
Annapurna Base Camp



Highlights

Annapurna Base Camp trek is one of the most beautiful treks in Nepal. Annapurna I is the 10th highest peak in the world at 8200 metres. This trek begins with green countryside, beautiful villages rich in culture, and dark green forest of rhododendron, oak and many other plants. Once you reach Annapurna base camp you are in an amphitheater surrounded by high peaks -- Annapurna South, Varsika, Annapurna I, the Gangapurna Range, Hichili and Machapuchare (fish tail). You see hanging glaciers all around and stand on the foot of the huge glacial moraine below coming from Annapurna South.

Come and visit Nepal with me

You will be experiencing the Himalaya with a mountain born Sherpa, trained as a high altitude guide. We will focus on taking in the mountains as well as the history, culture, and community of the indigenous people. The trip includes accommodation, most meals, and your bags carried by a porter. Everything is taken care of so you can relax and enjoy.

Itinerary – 15 Days*

Day 1 Arrive in Kathmandu (1330m)
Day 2 Katmandu city tour
Day 3 Fly to Pokhara, drive to Kande, walk to Australia camp (1980m)
Day 4 Walk to Landruk (1670m), approximately 5 hours
Day 5 Walk to Chhomrong (2130m), approximately 6-7 hours
Day 6 Walk to Bamboo (2295m), approximately 4 hours
Day 7 Walk to Deurali (3210m), approximately 5 to 6 hours
Day 8 Walk to Annapurna Base Camp (4150M), walk approximately 5 to 6 hours
*Day 9 Annapurna Base Camp rest day (optional), glacial side walks and mountain sunrises
Day 10, Walk down to Dovan (2590m), walk approximately 5 to 6 hours
*Day 11 Walk to Chhomrong (2170m), walk approximately 5-6 hours
Day 12 Walk to New Bridge (1400m), walk approximately 4-5 hours
Day 13 Drive to Pokhara, 2 hours drive
Day 14 Fly back to Kathmandu
Day 15 Trip finishes

* There are many options to shorten or extend your trip by 2 or 3 days.

Detailed itinerary

Day 1 Arrive in Kathmandu (1330m)

You will arrive in Kathmandu in the middle of the day. I will collect you from the airport and take you to your hotel. You will have time to refresh and look around Kathmandu a little. In the afternoon, around 5pm, we will talk about the trip. Make your own arrangements for dinner at the many local restaurants. Meals: not provided

Day 2 Kathmandu city tour

After breakfast there will be a sightseeing tour around Kathmandu. Visit heritage listed Pashupatinath and Boudhanath and then return to the hotel. Afternoon is at your leisure, you can explore Durbar square, Patan, Swayambhunath (Monkey Temple) or Bhaktapur. The area has an amazing range of fascinating highlights, whatever your interest. Excellent bookshops, extensive markets, plus novelty and handicraft shops contrast with imagery of a city full of cultural and spiritual significance. Kathmandu has more world heritage sites than any other city in the world. Meals: breakfast in hotel, lunch and dinner not provided.

Day 3 Fly to Pokhara, drive to Kande, walk to Australia camp (1980m)

We begin with a short flight to Pokhara, seeing the Annapurna range on the flight. We then take a short 1.5 hour drive to the road head at Kande, where we commence a short 2 hour trek. This is a peaceful way to begin trekking, we walk through forests of rhododendron and oak trees. On arrival you are greeted with sights of the entire Annapurna Range. This is a short day with plenty of time to reach Australia camp, which is a ridge with spectacular view of Annapurna South, Machapuchare and many others. Meals: breakfast, lunch, dinner included.

Day 4 Walk to Landruk (1670m), approximately 5 hours

We wake up to a sunrise over the snowy Himalayan ranges. Our walk takes us through more peaceful forests, where you will see flowers and hear birds. We then go through many Gurung villages, where you will see local culture and traditions. After lunch we follow a well-marked trail to the village of Landruk where we stay in teahouse overnight. Meals: breakfast, lunch, dinner included.

Day 5 Walk to Chhomrong (2130m), approximately 6-7 hours

We walk through farmland and jungle, and then cross the Modi river. We then have a steep ascent up stairs to lovely village of Juno. We walk through more forest, cross the river again at the beautiful flowered village of New Bridge, then climb up stone staircases to the village of Chhomrong (2170m). Chhomrong is a village which offers spectacular views of Annapurna South & Machapuchare. Meals: breakfast, lunch, dinner included.

Day 6 Walk to Bamboo (2295m), approximately 4 hours

Today we walk through more green farmland, beautiful villages and forests. We climb stone stairs many times, eventually crossing the Chhomrong Khola. We

climb high above the Modi Khola passing through dense green forests of bamboo, rhododendron and oak. As we walk you will see glimpses of Machapuchare and Annapuran South rising in the distance. Finally we ascend to Kuldighar and then descend to our overnight village of Bamboo. Meals: breakfast, lunch, dinner included.

Day 7 Walk to Deurali (3210m), approximately 5 to 6 hours

Today's destination is Deurali via the impressive limestone rock faces, with Machapuchare soaring in the distance. The path is undulating with a significant amount of stone steps. We climb steeply on zig-zagging stone paths to eventually reach Deurali and our camp for the night. Meals: breakfast, lunch, dinner included.

Day 8 Walk to Annapurna Base Camp (4150M), walk approximately 5 to 6 hours

In the morning we walk for 2 to 3 hours until we reach Machapuchare Base Camp. A huge amphitheater with Machapuchare and the Annapurnas, a wonderful view while we eat lunch. We then ascend slowly to Annapurna South Base Camp. This afternoon walk is simply spectacular as you watch Huchuli, Annapurna South, Annapurna I and Annapurna Fang coming closer and closer. We witness spectacular sunsets over the mountains. Our overnight accommodation is at the base camp Teahouse. Meals: breakfast, lunch, dinner included.

Day 9 Annapurna Base Camp rest day (optional), glacial side walks and mountain sunrises

Today we rise early to see the sunrise over the massive mountain ranges outside our window. A short walk allows us to stand on the edge of the glacier as the sun comes up. If you are feeling fit, you can enjoy some sidewalks today, or rest at the base camp.

(this day can be removed from the itinerary, if you want to watch sunrise and descent straight after breakfast). Meals: breakfast, lunch, dinner included.

Day 10, Walk down to Dovan (2590m), walk approximately 5 to 6 hours

Today we retrace our path, continuing to see Machapuchare and the lower rock faces. It is an easy pleasant walk through villages. We lunch in the village of Himalaya, then walk to our overnight stay in Dovan. Meals: breakfast, lunch, dinner included.

Day 11 Walk to Chhomrong (2170m), walk approximately 5-6 hours

We descend a long, stone staircase through bamboo and rhododendrons forests through Kuldighar continuing through beautiful rhododendron forests and down to Sinuwa. From Sinuwa, the trail leads downhill to the Modi Khola, closing the day with a steep climb to Chhomrung. Meals: breakfast, lunch, dinner included.

Day 12 Walk to New Bridge (1400m), walk approximately 4-5 hours

From Chhomrong, the trek heads back downhill, winding through villages, farmland and forest. We stay overnight at New Bridge, with gardens, flowers, a river walk, and continue to have view of Annapurna South and Machapuchare. Meals: breakfast, lunch, dinner included.

Option 1: If you need to shorten your holiday we can walk 1.5 hours to Kyume and take a 3 hour jeep down to Pokhara, arriving late in the evening.

Option 2: If you are wanting to see more and enjoy this beautiful part of the Himalaya, you can extend your walk by 3 days. This would take you to Gorepani, taking in views of Poon Hill, and seeing other villages.

Day 13 Drive to Pokhara, 2 hours drive

This morning we enjoy breakfast at this beautiful village, then drive back to Pokhara. Pokhara is a lovely lakeside village, where you will enjoy local shopping for crafts, many restaurants, health spas or a casual stroll around the lake. Meals: Breakfast at teahouse. Lunch and dinner not provided.

Day 14 Fly back to Kathmandu

This morning we take a short flight with beautiful mountain views back to Kathmandu. On arrival, we transfer to the hotel. The rest of the day is at leisure. Meals: Breakfast at hotel. Lunch and dinner not provided.

Day 15 Trip finishes

Breakfast at the hotel, and then you will be transferred to the airport. Meals : Breakfast at hotel. Lunch not provided

Key Information

What is included

- All breakfasts, lunches and dinners while on the trek (regular main meal from teahouse menu, plus either tea, coffee or cordial with the meal). Afternoon tea on trekking days.
- Boiled drinking water and bowl of washing water on trekking days.
- Airport transfers from Kathmandu.
- Local flights, and 20kgs luggage allowance on Kathmandu/Pokhara flights
- Local transfers to and from Pokhara to trek
- Accommodation on trek in teahouses
- Park entrance fees and trekking permits
- Sherpa guide will carry a first aid kit for trekking needs.
- Salary for porters

What is not included

- Breakfast, lunch & dinner in Kathmandu (many Kathmandu hotels include breakfast with the room price).
- Kathmandu tourist activities.
- Personal drinks or foods - Bottled water, aerated & alcoholic drinks etc
- Items of a personal nature such as phone calls, laundry, etc.
- Tips
for porters or guides
- International flights
- Visa
- Travel insurance or medical costs in emergency

Trip cost and how to book

I guarantee a competitive price, this is often less than big trekking companies. Please email me and I will give you a quote and arrange the booking.
seehighpeaks@gmail.com

Further information about trekking in Nepal

Expert Sherpa Guide

You will be led by Mingma Sherpa. He is a Nepal Government Licenced Guide. He has lived his whole life in the mountains, he grew up in a Kanchenjunga mountain village, and has been a High Altitude Sherpa Guide for more than 12 years.

Fitness and Trip Difficulty

Trekking physical activity is between 4 and 6 hours each day. You will carry a day pack, and the porter will carry your luggage. At any stage of a moderate trek you can expect long steep climbs and descents and a wide range of weather conditions. An example of an average day on moderate trek could include several ascents and descents of 500 metres or more, level ground is rare in the mountains.

Preparation before your trek

To prepare for a trek you should begin training approximately 3 months before your departure. As a guide, 40 minutes of cardio increasing exercise a few times a week. Speed is not important, stamina, confidence and continuity are.

Equipment

- Upon booking I will provide you with a list of equipment you need.
- Some equipment can be hired cheaply in Kathmandu if you do not own it.
- Good boots that are worn in are essential.
- You will need a light daypack, and an overnight pack or duffel bag for the porter carry.

A typical day

You will be woken with a cup of tea brought to your room, usually between 6 and 7am. Breakfast will follow this in the teahouse. After breakfast we commence trekking, the idea is to enjoy the trail, not hurry to the next destination, so we will relax and enjoy the scenery, mountains, jungle, wildlife and wildflowers. We will stop for lunch at around 11 to 12pm, followed by a short rest. After lunch the walk is usually shorter, and we reach camp by 3 to 4pm. Once we have reached camp you can settle into your teahouse room, have a rest, get washing water, and have afternoon tea. You can take care of personal needs, laundry, reading, your diary notes etc. Or you can take in the local village, take short walks, and enjoy the mountain culture, people, and scenery. Dinner is ordered from the teahouse menu usually around 6 pm to 7 pm. Trekking evenings are spent in the teahouse, and can be great memories of your trek, talking, playing cards, chatting with local people and other trekkers.

Accommodation on the trek

Teahouse accommodation includes a basic mountain style room, warm blankets and pillow. You will need to bring your own warm sleeping bag. Teahouses usually charge extra for hot water, approximately 150 to 200 rupees. You will need to provide your own toilet paper as this is a western item not used by locals. Electricity is expensive in the mountains; you can charge your electronics for an additional fee, depending on the teahouse.

Climate

Trekking in Nepal goes from September to the end of May (there is typically no trekking during the monsoon).

In this time there are three seasons -- Autumn (September to November), Winter (December to February) and Spring (March to May).

Trekking in Autumn (September to November)

Morning at this time usually has very clear skies, it can become cloudy in the afternoon. Mountains views are seen most mornings, with clear blue skies and snow-covered mountains. Autumn flowers can be seen, deciduous trees can be very beautiful as their colours change. The temperature in the morning as we start walking can be quite cold, sometime below zero. During the day the temperature can rise as high as 20 degrees Celsius and you will be quite warm, the sun can be quite hot (hats and sunscreen is needed). In the evenings and night time, it can be very cold, often below zero at higher altitudes. In autumn snow can fall at anytime, but it rarely rains. This is a high season for trekking and the trails can be busy in popular areas like Everest.

Trekking in Winter (December to February)

Skies are very clear for much of the day and you will see beautiful mountain views. It can become cloudy in the afternoon. You will see beautiful snow covered mountains, frozen waterfalls and creeks, deciduous bare trees. It

often snows in winter, occasionally we see rain. Although it is very cold, it is a beautiful time to trek and the trails are quiet. The temperature in the morning as we start walking will be very cold, as low as minus 5 Celsius. We usually warm up quickly with walking. During the day it will be lovely and sunny, as high as 15 degrees Celsius so you can still end up walking in short sleeved t-shirts. A hat and strong sunscreen will be needed for the bright mountain sunshine. In the evenings and night time, it will be very cold, around minus 10 degrees. You will need a good sleeping bag, and layering clothes is the best way to keep warm. A good jacket will be needed too. A metal drinking bottle can be filled with boiling water and used as a hot water bottle.

Trekking in Spring (March to May).

Morning the skies are clear, and it will become cloudy every afternoon because the monsoon (July) is starting to build. The clouds against the mountains create their own beauty. Spring you will see trees in bud, bright green leaves, rhododendrons flowers, magnolias, peach blossom, and many spring flowers. The Himalaya is home to many of the world's best-known flowering plants and spring is the time to see them. You will also see many birds. The temperature in the morning is pleasant, usually above zero. During the day the temperature can rise as high as 25 degrees Celsius and you can walk in shorts and t-shirts. The sun can be quite hot; hats and sunscreen is needed. In the evenings and night-time, it can be very cold and you will still need a jacket and many layers. In spring it can rain, with occasional snow. This is the busiest trekking season and also the season for expeditions to climb the mountains. You will see hundreds of porters, yaks and donkeys loaded with expedition gear.

Mountain flights

Flights to Pokhara are fairly dependable, however at times mountain flights can be delayed due to weather. A 6 hour jeep from Pokhara to Kathmandu can be arranged in extreme conditions (at additional costs).

Acute mountain sickness

When we ascend above 2500 meters our bodies have to acclimatize to the decreasing amount of the oxygen available. To allow our bodies to adjust we have structured our treks so that you ascend slowly, allowing acclimatization to occur. However, during the acclimatization process, you may experience some of the following symptoms.

- headache
- tiredness
- disturbed sleep
- loss of appetite/nausea • shortness of breath

- cough
- palpitation
- swelling of the hands and face

Individuals acclimatize at different rates. Your best strategy is to take your time and drink plenty of water. These symptoms may not indicate the onset of AMS and if you experience them it does not necessarily mean that you should not continue. I am a wilderness first aid trained and will help you monitor your symptoms. The only cure for acute mountain sickness is to descend.

Porter care

Porters are the backbone of Nepal so we aim to treat them well. All porters are provided with meals, accommodation and insurance.

Unexpected Changes

Adventure travel in remote areas can be unpredictable. This itinerary is subject to change due to weather or climate, changes in community regulations, as well as governmental changes, and natural circumstances beyond our control.