

Paul
Talk to an Expert

Discovery World Trekking
WhatsApp / Phone +977-9840055491
info@discoveryworldtrekking.com

Annapurna Base Camp Trek - 11 Days

11 days. Grade: Moderate.

5.0 2295+ reviews on TripAdvisor

US$ 720
per person, for 2 to 5 people

Made on 26 November 2026 https://dev.discoveryworldtrekking.com/trips/annapurna-base-camp-trek







The 11- day Annapurna Base Camp trek takes you deep into Nepal's Annapurna region to stand inside a glacial basin beneath Annapurna I (8,091m), surrounded by Machapuchare, Dhaulagiri, and Hiunchuli. From glacier valleys and terraced fields, you pass through stone-built villages rich in Gurung and Magar culture and hike to Poon Hill for sunrise over the Annapurna range. The trail then enters alpine terrain and ends at the hot springs of Jhinu Danda.

TRIP FACTS

Destination	Nepal
Grade	Moderate
Accomodation	Hotel in Pokhara and Hotel/Lodge/ Tea House during the trek
Best season	Feb, Mar, Apri, May, June, Sep, Oct, Nov & Dec.
Activity	Annapurna Treks
Max. altitude	4,130m at Annapurna Base Camp
Activity per day	Approx. 4-6 hrs walking

PRICE

US$ 720

per person, for 2 to 5 people

The full price is US$ 1150. You save US$ 430 per person.

Group-size discounts

People	Price per person
2 to 5	US$ 720
6 to 9	US$ 690
10 to 17	US$ 650
18 to 25	US$ 600

Meals included	Breakfast in a hotel in Pokhara and all meals (breakfast, lunch, dinner) during the trek
Start / end point	Kathmandu / Kathmandu

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

Annapurna Base Camp Trek Highlights

- Annapurna Base Camp (4,130m) – stunning natural amphitheatre surrounded by towering Himalayan peaks
- Poon Hill sunrise viewpoint – Witness golden sunrise over Dhaulagiri I (8,167m), Annapurna I (8,091m), and Nilgiri (7,061m)
- Machhapuchhare Base Camp (3,700m) – Close-up views of the sacred Fishtail Mountain and surrounding glaciers
- Himalayan panorama at ABC – 360° views of Annapurna South, Hiunchuli, Gangapurna, and Machhapuchhare
- Ghandruk village – Traditional Gurung settlement with rich culture and stone houses
- Chhomrong Village – Gateway to the Annapurna Sanctuary
- Jhinu Danda hot springs – Natural riverside hot springs ideal for relaxation after trekking
- Diverse landscapes – Trek through subtropical forests, terraced fields, and alpine glacier terrain
- Rhododendron forests – Colorful floral trails, especially vibrant during the spring season
- Pokhara – Scenic city, main trekking hub, and starting point of Annapurna region
- Cultural experience – Insights into Gurung and Magar mountain lifestyle and traditions

Annapurna Base Camp Trek Overview

The Annapurna Base Camp trek takes you from **low river valleys** to the **heart of the Annapurna region**, revealing ever-changing landscapes with every step. The route stretches through **Nepal's Gandaki Province** within the **Annapurna Conservation Area**, covering the **Kaski and Myagdi districts**.

Your ABC trek begins with a peaceful morning in **Pokhara (820 m / 2,690 ft.)**, enjoying **calm lakes** and **mountain views** (Annapurna, Dhaulagiri, and **Machhapuchhre**).

From Pokhara, the journey continues with a **bus ride** to **Nayapul** and **Birethanti**, followed by an **off-road drive** to **Tikhedhunga (1,570 m)**. Along the Bhurungdi Khola, riverside trails guide you forward as the path slowly rises through forested hills to **Ulleri (1,960 m / 6,430 ft.)**.

As you continue higher, you reach **Ghorepani (2,860 m / 9,385 ft.)**, walking through **dense rhododendron forests**. Here, you experience the **local Pun Magar culture** and warm hospitality, along with panoramic views of the surrounding peaks.

An early **morning hike to Poon Hill (3,210 m / 10,525 ft.)** offers one of the most memorable moments of the trek. You will be mesmerized by a **sunrise** that lights up the entire **Annapurna Range**.

The journey then shifts through forested ridgelines towards **Tadapani (2,630 m / 8,630 ft.)/Chuile (2,309 m / 7,575 ft.)**. You continue through **dense oak forests** into the traditional villages before reaching **Chhomrong (2,165 m / 7,103 ft.)**, a welcoming **Gurung village** and an important **gateway to the Annapurna Sanctuary**.

Beyond this village, the trail becomes more **remote**, **quieter**, and **more immersive** as you pass through villages such as **Sinuwa (2,340 m / 7,678 ft.)**, **Bamboo**, and **Khuldigar**. It winds through bamboo groves and thick rhododendron forests as you move deeper into the mountains.

The trek then continues upward to **Himalaya (2,890 m / 9,480 ft.)** and **Deurali (3,174 m / 10,413 ft.)**, where the environment begins to feel **more alpine and isolated**. It's a longer walking day; you enter the **Modi Khola valley**, passing through a narrow gorge and overhanging rock like **Hinku Cave**.

Trekking through the **Machhapuchhre Base Camp**, the final stretch leads you to the **Annapurna Base Camp (4,130 m/ 13,550 ft.)**. Here, you are surrounded by a **natural amphitheater of peaks**, including **Annapurna I** (the **world's 10th-highest peak**), **Gangapurna**, **Annapurna South**, and **Hiunchuli**.

The return trail follows the same valley downward in a smooth flow, passing Bamboo and **Jhinu Danda (1,780 m / 5,840 ft.)**. Natural **hot springs** here provide a relaxing pause before **heading back to Pokhara**.

The trek to Annapurna Base Camp is a **once-in-a-lifetime journey** that challenges your physical strength while immersing you in the natural beauty and cultural richness. It offers a true lifetime adventure, leaving you with lasting memories and meaningful experiences of the Himalayas.

Day-to-Day Short Itinerary

Day 1 Drive from Kathmandu to Pokhara (820 m /2,690 ft). Drive time: Approx. 7 hrs.

Day 2 Drive from Pokhara to Nayapul-Birethanti-Tikhedhunga (1,570 m / 11,296 ft). Drive time: Approx. 2 hrs. Trek to Ulleri (1,960 m /6,430 ft). Trek time: Approx. 4 hrs.

Day 3 Trek from Ulleri to Ghorepani (2,860 m /9,385 ft). Trek time: Approx. 4 hrs.

Day 4 Hike to Poon Hill (3,210 m /10,525 ft), then trek to Tadapani (2,630 m / 8,629 ft). Trek time: Approx. 4 hrs.

Day 5 Trek from Tadapani to Chomrong (2,165 m / 7,103 ft). Trek time: Approx. 5 hrs.

Day 6 Trek from Chomrong to Himalaya (2,890 m / 9,481 ft). Trek time: Approx. 7 hrs.

Day 7 Trek from Himalaya to ABC (4,130 m /13,549 ft) via Machhapuchhare Base Camp. Trek time: Approx. 5 hrs.

Day 8 Trek from ABC to Bamboo (2,350 m /13,550 ft). Trek time: Approx. 6 hrs.

Day 9 Trek from Bamboo to Jhinu Danda (1,780 m / 6,393 ft) and nearby natural hot springs. Trek time: Approx. 4 hrs.

Day 10 Drive from Jhinu Danda to Pokhara (820 m / 2,690 ft) Drive time: Approx. 3 hrs.

Day 11 Drive from Pokhara to Kathmandu (1,350 m / 4,450 ft). Drive time: Approx. 7 hrs.

Annapurna Base Camp Trek Itinerary

DAY 1

Drive from Kathmandu (1,350 m / 4,450 ft.) to Pokhara (820 m / 2,690 ft.)

Drive duration 6-7 hrs

Our journey to the Annapurna Base Camp starts with an **early morning (6–7 AM) drive** (6–7 hrs) on a tourist bus from Kathmandu to Pokhara.

Kathmandu → Pokhara

Leaving the busy capital behind, you head towards the peaceful and greener environment, following the **Prithvi Highway** alongside the Trishuli and Marsyangdi rivers. You pass through small roadside villages, rocky hills, and small cascading roadside springs.

After a warm breakfast at a roadside stop, the drive continues through river valleys nestled between big rocky mountain ridges. After a short drive, we stop for lunch near Malekhu before continuing westward, with the rural landscape and distant snow-capped peaks accompanying the journey.

You can also choose a flight option from Kathmandu to Pokhara at an additional cost.

By afternoon, you arrive in **Pokhara**, a scenic lakeside city with **eight lakes** (including the most famous, Phewa, Begnas, and Rupa). From here, you can enjoy the surrounding **mountain ranges** like Annapurna, Dhaulagiri, Manaslu, Lamjung Himal, and Machhapuchhre.

Once you are settled into your hotel, you can relax by Phewa Lake, watching paragliders soaring above the valley or enjoying the shadow of **Mt. Machhapuchhre (6,993 m / 22,943 ft.)** on the lake. You can also explore the Talbarahi temple, the International Mountain Museum, and the lakeside area for gear shopping.

We conduct a small evening briefing covering tomorrow's schedule and everything entailed in the trek. As it is a long journey ahead, you need to rest well to stay fresh and energized for tomorrow.

Overnight stay at Silver Oaks Inn (room with attached bathroom)
Included standard meal (Breakfast)

DAY 2

Drive from Pokhara (820 m / 2,690 ft.) to Tikhedhunga (1,570 m / 11,296 ft). Trek to Ulleri (1,960 m / 6,430 ft.)

Trek Distance 7km / 4.34miles Highest Altitude 1,540m / 5,050ft Trek Duration 2-4 hrs
Drive duration 2hrs

Our second day marks the actual start of the Annapurna Base Camp trek. After breakfast near **Phewa Lake** in Pokhara, we drive toward **Tikhedhunga** before beginning the first hiking section of the journey.

Pokhara → Nayapul → Birethanti → Tikhedhunga → Ulleri

The drive follows the **Baglung Highway** northwest of Pokhara, passing through **Nayapul** and **Birethanti**. Beyond Birethanti, the road becomes rougher as it follows the north bank of the **Bhurungdi Khola**, passing traditional Nepali villages and Hile.

After around two hours in a private vehicle, you reach **Tikhedhunga**, a village inhabited mainly by **Magar and Gurung communities**. Following lunch and a short rest, you begin trekking by crossing a suspension bridge over the Bhurungdi Khola.

From here, the trek continues with a steady uphill trail through forested sections and a series of slanted, stone staircases leading toward **Ulleri**. This ascent is your first trekking challenge on the Annapurna Base Camp route.

By late afternoon, you arrive at Ulleri, a traditional Magar village known for its stone houses, hillside setting, and warm local hospitality.

Overnight stay at Hotel Purnima (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 3

Trek from Ulleri (1,960 m / 6,430 ft.) to Ghorepani (2,860 m / 9,385 ft.)

Trek Distance 10km / 6.2miles Highest Altitude 2,860m / 9,385ft Trek Duration 3-4 hrs

We begin our day with a warm breakfast in Ulleri before leaving behind the sweeping views of Annapurna South (7,219 m / 23,685 ft.) and Hiunchuli (6,441 m / 21,132 ft.) and heading toward Ghorepani.

Ulleri → Banthanti → Nangethanti → Ghorepani

The initial section of the trek follows the hillside path above **Ulleri's steep stone staircase**. You can enjoy continuous mountain panoramas throughout the trail in clear weather. After about an hour, you reach **Banthanti**, a small forest rest house (Ban = Forest, and Thanti = Rest house).

From here, the trail transitions into a scenic, peaceful forest filled with blooming pink/red rhododendrons and pines. On clearer days, you may also catch a glimpse of **Machhapuchhre (Fishtail Peak)** rising between the hills.

The next stretch is a steady 2-hour ascent through bamboo and old-growth oak forest that leads to **Nangethanti (2,460 m / 8,071 ft.)**, a quiet, open rest point surrounded by nature.

After lunch and a short break in the middle of a quiet jungle, you continue upward through shaded mossy jungle trails. As the forest thins, you follow the well-defined stone paveways entering **Lower Ghorepani**, a small village with scattered lodges.

Following permit registration at the checkpoint, a short uphill hike leads to Ghorepani village, marked by blue-roofed houses and the “Welcome to Ghorepani Poon Hill” archway.

You can end the day enjoying panoramic views of the Annapurna and Dhaulagiri ranges, along with Dhampus, Tukuche, Barah Sikhar, and Nilgiri peaks.

Overnight stay at Hotel Snow Land (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 4

Early morning hike to Poon Hill viewpoint (3,210 m / 10,525 ft.). Trek to Tadapani (2,630 m / 8,629 ft.)

Trek Distance 11.50km / 7.1miles Highest Altitude 3,210m / 10,525ft Trek Duration 4-6 hrs

Today is the most memorable day of the Annapurna Base Camp trek if you love sunrise views. Our trek includes two portions: an early morning hike to Poon Hill and back, and a second section continuing towards Tadapani via Deurali and Banthanti.

Ghorepani → Poon Hill→ Ghorepani → Deurali → Banthanti→ Tadapani

We wake up around 4 am, wrapped in a down jacket, gloves, and hats, and hike in the dark with headlamps toward Poon Hill, named after the Pun (or Poon) community of the Magar tribe.

From here, you can see the dawn breaking at the Annapurna range, Dhaulagiri, Nilgiri, and Machhapuchhre. You can take pictures and watch the sunrise as it slowly turns these peaks golden.

After spending time at the viewpoint, you head back to **Ghorepani** for breakfast, pack your luggage, and continue toward **Deurali Pass**. The trail follows a ridgeline through blooming red rhododendron forests, with steady ups and downs across the hillside.

Beyond Deurali (2,990 m / 9,810 ft.), the route enters dense forest where you may spot birds like the black-faced laughing thrush and white-capped river birds, along with occasional grey langurs. Waterfalls, moss-covered cliffs, and hanging vegetation create a rich natural landscape.

Descending through slippery stone steps into a warmer, greener valley, you follow the river to **Banthanti** (3,180 m / 10,443 ft.), where you stop for a fulfilling lunch. With Dal Bhat power, you continue along an open valley route and cross the river.

Along the way, you pass through forests filled with chirping blue and orange songbirds. The trail crosses a small stream before a steady ascent toward **Tadapani** (2,630 m / 8,629 ft.). As you approach, the forest opens up to close-up views of Machhapuchhre (Fishtail) and Annapurna South.

Overnight stay at Hotel Grand View Lodge / Mountain Discovery Lodge
Included standard meals (Breakfast + Lunch + Dinner)

DAY 5

Trek from Tadapani (2,630 m / 8,629 ft.) to Chomrong (2,165 m / 7,103 ft.)

Trek Distance 10km / 6.2miles Highest Altitude 2,165m / 7,105ft) Trek Duration 5 hrs

We wake up to the sound of birds in their dawn chorus. You can do some yoga and stretching, then enjoy hot tea and breakfast before starting the trek toward Chuile and onward to Chomrong.

Tadapani → Chuile → Gurjung → Durbin Danda → Chomrong

The journey begins with a peaceful descent through forest trails along the Kimrong stream, leading to the small village of **Chuile** (2,309 m / 7,575 ft.). From here, you continue with a sharp drop for a couple of hours through dense mossy rhododendron and oak forests. You then cross the **Kimrong Khola River** via a suspension bridge.

You gradually ascend the slope trail toward **Gurjung village** (2,041 m / 6,696 ft.), a traditional Gurung village with stone-roofed houses and terraced fields framed by the Annapurna range. After a short rest and warm lunch, the route continues across a mix of easy flat sections and rolling hillside trails.

The path then winds smoothly along the hillside to reach **Durbin Danda** (1,580 m / 5,184 ft.). It offers a wide view of the deep valley gorge below and the village of Chomrong spread across the mountainside. You need to follow a long, steep route downward to the river valley and cross a suspension bridge over a local stream.

The final stretch is to walk on long stone stairs toward the village ridge, leading you to **Chomrong Village**. It is the gateway to the Annapurna Sanctuary, known for traditional Gurung houses built with local stone, slate roofs, and wood carvings.

Overnight stay at Panorama View Hotel (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 6

Trek from Chomrong (2,165 m/7103 ft) to Himalaya (2,890 m/9841 ft)

Trek Distance 12km / 7.4miles Highest Altitude 2,890m / 9,425ft Trek Duration 6/7 hrs

Today is a longer trek as you move deeper into the Annapurna Sanctuary valley.

Chomrong → Sinuwa → Khuldigar → Bamboo → Himalaya

The day starts from Chomrong with an incline stone staircase descent toward the **Chomrong Khola**, followed by a suspension bridge crossing. Along the way, you may get clear views of Annapurna South and Hiunchuli before the village disappears behind you.

From the river, you continue to rise through forest steps toward **Sinuwa** (2,360 m / 7,743 ft.), entering dense greenery with occasional openings toward deep valleys and layered hills.

Beyond Sinuwa, you follow a quiet ridge trail into **Khuldigar** (2,380 m / 7,808 ft.), where bamboo patches and thick forest dominate the landscape, and the temperature noticeably drops.

The trail then descends into a long bamboo corridor with moss-covered trees and a narrow river gorge. It then leads to the **Bamboo village** (2,350 m / 7,710 ft.), a common lunch stop beside the Modi Khola. You enjoy your food with views of dense vegetation and the sound of the water flowing in the background.

After lunch, you follow the river upstream into a narrower valley towards **Dovan**. The trail passes through waterfalls falling from inclined cliffs and rocky riverbanks. In the shaded forest sections, you may spot langur monkeys, Danphe, and occasionally black bears or giant flying squirrels.

As you move higher, the forest narrows into a cooler valley before reaching **Himalaya** (2,890 m / 9,481 ft.), a small village inside the gorge. The surroundings feel more remote, with towering cliffs and roaring rivers marking your entry into the upper sanctuary zone.

Overnight stay at Himalayan Guest House
Included standard meals (Breakfast + Lunch + Dinner)

DAY 7

Trek from Himalaya (2,890m / 9481 ft.) to ABC (4,130 m / 13,550 ft.) via Machhapuchhre Base Camp

Trek Distance 12.5km / 7.7miles Highest Altitude 4,130m / 13,550ft Trek Duration 5 hrs

Today is the main highlight of your trek as you finally reach Annapurna Base Camp (ABC), the destination of the journey.

Himalaya → Deurali → Machhapuchhre Base Camp → Annapurna Base Camp

You start with a warm breakfast at **Himalaya** and follow a route towards the narrow gorge along the Modi Khola glacier valley.

The trail leads you through a thick forest section toward **Hinku Cave**, a natural overhanging rock that was once used as a shelter by early expeditions and local shepherds.

From here, you continue along an avalanche-prone section, passing the famous Weeping Wall, where water constantly drips and cascades down the vertical rock faces (often frozen into ice walls in winter).

The path then descends briefly near the river before reaching **Deurali** (3,230m / 10,595 ft.), located at the base of Hiunchuli peak, where the forest begins to thin, and alpine terrain takes over.

Moving ahead, you continue on grassy slopes and stone steps towards **Machhapuchhre Base Camp** (3,700 m / 12,140 ft.), located beneath the north face of Machhapuchhre Himal. This is our lunch stop, where we can enjoy our meals with clear views of Annapurna South and Annapurna I (8,097 m / 26,566 ft.).

Continuing on your journey through open landscape marked by prayer flags and mani walls, you enter the upper Annapurna Sanctuary. Along the route, you may spot the colourful Danphe (Nepal's national bird) or Himalayan tahr (large mountain goats) on the cliffs.

The final uphill is a gentle but steady walk into a massive high-altitude amphitheater. As you reach the grassy plateau, the **Annapurna Base Camp** signboard comes into view.

At ABC, you are surrounded by a **360-degree mountain view** including Annapurna ranges, Hiunchuli, Gangapurna, Dhaulagiri, Khangsar Kang, Tilicho Peak, Pisang Peak, and Paunga Danda. You also see memorial Chortens dedicated to climbers, including Anatoli Boukreev and Korean expedition teams.

This may be a day you never forget, as you come close to many huge mountains, deep inside the heart of the Annapurna massif.

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

DAY 8

Trek from ABC (4,130 m / 13,550 ft.) to Bamboo (2,350 m / 7,700 ft.)

Trek Distance 14km / 8.6miles Highest Altitude 4,130m / 13,550ft Trek Duration 6 hrs

Today marks the beginning of your return journey as you bid farewell to Annapurna Base Camp.

ABC → Machhapuchhre Base Camp → Deurali → Himalaya → Dovan → Bamboo

You start the day by enjoying a final sunrise over the surrounding Himalayan peaks with a warm breakfast at ABC. After this, you retrace the same route you ascended earlier.

The trail passes back through **Machhapuchhre Base Camp** and **Deurali**, following familiar alpine terrain with wide mountain views on the descent.

You continue down toward Himalaya, where you stop for lunch and rest. The route then follows the Modi Khola valley deeper into forested sections, passing **Dovan** with its river and dense greenery.

By late afternoon, you reach Bamboo, surrounded by thick bamboo forest and riverside sounds. It is our destination for the day.

Overnight stay at Green View Lodge
Included standard meals (Breakfast + Lunch + Dinner)

DAY 9

Trek from Bamboo (2,350 m / 7,700 ft.) to Jhinu Danda (1,780 m / 6,393 ft.)

Trek Distance 8.5km / 5.2miles Highest Altitude 2,350m / 7,700ft Trek Duration 3-4hrs

Today is a shorter, final trekking day on foot, ending with a relaxing evening at the natural hot springs of Jhinu Danda.

Bamboo → Sinuwa → Chhomrong → Jhinu Danda

You leave Bamboo with a warm breakfast and enter a forest trail of bamboo and rhododendron. As you head toward Lower Sinuwa, you follow the short ups and downs along the hillside trail.

Following terraced fields and stone steps, and crossing a suspension bridge over Chhomrong Khola, you make your way to **Chhomrong Village**, with views of Annapurna South.

After a fulfilling lunch and a short break, you continue downhill through forested trails and cross the **Kimrong Khola**. By late afternoon, you reach **Jhinu Danda**, where you can relax in natural hot springs beside the river.

Surrounded by lush green hills and forested cliffs, it could be an ideal place to recover after days of trekking.

Overnight stay at Hotel Park Himalaya (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 10

Drive from Jhinu Danda (1,780 m / 6,393 ft.) to Pokhara (820 m / 2,690 ft.)

Drive duration 2-3 hrs

Today, we leave the trekking trails behind and drive back to Pokhara after a refreshing stay at Jhinu Danda.

Jhinu Danda → Nayapul → Pokhara

The journey starts with a drive (private vehicle) on a rough, bumpy, unpaved mountain road. Along the way, you pass terraced rice fields, traditional Gurung villages, and scenic river valleys.

As you descend from the mountains, you can enjoy the changing landscapes one last time before joining the main highway at **Nayapul**. About an hour later, you arrive in **Pokhara** and enjoy lunch.

The rest of the day is free to explore at your own pace. You can take a stroll along the lakeside, relax by **Phewa Lake**, explore the local cafés, or simply unwind after the trek.

Overnight stay at Silver Oaks Inn with an attached bathroom
Included standard meals (Breakfast + Lunch)

DAY 11

Drive from Pokhara (820 m / 2,690 ft.) to Kathmandu (1,350 m / 4,450 ft.)

Drive duration 6 - 7 hrs

Today is the final day of our ABC trekking journey as you travel back to Kathmandu.

Pokhara → Kathmandu

The drive follows curving mountain roads, with the landscape shifting from forested slopes to river valleys. Much of the route runs alongside the Trishuli River, passing scattered villages and terraced hillsides along the way.

You arrive in **Kathmandu** by afternoon, concluding your unforgettable journey through the Annapurna region.

Included standard meal (Breakfast)

What is included in this trek package?

Transportation

- Private pickup and drop-off between Tribhuvan International Airport and your hotel
- Kathmandu to Pokhara by tourist bus
- Pokhara to Tikhedhunga (trek starting point) private
- Private transport from Jhinu Danda (trek ending point) to Pokhara
- Pokhara to Kathmandu by tourist bus

Accommodations

- 2 nights accommodation with attached bathroom in Pokhara at Silver Oaks Inn Hotel (breakfast included)
- 4 nights teahouse accommodation with attached bathrooms in Ulleri, Ghorepani, Chhomrong, and Jhinu Danda
- 4 nights standard twin-sharing teahouse accommodation in Tadapani, Himalaya, Bamboo, and Annapurna Base Camp

Food

- Standard full-board meals (9 breakfasts, 9 lunches, and 8 dinners) during the trek, one main course per meal
- Seasonal fresh fruits every day
- Water purification tablets

Guide and Porter

- Government-licensed, experienced, English-speaking leader (trekking guide)
- 1 assistant guide for groups of 5 or more trekkers
- 1 porter for every 2 trekkers, carrying a duffel bag/rucksack or maximum weight 18 kg (9 kg per trekker)
- Coverage for guide and porter expenses including salary, insurance, accommodation, meals, trekking equipment, and transportation

Permits and Taxes

- Annapurna Conservation Area Permit (ACAP) fee
- All government/local taxes and other official expenses

Medical Assistance

- Arrangement of emergency rescue in case of complicated medical health conditions (covered by travel insurance)
- Providing medical kits for basic first aid support during the trek
- An oximeter to monitor blood oxygen saturation levels at high altitude

Souvenir

- Company souvenir (T-shirt and cap)
- A Discovery World Trekking digital certificate of appreciation on your WhatsApp or email after the successful trek

Farewell

- Farewell gathering at Pokhara

Benefits

- A used sleeping bag and a down jacket for each trekker (to be returned after the trek)
- One shared non-waterproof duffel bag for every two trekkers (if you don't have one)
- Complimentary pre-trek briefing.
- Private trekking with your own guide (no mixed groups)
- Free luggage storage at Discovery World Trekking Kathmandu office throughout the trek duration

What is excluded in this trek package?

International Flight

- International flight airfare

Accommodations

- Hotel stays in Kathmandu before and after the trek
- Extra nights in Kathmandu or Pokhara due to early arrival, late departure, or early return from the journey

Food

- Any meals in Kathmandu before and after the trek
- Any additional food items besides the main three daily meals
- Extra meals due to early return or arrival from the trek

Guide and Porter

- Tips for guide and porters

Visa

- Nepal entry visa fee paid on arrival at Tribhuvan International Airport - $50 USD for 30 days

Travel Insurance

- Personal travel insurance covering high-altitude emergency rescue, helicopter evacuation, and medical expenses

Personal Expenses

- Personal clothing and trekking gear
- Snacks, bottled/boiled water, tea, coffee, and cold drinks
- Hot showers, Wi-Fi, phone calls, battery charging
- Extra porter charges (if required)

Other Expenses

- Excess baggage charges (above 9 kg per person)
- Any additional costs due to unforeseen circumstances such as landslides, weather delays, strikes, illness, or itinerary changes for safety reasons
- Any expenses not mentioned in the included section

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 Trek Packing List

The route to Annapurna Base Camp takes you through changing elevations and weather conditions, from warm days to cold nights with possible snow near Machhapuchhre Base Camp and ABC.
At the same time, your luggage limit is 9 kg, so we advise you to pack light. We assign one porter for every two trekkers, who handles a shared duffel bag up to 18 kg in total. You can carry a backpack about 5kg, containing documents, water, and other personal items.
Below is a comprehensive packing list to help you prepare for your Annapurna Base Camp adventure.

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

Annapurna Base Camp Trek Map



Trip Notes

What Can You Expect Upon Arrival for ABC Trek?

Upon arrival at Tribhuvan International Airport, a **representative** from us (Discovery World Trekking) will greet you with a **Namaste**. You will easily recognize them as they will be holding a placard with your name.

As part of the welcome tradition, you may receive a **marigold garland** or a **Khada**, offering a warm introduction to Nepali hospitality.

Airport Pickup and Hotel Transfer

You will then be **transferred to your hotel** in Kathmandu via a **private vehicle**, ensuring you feel comfortable in a new country and environment.

What's included:

- Private airport pickup
- Assistance with hotel check-in
- Optional help with currency exchange or SIM card purchase

If needed, we can help you **choose a hotel** based on your **budget** and **preferences**. Most travellers stay in Thamel, Kathmandu's main tourist hub, with easy access to trekking shops, restaurants, and travel services.

Transportation to Pokhara From Kathmandu

Your trek to Annapurna Base Camp officially begins with a scenic journey from **Kathmandu to Pokhara**. Our package includes a tourist bus ride departing from **Sorakhutte around 7:00 AM**.

Following the Marsyangdi and Trishuli rivers, the drive takes approximately **6–7 hours**, offering beautiful views of rivers, hills, and villages along the Prithvi Highway.

Transport options:

- **Tourist Bus (Included)**
  - Comfortable seats
  - Budget-friendly
  - Scenic experience
- **Domestic Flight (Optional)**
  - **Duration:** ~25 minutes
  - **Cost:** additional
  - Best for saving time
- **Private Vehicle (Recommended)**
  - Flexible and comfortable
  - Ideal for families or groups
  - For a safe journey

While the bus journey is longer, it adds to the overall experience of travelling through Nepal.

However, many trekkers choose flights for convenience, especially during tight schedules.

When Should You Arrive in Kathmandu Before the Trek?

It is highly recommended to arrive in Kathmandu **at least one day** before your Annapurna Base Camp trek departure, ideally before **3 PM**.

This **buffer time is mandatory** as it:

- Allows time for rest after international travel
- Gives you time to exchange your currency to NPR
- Provides an opportunity for gear checks and shopping
- Ensures you can attend the trek briefing before starting the trek
- Helps manage any unexpected flight delays

Before your trek begins, we conduct a **short pre-briefing** at **our office**. In this session, our team lead, Paul, will:

- Explain the trekking route clearly
- Share key insights on acclimatisation
- Confirm your travel insurance documents
- Perform last-minute checks of your trekking gear
- Introduce you to your guide, porter, and the team
- Ensure you are fully prepared and confident for the trek ahead

Accommodation for Annapurna Base Camp Trek

Accommodation on the ABC Trek is primarily based on **traditional teahouse lodging**, supplemented by a **comfortable hotel stay in Pokhara**. The journey moves from developed villages at lower elevations to very basic mountain lodges near the base camp.

Stay at Different Lodges

On this trek, you will spend **eight nights in different lodges/teahouses** and **two nights in Pokhara**. We aim to organize a comfortable stay that aligns with the realities of high-altitude trekking availability.

You will stay at:

- **Ulleri, Ghorepani, Chomrong, Jhinu Danda**
  - Rooms with attached bathrooms (where available)
  - More comfortable compared to higher-altitude stops
  - Improved facilities due to relatively developed villages

- **Tadapani, Bamboo, Himalayan area, ABC (Annapurna Base Camp)**
  - Standard twin-sharing teahouse rooms
  - Basic bedding and simple furnishings
  - Shared bathroom facilities in most lodges
  - Facilities become more basic with increasing altitude

Note: *During peak trekking seasons, teahouses and lodges can become busy and crowded. Due to high demand and limited accommodation in a conservation area, you may be placed in shared dormitory-style rooms with 3–4 beds. However, you still have your private bed.*

Stay at Pokhara

You need to stay in Pokhara for two nights: **One night before your trek** starts and **one night after completing your trek**.

We manage your stay in the **Silver Oaks Inn**, a hotel with modern facilities such as:

- Attached bathroom
- 24-hour hot water
- Television
- Laundry service
- Comfortable bedding and a relaxed environment for recovery

Kathmandu Stay

Additionally, most trekkers choose to include **two extra nights in Kathmandu**. **One before heading to Pokhara**, to recover from the exhaustion due to long hours of flight and preparation. **One after the trek to rest** and readjust your body after this physically demanding trek.

Please note that your **stay in Kathmandu is not included in the package**. However, we can assist you in selecting a hotel based on your budget and preferences.

Typical Teahouses on ABC Trek

Teahouses are **small, family-run mountain lodges** found along the entire ABC trail. They are the main **resting spots** in the Himalayas, which provide basic lodging and meals for trekkers.

Key Features of Teahouses:

- Twin-sharing rooms are the most common setup
- Basic bedding (mattress, pillow, blanket)
- Communal dining hall (social hub of the lodge)
- Shared or attached bathrooms, depending on altitude
- Simple but warm hospitality from local families
- Cozy and evening gatherings with locals and fellow trekkers
- The dining room is the only heated space

- Charging points are usually available in common areas
- No luxury, but comfortable enough for trekking needs

Note: *Comfort decreases with altitude, but hospitality remains consistent throughout the route.*

What Facilities Are Available in the Rooms?

Room facilities during the Annapurna Base Camp trek vary depending on altitude and location. While the lower regions offer comfort, higher-altitude lodges provide essential services considering the trekking conditions.

Bed

Along the teahouses in the trail, you can find **twin beds with basic bedding**. Each bed is equipped with a **wooden bed frame**, a **foam mattress**, a **basic pillow**, and a **blanket**.

Temperatures at higher altitudes, like Deurali and base camp, can drop significantly at night. So, you need to **carry proper sleeping gear** for comfort. In your request, we can provide you with a sleeping bag.

Important tips:

- Bring a sleeping bag (recommended) for extra warmth
- Extra blankets may be available upon request
- Rooms are not heated, but dining areas are

Attached/toilet bathroom

Bathroom facilities during the ABC trek vary significantly based on altitude. In lower areas **(Ulleri, Ghorepani, Chhomrong)**, many teahouses offer **attached bathrooms** with **Western-style toilets**.

As you ascend to higher places (Bamboo, Deurali, ABC), **shared bathrooms** and **squat-style toilets** become more common.

Some bathroom amenities may not be available in lodges. So you can bring:

- Personal toilet paper
- Hand sanitizer
- Small easy-dry towel

Note: *Although basic, the bathrooms and toilets are generally clean and well-maintained.*

Hot Showers

Hot showers are **available** at most stops along the trail, but they are **not always included in the package** and usually come at an additional cost.

Shower details:

- **Cost: $2 – $4 USD** per shower (approx.)
- **Type:** Gas-heated or solar-heated

- **Availability:** More reliable at lower elevations

At higher altitudes, hot showers **may be limited** due to weather conditions and resource availability.

When available, **bucket showers** are more common, and you will be **charged an extra fee**.

Important Tips:

- Carry wet wipes for backup hygiene
- Take a shower earlier in the trek (better facilities)
- Avoid frequent showers at higher altitudes

Electricity & Battery Recharge

Electricity is common throughout most of the ABC trekking route, but access becomes more **limited** and costly **at higher elevations**.

Charging is typically **available in the dining area** of teahouses. In lower regions, electricity is usually powered by hydropower and is more accessible. In higher regions, teahouses mainly rely on solar energy, limiting the charging time.

Important Tips:

- Carry a power bank
- Bring universal adapters for a **2-pin charging point**, which is widely used in Nepal.
- Charge devices whenever possible in the lower villages

Room Space and Insulation

Rooms in teahouses along the route are minimalistic and designed completely for sleeping and resting. Comfort is basic, and space is limited, especially as you ascend to higher altitudes.

In these rooms, you can have:

- Small shelf or corner space for essentials
- Hooks for hanging jackets, backpacks, and gear
- Limited floor space shared between two trekkers (can be 4 in peak seasons)
- Minimal insulation against cold
- Wooden or plywood walls and single-layer windows

You need to consider that:

- No lockers or secure storage facilities are available in the room
- You should always keep your valuables in your daypack
- Rooms are shared, so we recommend packing light
- Bring warm layers and sleeping clothes for comfort

Room Heating Situation

Room heating or **heaters** are **not available** in the teahouse sleeping rooms along the ABC trail. Warmth usually depends on proper clothing, bedding, and food intake.

What to expect:

- No heating is provided in sleeping rooms
- Only dining halls have heating (usually from a central stove)
- Lodges in higher villages can become extremely cold at night

Lightings in Rooms

You can expect **basic lighting** in your room, usually with a single bulb, which is enough for general use. Whereas, the availability may vary by location and time of day, depending on the power source.

What to expect:

- Simple bulb lighting (electric or solar-powered)
- Dim lighting in higher villages
- Occasional power cuts or limited evening supply

Tip: *Carrying a headlamp is helpful, especially when lighting is limited in the evenings.*

Meals during the Annapurna Base Camp Trek

Meals during your trek are not just for basic nutrition but also for sustained energy, acclimatisation, and maintaining pace. During your 11-day journey to Annapurna Base Camp, we typically provide:

- **9 breakfasts**
- **9 lunches**
- **8 dinners**

You can find the menu mixed with **Nepali**, **Asian**, and **simple Western dishes**. However, as you gain altitude, the menu becomes shorter. The focus shifts from variety to energy-rich, warm, and easy-to-digest meals, which are crucial for maintaining stamina and handling the trek's difficulty.

Note: *We follow a full board meal plan, so your package includes* ***one dish per meal****. If you wish to* ***order extra dishes****, you will be* ***charged separately****.*

Breakfast Options

Breakfast is served early and focuses on **warm**, **energy-rich foods** to prepare you for several hours of trekking. You can find simpler options as you move higher, but they are enough to meet your daily energy needs.

Food Item	What you will get	Benefit
Porridge / Oatmeal	Carbohydrate	Sustained Energy
Eggs (boiled/scrambled/omelette)	Protein	Muscle recovery
Tibetan bread/toast	Carbohydrate	Quick energy
Pancakes	Light Carbs	Easy to digest
Muesli	Mixed nutrients	Light meal

You can pair these foods with hot drinks, such as **black tea for warmth** and **ginger tea for digestion.**

Lunch and Dinner Options

Lunch and dinner are filling meals designed to **restore your energy** after long hours of trekking and support your recovery. You will have lunch along the trail, while dinner is **served at your overnight stop**.

During the trek, you will find that the staple dish is **Dal Bhat**, a traditional Nepali balanced meal that includes **rice**, **lentil soup**, **vegetables**, and **pickles**. It provides a nutritious mix of carbohydrates, protein, and micronutrients that usually comes with free refills.

You can find other options too:

Dish	Ingredients	Type	Why It's Recommended?
Dal Bhat	Rice, Lentil, Potato fry, Vegetable curry, Achar/pickle	Balanced meal	High energy + refill, Available at all altitudes
Fried Rice	Rice and vegetables/egg	Carbs + light protein	Easy digestion, and common in every teahouse
Chowmein	Noodles and Vegetables/egg	Carbohydrate + light protein	Quick energy and easily available in all lodges
Soups	Vegetable, garlic, mushroom	Light + hydrating	Good for hydration at higher elevations
Potatoes	Boiled or fried	Carbohydrate	Filling, simple, and widely available

Note: *You should avoid heavy, oily, and overly rich foods.*

Drinks Options

Throughout the ABC trek, drinks play an important role in keeping you **hydrated**, providing **warmth**, and supporting adaptation as you ascend.

As temperatures drop and physical exertion increases, we recommend consuming **warm liquids** for both comfort and health.

At a higher altitude, you can go for:

- **Ginger Tea** – Highly recommended as it aids in digestion and provides warmth to your body.

- **Garlic Soup** – A traditional Himalayan remedy believed to support acclimatisation.
- **Lemon Tea/Hot lemon** – Excellent choice for hydration and a boost of vitamin C.
- **Green Tea** – Good alternative for light hydration.

Do not consume:

- Alcoholic beverages, as they increase dehydration and altitude-related risks
- Caffeinated drinks, as they can disrupt sleep and dehydrate you
- Cold beverages, as the weather is already cold, and your body needs warmth for recovery.

Note: *Drinks and beverages are not included in our package, so you should set aside a separate budget for them.*

Drinking Water

Due to increased physical activity and exposure to altitudes, we advise all trekkers to **stay well hydrated**. You should aim to drink at least **3 – 4 litres of water daily**.

Water is available throughout the trail, but not all sources are safe without treatment. You should **avoid drinking directly from rivers, glaciers, springs, taps, or other sources**.

Teahouses provide **boiled water at an extra cost**, which is the safest and most commonly used option. You can also opt for bottled water at lower elevations. However, the sale of bottled water is prohibited in the Annapurna Region, beyond Ghorepani.

Note:

- Carry reusable bottles or a hydration pack and refill them at teahouses
- Use purification tablets even for boiled water
- Sip water frequently, even if you don't feel thirsty, at higher altitudes
- Add hydration salts (ORS/electrolytes) if you feel tired or dehydrated

Dietary Restrictions and Allergies

During the Annapurna Base Camp trek, teahouses can manage most **dietary needs with prior notice**. But due to the remote nature, the options become limited at higher altitudes.

You can opt for simpler meals that are easier to digest.

Note: *Meals are prepared in small kitchens with limited ingredients, so highly customized diets may not always be possible. There is also a possibility of cross-contamination in some cases.*

Do you prefer any specific diet?

You don't need to worry. **Vegetarian meals are widely available** in every teahouse and are often the safest option because of fresh vegetables. Lodges can also accommodate Vegan and Gluten-free diets on request.

Vegetarian

- Most recommended as the safest and most reliable meal option

- Includes Dal Bhat, vegetable noodles, fried rice, potato dishes, and a variety of soups
- Has the lowest risk of contamination
- Prepared using locally available vegetables and ingredients
- Some dishes may include butter or ghee; you can inform your guide in advance if you prefer to avoid them

Vegan

- The availability is moderate but manageable with clear communication
- Includes plain rice, lentils, vegetable curry, boiled potatoes, and vegetable soups
- Main concern is hidden dairy, such as ghee, butter, or milk, may be used in cooking and tea preparation
- You can request “no dairy” when ordering your meals or tea

Gluten-free

- Can be limited, as the main meals are carbohydrate-based and may contain gluten.
- Safe options can be rice, daal, eggs, and some soups
- Avoid noodles, bread, pasta, and pancakes
- Carry some snacks from Kathmandu
- Double-check your ingredients

Are you worried about your allergies?

It can be managed if you **inform us** and **your guide before the trek starts**. The main thing you need to consider, especially if you have any allergies, is to go for freshly cooked meals and avoid complex or mixed dishes.

- **Lactose intolerance:** Ask to exclude dairy products, avoid milk tea, cheese dishes, and butter-based foods.
- **Nuts Allergy:** Nuts are rare in Nepali meals, but they may appear in snacks or desserts. Be cautious while having desserts or pies.
- **Egg Allergy:** Eggs are a common breakfast food, so inform your guide clearly to exclude them.

Food Safety Tips

Safety is the main concern while you are in mountain regions. Even minor stomach issues can affect your performance and enjoyment. So, always **prioritize freshly prepared meals** and **safe water**.

Teahouses along the route generally follow **basic hygiene practices**, but you should take personal precautions to minimize risks.

Those precautions are:

- Always choose hot, freshly cooked food
- Wash your hands before eating, or use sanitizer
- Carry basic medication for stomach issues, including oral rehydration salts

- Avoid raw salads, uncooked dishes, and food that has been left uncovered
- Eat slowly and avoid overeating to support digestion at higher elevations
- Stick to a consistent eating routine to help your body adjust
- Avoid alcohol and limit caffeine intake during the trek
- Ensure safe drinking water by choosing boiled, treated, or bottled options
- Inform your guide immediately if you experience any acclimatization symptoms
- Include any prescriptions and essential medicines in an easily accessible pocket
- Check basic hygiene before eating in teahouses (clean utensils and covered food)

What Foods Should You Avoid During the Trek?

As you ascend during the ABC trek, food storage becomes more limited, and your body's ability to digest heavy meals gradually decreases. So some foods are best avoided to reduce health risks.

Non-vegetarian food is commonly **discouraged** at higher altitudes because meat is transported over long distances without reliable refrigeration.

Other foods to avoid are:

Food Type	Reason to Avoid
Meat dishes	Hygiene concerns, it may not be fresh, higher risk of food poisoning or stomach infections
Dairy-heavy items	Difficult to digest in high altitudes, can cause bloating, nausea, or stomach discomfort
Fried/Oily food	High in fat and takes longer to digest, leading to sluggishness and reduced energy efficiency
Alcohol	Causes dehydration and affects oxygen absorption, increases the risk of altitude sickness, and slows acclimatisation
Carbonated Drinks	Can cause gas buildup and stomach-related issues: bloating, discomfort, and reduced appetite

Annapurna Base Camp trek Permits

To complete the ABC trek, an **ACAP permit** is required. It is not just for formality but is actively checked at multiple points, such as Birethanti and Chhomrong.

Annapurna Conservation Area Permit (ACAP)

This permit grants **access** to the **Annapurna Conservation Area**, Nepal's largest protected region. It is a mandatory access that costs around **NPR 3,000 (~$25 USD)**.

The fee directly contributes to trail maintenance, wildlife protection, and local community development.

Trekkers' Information Management System (TIMS) Card

This system helps authorities **track trekkers for safety purposes**. In case of emergencies, your location and route can be identified quickly.

As of 2026, it is not necessary to have a TIMS card if you are travelling with a licensed guide or a registered trekking company. It costs around **NPR 2,000**.

Important thing you need to consider:

- You must **carry physical copies** during the trek
- Permits are non-transferable and non-refundable
- Is a one-time entry, valid for your whole trekking journey
- Are checked while entering and exiting the conservation area
- Missing permits can stop your trek mid-route, or you could be asked to return
- We handle all paperwork (forms, payments, stamps) before the trek starts
- You only need to provide your
  - Passport copy
  - Passport-sized photos
- If you want to get it yourself, you can get the permit at the Nepal Tourism Board Office in Kathmandu or Pokhara.

Travel Documents for Annapurna Base Camp Trek

For your stay in Nepal and trekking within Annapurna Sanctuary, you are required to carry:

- a valid passport
- a tourist visa for entry into Nepal
- a travel insurance that covers emergency medical and evacuation expenses

Visa Information

While entering Nepal, most international travellers need a tourist visa, except Indian nationals. You can easily get **a visa upon arrival** at Tribhuvan International Airport in Kathmandu, although queues can be longer during peak trekking seasons.

For the ABC trek, we recommend a **30-day visa**, as it provides flexibility in case of itinerary changes, delays, or trip extensions.

Visa on Arrival Process

- Fill out the online visa application form in advance (recommended) or complete it at airport kiosks.
- Submit your passport (**valid for at least 6 months**)
- Provide one passport-size photo (carry extras as backup)
- Pay the visa fee (**$50 USD for 30 days**)
- Carry cash for the payment (USD preferred)

Note: *Some nationalities are not eligible for a visa on arrival. In such cases, you must obtain a visa in advance through a Nepalese embassy in your home country. We recommend checking the Nepal Immigration website for the latest eligibility updates before travelling.*

Travel Insurance for Annapurna Base Camp Trek

Travel Insurance is not just a requirement for trekking at high altitudes and remote terrain. It is a critical safety net, as **evacuation is only possible by air**.

Helicopter evacuation from areas such as MBC, Deurali, or ABC can cost around $3,000 to $5,000 USD. Without insurance, this cost must be paid up front and can be financially overwhelming.

Your policy must include:

- Helicopter Evacuation up to 4,000 meters
- High-altitude trekking (covering at least 4,130 m)
- Emergency evacuation without up-front payment
- Emergency medical treatment expenses in Kathmandu
- Trip delays and cancellations due to weather

Note: *Not all insurance policies cover trekking above 4,000m; this is a common reason for rejection. Before purchasing the policy, contact your insurance provider directly and confirm the coverage.*

How Much Money Should You Carry for Personal Expenses?

When booking an Annapurna Base Camp trek, your package already covers essentials such as accommodation, meals, guide/porter services, and basic trekking support. However, you should still budget for additional personal expenses during the journey.

Daily Budget

Your daily budget depends on your **personal spending habits** and **preferences**.

We recommend allocating around **$15-$20 USD (in NPR)** per day to cover extra costs such as **snacks**, **beverages**, **souvenirs**, **Wi-Fi access**, and **device charging**.

Tip: Don't forget to allocate extra funds for tipping your guide and porter at the end of the trek.

Currency Exchange

All trekking expenses along the route must be **paid in Nepali Rupees (NPR)**, so carrying enough cash from cities is essential. You can exchange your currency to NPR from money exchangers or ATMs.

Best places to exchange money are:

- **Kathmandu (Thamel)** – best rates and plenty of money exchangers
- **Pokhara (Lakeside)** – convenient if you are heading directly to the trek

Key to consider:

- ATM are available and reliable in Kathmandu and Pokhara only
- Exchange money before starting the trek
- Teahouses operate on a 100% cash-only system
- Carry a mix of small changes (NPR 100 and 500) for easier payments
- Foreign currency is useful only for exchange or tipping, not for direct payments
- Avoid relying on cards; they are not accepted on the trail
- ATM withdrawal limit is ~ NPR 10,000 to 30,000 per transaction and up to NPR 50,000 per day
- NPR 500 will be charged for each withdrawal

Note: *Please inform your home bank about the trip to avoid card blocks.*

Pre-Trek Expenses

The trek does not require any specific training, but you can prepare with basic fitness such as gym workouts, swimming, or short hikes.

Before starting the trek, you may spend on:

- Fitness preparation to build strength and endurance
- Collecting/buying essential personal gear
- Travel insurance, including a helicopter evacuation
- Nepal Visa fee and international flight costs
- A SIM card with data in Nepal
- Energy snacks (protein bars, dry fruits)
- Renting other trekking gear, such as backpacks, down jackets, boots, and thermals

Note: *With good advance planning, you can easily control overspending in tourist areas. Our guide will advise you on managing additional costs.*

Annapurna Base Camp Weather

The weather in the Annapurna Sanctuary behaves differently due to its **bowl-shaped geography**, which traps clouds and moisture.

You will experience mild, **comfortable weather** in the **lower areas**, but it becomes **colder and more unpredictable** as you ascend to **higher elevations (ABC - 4,130 m)**.

How does the weather behave across different altitudes on the Annapurna Base Camp route? It’s something many trekkers don’t think about until they experience it firsthand.

The table below gives an **overall overview of the weather by location**:

Location with Altitude	Day Temperature	Night Temperature	Weather Conditions
Pokhara (820 m / 2,690 ft)	20 – 30°C	10 – 15°C	Warm, humid, and stable weather. Comfortable with light clothing.
Ulleri (1,960 m / 6,430 ft)	15 – 20°C	05 – 10°C	Mild weather with occasional clouds. Cooler evenings and light layers are needed.
Ghorepani (2,860 m / 9,385 ft)	10 – 15°C	0 – 05°C	Cool temperatures with foggy mornings, chilly evenings/nights.
Deurali (3,174 m / 10,413 ft)	05 – 10°C	-02 – 02°C	Colder, cloud-prone weather with the possibility of snowfall.
Annapurna Base Camp (4,130 m / 13,550 ft)	0 – 10°C	-05 – 10°C	Very cold, windy, and freezing nights. Strong sun during the day, high UV exposure and thin air.

Tip: *For accurate and up-to-date weather conditions, please refer to the official Weather Forecast.*

While on the ABC route, you need to consider:

- Layering to adapt to temperature changes
- Mornings are the best for the clearest mountain views
- Expect cloud buildup and reduced visibility after midday
- UV exposure is strong, so use sunscreen and sunglasses
- Nights are cold even in peak trekking seasons
- Occasional snowfall above Deurali
- Keep buffer days for potential weather delays

Best Time to Trek Annapurna Base Camp

The best time to trek to Annapurna Base Camp depends on what kind of experience you're looking for. **Weather**, **visibility**, **temperature**, and **trail conditions** change a lot across seasons, directly affecting your trekking experience.

Overall, **spring and autumn are considered the most favourable**, while monsoon and winter offer more challenging but quieter experiences.

Spring Season (March - May)

Spring is one of the most popular and enjoyable times to trek to ABC, offering a perfect mix of good weather and natural beauty. As you walk through the lower valleys and climb higher, the landscape becomes increasingly colorful and alive.

- **Temperature:** About 10°C to 20°C at higher altitudes, moderate below
- **Weather feel:** Mostly clear skies with occasional light afternoon rain
- **What you see:** Forests full of blooming rhododendrons, green hills, and open mountain views

- **Trail experience:** Dry and well-marked paths, comfortable for long trekking days
- **Best part:** You experience a colorful landscape with strong visibility

Autumn Season (September - November)

Autumn is considered the best overall season because everything feels balanced: stable weather and excellent visibility, and better trail conditions. After the monsoon, autumn brings you with the clear skies, providing crisp, uninterrupted views of the mountains.

- **Temperature:** About 8°C to 18°C at higher altitudes
- **Weather feel:** Clear, dry, stable, and consistently clear skies
- **What you see:** Crystal-clear Himalayan peaks, golden fields, and sharp landscapes
- **Trail experience:** Excellent walking conditions with very little disruption
- **Best part:** You get the clearest and most photogenic mountain views of the year

Summer/Monsoon (June - August)

The monsoon brings a completely different atmosphere to the trek: heavy rainfall that makes trails wet and slippery. However, you will experience the Himalayas in their most lush and raw form, offering a different kind of beauty for those who don't mind the rain.

- **Temperature:** About 12°C to 22°C, warm and humid in lower regions
- **Weather feel:** Frequent rainfall, cloudy skies, and unpredictable conditions
- **What you see:** Deep green forests, flowing waterfalls, but often hidden mountains
- **Trail experience:** Wet and slippery paths with possible delays or detours
- **Best part:** Very quiet trails but incredibly rich greenery

Winter (December - February)

Winter shows you a calm and snow-covered side of the Annapurna region. It is peaceful, but also more physically demanding due to the cold and snow at higher elevations.

- **Temperature:** Can drop to -10°C at higher camps, 0°C to 10°C lower down
- **Weather feel:** Cold but mostly clear skies with crisp visibility
- **What you see:** Snow-covered peaks, frozen waterfalls, and silent valleys
- **Trail experience:** Fewer trekkers, but snow may slow down your movement
- **Best part:** Extremely peaceful surroundings with clear mountain views

Comparison Table

Season	Temperature	Crowd	What to Expect?
Spring (Mar–May)	10°C to 20°C (lower altitudes), colder (10°C to 0°C) at base camp	Moderate to high, Busy but enjoyable	The trail feels alive with blooming rhododendrons and clear mornings. Expect good weather overall, but afternoons can get a bit hazy. Lodges may be slightly busy.
Autumn (Sep–Nov)	Day: up to 20°C Night: around 5°C (warmer in lower regions, colder at higher regions)	High, Peak season and very busy	The most reliable time to trek. Skies are usually crystal clear, and mountain views are at their best. It's the busiest time, so trails and teahouses can feel crowded.
Monsoon (Jun–Aug)	Day: 10°C to 23°C Night: 5°C to 10°C 15°C to 25°C in lower regions, cooler higher up	Very low and quiet	Everything turns green and fresh, and trails are peaceful. But rain is frequent, paths get slippery, and mountain views are often blocked by clouds.
Winter (Dec–Feb)	-5 °C to -10°C (can drop lower at night)	Very low and quiet	You get stunning, clear views and peaceful trails. But it can get very cold, and snow at higher sections may make it tougher to trek.

If you want to explore more, go through the Annapurna Travel Guide.

Typical Day on the Annapurna Base Camp Trek

Each day on the ABC trekking is structured to **balance physical effort**, **rest**, **acclimatization**, and **recovery**. We follow a well-balanced routine that helps you maintain steady energy levels while adjusting comfortably to changing altitude and terrain.

The usual routine is:

Breakfast (7–8 AM): The day begins with a **warm breakfast** in the teahouse, followed by packing your duffel bag and handing it to your porter. You begin trekking soon after, when the weather is clear, and your energy levels are high.

Morning Trek: The first stretch of the trek is often the most energetic, with **(3 – 4 hours)** of trekking through forests, villages, and suspension bridges. Short breaks along the way help you to rest, hydrate, and enjoy the scenery.

Lunch (12–1 PM): A **mid-day stop** at a lodge to refuel your body with a freshly cooked, fulfilling meal and take a longer rest period. This break is important for restoring energy and preventing fatigue in the second half of the day.

Afternoon Trek: After lunch, you continue trekking for **2–3 hours** at a slower, steady pace toward the day's destination. The trail may include gradual climbs or stone steps, with short breaks along the way.

Evening (4–5 PM): You usually reach the overnight teahouse by late afternoon. After check-in, you can rest, take a short walk, or relax and socialize with villagers/locals. You can also explore the local culture and habitat.

Dinner (6–7 PM): Dinner is served in a **warm communal dining hall**, followed by a short briefing from your guide about the next day's route and conditions. This is also a social time where trekkers share experiences and connect.

Note: *Due to early starts and cooler temperatures, most trekkers go to bed early. A proper rest is essential for recovery and maintaining energy for the next day's trek.*

What Should You Expect After Completing the Trek?

After completing your ABC trekking journey, the experience doesn't end in the mountains. Instead, it continues as you return, reflect, and celebrate your achievement.

The final part of your journey is about transitioning from the mountains back to the city, marking the completion of your adventure.

- **Return Journey:** The trip concludes with a **tourist bus ride from Pokhara to Kathmandu**. If you prefer more comfort, safety and a time-saving way, you can choose a **25-minute flight** or a **private bus**.
- **Farewell:** A farewell gathering lets you reflect on the journey and celebrate your experience with the team.
- **Souvenir gift:** You will receive a **company T-shirt** and **cap** at the farewell as a keepsake to remember your trek.
- **Certificate of achievement:** We provide you with a **digital certificate** (Annapurna Base Camp completion certificate) at our final meeting, recognizing your successful completion of the trek.
- **Lasting Memories:** You'll share photos, experiences, and stories with your team, moments that stay with you long after the trek ends.

Annapurna Base Camp Trek Difficulty

The Annapurna Base Camp Trek difficulty is generally considered **moderate**, but it should not be mistaken for an easy trek.

The challenge mainly comes from long daily walking hours, continuous uphill elevation, and changing contour.

- Walking distance around 3–7 hours per day on average
- The trail includes stone steps, forest paths, and steep uphill/downhill
- **Daily altitude gain** makes the journey more demanding than the distance
- Changing weather and path conditions on the same day may increase the difficulty
- Steady pacing and mental endurance matter more than speed to avoid fatigue
- Suitable for **beginners with good basic fitness**

Note: *The trek is achievable for beginners who are used to regular walking or hiking.*

Annapurna Base Camp Trek Altitude

Altitude of ABC Trek affects the trekking mainly through how the route is structured; not just how high you go, but how elevation is gained and where it impacts your body the most.

After Chomrong, the trail involves repeated descents and ascents until you reach the Bamboo–Deurali corridor. From there, you begin gaining altitude without a significant drop/downhill walk.

The path then ascends to MBC and ABC, where most trekkers begin to feel the effects of continuous altitude gain.

- Altitude gain is **continuous across multiple days**, leaving limited recovery time
- Real altitude pressure begins after **Bamboo** → **Himalaya** → **Deurali**, where elevation becomes more direct
- The body **accumulates fatigue** as **altitude increases**, even without extreme ascents
- Limited descent after Deurali means your body doesn't get a full recovery before higher camps
- Upper sections, such as **MBC to ABC** stretch is more demanding due to elevation exposure
- Appetite, sleep, and energy levels may gradually decline with elevation
- Small altitude gains each day still combine into a noticeable **physical load**
- Managing energy becomes more important than covering distance in higher sections

Altitude Overview:

Location	Elevation (meters)	Notes
Lower trailheads (Nayapul, Birethanti, Tikhedhunga)	820 – 1,570	Starting region
Ulleri	1,960	Steep stone staircase village
Ghorepani	2,860	Major village stop
Poon Hill	3,210	Sunrise viewpoint
Chuile / Tadapani	2,309 / 2,630	Forested ridge section
Chhomrong	2,165	Gateway to the sanctuary region
Sinuwa	2,340	Forested ridge section
Bamboo	2,350	River Valley Trail section
Himalaya	2,890	Steeper alpine ascent begins
Deurali	3,174	High-altitude transition zone
Machapuchare Base Camp (MBC)	3,700	Close-up mountain views
Annapurna Base Camp (ABC)	4,130	Maximum altitude of the trek

Altitude Sickness during the ABC Trekking

As you ascend higher to the Annapurna Base Camp, you may feel the effects of lower oxygen levels, especially **above 2,500 meters**.

Altitude sickness (AMS) can occur during the **Machhapuchhre Base Camp (3,700 m) to the ABC section**, where the ascent feels more direct and exposure increases. It is usually mild but must be recognized and responded early.

- Early signs often start with loss of appetite and disturbed sleep
- Common symptoms: headache, dizziness, nausea, and fatigue
- It usually appears when you ascend too quickly without enough rest
- Dehydration and overexertion are the biggest triggers on this route
- Weather shifts (cold and dry winds at higher camps) can worsen fatigue

As a solution, we:

- Encourage the "**go slowly to go far**" approach to help the body adjust to altitude
- Strictly follow the guide's instructions throughout the trek
- Do not ignore symptoms; stopping and descending is the safest response
- Maintain proper hydration and a steady walking pace
- Include proper acclimatization days that significantly reduce the altitude-related risks

Note: *In cases of Acute Mountain Sickness (AMS), evacuation decisions must be made quickly. Having insurance ensures you can get help immediately, without a delay due to financial approval.*

Fitness Level

You don't need to be an athlete to complete the trek, but a **basic level of fitness** makes your journey more comfortable.

The ABC trek is **less about speed or distance** but **demands consistent stamina** for uphill walking over multiple days. The key requirement is endurance, as you need to sustain long ascents at high altitudes.

- The toughest sections are the Ulleri stone steps and the Bamboo–Deurali ascent
- You may gain 600–900 m altitude in a single trekking day during mid sections
- Downhill sections can be more tiring on the knees than uphill climbs
- Your stamina is tested more in the final 2–3 days than at the beginning
- Even fit trekkers feel fatigue due to reduced oxygen levels

You can prepare as:

- Regular **walking** and **hiking** practice with a backpack helps build endurance for long trekking days
- Basic cardio exercises, such as **running** and **cycling** to improve leg strength and stamina
- **30–45 minutes of daily walking** helps the body adapt to several hours of continuous trekking

- Mental readiness is important to handle changing trail conditions and challenges
- Prior trekking experience can help in managing high-altitude situations more confidently

Note: *Are you still unsure about how to prepare for this trek? You can check preparation ideas for detailed information and plan accordingly.*

Medical Support

As you stay in a remote mountain corridor, medical support during the trek is **basic**. It is mostly **limited to the teahouses** and the guide's assistance until we arrange an evacuation.

Most health issues you face during the ABC trek are related to fatigue, altitude, or sudden weather changes. It is a smart choice to be well prepared for these common challenges.

- Common issues include fatigue, mild dehydration, and cold-related stiffness
- Digestive sensitivity can increase due to diet change and altitude stress
- Cold exposure at MBC and ABC can affect sleep quality even in sleeping bags
- Pre-existing conditions such as asthma, blood pressure, or heart issues may worsen at high altitude
- First response is always rest, hydration, and controlled descent if needed

Precautions can be:

- Inform us of pre-existing conditions before booking, and have your medicine on time
- Avoid overexertion and follow a steady walking
- Carry basic medications for headache, fever, and stomach issues
- Stay hydrated and have maintain balanced nutrition throughout the trek
- Dress in layers to manage changing temperatures
- Inform your guide immediately if you feel unwell

Guides are equipped with basic first-aid kits and oximeters for basic health monitoring.

Note: *Trekkers with pre-existing conditions such as heart or lung problems should consult a doctor before joining the Annapurna Base Camp trek package.*

Annapurna Base Camp Trek Cost

Our Annapurna Base Camp trek cost depends on **service quality**, **group size**, **inclusions**, **season**, and **level of comfort**.

It is an 11-day guided journey that includes permits, guide and porter service, transportation, accommodation in teahouses, and full-board meals during the trek. This allows you to focus fully on the experience while all essential logistics are taken care of.

Based on your group size, you can also benefit from progressive discounts, making the trek more cost-effective for larger groups.

Group Size	Cost Per Person (USD)	Notes
Small Group (2 – 5 Trekkers)	$720	Best for a private and personalized trekking experience
Medium group (6 – 9 Trekkers)	$690	Balanced option with good value and smooth coordination
Large group (10 – 17 Trekkers)	$650	More economical with well-managed group logistics
Very large group (18 – 25 Trekkers)	$600	Most cost-efficient option with maximum savings

Licensed Guides and Porters for Annapurna Base Camp Trek

The Annapurna Base Camp trek is a **guided trekking experience**, where you are supported and guided by **experienced local professionals**. A licensed guide and porter not only make your journey easier but also ensure you are well-supported in changing mountain conditions.

Guides

Your guide is a **trained mountain professional** who understands the route, weather, altitude challenges, and local culture. With a guide, you don't have to worry about navigation or logistics and can focus on fully enjoying the trek. They:

- Are **government-licensed** and experienced in high-altitude trekking safety
- Possesses knowledge of trail conditions, wilderness first-aid, and route navigation
- Assistance with permits, teahouse arrangements, and daily planning
- Act as the first point of contact during any health or emergency
- Provide local insight into culture, villages, and the Himalayan lifestyle

Porters

Porters help **carry your main luggage**, making your trek physically easier and more comfortable. This allows you to walk freely with just a light daypack. They:

- Carry heavy bags so you can trek with less physical strain
- Typically supports **1–2 trekkers** (carrying shared trekking luggage)
- Assist in mountain terrain logistics and local trail systems
- Play an important role in supporting rural mountain livelihoods
- Work under ethical load limits to ensure safety and well-being

Note: *For groups larger than 5 trekkers, we assign an assistant guide to maintain group safety and coordination.*

Tipping the Guide and Porter

Tipping is customary in Nepal and is a widely appreciated way to **show gratitude** for your team's hard work and support. Guides and porters rely on this appreciation as part of their seasonal income.

You need to know:

- Tipping is completely optional but highly appreciated as part of Nepalese trekking culture
- Usually given at the end of the trek in Pokhara during the see-off meeting
- We recommend tipping collectively as a group
- No fixed rule, can go for individual contribution
- The amount depends on service quality, trek duration, and group size
- Cash in Nepali rupees or USD is commonly accepted
- A simple thank-you, along with the tip, goes a long way in appreciation

Luggage and Storage During ABC Trek

Packing lighter but not forgetting essentials is important during your ABC trek. Since you walk for several hours each day on uneven terrain, unnecessary weight can quickly cause fatigue and increase the risk of injury.

You can organize your packing into **two separate bags**: **one to be stored safely in Kathmandu** and **another to take with you on the trek**. This helps you travel lighter and carry only essential items with you on the trail.

During the trek, a porter will carry your main luggage. We usually assign one porter for every two trekkers, which also allows you to share weight efficiently with a trekking partner.

- Prepare a storage bag (Kathmandu) and a trekking bag (on trail)
- **One porter per two trekkers** for shared weight management
- Luggage limit is **9kg (20 lbs) per trekker**
- Combine luggage with your partner (e.g., **9 kg + 9 kg**) in a single bag
- Porter **carries up to 18 kg** (approx. 40 lbs) total
- Recommended bag size: **50–60 litre duffel bag** or rucksack
- We also provide a used duffel bag if you don't have one
- Carry a **daypack (5 – 7 kg**) for your essentials:
  - Water bottle and purification tablets
  - Snacks such as nuts and bars
  - Documents like a passport
  - Personal Valuables such as mobile, charger, camera, and powerbank
  - Sunscreen, lip balm, sunglasses, a hat, and a mask
  - First aid kit, toilet paper, hand sanitiser, and raincoat

The **heavy items that are not required** during the trek can be safely stored in Kathmandu, either at your hotel or at our office.

- Many hotels offer free/complimentary storage for trekking guests.
- We also provide free, secure storage at our office.
- All belongings are properly labelled and safely locked until you return.

Note: *Travel light and focus only on essential gear needed for the journey. Make sure to pack according to the season you are travelling in, as weather conditions change quickly in the mountain region.*

What makes trekking to Annapurna Base Camp worthwhile?

What truly sets a journey to ABC apart is its balance. The trek is adventurous and scenic, yet accessible to most fit travellers without requiring technical climbing skills.

Combined with rich cultural encounters and constantly changing views, it becomes one of the most rewarding and well-rounded treks in Nepal.

Major Attractions

The trek to Annapurna Base Camp offers a rare mix of **landscapes**, **culture**, and **up-close Himalayan views** in a single journey. As you walk from forest trails to glacial basins, every section feels different and rewarding.

You'll find that the journey itself is as memorable as reaching the destination (base camp).

- Surrounded by a **360° mountain amphitheatre** of towering peaks at base camp
- Experience close views of **Machhapuchhre (Fishtail)** and the Annapurna Range
- Relax in natural hot springs while exploring traditional villages
- A true "inside the mountains" experience, unlike viewpoint-based treks
- Explore rich biodiversity inside the **Annapurna Conservation Area**
- Witness a dramatic shift from green valley to alpine terrain

Annapurna Base Camp Sunrise View

Reaching Annapurna Base Camp (4,130 m) is the highlight of the trek, but the **sunrise experience** makes it truly unforgettable. As the sun rises, peaks like **Annapurna I** and **Machapuchare glow in golden light**, surrounded by a calm atmosphere.

- Golden sunrise over Annapurna I, South, and Hiunchuli
- Quiet and calm early morning inside the Annapurna sanctuary
- Clear visibility of the surrounding glacier basin and peaks
- One of the most iconic photography moments of the ABC trek

Jhinu Hot Springs

The **natural hot pools** at Jhinu Danda provide a perfect break after long trekking days. Located a short walk (20 minutes) downhill, they offer a **relaxing** and **therapeutic experience**. It's one of the most physically rewarding stops on the route.

- Warm mineral water for muscle recovery
- Peaceful riverside setting
- Ideal relaxation point after descent

People and Culture

The Annapurna Base Camp trails offer a deep cultural experience shaped by the traditions of the **Gurung and Magar communities**. As you pass through villages like Ghandruk, you'll witness a lifestyle that blends history, hospitality, and spiritual beliefs.

- Warrior heritage of the local Gurung and Magar communities, known for their brave Gorkha soldier legacy
- Traditional stone villages with hand-cut stone and blue slate houses
- Warm welcome with a traditional "Namaste" greeting from local teahouse families
- Small cultural museums showcasing traditional tools, costumes, and trekking history
- Storytelling culture, where elders share local legends, myths, and mountain history
- Deep-rooted Buddhist and Hindu influences, reflected in daily rituals and village shrines
- Spiritual symbols such as prayer flags and carved Mani walls are believed to spread peace and blessings

Flora and Fauna

As you pass through the Annapurna Conservation Area, you experience rich ecological diversity that changes with altitude. With changing landscapes, the **variety of plant and animal** life keeps your journey more fascinating.

- Rhododendron (laligurans) forests blooming in red, pink, and white during Spring
- Layered vegetation shifting from banana and bamboo trees to oak, pine, and fern forests
- Colorful orchids growing on moss-covered trees in humid forest sections
- Sightings of the Himalayan Monal (Danphe), the national bird of Nepal
- Tree-dwelling mammals like grey langur monkeys and Himalayan squirrels in the forest canopies
- Chance to spot a rare wildlife: a barking deer or the elusive red panda
- Golden eagles and bearded vultures soaring above deep valleys

View from Chhomrong

Chomrong is often called the **most beautiful village in the Annapurna region**. It lies above 2,165 meters and serves as a natural balcony overlooking the mountains and the Himalayas.

- Best scenic stops before entering the Sanctuary
- Visual gateway to the higher mountains (Annapurna South and Machhapuchhre)
- View of the steep and green valley of the Modi Khola River
- Beautiful terraced fields with seasonal crops on the slope farms

- Cliffside trail crosses a long suspension bridge over the Chomrong Khola
- Steep stone stairs with a view of slate-roofed houses tiered down the hillside

Poon Hill- Sunrise

The viewpoint at Poon Hill (3,210 m) offers one of Nepal's **best panoramic sunrises**. It provides wide views of both the Annapurna and Dhaulagiri ranges. This is often an early highlight of the trek.

- Alpenglow transformation (soft purple to a fiery golden orange) of snow-capped peaks
- Sunrise over the Annapurna and Dhaulagiri ranges
- Capture the perfect symmetric shape of Machhapuchhre against the morning sky
- View of the deep Kali Gandaki Gorge filled with a "sea of clouds" at dawn.
- Popular and easily accessible viewpoint

Local Life and Festivals

Life of people on the Annapurna Base Camp is shaped by the rhythms of Gurung and Magar villages, where **farming**, **trekking**, **tourism**, and **seasonal migration** define their daily living.

Villages along the route follow a slow nature-dependent lifestyle, with teahouses acting as your main hub for food, rest, and interaction with locals or fellow trekkers.

Festivals are closely tied to **agriculture**, **nature**, and **spiritual beliefs**. Instead of large city-style celebrations, you experience traditional Himalayan festivals with deep cultural meaning along the ABC route.

- **Dashain and Tihar in villages like Ghandruk and Chhomrong:** You may see homes decorated with flowers and lights, families gathering for blessings. Locals often dressed in traditional Gurung and Magar attire during rituals and celebrations .
- **Lhosar (Tamu and Tibetan New Year):** You can witness Gurung and Buddhist communities celebrating in traditional clothing such as bhaka and gunyu cholo. They also performed masked dances, monastery visits, and shared community feasts.
- **Local harvest festivals:** Villagers (from Ghandruk, Landruk, and Jhinu Dada area) in handwoven traditional outfits celebrate the seasonal harvest of millet, maize, and barley on terraced hillsides.
- **Prayer flag and monastery rituals in stone villages:** In Chhomrong, Sinuwa, and Bamboo villages, monks and locals in traditional woolen clothing perform chants and ceremonies for safe journeys and blessings.
- **Evening teahouse gathering:** You can sit with locals who may still wear traditional Nepali dress like daura suruwal and gunyu cholo, while sharing stories, folk songs, and warm meals like dal bhat.

History and Trade Evolution

The trail to Annapurna Base Camp has a deep-rooted history shaped by local movement, trade, and the gradual development of trekking tourism in Nepal.

What you walk today was once a network of village paths connecting Gurung and Magar communities across different altitude zones.

- The path was used as a **traditional trade and livestock route**, linking highland pastures with lower valley villages for salt, grain, and daily essentials.
- Historically linked to the **Kali Gandaki trade corridor**, one of the oldest north–south trading routes in Nepal connecting Mustang–Pokhara valleys through mule and foot trails.
- The region gained global attention after the **1950 Annapurna I expedition**, which opened international interest in the Annapurna Himalayas.
- Early trekking routes evolved from **locally used footpaths**, later supported by small teahouses in villages like Ghandruk and Chhomrong.
- With the **inter-village barter trails of the Modi Khola valley system**, villages like Chhomrong, Sinuwa, and Bamboo historically exchanged food grains and livestock products.
- The rise in teahouses marked the transition from seasonal trade pathways to structured trekking infrastructure supporting tourism and local livelihoods.
- The **establishment of the Annapurna Conservation Area Project (ACAP)** helped preserve culture, forests, and trekking sustainability in the region

Note: *Today, the route reflects a* ***living blend of ancient trade networks and modern adventure tourism****, preserving both history and local livelihoods.*

Safety Measures for Annapurna Base Camp Trek

Trekking to Annapurna Base Camp is an incredible experience, but **safety is always our top priority**. Our itinerary and operations are designed to keep you secure and confident across changing terrain, weather, and altitude.

The core safety practices we focus on are:

- Provide a licensed guide and trained support team for navigation, safety
- Wilderness first-aid trained guide with emergency handling capability
- Ensure gradual altitude gain for proper acclimatization
- Regular monitoring of altitude sickness symptoms
- Conduct continuous health checkups during the trek
- Act immediately if trekkers feel unwell or uneasy
- Plan an early start to trek to avoid afternoon weather changes
- Encourage staying hydrated (3–4 litres daily) and eating well to maintain energy
- Recommend using marked trails only and avoiding shortcuts or risky paths
- Use oxygen saturation monitoring (pulse oximeter) and portable oxygen in emergencies
- Advise to be cautious on stone steps, narrow trails, and suspension bridges
- Recommend proper gear such as sturdy boots, layered clothing, trekking poles, and a headlamp

- Guide trekkers to carry personal medications and a basic first aid kit
- Support light packing and ensure trekkers walk at their own pace
- Follow responsible trekking practices (no littering, respect local culture, stay on trails).

Note: *We ensure that you trek at your own pace, reducing the risk of exhaustion and altitude-related issues.*

Emergency Evacuation and Rescue

While most trekkers complete the journey without issues, emergencies can occur in remote mountain areas. Being prepared helps you respond quickly and effectively when needed.

Things to consider:

- Helicopter evacuation is the fastest and most reliable rescue option
- Available from high-altitude areas like Machhapuchhre Base Camp and Deurali
- Your guide will arrange and coordinate rescue and emergency evacuation if required
- You must have travel insurance covering high-altitude trekking, helicopter rescue, and emergency medical treatment
- Provide a copy of your insurance policy and emergency contact details
- Always report symptoms early, as early descent is often the safest solution
- Stay calm and follow your guide's instructions during emergencies
- Guides maintain communication with rescue teams and ensure you reach proper medical care

Communication on the ABC Trail

As you trek toward Annapurna Base Camp, **communication becomes more limited** due to the remote Himalayan terrain. While you can stay connected in some villages, you should be **prepared for weak or no signal** in higher sections of the trail.

- You can buy a local SIM card (NTC or Ncell) in Kathmandu before the trek
- Network coverage is available in lower villages, but becomes weak or unreliable beyond mid-altitude villages
- At higher points like base camp, connectivity is very limited or unavailable
- Wi-Fi is available at most teahouses, but it is paid and often slow due to weather or demand
- Your guide acts as your main communication link, especially in remote areas
- Inform your family in advance about limited connectivity during the trek

Support Team

Your support team is one of the strongest aspects of trekking with Discovery World Trekking. From monitoring your condition to handling logistics, they support you throughout the journey so you can focus on the experience.

Our office team stays in **regular contact (at least once a day) with your guide** throughout the trek to monitor your progress, ensure your safety, and respond quickly to any situation if needed. They may also **reach out to you directly** to check on your experience and understand how your trek is going.

- Experienced, government-licensed guides trained in wilderness first aid and mountain safety
- Daily check-ins and monitoring of your condition, pace, and well-being
- Porters to carry your main luggage, making your trek more comfortable
- Full coordination of accommodation, meals, and route planning
- Immediate support in case of altitude sickness or emergencies
- Manage all permits, logistics, and any itinerary adjustments

Responsible Travel Approach

As an eco-conscious trekking operator, we focus on **responsible travel practices** to protect the fragile mountain environment and support local communities.

Our philosophy is simple:

Take nothing but pictures

Leave nothing but footprints

Kill nothing but time

We recognize that increased tourism can impact the environment, so we actively work to **promote sustainable trekking activities**:

- Operate eco-friendly treks in partnership with Kathmandu Environmental Education Project (KEEP)
- Promote'Carry in Carry Out' practices for waste management
- Minimize single-use plastic throughout the trek and encourage eco-friendly alternatives
- Support local communities by prioritizing locally run teahouses and services.
- Contribute to ethical tourism by employing local guides and porters.

How Can You Book the Annapurna Base Camp Trek?

Booking your Annapurna Base Camp trek with us is **simple**, **secure**, and **flexible**, ensuring a smooth experience from inquiry to arrival. We operate as a **private trekking company in Nepal,** meaning the trek is tailored to your schedule, pace, and physical condition.

To confirm your adventure with us, follow this booking process:

- Choose your **preferred travel dates** based on your schedule and seasonal conditions
- Confirm availability with the team and finalize your itinerary
- Pay a **10% advance deposit** to secure your booking

- Send us the **required documents** through **email** or **WhatsApp**:
  - Passport copy
  - Passport-size photo with a clear face (a mobile or camera-clicked photo is accepted)
  - Valid travel insurance (must cover rescue, evacuation, and medical costs)
  - Flight details (arrival and departure information)
  - Accommodation details in Kathmandu (hotel name and location)

You can pay the **remaining 90% of the total balance** after arriving at our Kathmandu office.

Last Minute Booking

We understand that not every trip comes after planning and booking in advance. While it is always advisable to book early, we offer a special provision for last-minute bookings for those who are unable to do so.

You can confirm your trek with **full payment up to 24 hours** before departure, subject to availability.

We are prepared to operate treks at any time. But in short-notice bookings, we cannot be responsible for delays caused by circumstances beyond our control, such as bad weather or accommodation unavailability.

- **10% payment** required for booking, **90%** to be paid at **least 24 hours before departure**
- Suitable for travellers already in Nepal or planning immediate departure
- Dependent on the availability of guides, accommodation, and permit processing
- Possible delays due to weather or lodging limitations
- Best suited for flexible travellers ready for short-notice travel

Note: *For urgent bookings or inquiries, contact Paul at +977-9840055491 / +977-9851054143, or email us at info@discoveryworldtrekking.com.*

Cancellation and Refund Policy

We understand that unexpected changes can occur, especially when travelling in remote mountain regions.

At Discovery World Trekking, we maintain a transparent policy for managing cancellations, refunds, and trip changes under different circumstances.

- Trip cancellations due to unforeseen reasons such as natural disasters, weather, political issues or safety concerns, the trip may be:
  - rescheduled
  - changed to another package
  - Refunded 50% of the trip cost, as most expenses are prepaid to third parties.

- Client cancellations must be made in written form and are charged based on the days remaining before departure:
  - **45+ days:** 85% refund
  - **44 – 30 days:** 70% refund
  - **29 – 15 days:** 50% refund
  - **15 – 7 days:** 30% refund
  - **Less than 7 days:** no refund
- No refunds are provided once the trek has started or for unused services, as all bookings/permits/facilities are prepaid.
- You are allowed to make trip amendments/changes depending on confirmation from airlines, hotels, and transport operators:
  - **30+ days before departure:** $50 USD per person
  - **Within 30 days:** subject to standard cancellation charges

Note: *For full details, visit Terms and Conditions of Discovery World Trekking*

Flexible Schedule

We have fixed departure dates, and we prefer to stick to them. If the dates don't suit your plans, we **prioritize flexibility** as a private trekking provider to **match your personal needs**.

Whether you want a slower pace for acclimatization or a shorter itinerary, we can adjust the trek accordingly.

- Fully customizable itinerary based on your availability
- Plan the trek according to your physical strength and fitness level
- Offer private departures for a more personalized experience
- Adjust the trek duration and pace according to your health conditions

Trip Extension

You don't need to worry about the end of your journey after completing the Annapurna Base Camp trek. Nepal. We offer **flexible extensions** so you can continue exploring more of Nepal at your own pace.

- Adventurous trekking in the Everest Base Camp, following the **Khumbu Glacier route** via Namche Bazaar and Tengboche Monastery. It offers close views of the world's highest peak (Mt. Everest) and Sherpa mountain culture.
- Explore the remote wilderness of the Manaslu Circuit through **Nubri Valley villages** influenced by Tibetan Buddhism and yak-herding culture. It is known for its untouched trails, Tibetan-influenced villages, and Larkya La Pass (high mountain crossing).
- Discover the scenic beauty of the Langtang Valley Trek, while passing through the **Langtang National Park**. It is a short yet rewarding Himalayan journey close to Kathmandu with glacier views and Tamang heritage.

Variations to the Annapurna Base Camp Trek

We offer a range of customizable trekking options in the Annapurna region, tailored to suit your **time**, **fitness level**, and **travel preferences**.

If the classic Annapurna Base Camp trek doesn't align with your schedule or interests, we offer several alternatives that can better match your expectations and requirements.

Trek Option	Duration	Why Choose This Trek?
Short ABC Trek	7 Days	Ideal for time-constrained trekkers who still want to experience Annapurna Base Camp. A faster itinerary focusing on the main highlights without extra extensions.
Annapurna Base Camp Trek with Mardi Himal	13 Days	Perfect for those seeking fewer crowds and scenic ridge walking. Combines the classic ABC experience with the peaceful Mardi Himal trails and panoramic mountain views.
Annapurna Circuit Trek with Tilicho Lake	16 Days	Best for adventurous trekkers wanting a longer, more diverse Himalayan journey. Includes a side trip to Tilicho Lake, offering multiple landscapes, a high pass, and ends with a challenging yet rewarding experience.
Poon Hill Trek	4 Days	If you are a beginner and have a short time, you can go for a poon hill trek. Relatively easy and accessible trails. Sunrise offers a panoramic view of the Annapurna and Dhaulagiri ranges.
Annapurna Sanctuary Trek	9 Days	Well-suited for trekkers who want a short yet complete Himalayan experience. The trek takes you into the heart of the Annapurna Sanctuary, offering diverse landscapes and breathtaking mountain views without a long itinerary.

Note: *Each option offers a slightly different perspective of the Annapurna region, allowing you to shape the trek to your interests and travel goals.*

Annapurna Base Camp Trek FAQs

GENERAL INFORMATION

Why trek the Annapurna Base Camp with Discovery World Trekking?

With Discovery World Trekking, you will trek with experienced, government-licensed guides with a **strong focus on safety** and **customer satisfaction**. Our flexible itineraries, transparent pricing, and 24/7 support ensure a smooth and memorable trekking experience. From permit arrangements, transportation, and logistics to personalized assistance throughout the journey, we take care of all the details so you can focus on enjoying stunning views of the Himalayas and mountain ranges.

How long does the ABC trek take?

The Annapurna Base Camp trek typically takes **5 to 11 days**, including arrival, transportation, trekking, and return to Kathmandu. Our 11-day itinerary usually involves **7–8 days** of actual trekking from Tikhedhunga to ABC and back to Jhinu Danda. The duration may vary depending on your pace, itinerary, and any side trips.

What is the highest altitude point on the ABC trek?

The highest point of the trek is Annapurna Base Camp, situated at **4,130 meters (13,550 feet) above sea level**. From the base camp, you can admire Annapurna South, Machapuchare (Fishtail), Gangapurna, and several surrounding snow-covered mountains that form the spectacular Annapurna Sanctuary.

Where is the Annapurna Base Camp trek located?

The Annapurna Base Camp trek is located in the **Annapurna Conservation Area** of north-central Nepal. The trail passes through traditional Gurung and Magar villages, forests, and alpine landscapes before reaching the base camp surrounded by the Annapurna massif.

Where does the Annapurna Base Camp trek start and end?

Our 11-day itinerary begins with a drive from Kathmandu to Pokhara, followed by another drive to Tikhedhunga, and then the trek starts from **Ulleri**. The route ends at **Jhinu Danda**, from where you drive back to Pokhara.

How many kilometers or miles do we trek each day?

You can expect to trek approximately **8–14 km (5–9miles) per day**, depending on the day's itinerary and terrain. Daily walking times generally range from 4 to 7 hours.

What makes trekking to the Annapurna Base Camp worthwhile?

The trek offers spectacular mountain views, including Annapurna I, Machhapuchhre (Fishtail), Hiunchuli, and Gangapurna. Along the way, you'll experience diverse landscapes, rhododendron forests, traditional magar, gurung villages, natural hot springs, poon-hill sunrise on the Annapurna range, and the unforgettable 360-degree panorama from Annapurna Base Camp.

Can I book a private trek for the 11-day Annapurna Base Camp route?

Yes. **We offer a private trek for the 11-day Annapurna Base Camp route** for couples, families, and groups (having 2+ people). Private departures allow you to choose your preferred travel dates and enjoy a more personalized trekking experience.

What are the advantages of a private Annapurna Base Camp trek?

A private trek provides greater flexibility in scheduling, personalized services from your guide, a pace suited to your group, and a more exclusive experience. It is also ideal for families, friends, and travelers seeking additional privacy and comfort.

Am I allowed to do the Annapurna Base Camp trek alone?

No, trekking alone on the Annapurna Base Camp route is not permitted for foreign trekkers without a licensed guide or a registered trekking agency. Since April 2023, the government of Nepal has made it mandatory to have a guide for safety and regulation purposes. However, with Discovery World Trekking, you can enjoy a private trekking experience with your own dedicated guide, ensuring flexibility, comfort, and safety throughout the journey.

TREK DIFFICULTY

Is this trek suitable for first-time trekkers?

Yes, the Annapurna Base Camp trek is suitable for first-time trekkers with a reasonable level of fitness. Prior hiking experience is helpful but not required. Also, proper preparation can make the journey enjoyable for beginners.

How difficult is the Annapurna Base Camp trek?

The Annapurna Base Camp trek is rated as **moderately difficult**. It involves several days of uphill and downhill walking, long stone staircases, and daily hikes at increasing elevations, but it does not require technical climbing skills.

Is Annapurna Base Camp harder than the Everest Base Camp?

In general, Everest Base Camp is considered more challenging due to its higher altitude (5,364 m / 17,598 ft.). Annapurna Base Camp reaches 4,130 m (13,550 ft.) and is often viewed as the more accessible option for many trekkers.

What is the difference between Annapurna Base Camp and Annapurna Circuit?

Annapurna Base Camp is an out-and-back trek that focuses on reaching the base camp beneath Annapurna I, typically taking 7–11 days. The Annapurna Circuit is a longer route that encircles much of the Annapurna range, crosses the high Thorong La Pass (5,416 m/ 17,770 ft.), and usually takes 10–20 days to complete.

Which trek should I choose: Annapurna Base Camp or Manaslu Circuit?

Choose Annapurna Base Camp if you prefer a shorter trek with well-developed teahouse facilities, diverse scenery, and close-up Himalayan views. Choose the Manaslu Circuit if you're looking for a longer, more remote adventure with fewer crowds, higher passes, and a more off-the-beaten-path experience.

PREPARATION & FITNESS

What level of fitness is required for the Annapurna Base Camp trek?

The Annapurna Base Camp trek requires a **moderate level of fitness**. You should be comfortable walking for 5–7 hours a day on varied terrain, including stone steps and uphill trails. Regular walking, hiking, jogging, or cardio training for a few weeks before the trek is highly recommended.

Can children or elderly individuals participate in the ABC trek?

Yes, both children and elderly trekkers can join the ABC trek if they are in good health and reasonably fit. However, extra care is required for altitude gain and daily walking duration. We do not recommend this trek for children under 16 or elders above 70.

Do I need any prior trekking experience for the Annapurna region?

No, you do not need any prior trekking experience. The Annapurna Base Camp trek is suitable for beginners who have good physical fitness, adequate preparation, and a positive mindset. However, previous hiking or trekking experience can make the journey more comfortable and help improve endurance on longer walking days.

Are there any significant altitude-related challenges during the trek?

Yes, altitude can be a challenge as the trek reaches 4,130 m (13,550 ft.) at Annapurna Base Camp. Some trekkers may experience mild symptoms of altitude sickness, such as headaches or fatigue. Our guides encourage a gradual ascent, proper pacing, and adequate hydration to help reduce the risk and monitor your well-being throughout the journey.

How to prepare for the Annapurna Base Camp trek?

Ideally, you should start preparing **6–8 weeks before the trek**, focusing on building stamina, endurance, and leg strength. We recommend:

- Regular walking or hiking (5–10 km sessions) to strengthen your legs
- Cardio exercises, such as running, cycling, or swimming, to improve endurance
- Stair climbing or uphill training to prepare for sustained ascents
- Practice hiking or walking while carrying a light backpack (around 5 kg)
- Breaking in your trekking boots and packing warm layers for cold weather
- Getting a fitness checkup and packing a personal first-aid kit with your personal medications

Mental preparation is equally important, as you will be trekking for several long days. Maintaining a positive mindset and being ready for remote mountain settlements will help you enjoy the Annapurna Base Camp experience even more.

PERMITS

What permits are needed to trek into the Annapurna Region?

You are required to have an **Annapurna Conservation Area Permit (ACAP)** to trek into the Annapurna Region. As of 2023, the Trekker's Information Management System (TIMS) card is excluded. Instead, you must travel with a licensed guide.

Are the permits included in the package price?

Yes, the mandatory Annapurna Conservation Area Permit (ACAP) is included in our ABC trekking package. The permit costs approximately NPR 3,000 (around $25 USD).

Do I need to carry the permits with me throughout the trek?

Yes, the permits must be available throughout the trek, as they are checked at designated checkpoints such as Birethanti, Chhomrong, and Deurali. Your guide keeps them readily available and presents them when required.

Can your company arrange the permits?

Yes, we arrange all the required paperwork and permits for the Annapurna Base Camp trek on your behalf. You only need to provide a copy of your passport and a passport-sized photograph, and we will handle the application process before the trek begins.

Why do I need an ACAP permit for the ABC trek?

The ACAP permit is required to legally enter the Annapurna Conservation Area during the ABC trek. The fees collected here are utilized to support conservation projects, trail maintenance, environmental protection, and sustainable tourism in the region.

INSURANCE & VISA

Is travel insurance required for the Annapurna Base Camp trek?

Yes, comprehensive travel insurance is strongly recommended for the Annapurna Base Camp trek. Your policy should cover high-altitude trekking, emergency medical treatment, trip interruptions, and helicopter evacuation, as these expenses can be significant in remote mountain areas.

What should my insurance cover for trekking at higher altitudes?

Your insurance should cover trekking up to the maximum altitude of the ABC trek, 4,130 m (13,550 ft.). It must include:

- Helicopter evacuation coverage
- High-altitude medical coverage
- Emergency medical rescue
- Trip interruption or cancellation reimbursement
- Accident or injury coverage including hospitalization, treatment, and medicines

Is insurance included in the trekking package?

No, travel insurance is not included in our Annapurna Base Camp trek package. You must purchase it separately from your insurance provider before coming to Nepal. Since many standard travel insurance policies exclude coverage for activities above 3,000 m, be sure to review the policy details carefully.

Will I need a visa for Nepal, and how can I obtain it?

Yes, a tourist visa is required for most foreign nationals entering Nepal, except Indian citizens. All you need is a passport with at least 6 months of validity, an application fee ($50 USD for 30 days), and two passport-sized photos. You can obtain a visa in either of the following ways:

- Visa on Arrival: Available at Tribhuvan International Airport in Kathmandu or at designated border entry points.
- Pre-arranged Visa: You can apply in advance through a Nepalese embassy or consulate in your home country.

To save time at the airport, we recommend completing the online visa application form before your arrival. You should also check with Nepal Immigration to confirm whether your nationality is eligible for a visa on arrival.

How long should my visa be valid for if I'm doing the Annapurna Base Camp trek?

For the 11-day Annapurna Base Camp trek, a 15-day Nepal visa may be sufficient if your travel dates are well planned. However, we strongly recommend obtaining a 30-day visa to allow extra flexibility in case of flight delays, itinerary changes, or the desire to spend additional time in Nepal before or after the trek. A 30-day visa typically costs around $50 USD.

GUIDES & PORTERS

Will I have a certified guide for the Annapurna Base Camp trek?

Yes, all our guides are government-licensed and experienced in leading treks in the Annapurna region. They are trained in wilderness first aid, certified for high-altitude trekking, and fluent in English. Many also have additional rock climbing experience, ensuring safety, guidance, and support throughout your journey.

How experienced are the guides for this trek?

Our guides are highly experienced professionals with in-depth knowledge of the Annapurna region. With more than 10 years of trekking experience, they are trained in altitude sickness management, first aid, weather assessment, route navigation, and emergency response. They have successfully led multiple Annapurna Base Camp treks across different seasons and trail conditions.

Will I have a porter to help carry my gear?

Yes, a porter will be provided to carry your trekking gear. We assign one porter for every two trekkers, with a combined luggage limit of 18 kg per porter. This means you should share a duffel bag with your partner and should keep your luggage within the 9 kg limit.

Do the guides speak English or other languages?

Yes, all our trekking guides are fluent in English and Nepali. They are trained to communicate clearly with international trekkers. Some guides also speak additional languages such as Hindi, Spanish, and Japanese, based on their specialization and assignments.

What is the appropriate tip for guides and porters on this trek?

There is no fixed tipping amount for guides and porters on this trek. However, tipping is customary in Nepal's trekking industry and is highly appreciated as a gesture of gratitude for quality of service and support. Tips are not included in the package cost and are usually given at the end of the trek. Remember that tips significantly contribute to your guide's and porter's income.

ACCOMMODATION

What kind of accommodation can I expect during the Annapurna Base Camp trek?

During the trek, you will stay in local teahouses or mountain lodges in villages such as Ulleri, Ghorepani, Chhomrong, Himalaya, Annapurna Base Camp, and Jhinu Danda. Most offer basic twin-sharing rooms with beds, blankets, and shared bathrooms, as well as communal dining halls where trekkers gather for meals. During peak seasons, accommodation above Chhomrong may be limited, and you might share a larger room or hall-style space with 3-4 trekkers along with a private bed.

Are the tea houses and lodges comfortable and safe?

Yes, the teahouses and lodges along the Annapurna Base Camp trek are generally clean, safe, and welcoming. They are family-run structures built from local stone or wood and have years of experience hosting trekkers. In villages, the security is good, and you can find friendly hosts who provide meals and basic services. As nights can be cold, especially at places like Himalaya and Annapurna Base Camp, bringing a sleeping bag is recommended for extra warmth.

Will I have access to electricity to charge my devices along the route?

Yes, electricity is available in most teahouses along the ABC trail for charging your phones, cameras, and other small electronic devices. Charging is often free or inexpensive in lower villages like Ulleri and Ghorepani. But in higher places like Deurali, MBC, and ABC, teahouses may charge around 300–500 NPR ($2–$3 USD) per device. We recommend bringing a power bank and a 2-pin charger or suitable adapter for added convenience.

Is there hot water for showers in the tea houses?

Yes, hot showers are available at many teahouses along the route with an additional cost of 300–600 NPR ($2–$4 USD), depending on the altitude and availability. In lower villages like Chhomrong, gas-heated or attached showers may be available at a minimal cost or sometimes free. At higher stops such as Annapurna Base Camp (ABC), only bucket showers are typically available depending on the weather conditions. We recommend avoiding frequent showers in cold weather and using wet wipes instead.

Will I have access to Wi-Fi during the trek?

Yes, many teahouses offer Wi-Fi for an additional charge of 300–500 NPR ($2–$3 USD). As you go higher, especially MBC and ABC, Wi-Fi becomes very limited, and connectivity is often unavailable. Even when available, the connection is slow and unreliable, so we don't recommend depending only on Wi-Fi during the trek.

Is a mobile network available throughout the trek?

Yes, mobile network is available in several sections of the Annapurna Base Camp route, especially in villages like Nayapul, Sinuwa, Bamboo, Deurali, and Jhinu Danda. However, coverage is not continuous and may become weak or unavailable in narrow valleys and higher, remote stretches. As you move deeper into the sanctuary, signal strength becomes increasingly unstable.

Which SIM card works best in the Annapurna region?

Both Nepal Telecom (NTC) and Ncell work along the Annapurna Base Camp route. However, NTC generally offers better coverage in remote areas such as Bamboo, Sinuwa, Deurali, and Kimrong. You can buy either SIM at Kathmandu/Pokhara airports or any mobile shop (must have your passport copy). Prepaid data packages are affordable, easy to activate, and commonly used by trekkers in Nepal.

Are the rooms heated in teahouses?

No, rooms are not heated in teahouses along the Annapurna Base Camp trek. However, most teahouses have a communal dining area with a central stove or fireplace where you can warm up, especially in the evenings. We recommend sleeping in warm layers and using a sleeping bag for added comfort. If you do not have one, we can also provide a used sleeping bag for your trek.

FOOD & DRINKS

What type of meals are provided on the Annapurna Base Camp trek?

We include three main meals a day, freshly prepared at local teahouses along the route, featuring Nepali, Tibetan, and simple Western dishes. Breakfast and dinner are served at your overnight lodge, while lunch is enjoyed at teahouses on the trail. Daal Bhat is the most common and recommended option for lunch and dinner. At the same time, you can find other popular items such as noodles, fried rice, pasta, momo, soups, potatoes, porridge, Tibetan bread, pancakes, and eggs. As you gain altitude, menu options become more limited.

Are vegeterian/vegan meal options available?

Yes, vegetarian meals are widely available and are often the standard choice at higher elevations along the ABC trail. Teahouses can also accommodate vegan meals, but options can be limited as you ascend. Common vegetarian dishes include dal bhat, lentils, vegetable curry, veg momo, noodle soup, garlic soup, Tibetan bread, and porridge. If you follow a vegan diet, your guide can help request meals without butter, cheese, eggs, or other dairy products.

Can you accommodate special dietary restrictions during the trek?

Yes, we do our best to accommodate special dietary requirements if you inform us before booking. Many teahouses along the Annapurna Base Camp trek can cater to vegetarian, vegan, gluten-free diets, and common food allergies such as nuts or dairy. However, options become more limited at higher elevations, so it is best to bring your snacks (protein bars, nuts, or instant food) before leaving for the trek.

Is it safe to drink water along the trek, or should I bring my own?

Yes, it is safe to drink water along the Annapurna Base Camp trek if you choose boiled or properly treated water. You should avoid drinking directly from taps, springs, or streams without treatment. You can also use a filter bottle or purification tablets about 30 minutes before drinking. Bottled water is available along the route but becomes more expensive at higher elevations. It is recommended to carry a reusable water bottle or thermos (1–2 liters) and refill it with boiled water at teahouses.

Are there places to purchase snacks and drinks along the trail?

Yes, snacks and drinks are available at most teahouses along the ABC trail. In lower villages such as Ulleri and Jhinu Danda, you will find a good variety of snacks including chocolates, snickers, chips, cookies, soft drinks, and energy bars. As you go higher into areas like Bamboo and ABC, you will have limited options, usually consisting of basic snacks, bottled water, and tea/coffee. Popular items may sell out quickly, but local snacks like chiura and dried fruits are commonly available.

WEATHER

What is the best time of year to do the Annapurna Base Camp trek?

The best time to do the Annapurna Base Camp trek is during spring (March–May) and autumn (September–November). These seasons offer stable weather, clear mountain views, and comfortable trekking conditions. Spring brings blooming rhododendrons and mild daytime temperatures, while autumn provides the clearest skies and best visibility after the monsoon. Winter is very cold with possible snow, and the monsoon season is wet with slippery trails and limited views.

How cold does it get in the Annapurna region?

Temperatures in the Annapurna region depend on altitude and season. In lower villages like Ulleri and Ghorepani, daytime temperatures are usually 15–20°C with nights around 5–10°C. At the base camp, daytime temperatures remain around 0–10°C, but nights can drop to -10°C or lower, especially in winter or early spring or late autumn. You should be prepared for these conditions by wearing proper layers including thermal wear, a down jacket, warm gloves, a hat, and a sleeping bag (rated -5°C or -10°C).

Will there be snow on the trail?

Snow is most common during the winter season (December–February), especially in higher sections like Poon Hill, Tadapani, Himalaya, Bamboo, and Annapurna Base Camp. You must carry crampons or tread when trekking in winter and be prepared for icy sections with the assistance of an experienced guide. In spring, occasional early or late snow may occur at higher elevations, while autumn is generally snow-free. During the summer, there is no snow, but trails can be wet and slippery due to heavy rainfall.

What weather conditions should I prepare for?

You should be prepared for changing mountain weather conditions throughout the trek. In spring and autumn, you'll mostly experience clear skies with cool mornings and evenings, while winter can bring snow and freezing temperatures at higher elevations. During the monsoon, expect rain, clouds, and slippery trails, especially in lower and mid sections.

How does the weather affect trekking conditions at Annapurna Base Camp?

Weather directly affects your Annapurna Base Camp trek by changing trail conditions, visibility, and safety. Clear spring and autumn weather gives you dry, stable paths and great mountain views, making trekking easier. Winter brings snow and ice at higher elevations, which can make trails slippery and slow your pace, while the monsoon season causes rain, muddy paths, and reduced visibility. At higher altitudes, sudden weather changes can also make conditions more challenging within a short time.

CULTURE & LIFESTYLE

What cultural etiquette should I follow?

Respecting local customs helps create a positive experience for both trekkers and communities along the ABC trail. You can:

- Greet locals with "Namaste" (palms together with a slight bow)
- Ask permission before photographing people, homes, or religious sites
- Dress modestly, especially when visiting temples and monasteries
- Walk clockwise around stupas and mani walls
- Remove your shoes before entering temples or monasteries
- Be polite and respectful toward local people and their traditions
- Support the local economy by buying local products and crafts
- Keep noise levels low in villages and religious areas
- Learning simple phrases like "Namaste" (hello) and "Dhanyabad" (thank you) is always appreciated

What traditional music and dance exist in the Annapurna region?

The Annapurna region is home to rich Gurung and Magar cultural traditions, many of which can still be experienced in villages along the ABC trail.

- Gurung traditions: Ghatu and Khema dances, traditional flute music, and folk songs that reflect local history and mythology.
- Magar traditions: Folk songs and cultural dances performed during festivals and community gatherings.
- Religious performances: In some Tibetan-influenced Buddhist communities, ceremonial dances and chants are accompanied by drums, cymbals, and horns.

If you trek during festival seasons, you may have the opportunity to watch these performances in villages such as Ghandruk and Chhomrong.

How does tourism impact local communities?

Tourism plays an important role in supporting communities along the Annapurna Base Camp trail, although it also brings some challenges.

Positive impacts:

- Provides income for locals: teahouse owners, guides, porters, and local businesses
- Creates employment opportunities and helps reduce migration to cities
- Supports local schools, infrastructure, and community development
- Encourages the preservation of local traditions and culture
- Families in Ghorepani and Tatopani have developed better lifestyles with tourism

Challenges:

- Increases pressure on natural resources and waste management
- Can lead to environmental impacts such as fuelwood use for hot showers or cooking
- Influences traditional lifestyles and cultural practices over time

What languages are spoken along the trail?

Nepali is the official language and is widely spoken throughout the Annapurna region. English is also commonly spoken by trekking guides, teahouse staff, and many locals involved in tourism. As you trek the ABC route, you may also hear local languages spoken by different communities.

- Gurung (Tamu): Commonly spoken in Gurung villages such as Ghandruk and Tadapani
- Magar: Spoken by Magar communities in areas like Ulleri, Ghorepani, and surrounding villages

Can I witness the local festival while trekking to Annapurna Base Camp?

Yes, if you trek during festival seasons, you may experience local celebrations in villages along the ABC route. As you pass through Gurung and Magar settlements, you can witness traditional music, dance, and cultural gatherings depending on the timing of your trek.

- Teej: Main Hindu women's festival celebrated all over Nepal (Gurung women in August/September)
- Dashain: Major Hindu festival celebrated nationwide with family gatherings and blessings (September/October)
- Tihar: Festival of lights, worshipping animals, homes, and siblings (October/November)
- Lhosar: Gurung New Year festival (February)
- Maghe Sankranti: Important Magar festival marking winter solstice (January)
- Baisakh Purnima: Religious and cultural celebrations among Magar communities (April)

What religion do people follow in the Annapurna region?

People in the Annapurna region follow a blend of Buddhism, Hinduism, and traditional Shamanistic/animist beliefs. As you trek along the ABC route, you will see Buddhist stupas, mani walls, prayer flags, monasteries, and Hindu temples.

Gurung communities (Ghandruk, Tadapani, Chhomrong): Mostly Buddhist and Hindu, with active Shamanic practices.

Magar Communities (Uleri, Ghorepani): A mix of Hinduism, Buddhism, and traditional beliefs.

Traditional beliefs: Local Shamans (Poju) and ritualists (Ghyabri) perform healing and rituals using instruments like the drum (Dhyangro).

HEALTH & SAFETY

Is the ABC trek safe?

Yes, the Annapurna Base Camp (ABC) trek is generally safe when you follow a well-planned itinerary with a licensed guide. It is a moderate trek with clearly marked trails, regular foot traffic, and teahouses for accommodation along the route. The main risks you should be aware of include altitude sickness and the avalanche-prone section between Deurali and Machhapuchhre Base Camp. These risks are carefully managed through proper pacing and experienced guidance throughout your journey.

How do you manage altitude sickness on the Annapurna Base Camp trek?

Your safety is our top priority, so our itinerary is designed with gradual altitude gain to help your body acclimatize naturally. Our experienced guides monitor your oxygen levels and symptoms of altitude sickness throughout the journey. You can take Diamox (acetazolamide, as prescribed) for acute mountain sickness. If anyone shows signs of severe altitude-related illness, they arrange an immediate descent and coordinate emergency assistance when required.

What is the protocol for medical emergencies during the trek?

Along the route, your guide closely monitors your health and pace while adjusting the daily itinerary based on weather and trail conditions. You should report any symptoms immediately so your guide can provide first aid and descend to a lower altitude if necessary. In the event of a serious medical emergency, your guide will coordinate a helicopter evacuation if you have appropriate travel insurance with evacuation coverage.

What safety precautions are taken during the trek?

You will be accompanied by our licensed guides who are familiar with the Annapurna region and local conditions. They will adjust your itinerary based on your health status, the group's pace and weather or trail conditions. Besides that, we encourage you to follow some safety precautions: proper hydration (warm water 3–4 liters per day), get adequate sleep (6–7 hours), wear warm layers, eat nutritious meals including garlic and ginger soup, avoid trekking at night (after dark), exclude non-vegetarian food, and follow gradual altitude gain.

Are there any vaccinations required for trekking in the Annapurna region?

No, there are no specific vaccination requirements for the Annapurna Base Camp trek. However, it is recommended that you are up to date with routine vaccinations and consult your doctor regarding Hepatitis A, Typhoid, and Tetanus. It is always best to seek medical advice before travelling to Nepal, as additional immunizations may be suggested based on your health history and travel plans.

Is there phone or radio communication available during the trek?

Yes. Mobile network coverage is available in most lower villages such as Ulleri, Chomrong, and Jhinu Danda. But it becomes weak or unavailable in higher villages such as Bamboo and Annapurna Base Camp. For safety, your guide carries a radio for emergency communication and stays in regular contact with the Kathmandu team regarding your progress and trail conditions. You can also use a Nepal Telecom SIM for better coverage in remote areas.

PACKING & GEAR

Do I need trekking poles and crampons for this trek?

Trekking poles are highly recommended as they help reduce knee strain and improve balance, especially on steep stone stairs in Ulleri and the downhill trail to Jhinu Danda. Crampons or microspikes are only needed if you are trekking in winter (December–February) when the trail may be snowy or icy. You can rent them in Pokhara or Kathmandu if required.

Should I bring a sleeping bag, or are they provided in the teahouses?

Bringing your own sleeping bag is better for hygiene. While teahouses on the ABC trek provide blankets, they may not be warm enough at higher altitudes. So it is recommended to bring a sleeping bag rated for sub-zero temperatures (-5°C to -10°C) for better warmth and comfortable nights. If you don't have one, Discovery World trekking provides a used sleeping bag free of charge for each trekker.

What type of trekking shoes are best for the Annapurna Base Camp trek?

You should wear sturdy, waterproof trekking boots with good ankle support and a strong-grip sole. Avoid wearing brand-new boots on the trek, and make sure to break them in beforehand to prevent blisters. It is also a good idea to choose boots that are about half a size larger to accommodate thicker socks, which will improve comfort during long walking days.

Can I rent trekking gear, like jackets and sleeping bags, from you?

Yes. We provide essential gear like a down jacket and sleeping bag free of charge if you do not have your own. Other equipment such as trekking poles, crampons, and trekking shoes can be rented in Kathmandu or Pokhara. We can also guide you to trusted rental shops and help you arrange everything you need for the trek.

What to pack for the Annapurna Base Camp trek?

You should pack layered clothing suitable for changing mountain weather, such as thermal wear, fleece, a down jacket, comfortable trekking pants, insulating jackets, and waterproof outerwear. Essential items also include sturdy waterproof trekking boots, gloves, a hat, sunglasses, sunscreen, a sleeping bag, headlamp, reusable water bottle (1–2 liter), toiletries, personal medication, and important documents like your passport and permits.

BOOKING & PAYMENTS

How can I book the Annapurna Base Camp trek with your company?

You can book the Annapurna Base Camp trek by completing our online booking form or contacting our team directly via email, phone, or WhatsApp. Once your travel details are confirmed and the 10% deposit is received, your booking will be secured. After that, you are required to submit the required documents, and we will provide all pre-departure information to help you prepare for the trek.

What payment methods do you accept for booking?

You can make your booking payment through several convenient options, including bank transfers (local or international), credit cards such as Visa, AMEX, or Mastercard, debit cards, Wise, Western Union, or secure online payment via our website. You may also pay in USD cash upon arrival in Kathmandu. We will provide specific payment instructions during the booking process to ensure a smooth and secure transaction.

Is there a deposit required to secure my spot?

Yes, a 10% deposit of the total trek cost is required to confirm your booking and secure your spot. The deposit can be paid through various international payment methods such as cards, bank transfers, or via our website. You can pay the remaining balance upon your arrival in Kathmandu before the trek begins.

What is your cancellation policy for this trek?

Cancellations must be made in writing and are subject to a refund policy based on remaining days before departure. For cancellations made 45 days or more in advance, 85% is refunded; 44–30 days, 70%; 29–15 days, 50%; 15–7 days, 30%; and less than 7 days, no refund is provided. In case of unforeseen circumstances like natural disasters or political situations, the trek may be rescheduled or partially refunded (50% of the trip), as most costs are prepaid to service providers. Please visit our terms and conditions page for more details.

How much does the Annapurna Base Camp trek cost?

The standard 11-day Annapurna Base Camp Trek package typically costs around $600–$720 USD, depending on your group size and selected services. The package includes your accommodation, permits, transportation, and other trekking arrangements, but prices may vary. So please contact us or check our latest pricing for the most up-to-date rates and inclusions.

Are there any additional costs I should be aware of?

Yes. Although our Annapurna Base Camp trek package includes almost everything you need, you should still budget for personal expenses. These may include your Nepal Visa, travel insurance covering 4,130 m, tips for guides, porters or any other staff, and optional purchases such as snacks, drinks, hot showers, drinking water, souvenirs, and equipment rentals.

How much cash should I carry?

For the Annapurna Base Camp trek, you should carry around $15–$20 USD per day (or 2,500–3,000 NPR) for personal expenses. This is usually enough to cover items not included in the package, such as drinks, snacks, Wi-Fi, device charging, hot showers, and tips. Since ATMs are not available along most of the route, it is best to exchange money in Kathmandu or Pokhara and carry cash in small denominations (20, 50, 100, or 500).

TRANSPORTATION

How do I get to the starting point of the Annapurna Base Camp trek?

The starting point of the Annapurna Base Camp trek is Ulleri. To get here, you first travel from Kathmandu to Pokhara by tourist bus or domestic flight (at your expense). From Pokhara, you continue by road to Tikhedhunga via Nayapul and then trek onward to Ulleri, where the walking route begins. Discovery World Trekking arranges all transportation except flights to ensure a smooth and hassle-free journey.

Are domestic flights or transportation included in the package?

Yes, the ABC trek package includes all ground transportation. This covers tourist bus travel between Kathmandu and Pokhara, as well as private transfers from Pokhara to Tikhedhunga, and from Jhinu Danda back to Pokhara. Domestic flights between Kathmandu and Pokhara are optional and not included in the package, but you can choose them at an additional cost if you prefer a faster journey.

What happens if transportation is delayed due to weather conditions?

Transportation delays due to weather can occur on mountain roads. In such cases, your guide and support team will coordinate updates, adjust timings, reschedule the route or arrange alternative road transfers where possible. We then update the trek itinerary accordingly to minimize disruption and ensure your journey continues safely.

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

Yes, we provide complimentary airport pickup and drop-off services in the ABC trek package. In Kathmandu, our representative will pick you up from Tribhuvan International Airport in a private vehicle and transfer you to your hotel on arrival. After your trek, you will also be dropped back at the airport from your hotel. You just need to share your flight details and schedule in advance.

Can you arrange transportation after the trek is finished?

Yes, we can arrange transportation after your trek. This includes tourist buses, private vehicles, and domestic flights between Pokhara and Kathmandu. In the standard package, return transportation from Jhinu Danda to Pokhara and from Pokhara to Kathmandu are included, along with final airport drop-off. If you choose a domestic flight between Pokhara and Kathmandu, airport transfers are also arranged, but the flight cost is an additional expense.

Discovery World Trekking

Quick Questions? Email Us	info@discoveryworldtrekking.com
Talk to an Expert (Paul)	+977 9840 055 491
Emergency SOS (24/7):	Landline: +977 1 5352366 +977 1 5351649 Mobile: +9779840055491 WhatsApp: +9779840055491
Email:	info@discoveryworldtrekking.com
Address:	Saat Ghumti Chowk, Thamel, Kathmandu, Nepal.

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