates or trek itineraries as needed.

- **Trip Extension**

If you have extra time after your trek, we offer various trip extensions, such as sightseeing in Kathmandu, a jungle safari in Chitwan, or even another trek.

DWT Family

At Discovery World Trekking, we consider all our valued clients and employees part of the DWT family. We are committed to providing a warm, friendly, and safe environment throughout your trek. Our skilled and government-licensed guides and Sherpas will accompany you throughout your journey, ensuring an unforgettable trekking experience. They are trained in wilderness first aid and ecological conservation.

Our guides bring years of expertise and a deep connection to the high Himalayas. They are well-compensated and insured, and their meals and accommodations are fully covered during the trek. By prioritizing the well-being of our team, we ensure they deliver the exceptional service that makes your trek truly special.

Ecotourism Practices

We prioritize sustainable trekking practices. We operate eco-friendly treks in collaboration with the Kathmandu Environmental Education Project (KEEP) and follow leave-no-trace principles to minimize environmental impact.

Tipping Culture

Tipping is customary in Nepal, and while it is optional, it is greatly appreciated. It's a way to show gratitude for excellent service. We recommend tipping collectively at the end of the trek - based on the quality of service received, trek length, and costs.

FAQs For Annapurna Base Camp Short Trek

GENERAL INFORMATION

What is the Annapurna Base Camp Short Trek?

The Annapurna Base Camp (ABC) Short Trek is a 5-day adventure that offers a condensed version of the traditional Annapurna Base Camp trek, designed for trekkers who are fit and have limited time. This trek takes you through various landscapes, from subtropical forests to high-altitude alpine regions. The trek culminates at Annapurna Base Camp, which sits at 4,130 meters and offers an awe-inspiring 360-degree panorama of Himalayan giants like Annapurna I, Machapuchare (Fishtail), and Hiunchuli. It's an ideal trek for those looking for a rewarding adventure within a short time frame.

Is prior trekking experience necessary?

No, prior trekking experience isn't required for the Annapurna Base Camp Short Trek. While the route is manageable for those new to trekking, the high altitude and continuous walking can be demanding. If you are in good shape, you can complete the trek successfully, especially with a guide and proper acclimatization.

How difficult is the ABC Short Trek?

The Annapurna Base Camp Short Trek is moderate to challenging. Although the trek is shorter than the traditional route, it involves several days of continuous hiking, often 5-7 hours a day, including some steep ascents and descents. The altitude, reaching 4,130 meters, can also make breathing a bit more difficult, adding to the challenge.

What is the maximum altitude reached during the trek?

The highest point of the Annapurna Base Camp Short Trek is Annapurna Base Camp itself, which stands at an elevation of 4,130 meters (13,549 feet) above sea level.

How many hours of trekking are required each day?

On average, you'll trek for 5 to 7 hours daily, depending on your pace, terrain, and weather conditions. Some days may involve longer hikes, while others could be shorter. The terrain is interspersed with gradual inclines and steeper ascents, particularly as you approach higher altitudes.

Can I book a private Annapurna Base Camp Short Trek for 5 days?

Yes! We offer private Annapurna Base Camp Short Trek.

What is included in this private trek?

The trek includes a guide, porter, local transport, 4 days of accommodations, and meals in trek regions. Please refer to the included section to find out more.

PREPARATION & FITNESS

How fit do I need to be for this trek?

You should be normally fit to undertake the Annapurna Base Camp Short Trek. The trek involves continuous walking over several days, often on uneven and steep terrain. You don't need to be an athlete, but a solid fitness base will help you enjoy the trek more. Remember, the fitter you are, the more you will enjoy the trek.

What training should I do before the trek?

Focus on cardio and strength training exercises. Start with regular aerobic activities like jogging, hiking, or cycling at least 2-3 times a week to build your stamina. Practice stair climbing into your routine, as this simulates the inclines you'll encounter during the trek. Leg and core strengthening exercises, such as squats, lunges, and planks, will help you handle the physical demands of trekking.

Can beginners join this trek?

Yes, beginners can join the Annapurna Base Camp Short Trek, as long as they are fit and mentally prepared for the challenges. It's not necessary to have prior trekking experience, but being in good health and having the right mindset are crucial.

Are acclimatization days required for this short trek?

Acclimatization days are typically not included in the 5-day short version of the trek. However, our itinerary allows for gradual altitude gain to minimize the risk of altitude sickness. Be attentive to how your body reacts as you ascend. If you feel symptoms of altitude sickness, it's important to tell our guide.

What is the recommended trekking pace?

The recommended pace is steady, and moderate which allows you to acclimatize properly and enjoy the journey. It's important not to rush, especially as you approach higher altitudes. A slow and steady pace will help prevent altitude sickness and conserve your energy for the more challenging parts of the trek.

PERMITS

What permits are needed for the ABC Short Trek?

For the Annapurna Base Camp Short Trek, you will need two permits: the Annapurna Conservation Area Permit (ACAP) and the Trekkers' Information Management System (TIMS) card. Both are mandatory in the Annapurna region.

How do I obtain the necessary permits?

You can obtain the ACAP and TIMS permits in Kathmandu or Pokhara from the respective offices. If you book the treks with us, we will acquire these permits for you as part of our service.

Are permits included in the trekking package?

Yes, permits are included in our trekking packages. We will handle all the necessary paperwork and ensure your permits are in order before you start the trek.

Can permits be obtained on the spot?

Yes, permits can be obtained on the spot either in Kathmandu or Pokhara. However, we can arrange them in advance to avoid delays or complications.

Is there a difference in permit costs for different nationalities?

Yes, there are different costs for permits depending on your nationality. Generally, permit fees for foreign nationals are higher than for Nepali citizens or SAARC nationals.

INSURANCE & VISA

Do I need travel insurance for the ABC Short Trek?

Yes, travel insurance is mandatory for the Annapurna Base Camp Short Trek. Trekking in the Himalayas involves inherent risks, such as altitude sickness, injuries, and unexpected weather changes. Comprehensive travel insurance must include emergency helicopter evacuation and treatment costs.

What should my travel insurance cover?

The policy should cover emergency medical expenses, and helicopter evacuation up to the highest trek altitude (4,130 m), Be sure to check with your provider that trekking and altitude are explicitly included along with helicopter evacuation, as not all standard travel insurance covers high-altitude helicopter evacuations.

Is a visa required for the trek?

Yes, all nationals, except Indians, require a visa to enter Nepal. Most nationalities can obtain a visa on arrival at Tribhuvan International Airport in Kathmandu or apply in advance at a Nepali consulate or embassy. You will need a passport, two passport-sized photos, and visa fees. Ensure your passport is valid for at least six months beyond your intended stay. The visa fees depend on your length of stay. Currently, the application fee is USD 50 for a 30-day stay.

How do I get a visa for Nepal?

You can obtain a visa upon arrival at Kathmandu International Airport. The process is straightforward, requiring you to fill out a visa form and pay the visa fee, which varies depending on the duration of your stay (15, 30, or 90 days). Alternatively, you can apply for a visa online before arriving in Nepal.

Are helicopter evacuations covered by insurance?

Yes, but only if your travel insurance policy explicitly covers emergency helicopter evacuations. Many insurance providers offer policies that include helicopter rescue, which is crucial in the event of a severe injury, illness, or altitude sickness. Call your insurer to verify that your insurance policy covers helicopter evacuation up to 4,130m.

GUIDES & PORTERS

Is a guide mandatory for the ABC Short Trek?

The Nepal Government has made it mandatory to have a guide for trekkers heading to Annapurna Base Camp as of 1 April 2023. A guide ensures that you stay on the correct route, helps with altitude issues, and enhances your overall experience by sharing local knowledge about the region's culture, flora, and fauna.

How experienced are the guides?

Our guides come from remote Himalayas and are experienced, licensed, and well-trained in high-altitude trekking. They are knowledgeable about the terrain, local culture, and safety protocols. Guides are also trained in handling altitude sickness and emergencies, ensuring your safety throughout the trek.

Will there be porters to carry luggage?

We assign one porter for every two trekkers and porters can carry up to 18 kg of luggage. Hence, your trek luggage limit is 9 kg. This allows you to trek more comfortably with just a daypack for your essentials like water, snacks, and a camera.

What language do the guides speak?

Our guides speak English fluently, and some may also know basic phrases in other languages like Spanish, or Japanese. In addition, they are fluent in Nepali and local dialects, which helps when interacting with villagers along the trail.

ACCOMMODATION

What type of accommodation is provided during the trek?

Accommodation during the trek is in teahouses or guesthouses, which offer basic, clean, and comfortable rooms. These usually consist of twin beds with mattresses, blankets, and pillows. Most teahouses are family-run, providing a warm atmosphere, although amenities are minimal.

Are there hot showers available?

Yes, hot showers are available in most teahouses along the trek, but they come at an extra cost, which increases as you ascend to higher altitudes

Is Wi-Fi available along the trek?

Wi-Fi is available in some teahouses, though the connection may be slow and unreliable, especially at higher altitudes. There is often a small fee for using Wi-Fi. It's advisable not to rely too heavily on internet access during the trek and to inform your family in advance about the limited connectivity.

How comfortable are the teahouses?

Teahouses are basic but comfortable, offering all the essentials you need for rest after a day of trekking. Rooms are simple, with twin beds, shared bathrooms, and limited heating. Some may offer common areas with wood stoves to keep warm in the evenings.

Do teahouses have charging facilities for electronics?

Yes, most teahouses offer charging facilities for electronics like phones and cameras, but they charge a small fee. Charging is usually done in common areas, and access to electricity may be limited, especially at higher altitudes, so it's advisable to bring extra batteries or a portable power bank.

FOOD & DRINKS

What kind of food is available during the trek?

The food along the Annapurna Base Camp trek is typically simple but nutritious. You can enjoy Nepali staples, like rice, lentils, and vegetable curries (dal bhat), along with Tibetan-style dishes such as momos (dumplings) and noodle soups. Western options like pasta, pancakes, and omelets are also available at most teahouses.

Are vegetarian and vegan options available?

Yes, vegetarian options are widely available, as many locals follow a vegetarian diet. We can also provide you with vegan options, but it’s good to clarify with the teahouse staff, as some dishes may include ghee (clarified butter) or other animal products.

Is safe drinking water provided?

Yes, safe drinking water is available during the trek. Though you can buy bottled water in the trek regions, for ecological reasons, we advise you to bring a water bottle and buy boiled/filtered water from the en-route teahouses. We also recommend you use water purification pills and avoid local water sources, such as taps, wells, and rivers.

Are snacks available along the route?

Yes, snacks like biscuits, chocolate bars, and energy drinks are available at teahouses and small shops along the trail. However, as you ascend to higher altitudes, the prices for these items increase significantly, so it's a good idea to bring your snacks if you have specific preferences.

Should I bring my own food supplies?

It’s not necessary to bring your food supplies, as meals are provided at the teahouses. However, you can bring some personal snacks such as energy bars, trail mix, or dried fruits as these can be helpful for quick energy boosts during the trek.

WEATHER

What is the best season for the ABC Short Trek?

The best seasons for the Annapurna Base Camp Short Trek are spring (March to May) and autumn (September to November). These months offer the most stable weather, with clear skies, moderate temperatures, and minimal rainfall, making for the best trekking conditions. The views of the surrounding mountains look stunning during these times.

How cold does it get at night?

At higher altitudes like Annapurna Base Camp, temperatures can drop significantly at night, especially during the winter months. Nighttime temperatures can fall below freezing, sometimes reaching as low as -10°C (14°F) or lower. Even in spring and autumn, it can get quite cold, so it’s essential to have warm layers for the evenings.

HEALTH & SAFETY

How do you handle altitude sickness?

Altitude sickness is a common concern when trekking to Annapurna Base Camp. If you experience symptoms, like headaches, nausea, or dizziness, you should immediately inform your guide, slow down, and rest. In more severe cases, our guide may decide whether to descend immediately or, if necessary, arrange for helicopter rescue (funded by insurance).

Are first aid kits provided by the guides?

Yes, our guides carry basic first aid kits, including bandages, antiseptic, and medicines for common issues like headaches or stomach problems. However, you should also bring personal medications and a first aid kit if possible.

What should I do in case of a medical emergency?

In a medical emergency, the guide will assess the situation and provide immediate first aid. If evacuation is necessary, the guide will coordinate a helicopter rescue, provided that your insurance covers it. Trekkers are advised to follow the guide's instructions and inform them of any health issues early on.

PACKING & GEAR

What should I pack for the ABC Short Trek?

You will need sturdy trekking boots, moisture-wicking clothing, warm layers for the cold, a down jacket, a good-quality sleeping bag, a headlamp, trekking poles, and personal items like sunscreen, sunglasses, a hat, and a water purification system. Don't forget a first-aid kit and any personal medications you may need. Please see our packing list for more information.

Can I rent trekking gear in Nepal?

You can find sleeping bags, down jackets, and trekking poles for rent or purchase at reasonable prices in Kathmandu and Pokhara. However, it's advisable to bring your boots and personal clothing for comfort and fit.

Do I need to carry my own backpack or will porters help?

Our package includes 9 kg of luggage per trekker, which is carried by our porters. You only need a daypack with essentials like water, snacks, and extra layers.

BOOKING & PAYMENTS

How can I book the ABC Short Trek?

You can book the Annapurna Base Camp Short Trek from this website (page). We recommend you book the trek early to ensure the availability of guides, porters, and accommodation in busy trek seasons.

What is included in the trekking package?

The trekking package includes accommodation, meals, permits, guide and porter services, transportation to and from the trailhead, and airport pick-up and drop-off. Please look at the what is included section for details.

What is the cancellation and refund policy?

We have a cancellation and refund policy, please read our terms and conditions policy.

TRANSPORTATION

How reliable is the transportation during the trek?

Transportation during the trek, such as the road journey from Pokhara to the trek regions, is generally reliable. However, weather conditions or roadblocks can sometimes cause delays, especially during the monsoon season. The local bus or jeep services are basic but functional, ensuring you reach your destination safely.

Is airport pickup and drop-off included in the package?

Yes, our trekking packages include free airport pick-up and drop-off services, ensuring that you are greeted upon arrival at Kathmandu Airport and safely transferred back to the airport at the end of your trek.

Discovery World Trekking

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