Annapurna Base Camp Trek

Trip code	HH-A8C-08
Package name	Annapurna Base Camp Trek
Duration	8
Max. elevation	4130 m
Level	MODERATE
Transportation	Sharing Bus/Jeep
Accomodation	Best available lodge en-route.
Starts at	Kathmandu
Ends at	Kathmandu
Trip route	Pokhara-Jhino Danda- Bamboo- Deurali- Annapurna Base Camp- Bamboo-Pokhara
Cost	USD 585 per person

Highlights

- An adventure trek to the world's 10th-highest mountain, Mt. Annapurna, Annapurna Base Camp (4,130m)
- Marvel at majestic Annapurnas, Machhapuchhre and many other alluring mountain summits
- Trek from low-warm terraced paddy fields to cooler hills and reach at Arctic zone.
- One of the shortest and altitude-friendly 8,000 m mountain base camp treks for beginners as well
- Explore the lovely mountain villages enriched with age-old heritage cultures and distinct lifestyle
- Unbelievable views of snow-capped peaks that surround the base camp.
- Rejoice in the walkthrough Annapurna Conservation Area, the largest conservation area in the world.
- Enjoy the natural hot spring at Jhinu Danda before departing for Pokhara.
- Get thrilled with the rhythmic natural waterfalls and deep wilderness on the trail
- Relax in Pokhara, a short walk around Fewa Lake and enjoy the foods you like in restaurants.

Overview

“Allocate 8 days in Nepal for a Moderate Annapurna Base Camp Trek and Capture the Marvelous Moments with Massive Annapurna Mountains”

Do you know that you can do **Annapurna Base Camp Base Camp in 8 days?** If you have got 8 days for real trekking in the mountain of **Annapurna,** it means a week time to spend in Nepal with a moderate trekking trip, you can go with **Annapurna Base Camp Trek.**

Annapurna Base Camp Trek wonderfully takes you to the **Annapurna Base Camp (4130m)**, one of the highest mountain’s base camp and amazes you with incredible mountain panoramas and the blissful moments of being into the core of nature with absolute wilderness.

Moreover, **Annapurna Base Camp Trek** lets you walk through **Annapurna Sanctuary** or **Annapurna Conservation Area**, the most massive protected area in the world and offers a big opportunity to explore the diverse species of wildlife and plants. The serene walk through deep woods, rhythmic and natural waterfalls, deep gorges, beautiful and historical local hamlets, the hospitable people with typical rural lifestyle, local lodge stay, organic food items of the Himalayas of **Annapurna** and Fishtail, terraced farmlands and picturesque landscapes will mesmerize during this 8 days **Annapurna Base Camp Trek.**

The thrilling and vibrating walk through the wild nature of **Annapurna Himalayas** and **Machhapuchhre** will delight and refresh you with the excitement of moderate adventure as you ascend to 4160m, the **Annapurna Base Camp.** And if you want to escape the walk down to **Jhinu Danda** and the **jeep ride to Pokhara**, you can go with **Annapurna Heli Flight**/ Or **Annapurna Heli Tour.**

Similar Trips to Annapurna Base Camp Trek

1. **6 Day Annapurna Base Camp Trek**
2. **7 Day Annapurna Base Camp Trek**
3. **Annapurna Base Camp Trek with Poonhill**
4. **Mardi Himal Trek 8 days**
5. **Annapurna Base Camp Jeep Ride with Helicopter Return**
6. **Annapurna Base Camp Budget Trek**
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1. Ghorepani Poon Hill Jeep Ride

2. Ghorepani Poon Hill Trek Route

3. Poon Hill Trek in October

4. Ghorepani Poon Hill Trek in Winter

5. Poon Hill Trek Cost

6. Annapurna Base Camp Jeep Ride

7. Where is the Best View of Annapurna Range?

8. Poon Hill Trek in December

9. Ghorepani-Poonhill Trek- A Complete Trekkers' Guide

10. Poon Hill Trek in Spring

11. Poon Hill Trek in March

12. Poon Hill Trek in April

Annapurna Base Camp Trek itinerary has all the required glamorization and the right pacing of the participants/ trekkers while ascending so that they won't encounter the possible threats of high-altitude sickness at **Annapurna Base Camp**. The trek offers you the right pacing and the walking hours of 6-7 hours a day with the perfect ascent of 4-5 hundred meter.

Your **Annapurna Base Camp Trek** begins from **Pokhara** and ends at the same place with a **jeep ride from Jhino Danda** (1700m) to **Pokhara**. After that or before the trek begins, you can enjoy the **Pokhara** city and its magnificent highlights like lakes, caves, waterfalls falls holy stupas and temples.7 days or weeks to spend in Nepal for an **adventure trekking** moderately? Simply pick up **8 days Annapurna Base Camp Trek** and get boosted up or other adventure trekking in Nepal like **Everest Base Camp Trek** and **Manaslu Circuit Trek** or **Annapurna Circuit Trek.**

What are the required permits for Annapurna Base Camp Trek?

The trek route requires two different types of permits. These are the **Annapurna Conservation Area Entry Permit** and **TIMS** (Trekking Information Management System) Card. The TIMS Card costs **USD 20** and ACAP Entry Permits costs **USD 30.** You can obtain these two **Annapurna Base Camp Trek** Permits through your local travel partner you are using for your Nepal trip or you can collect them directly. Simply provide your travel partner with a copy of your passport and some recent photographs, and they will get the permits for you.

How difficult is Annapurna Base Camp Trek?
It is a moderate adventure up to 4130m above sea level, the highest elevation of **Annapurna Base Camp Trek**. So, even beginners with some skills and moderate stamina trekking can accomplish this trek. However, one requires a good level of fitness and proper preparations like regular walks and exercises on daily basis.

Having packed with the right trekking gear and with a good level of fitness, you can do this trek without any hindrances on the trail to **ABC** and back to **Pokhara.**

There is no age bar for **Annapurna Base Camp Trek** and even beginners and people of old age like 70 can do this trek with the right pacing and acclimatization but need to be accompanied by a professional trekking crew.

Those who have 6-7 hours walking stamina with the ascent 400-500 meters each day in the mountain, getting the highest elevation 4160 m can do this trek.
How are Food and Accommodation in Annapurna Base Camp Trek?

Until **Pokhara,** trekkers will enjoy luxury accommodation and they can have the food items they like. But, when they ascend up to **Ulleri** and **Poonhill-Ghorepani**, if people are going to **ABC** via **Poonhill** and **Ghorepani,** or when they ascend up to **Jhinu Danda,** they may not have such chance to have the accommodation and food items. However, don't be sad, there are plenty of lodges and guesthouses to organize your accommodation and foods. Moreover, your guide will manage your beautiful food and accommodation for you during the trek. The local guesthouses and the lodges will offer you food item with certain criteria with prices mentioned in the menu during your **8 days Annapurna Base Camp Trek.**

Note: Sometimes, it may be difficult to find the right accommodation during two peak trekking seasons in Nepal: Autumn(Sep-Nov) and Spring (Mar-May). Please don't blame your guide for not getting right accommodation and foods for you in your 8 days **Annapurna Base Camp Trek** if you are making this trek in the months of Sept, Oct and Nov of the year. Sometimes, you should be willing to pay some extra for your accommodation as it is very hard to get.

Annapurna Base Camp Trek Transportation

If you are starting **Annapurna Base Camp Trek** from **Kathmandu**, you will have two options: air and land and if you are starting it from **Pokhara,** then, you have only one choice that is land transportation or drive to **Jhino Danda** or drive to **Ulleri** via **Birethanti** if you are going to **ABC** via Poonhill. The flight from **Kathmandu** to **Pokhara** is 40 minutes maximum and the road trip is 7-8 hours. Even, the road gets disturbed by heavy traffic and other issues. So, flight is recommended.

After you get to **Pokhara,** you again have to drive to **Nayapool/Birethanti** for 2 hours or directly drive to **Ghandruk** or you can directly **drive to Jhino Danda** if you are following another trail and begin the hiking. While returning back from **Annapurna Base Camp,** you can drive directly from Ghandruk to Pokhara and Pokhara to **Kathmandu**. (Flight from **Pokhara** is optional and still can be done in request)

You still have the option of helicopter fly back to Pokhara from **Annapurna Base Camp** if you want to escape the returning walks from ABC to **Jhino Danda.**

Do I need to hire Guide and Porter Annapurna Base Camp Trek?
You require hiring at least a guide for your **Annapurna Base Camp Trek.** Without a guide, you are not recommended to do **Poonhill Trek** or further to **Annapurna Base Camp**. We Haven Holidays Team for **Annapurna Base Camp** will be very caring and lead you rightly in t he mountain with no hidden selfishness. The guide and porter we provide for your **Annapurna Base Camp 8 day** will entirely focus on in order to make your trip to **ABC** and back a successful and memorable. But if you think you don't need guide, you can do **ABC** Trek independently as well. Collect all required information and trekking permits beforehand the trek begins either from **Ulleri** or **Jhino Danda** where natural hot springs are located.
The guide has a government licensed holder coordinating knows the local flora and fauna, Entire Mountain views, well-known precautions, and local culture and speaks English very well. Even the porter will help in many ways like carrying your baggage and helping in walking if the trail is straight up and steep down. Most importantly, the leader is well known about high altitude sickness and first aid applications.

For your safety and convenience, you are highly recommended **hiring guide and porter** for

Annapurna Base Camp Trek.

How is communication access in Annapurna Base Camp Trek?

The trekkers will enjoy the facility of Wi-Fi and phone calls all round the trip to **Annapurna Base Camp** and back to **Jhino Danda**. During your stay in **Pokhara,** you will have the access of fine quality of Wi-Fi and internet for communication.

The local lodges and teahouses provide the facility of Wi-Fi during the overnight stay and in your free time. Most of the guesthouse along the **Annapurna Base Camp** Trekking Trail don't charge any extra cost for Wi-Fi and there may be a few cases that some lodges charge for the Wi-Fi service like Rs. 200-300 per device.

The best option for you to access internet and phone calls in your smart phone will be: installing local Nepali SIM Card like NT (Nepal Telecom and NCELL. You can get Nepali SIM Card easily from **Kathmandu** and **Pokhara**. You can get it by producing your passport copy and passport sized photogram within 15 minutes. If you are staying in Thamel, you can see the information all around about buying or getting Local SIM Cards in your personal smart phone. This way, you can enjoy all phone calls and internet services along the route without any problems in trek to **ABC.**

Trip Itinerary

Day 1 : Arrive in Kathmandu Nepal (1338 m) and transfer to the hotel by private vehicle.

After you land in Kathmandu, our staff will attend you at the airport. They will bring you to the hotel in a private van or car. You will refresh and enjoy short walks on the streets while our staff prepares for the trek. You will have dinner and spend the night in Kathmandu.

Optional Itinerary: If arrive earlier in the afternoon or a few days earlier, you can do some other UNESCO World Heritage Sites tours in Kathmandu Valley or a short day/day hiking around/near Kathmandu Valley. If you want us to set up an itinerary for you, **contact us.**

Day 2 : Drive to Pokhara 822m. 6 hour drive covering 220 km / 137 miles.

Morning with pack breakfast, get ready to go Tourist Bus park for overland journey to Pokhara. An exciting drive of about normally 6 to 7 hours if there are no Traffic jams following the main Nepal busy highway, the drive leads along the Trisuli River. One of the most popular rivers for rafting adventure, the drive then diverts towards the west to reach Pokhara city. Along the drive, one can experience rural farm life with grand views of snow-capped peaks. Slowly the drive ends on reaching Pokhara by the lovely Phewa Lake side, where all good hotels are located. After checking into a nice room, having time to browse around the Phewa Lakeside.

(**Optional:** Optional: Froom Kathmandu to Pokhara, a scenic flight of 30 minutes)

Day 3 : Jeep Drive to Jhinu Danda(1700m) and then trek to Sinuwa (2340 m | 7,677 ft.),6 hours.

After you have breakfast at Pokhara Hotel, the jeep will transfer to Jhinu Danda near the suspension bridge via Naudanda, Lumle, Nayapool and Birethanti. It will take 2-3 hours to get to the base of Jhinu Danda by a four-wheel jeep. On the way, you will see the beautiful Modi River and local settlements along with alluring mountain peaks along the trail. The road is rough and bumpy, but the drive offers beautiful views of the surrounding hills and valleys. You will have your lunch at Jhino Danda walk up to Chhomrong village and walk further to Sinuwa. On this section of the walk, you will feel a bit strenuous to walk the steep uphill of Jhinu Danda till you get to the top of the hill and then walk down to the riverside. You will cross the suspension bridge and walk up to Sinuwa. Stay overnight at the lodge.

Day 4 : Trek to Deurali 3, 230 m / 10597 feet-05 hrs

Initially, you will pass Bamboo, Dovan and Himalaya before you ascend to Deurali. As the walk continues through dense vegetation and tree lines to reach the Himalayas via Bamboo and Dovan. Himalaya, a settlement with 2-3 lodges, is located right beneath Annapurna South and Huin-Chuli peaks. A short walk with gentle ascend we get a large overhanging cave called Hinku Cave. After the Hinku Cave trail downhill close to Modi River with a short climb reaching a plateau, where Deurali is located.

Deurali stands above 3,200 m high, enjoy the surrounding views. From here the tree lines drop for short foliage and bushes, which Deurali places at the bottom of Huin-Chuli peak.

Enjoy lunch with a leisurely afternoon around this lovely area close to the raging Modi River along with some mountain peaks.

Day 5 : Trek to Annapurna Base Camp 4,130 m via Machhapuchare Base Camp 3,720 m -05 hrs.

Today's walk takes you to our main goal and highlights, start the morning heading up following the river upstream. A steep climb in some sections on a grassy path, as walk climbs on stone steps to MBC (Machhapuchare Base Camp).MBC stands high beneath the towering North Face of Machhapuchare Himal the famous Fish Tail peak. MBC with a few good simple lodges and restaurants, enjoy lunch-facing views of Machhapuchare, Huin Chuli, and Annapurna South.

From MBC enjoy grand views of Annapurna-I towards the west, after lunch a short climb to enter the picturesque Annapurna Sanctuary. Walk on the easy gradual uphill trail to reach a Welcome Sign Post of Annapurna Base Camp. Then climb to a grassy plateau, where Annapurna Base Camp is located with several guest houses and lodges. An exciting and glorious place to enjoy the day at Annapurna Base Camp sits on the lap of the staggering ice and snow wall of Annapurna-I.

Day 6 : Trek back to Sinuwa 2340 m | 7,677 ft. m - 06 hrs.

A long day walk but much easier on downhill with a few short ups to Bamboo, morning bidding farewell to ABC. The walk follows past MBC to Deurali, from Deurali a slow climb and Hinko Cave and heading to the Himalayas. As the walk continues reaching the dense tree lines arriving at Dovan and then down to Bamboo and finally to Sinuwa for an overnight halt. The trek from ABC to Sinuwa is filled with diverse landscapes and breathtaking views, making it a memorable part of the Annapurna Base Camp trek. Enjoy your descent and the beautiful scenery along the way!

Day 7 : Trek to Jhinu-Danda a place with hot spring 1, 700 m - 06 hrs and drive back to Pokhara

After a pleasant overnight stop at Sinuwa with the cool air, morning a short descent to Lower Sinuwa. The trail follows through enchanting woodland and local settlements down to Chomrong Khola / stream. On crossing a bridge a steep climb on steps to Chhomrong for lunch or you can directly go to Jhino Danda for lunch.

The trek from ABC to Sinuwa is filled with diverse landscapes and breathtaking views, making it a memorable part of the Annapurna Base Camp trek. Enjoy your descent and the beautiful scenery along the way! After you stay for an hour at Jhino Danda for Lunch, you will walk down to the jeep station cross a long suspension bridge, catch the jeep and take a ride to Pokhara city.

Day 8 : Drive to Kathmandu /Optional Fly to Kathmandu

After Breakfast Drive Back to Kathmandu by Tourist Bus. Evening join with farewell dinner and next day we will arrange your departure to homeward.

Optional Itinerary: If you have extra days, you can extend your trip to Pokhara. you can explore Pokhara city and other highlights of Pokhara like Gupteshwor Mahadev Cave, Davis Fall, World Peace Stupa, Pumdikot with massive Shiva Statue, Phewa Lake and even you can do Paragliding too.

Inclusions

What is included?

- All Arrival and Departure Transfer from airport to airport.
- Twin sharing Accommodation on tourist standard hotels in Kathmandu and Pokhara.
- Mountain accommodation best available Lodge/Guesthouse with Breakfast.
- Tourist Bus Kathmandu - Pokhara - Kathmandu.
- Sharing Jeep or bus service Pokhara -Jhinu Danda-Pokhara.
- Service of guide, and Porter as per size 2:1 porter.(It means for two clients one porter)
- Wages, meals, medical allowance of guide and porters.
- Necessary Trekking Permits TIMS and ACAP.
- Comprehensive Medicines carried by our staff if required for minor wounds and sickness.
- Gift of Haven Holidays Company T-shirt or Cap and if Clients needed we provide Duffel bag.
- Farewell dinner in Kathmandu.

What isn't included?

- Nepal Visa, Personal Medical & Travel Insurance.
- Expenses of a personal nature
- Gratitude or tipping for trekking staff guides and Porters.
- Personal trekking gear.
- Emergency Evacuation if required by any means of transportation we can arrange.
- Personal medical kit, as advised by your doctors.
- Lunch and dinner all round the trip.

- Early return from the trek due to personal reasons, no refund will be entertained on breaking the journey.
- Domestic tickets fare like Kathmandu - Pokhara and Pokhara - Kathmandu.
- Kathmandu and Pokhara Sightseeing Tour Fees

Trip Info

Booking Terms and Conditions

Booking

To book this trip, you have to find the **book now** button and click it. After that, you will see a form where you will fill up all the required information for the trip including departure date you want and click the button submit. Now you have successfully completed the form and we will reply your email promptly.

Deposit for Booking

One needs to transfer or deposit 25% amount of the total cost of the trip to book this **Annapurna Base Camp Trek 8 days**. For example, if the trip you are booking costs USD 1250, the 25% percent for the booking of this trip will be USD 150. Once you have made the advance payment, you need to inform our team for the confirmation of the trip.

Cancellation and Refund

You can cancel the trip if you want, but no advance payment will be returned to you. It means, no refund will be transferred to your accound again for the cancellation of the trip. Actually, once you book the trip, our team needs to prepare the transportation; accommodation and the trip crew for your trip and the company will already make certain payment to other operating sections. Therefore, the other operating department like transportation, food and accommodation, trekking crews are not ready to return the advance payment to us. This is the reason we are not going to return you back the advance payment. But, you can postpone the trip for future. We will offer you the same or other equivalent trip whenever you want in the future.

Trip Postponement and Transfer

Though you cannot get the refund after you cancel your planned trip, you can postpone it for future and you can do whenever you have favorable time for you. Or, you can transfer the same trip to your family members, friends and relatives. If you want you other people who are closer to you do this trip, you can do transfer of offer this trip as a gift. But for this, we require valid and reliable evidence like email address, other contacts and all requires contracts we made previously.

You reserve **Annapurna Base Camp Trek** for your nearer and dearer ones if you want and can be postponed for future use. Your postponed and transferred trip will be safe and can use whenever you want.

Training for High Altitude

Training for high altitude means training for boosting your stamina to successfully cope with the new elevation your body gets during the trip in the Himalayas. For this, you require doing short hikes and joggings, aerobics, regular exercises like jumba dances, walking up and downs with small backpack, joining gym for cardio and other exercises and primarily, jogging, cycling, futsall football and short hikes/treks in the hill. You can practice both slow joggings and quick running that will help you a lot in the mountain to adjust with new and high elevation you gain.

If you do above mentioned things very periodically, you will be able to battle acute mountain sickness and you will enjoy your trip blissfully. It is a must thing to do before you board on the trip in order to delightfully celebrate the trip in the mountain with new elevation, new culture and the atmosphere.

Burn your fat if you are fatty/obese, address serious sickness in your body if you have by consulting your doctor, stop smoking and drinking (heavily) if you can, avoid stress and mental burden, have balanced diet and keep your body fit and fine to work out in the mountain at least for 4 hours to maximum 8 hours with little backpack for the trek you want.

If you love doing outdoor sports like lawn tennis, football, basketball, volleyball, badminton and any other games and sports, continue them and practice harder for the trek.

ABC Trek demands a good level of physical fitness to work for at least 7 hours a day with ups and downs in the Annapurna mountains through Annapurna Conservation Area. Therefore, the trekkers who are doing **ABC Trekking** requires boosting stamina accordingly.

How to Prepare for Annapurna Base Camp Trek?

If you prepare your trek to ABC very well in a finely organized way, it is said, half of the trek is already accomplished. Therefore, one requires preparing the trip with all requires things to carry and keeping oneself fit and fine.

Best Ways for Annapurna Base Camp

- Do regular exercises basically related to Cardio
- Boost up your stamina mentally and physically in order to be capable to adjust with the new elevation and atmosphere you will get to during the trip
- Get and pack up all necessary equipment for the trek
- Get and pack all required personal equipment and gears
- Do some research on the trek you are doing and the region you are heading to and you are going to explore
- Ask about the trip with someone who have already done it and collect important information
- Address health issues if you have any before you depart for the trip
- Prepare all required medicines you must take on the trip regularly if you are doing it
- Let your friends, family or relatives know that you are going Nepal for the trip, destination and duration
- Prepare mentally how you are going to spend your budget on different titles and carry/collect enough budget for the trip but don’t try to be prodigal, just enough
- Be well known about the possible challenges you may encounter along the Annapurna Base Camp Trekking Trail

- Prepare travel insurance and confirm that your trip is booked and reserved
- Check the weather condition before you depart for the trip
- Let your travel partner/ company/operator what kind of person you are: vegetarian, non-veg, female, and solo-travelling lover, spiritual traveler, adventure lover, city and luxury lover and similar so that the crew/team can prepare your trip in a better way.
- Book your both ways flight tickets and confirm it so that it will be easier for you to return homeward.

Arrival and Transfer to Hotel

You will arrive either by air or land to Nepal. If you arrive Nepal by air, you have to use the only Tribhuvan International Airport. Instead, if you use the road, you can enter or arrive Nepal by land, you can different borders of Neighboring countries (India and China) like Rupaidia, Jogbani, Raksaul, Sunauli, Nepaljung, Dhangadi, Chandani Dodhara, Birjung, Kakarvitta, Jhapa, Morang, Tatopani, Tinker, Rasuwagadi, Kimanthanka etc. You can use whichever entrances you like to suit your comfort and convenience.

On Arrival, you will have the on arrival visa instantly if you have not applied Nepal visa for Nepal through the consulate centers or Nepal Embassies nearby you or your city. Within half an hour, you can get an instant authentic visa on your passport after producing all required documents for visa.

But, majority of people/trekkers enter Nepal by air and that is via Tribhuvan International Airport. We receive you at the arrival of any entry points of Nepal or mainly at Tribhuvan International Airport without any delay according to your arrival time. It may take some time like 20-30 minutes to collect your luggage and for security checking at the airport. After that, you make your way to the exit of the airport and Haven Holidays Pvt. Ltd. Representative will be waiting there holding the Board Witten “Haven Holidays Pvt. Ltd” and as you see the board, you have to go with him or her and we will make a very comfortable transfer to the hotel you are staying overnight. The transfer from Tribhuvan International Airport and Thamel, the hotel where you are staying will take just 15-20 minutes drive. Don’t get scared with the chaos and heavy traffic on the way to the hotel from Airport.

Get checked in hotel and take rest and get refreshed. We will give you the time for orientation after you get checked in the hotel.

Check if everything is fine with the accommodation you are using tonight and plan for your **Annapurna Base Camp Trip** in wider level.

Orientation for the Trip

As you are given the time when you get checked in the hotel, you will be followed by our staff for the orientation. It may be on the same day or later the next day early in the morning at breakfast.

We will briefly let you know the trip you are undertaking from the next day or from the same day onwards. You will be stated about the highlights of the trip, preparations, equipment, food and accommodation, guide and porter, emergency rescue, travel insurance and many other important things to know beforehand. You are given very important information about ABC Trip by our professional team in the orientation so that you can make your trip safer, more exciting and successful with the best tips provided to you beforehand.

We will introduce you the trip crew and have a brief talk to them so that you can feel more convenient during the trip.

If you have any query, you can put them in this orientation meeting before you depart for your trip. Kindly put your confusions forward to our team if you have before heading to the trailhead of **ABC Trek.**

Last Minute Booking

Last minute booking is always open for you but the same package tends to be little more costly that the regular departure dates trip packages. Actually, those who approach for last minute booking with us; they must pay 10% additional cost of the total trip cost mentioned in our website.

You can book the trip you like in our website even a day prior to the trip begin.

If you are lucky, then, the last minute may be a golden opportunity for you to get the same price or even less than that if one of the members of the trip gives up and withdraws the trip plan at eleventh minute. So, if you are late to book the trip you really like to do with us, no worries, you still have option and we will try our level best to make your trip successful and grand as other normal trips.

Don't' hesitate to hit the booking button of **Annapurna Base Camp Trekking** at the eleventh hour, we are always open and here to organize your vacation trips in Nepal.

Trip Extension

We are always flexible and open to the extension of the particular trip you are undertaking. If you really enjoy the trip you are doing, you can extend it to longer days or to longer hours. But, for this, you must contact us one day prior so that we can arrange the required things like trip crew, accommodation, transportation and other minor needy things for your extended trip. If you let us know a day earlier directly or through the trip crew you are using in the field/route like through your trip leader, you will have a beautiful time ahead. For the extension of trip, you must add some little additional cost which we will settle in mutual understanding.

If you want to extend your **8 days Annapurna Base Camp Trek** to **Annapurna Circuit Trek** or want to have some more days to explore the region, you can do it. Tell your trekking leader who is handling your current trekking trip and he will let us know and we will plan accordingly for the extension of the trip.

Currency Exchange

You can exchange your currency even in the Tribhuvan International Airport at your arrival or you can exchange it after you check in the hotel in Thamel or in other several places of **Kathmandu Valley, Pokhara, Chitwan, Nagarkot, Lumbini** or any trekking beginning points as well. You'd better exchange your currency with Nepali ones in Thamel as they give a good exchange rate. You can find several money exchange counters in different corners of Thamel city. You can directly go there and can exchange your currency with Nepali ones.

If you are in rush and you cannot do this, you can pay USD or AUD or CAD to the people whom you need to pay like for your accommodation, foods, trips costs, tipping etc. You can even get the exchange of your currency with Nepali on the trekking routes/trip routes like in **Lukla, Namche, Pokhara, Besisahar, Manang** etc. You can ask to exchange your currency with Nepal ones with local lodges/restaurants/hotels/ guesthouses too. But, you need to have your currency like **USD, AUD** or **CAD**. Even Indian currency doesn't work in Nepal while paying but only **Rs. 100 rupees** not **500** and **1000**. You can pay with your own currency with the current exchange rate wherever you go in Nepal. No worries guys!!

You are passing through **Pokhara city** where you can find numerous money exchangers and you can easily get your currency converted into Nepali rupees. But, it is better to do the exchange in Kathmandu beforehand. Ask the experts about how much extra money you need to take with your for your **Annapurna Base Camp** and plan accordingly.

Haven Holidays Team for Annapurna Base Camp Trek

Haven Holidays Team is very **professional, reliable** and responsible all round **Annapurna Base Camp Trek**. You can completely on them. They are well trained, friendly and highly literate in respective languages. You can share anything you like with them without any hesitation. They know local culture, civilization, history, foods and accommodation, weather condition, expert in first-aid application and how to handle the sudden accidents on the trip. They are eco-friendly and better understand the non-humans rights and their lives.

However, we kindly request not to exploit them and provoke them on the trip for your personal benefits. You can enjoy your trip with them at fullest but at the same time we humbly appeal not to try to change their mindset, perspectives, religion and culture that are following.

Haven Holidays Team will assist you in every step of your trip to make it memorable and more convenient. Similarly, they have very deeper and winder information about **Annapurna Conservation Area** and its flora and fauna.

Luggage and the Storage

If you are hiring the porter for your trip in the mountain, you can pack no more than 9 kg. in the duffel bag or in your own backpack. We provide you a very reliable duffel bag to put your stuffs to be carried in the trip. It will be very safe to be carried by porter .Because it is the international labor rule that a porter can only maximum 18 kgs in the mountain. Please, don’t pack unnecessary stuffs in the duffel bag. Actually, two people can share one duffel bag and one porter by putting 9k stuff by each individual.

If you think you don’t need the stuffs you have with you in the mountain, you can store at the hotel in **Kathmandu** or even in **Pokhara** if you are passing through it. The best way to keep your unnecessary stuffs is in **Kathmandu hotel**. They will keep your unnecessary luggage/stuffs very safely till your return back. Ask you trip leader or hotel receptionist to do it for you before you depart for the trip. Don’t forget to take the luggage tag while storing the unnecessary luggage.

Optionally, you can store your unnecessary luggage at the hotel in **Pokhara** as well before you head to the trailhead **Dhampus via Kande** or **Ghattekulo**. You can receive them after your return from

Annapurna Base Camp.

What are the Meals available in Annapurna Base Camp Trekking Trail?

Meals will be provided according to the itinerary and cost includes and cost excludes. If you are given the itinerary or cost include like including BB only, you will be provided breakfast only and if the if you have booked the trip package like including full-board meal, you will get all the meals including breakfast, dinner and lunch. Apart from main meals, if you have tea, coffee, cold drinks and other alcoholic drinks, you have to pay them personally.

During the trip, you will be given enough time to have the meal. You can enjoy the meal you like from the menu.

Vegan, Vegetarian?? If you are vegetarian, you will still find the choice in the menu and our guide will take a good care of you thorough the trip. Let him/her know about you that you are gegetarian/vegan if you are.

You will have your meal at the lodge/local guesthouse, hotel or resort during the trip. You are supposed to have the meal where you stay overnight in the mountain during the trekking trip.

Sometimes, you may not get the item you want in the mountain during the trekking trip/touring trip, at the time; you have to consider it very calmly.

You will enjoy freshly cooked meals in the mountain during the trip days with local ingredient

Mostly, the trekkers will have Nepali Food Items like Daal Bhat Set, Tibetan Bread, Noodles, Curries, Dumpling, Toast, egg items, soups, cutlet and even pizza in **8 days Annapurna Base Camp Trek.**

How are Accommodation and Toilet Facilities in Annapurna Base Camp Trek ?

You will have very basic but neatly organized accommodation and toilet facility on the trail in the mountain while trekking. The accommodation will be twin sharing basis in a group trip and if you have private trip, you will get single. The beds are comfortable enough to spend a single or double nights in the mountain.

Normally, the lodges/teahouses/hotels and guesthouses are made up of woods and rocks and are run by local people. They try their best to comfort you during your stay with providing you extra piece of blanket and making your bed more comfortable. But, one important thing to carry during your trip in the mountain is your private sleeping bag which will make your nights more comfortable in the mountain at higher elevation and you can easily battle chilling cold nights and make your body warm.

It is very rare that you get suite room as your accommodation in the mountain. The toilets are detached from the bedrooms and you should be ready share the toilet with other trekkers in the mountain. You, sometimes, can get the room with attached bathroom/washroom/toilet but it will be very rare. If you get this kind of attached bathroom accommodation, consider that you are very lucky and thank your trekking leader/guide.

Carry enough roll/toilet paper for the toilet use during the trek in the mountain. You can prepare it from the cities and even you can get them on the trail, but will be more expensive to get them on the trail.

The local towns like **Jhino, Chhomrong, Bamboo, Himalaya, Deurali** and **Annapurna Base Camp Trek** will provide local lodge accommodation on twin sharing basis which will be comfortable enough for a single night stay.

Transportation options for Annapurna Base Camp Trek

You can use both land and air transportation for **Annapurna Base Camp Trek.** You commence this trip from **Kathmandu** and you can go with either drive or domestic flight for **Pokhara** from **Kathmandu**.

As road transportation, you can get multiple ways of driving including luxury tourist bus, private car/jeep and local bus. The tourist bus leaves at 7 from **Kathmandu** for **Pokhara** and spend 7 hours to get the destination, **Pokhara.**

You can also get local buses for **Pokhara** every hour from **Kathmandu** which is not recommended for you as they are very crowded and it get delayed as they frequently receive the passengers on the way.

Private car or jeep drive is also possible from **Kathmandu** to **Pokhara** and back. Going **Pokhara** this way will me much more convenient for you.

The quickest and the most convenient way to get **Pokhara** from **Kathmandu** is domestic flight for only 35 minutes. If you go with flight for **Pokhara** from **Kathmandu**, you can either explore the **Pokhara city** or can go to **Jhino Danda** to begin the trek on the same day. You can take flight from **Kathmandu to Pokhara** and take **jeep ride to Jhino Danda** and begin the **trek to ABC** on the same day heading towards Sinuwa(2160m).

You can do the same while returning back to **Kathmandu** from **Annapurna Base Camp Trek** as your transportation partner. You can choose whichever way you like to go Pokhara and come back Kathmandu while doing your **Annapurna Base Camp Trek.**

Where does Annapurna Base Camp Trek Start?

The trek commences from Kathmandu with a flight to **Pokhara** and then **jeep ride to Jhino Danda**. The flight to **Pokhara** from **Kathmandu** is only for 40 minutes and then the **Jeep Drive to Jhino Danda** is for 2-3 hours along the off-road. However, the drive will be adventurous and exciting with marvelous country, mountain and rivers views.

Once you arrive at **Jhino Danda via Pokhara city**, you will enjoy natural hot spring here. The hot springs are located at the riverside of Modi Khola. It is 20 minutes walk from main Jhino Village.

How is Electricity facility in ABC Trek?

You will get good and undisturbed facility of electricity during the trip in Nepal. Even though you go to the mountain for trekking and other adventure activities, you can get the facility of electricity to change your phones and backups for free. However, in some cases you may have to face the problem of load-shedding and the local lodges and guesthouses may charge you some amount like Rs. 100-200 to charge your batteries, backups and phones in remote area trekking like **upper Mustang Trekking, Upper Dolpo Trekking**, **Annapurna Circuit Trekking** and **Manaslu Circuit Trekking**. Otherwise, in **Annapurna region trekking** and **Everest Region trekking**, you don't need to pay for battery, phone and backups charging on the trail. But, there won't be electricity heating system in the mountain while doing trekking or other adventure activities. Unlike that, you can enjoy all kind of electricity heating system in the city tours like **Kathmandu City Tour, Pokhara, Chitwan** and **Lumbini Tour**, **Nagarkot** and **Namobouddha Tour.**

The **Annapurna Conservation Area Project** manages all reliable supply of electricity to all trekking trails located in the protected area including **Annapurna Base Camp Trekking Trail**. The Modi Khola hydropower supply and other local solar panel will supply the undisturbed electricity in **Annapurna Base Camp Trekking** l which will facilitate you in lighting and charging systems. Sometimes, the power supply may get disturbed due to some natural disasters like heavy rainfall, landslides and snowfall. However, the problem of power will be fixed immediately.

Also, the solar panels that the local lodges have collect the power and supply it for charging and lighting to the trekkers who are doing **ABC Trek 8 days.**

How is Drinking water facility in Annapurna Base Camp Trip?

Drinking water must be pure, safe and contamination free. You can get bottled or purified drinking water during the trip even in the mountain which is very safe for you to drink. Majority of the people who make a trekking or adventure trips in the mountain go with boiled water which is prepared by the local lodges/guesthouses on the trail which is the best way to keep you safe from contaminated water. However, some people carry water purifying ingredients and they apply it to the drinking water and they drink it. But, don't try to drink the water from Local River, stream and taps. The bottled water costs between Rs.100-300 which is 1 liter in the mountain.

The **Annapurna Conservation Area Project** manages pure and safe drinking water during your **Annapurna Base Camp Trek** Trip. You can refill your water bottle with safe and pure drinking water provided by each local lodge along the trail which costs **Rs. 150 rupees.** Optionally, if you want to buy bottled water, you can still have this options with you. The local teashops easily provide you sealed and purified drinking water all round the trip. Hot and boiled water is also available at local teahouses.

Can I get Hot Shower in Annapurna Base Camp Trek?

Actually, a warm or hot shower makes you refresh and offers you new energy during the trip and it in very necessary. If you are travelling in the city area in Nepal, you will easily get the facility of hot shower. But, if you are making a trip in mountain, it may be difficult to get hot shower during the trip. However, local lodge and guesthouse will offer you bucket shower with warm water or they will provide hot shower with cooking gas. If you want to do enjoy the hot shower in the mountain, you can ask the lodge owner to manage it and they will charge some money like **Rs. 200-300** per individual.

You can get easy and comfortable hot shower in **Annapurna Base Camp Trek**. The local lodges will provide you solar-heated or gas-heated shower for you along the **Annapurna Base Camp Trek.** For one hot shower, you have to pay **Rs 300-400.** If the weather condition is worse, then, you may not be able to enjoy solar heated shower.

How is the Communication Access in Annapurna Base Camp Trek?

You can enjoy excellent facility of communication in **Kathmandu** and in other major cities like **Chitwan, Pokhara, Nagarkot** and **Lumbini**. However, in case of trekking trip in mountain like in **Annapurna Base Camp Trek**, you may not be able to have such kind of facility like in the cities. But, most of the local teahouses/lodges/ guesthouses/ hotels on the trail will offer you the facility of Wi-fi. Sometimes, you get it for free and sometimes, you may have to pay like **Rs.100-200** per device for the installation of Wi-fi during the trip in the mountain.

In the remote area trekking like **Manaslu Circuit Trek**, **Annapurna Circuit Trek, Kanchenjungha Circuit Trek** and **Upper Mustang Trek,** they charge certain amount like **Rs.200-400** per device for the installation of Wi-fi at the local lodges. Otherwise, in **Annapurna Base Camp Trek** and **Everest Base Camp Trek,** they don't charge you the money for the facility of Wi-fi, they will offer you for free.

The best way to access good communication over your smart phone is getting local Nepali SIM Card like NT and NCELL. You get these local Nepali SIM Cards easily in **Kathmandu** and even in International Airport, Tribhuvan International Airport. For this, you have to present the copy of your passport and a passport sized- photograph. You can buy data pack via this local SIM Card and you make a very good communication wherever you go, even from the corner of the mountain. You can make a call, you access internet over it and even make a video call instantly from the **Everest Base Camp (5364m)** and even from **Larkya La Pass (5106m)** in **Manaslu Circuit Trek.**

In **Annapurna Base Camp Trek,** one can have good access of Wi-Fi and phone calls and they can connect all the time with their family, friends and relatives. The local lodges provide the access of Wi-Fi during the trek. The local lodges provide you a good strength of Wi-fi facility along the trail with some costs like **Rs 300.**

Trek Ends

The **Annapurna Base Camp trek** ends in Pokhara officially with a flight to **Kathmandu.** Normally, in **Pokhara**, you can celebrate the last day of the trek with your entire trekking crew like offering them tips and heavy dinner because they have worked hard for you and your safety all round the trip. The last day walk is from **ABC to Pokhara** and you wait for the next day's flight to **Kathmandu .**

Feedback

You can give feed back of the trek/trip you have undertaken at the end in **Kathmandu.** You can visit our office or you can do it in the farewell dinner we organize. Your feedback about the trip will always be taken positively. We really need it to grow up and to sharpen our services and facilities in the days to come.

If you cannot attend the farewell dinner at the end of the trip in **Kathmandu** or you don't have time to visit our office, you can write your feed back in trip advisor page that will be more reliable and

public.

Annapurna Base Camp Trek Extra Personal Expenses

How prodigal you are? Your trek extra personal expenses depend on it. If you love doing extra expenses on the trip, you will go to topics like alcoholic drinks, extra tea or coffee apart from the meal, tipping, some minor donations, and extra snacks on the trail, some urgent personal stuff like clothing or any other equipment you immediately require on the trip in case it gets damaged or stop functioning. And, at the end of the trek, you have to give some tips to your trekking crew, at least some or little. For this, you have to allocate some dollars or Nepali currency.

You are staying in Pokhara for two nights and going to have a beautiful Pokhara tour. You may like to collect some souvenirs of your choice for you or for your family from Pokhara. And even on the **Annapurna Base Camp Trekking Trail,** you may like to enjoy drinks, extra food items and may like to buy some some distinct item of thing you really love, you have to spare some dollars like USD 200 for this as an extra personal expenses in your **Annapurna Base Camp Trek.**

Typical Day

The typical trip day begins with a good breakfast. You will have breakfast at around 7-8 am and begin the day after it. Then, you will have to work/walk for 3-4 hours after breakfast and you will stop for lunch. The lunchtime will be around an hour. You will order your lunch item and the restaurant/hotel/teahouse will cook for you. Sometimes, you may have to wait for sometime if the restaurant or hotel is crowded. You can find the item you like to have in the menu prepared by the local lodge/restaurant. If you are vegetarian, no worries, you can still find the ways.

After lunch, you will resume your work/trek/trip again and end it in the after like around 3-4 pm. After that, you will check in hotel/guesthouse/teahouse and get refreshed. Take rest, change clothing and go for dinner at around 6-7 pm. Your leader will help you to order the meals you like. At the dinner, your leader will share the important information for the next day’s trip and you can raise the question regarding it. The leader will orient you what to wear, how to walk, what to carry and where to eat. Follow the instructions from the guide/leader very well.

Why with Haven Holidays?

- Free Booking and Free Cancelation
- Veteran Crew Members
- Enhancing Eco-Tourism
- Prompt response, full safety and comfort guaranteed.
- No hidden cost
- Flexible
- Cost Friendly
- Wider Networks
- Expert in risk management
- Better understanding of Annapurna Conservation Area Project
- Familiar with local food items and accommodations

Booking, Cancellation and Refund

If you want to book the trip featured by us, you require settling the 25 % payment of total trip cost. However, if you are in rush and instantly plan your trip to Nepal, then, you can make the trip payment by visiting our office in Nepal as well but we need a confirmation email prior to it.

In case you cannot do the booked trip in the time frame you wanted for some reasons, you have the right to postpone it. Even if you cannot do the trip after the postponement, you can transfer the same trip or other in exchange to your family, relatives and friends.

But for **Everest Base Camp Trek** or other any trip in Everest region, the cancellation must be made 2 months prior as we have already booked the accommodation, transportation and domestic flights in order to make your trip more consistent and convenient.

But, sorry to state that no refund will be made for the exchange of booked trip with us. We are ready to wait for months and years for your right time to do the booked trip in Nepal. Be confident that we won't spoil your booked trip.

Travel insurance

Travel Insurance is a must thing to fix before the departure for a particular trip. In case you face sudden and unpleasant incident during the trip, you may need recue evacuation and medical expenses. For that, you must have travel insurance. Actually, life is more important than your trip. As long as you have life, you have everything. So that, have a authentic travel insurance that covers all rescue evacuation and medication expenses in case you have got some nasty accidents during the trip.

If you have got some idea about travel insurance and the companies who do travel insurance for you, you can go with them, otherwise, you can search on Google and will easily get the travel insurance companies who will help you doing insurance for your trip.
Actually, it's not good to rush and bustle for the travel insurance here and there after your arrival in Nepal. However, you still can do it here in Kathmandu. There are some international insurance companies here in Kathmandu and they will do your travel insurance and you can simply filld up the forms on online and prepare your travel insurance.

Your travel insurance must be capable to cover entire expenses from minor to major sudden accidents including rescue from the mountain and the cities by helicopter and all treatment expenses in hospital. For example, if you are going higher in the mountain and you have got a terrible accident or acute mountain sickens, you may need immediate rescue form the spot and more importantly, your treatments in hospital. Until and unless your travel insurance covers entire expenses for the rescue and medical expenses, you are not rescued and cannot get medical treatments on time. Its matter of life and you must do prepare and do authentic and valid travel insurance before you board on the trail for a particular trip. Nobody knows the future and mountain are always wild and unpredictable. Please take it seriously.

If you have got some idea about travel insurance and the companies who do travel insurance for you, you can go with them, otherwise, you can search on Google and will easily get the travel insurance companies who will help you doing insurance for your trip.

Why Annapurna Base Camp Trek with Haven Holidays?

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- Cost Friendly
- Wider Networks
- Expert in risks management
- Expert and professional local guides
- Flexible trekking crew
- Better understanding of weather condition and local culture
- Immediate Rescue in case of emergency
- Better Accommodation Food
- Eco- Friendly and Sustainability
- Expert in Communication

Departure

After farewell dinner with our team and the important feedback session, we will comfortably drop you to the Tribhuvan International Airport and to any other destination you want for your exit to your homeland or for the commencement of another trip. After we drop you to the destination you prefer, you can catch up your international flight and another trip you want. We wish you a very wonderful time ahead

Additional Information

What I expect at Annapurna Base Camp Trek?

- Begin your Annapurna Base Camp Trek from Kathmandu with a drive or domestic flight to Pokhara. From Pokhara, you will head for Nayapool then to Jhino Danda with Annapurna Base Camp Jeep Ride.
- Begin the trek officially from Jhino Danda where natural hot spring is located.
- You will traverse through spectacular trekking trail through local settlements, natural water falls, mountain summits, chortens and colorful prayer flags.
- You will enjoy walking through massive and grand Annapurna Conservation Area, the largest protected area of the world.
- You will enjoy experiencing all diverse and rare species of flora and fauna including black bear, musk deer and Himalayan Thar.
- Enjoy ascending to Annapurna Base Camp (4130m) through Machhapuchhre Base Camp (3700m).
- Step at Annapurna Base Camp have the thrills of adventure being entirely surrounded by all snow-fed mountain peaks including Annapurna South and Machhapuchhre.
- Enjoy local authentic cuisines al local lodge and guesthouse with local people.
- Also, you can have the delights of staying overnight at local lodges and teahouse in Annapurna Base Camp Trek. Taste the foods items which are freshly cooked with all organic local ingredients.
- Walk 7 hours in average in a day covering 10-12 kilometers in Annapurna Base Camp Trek.

Encounter some steep climbs and steep descents along the trek.
- Actually, the climb of Jhino Danda is very steep and challenging in the beginning of Annapurna Base Camp Trek.
- Dip your exhausted body into the lukewarm natural hotel springs located at the bank of Modi Khola near Jhino Danda.
- Climb the highest point Annapurna Base Camp which is located at an elevation of 4130m above via Machhapuchhre Base Camp (3700m).
- Explore Pokhara, the city blessed with freshwater lakes like Phewa and Begnas, Davis Fall, Gupteswor Mahadev Cave, World Peace Pagoda, Pumdikot Shiva Statue and Talbarahi Temple.
- Celebrate your Annapurna Base Camp Trek which formally ends in Pokhara with clubs, pubs, souvenirs collections and enjoying your favorite dishes in your favorite restaurants.

What I expect from Haven Holidays in Annapurna Base Camp Trek?

Haven Holidays will provide you a very professional and highly experienced trekking crew all round the trip. The will be very knowledgeable and informative regarding mountain peaks, local culture, foods and accommodation in Annapurna Base Camp Trek, weather and the possible challenges on the trail and altitude sickness. Moreover, they have very deep knowledge about **Annapurna Conservation** and the diverse species of flora and fauna. The **Haven Holidays Trekking** crew will be great communicators so that you can communicate with them very well and can share the things the way you like in Annapurna Base Camp Trek. The Haven Holidays Trekking Team will altogether assist you in every step of your walk during the trip.

We provide you sleeping bag, trekking poles and Haven Holidays T-shirt or Cap as a gift. We provide you a world class services including meals, accommodation and transportation all round **Annapurna Base Camp Trek** so that you can feel safer and can enjoy **Annapurna Base Camp Trek** in more exciting way. In case of emergency, we will be there in no time to rescue and proceed for the further medical treatment.

We also provide sleeping bag and trekking poles as complementary during **ABC Trek.**

A Drive from Kathmandu to Pokhara

The drive from **Kathmandu** to **Pokhara** will be of 6 hours along the Prithvi Highway covering 201 km. This drive will be with luxury tourist bus with full AC. If you want, you can go with private jeep or car as well. The cost for private car and jeep will be higher than luxury bus ride for **Pokhara** from **Kathmandu**.

The tourist bus station is located at Kaldhara near Thamel. Kaldhara is 10 minutes walk from center of Thamel.

Pass through **Kathmandu valley**, drive past Thankot, a hill station and Chandragiri Cable Car and you will love this drive through country villages and landscapes. You begin to drive alongside of Trishuli River which is very popular for river rafting in Nepal.

You will have lunch on the way to Pokhara at Mungling Area. There are plenty of restaurants for lunch and snacks on the Pruthvi Highway. You will also have tea/coffee/light snacks and toilet

breaks on the way to Pokhara.

You will pass Mungling, AAnboo Khaireni, Bandipur, Dumre and Damauli before approaching Pokhara.

Arrive at the tourist bus station in **Pokhara** and transfer to the hotel buy private car or jeep.

A flight from Kathmandu to Pokhara

The flight from **Kathmandu to Pokhara** is only for 25 minutes. The flight takes off from **Kathmandu airport**, domestic terminal and heads for **Pokhara**. On the way to **Pokhara**, one can witness magnificent mountain peaks and landscapes including **Manaslu, Ganesh Himal, Lamjung Himal, Annapurna, Dhaulagiri** and **Machhapuchhre.** The flights will be operated by **Buddha Air, Sita Air,** and **Yeti Air, Simrik Air** and **Shree Air.**

It will be very exciting and safe to fly from Kathmandu to Pokhara to escape 6-7 hours drive from Kathmandu to Pokhara with heavy traffic on the way.

A Drive from Pokhara to Jhino Dandda

The trekkers, these days, can have the access of jeep ride to **Jhino Danda from Pokhara** directly to begin their **Annapurna Base Camp Trek**. One can get this jeep service and the ticket at Harichowk near Bindhyabasini Temple. The drive is total 27 km long and it takes around 3-4 hours as the condition of rural road is not good as you are approaching to Jhino Danda. However, the drive is very safe with well-maintained four-wheel jeep and experienced drivers. On the, you will pass through Hemja, Naudanda, Nayapool, Birethanti, Syauli Bazaar and Ghadnruk village on your left. You will love this drive along the country road with greenery all round, Modi Khola and local settlements.

One can get two types of jeep drive from **Pokhara to Jhino Danda**. These are: Private Jeep and Sharing Jeep. If you go with sharing jeep, you have share the jeep with other 6-7 people and if you want to go with Private jeep, you can leave **Pokhara** anytime you like and you don’t have to share the jeep with other people. It up to you whether to share the jeep or not.

Popular Places/Destinations you explore During the Annapurna Base Camp Trek

Pokhara

Pokhara city largely fed by freshwater lakes and spectacular mountain panoramas is a popular tourist hub in Nepal located at the lap of **Annapurna Mountain** panoramas. Both domestic and international tourist love tasting Pokhara spending at least a couple of days. You can visit and explore **Phewa Lake** with **Talbarahi Temple** in the middle of it, Davis Fall, **Gupteswor Mahadev Cave, Seti Gorge, Begnas Lake, Chamere (bat) Cave, Bindhyabasini Temple, World Peace Stupa** and **Pumdikot Shiva Statue**. Besides, trekkers can also go to visit **Mountain Museum** and Tibetan Refugee Camp where you can collect some special souvenirs of special woolen things. Along with this, you can go up to Sarangkot for mountain views including Machhapuchhre, Annapurna, Dhaulagiri, Gangapurna, Lamjung Himal, Himal Chuli, Ganesh Himal and giant Manaslu with spectacular sunrise.

Also, one can do **adventurous activities in Pokhara** like paragliding, Zip Flyer, Avia-Ultra Light flying, bungee jumping and boating in Phewa Lake.
Driving to Begnas Lake and staying a couple of days there will be a spectacular experience for you when you are in **Pokhara.**

Jhino Danda

Jhino Danda (hill) is the beginning point of Annapurna Base Camp Trek. It has beautiful lodges and hotels for overnights stay and for meals. Most importantly, Jhino Danda has a natural hot sipring. The Jhino Danda Hot Spring is located at the bank to Modi Khola, just 20 mins walk from main Jhino Town.

You will enjoy dipping you body into natural hot water. You will see two major water ponds fed by natural hot water at bank of Modi river where you can stay for a couple of hours for relaxation and refreshment at the end of Annapurna Base Camp Trek. You need to buy an entrance that costs Rs. 150. This is a donation for the Annapurna conservation Area not for any specific person. You don't need to pay any other extra cost for enjoying hot springs at Jhino Danda except Rs. 150 as a donation for the village project.
Enjoy melodious Modi River with two natural hot springs at its bank and walk back to Jhino Town for overnight stay.

Annapurna Base Camp

Annapurna Base Camp is the main and the ultimate destination in **Annapurna Base Camp Trek. Annapurna Base Camp** is located at an elevation of 4130m above the sea level. **Annapurna Base Camp** is entirely surrounded by spectacular mountain peaks including Annapurna South and Machhapuchhre. You can enjoy fresh snow and can play with it at **Annapurna Base Camp. Annapurna Base Camp** is a part of Annapurna Conservation Area.

You can see a board "Welcome to **Annapurna Base Camp**" with the elevation 4130m at the entrance of **Annapurna Base Camp. Annapurna Base Camp** has 10-12 lodges and guesthouses where people stay overnight and have their meal.

Staying overnight at **Annapurna Base Camp** and capturing the next morning's sunrise and mountain views with giant Annapurna South and alluring Machhapuchrre will be the moment for lifetime

You may have the problem acute mountain sickness at night while staying overnight at **Annapurna Base Camp.** You need to be very careful about it at nighttime. If you have some symptoms of it, report it to your guide immediately.

Annapurna Base Camp also has a helipad; one can fly to **Annapurna Base Camp** directly from either Kathmandu or Pokhara. In case of emergency and rescue, one can get helicopter from **Annapurna Base Camp.**

Annapurna Conservation Area

Annapurna conservation Area is the largest protected area of the world serving the travelers various opportunity to observe the diverse species of flora and fauna including Himalayan Thar, Musk Deer, antelope, langoor, several species of birds and plants like pine, fir, rhododendron, pine, birch and juniper.

The **Annapurna Conservation Area** covers the total area of 7,629 sq. km abode to over 100,000 residents of different cultural and linguistic groups. People travelling through **Annapurna conservation Area** can hugely be benefitted with wider and comprehensive understandings and experiences of local culture, history, civilization, language, authentic local cuisines, diverse wildlife and plants' lives. Annapurna Base Camp Trek is entirely based in **Annapurna Conservation Area** beginning from Jhino Danda and taking it to you Annapurna Base Camp and ends at **Jhino Danda** again before you drive back to Pokhara and then to Kathmandu.

Annapurna Base Camp Trek- Is this right for you?

Annapurna Base Camp Trek is a moderate trek to the final destination, Annapurna Base Camp (4130m) via **Machhapuchhre Base Camp (3700m). Annapurna Base Camp** Trek begins with an easy hike from **Jhino Danda** and turns to be moderately difficult while ascending to Deurali (3200m). While you are ascending to Machhapuchhre Base Camp (3700m) and finally to **Annapurna Base Camp** (4130m), you find **Annapurna Base Camp Trek** little stressful but astoundingly rewarding.

Some people take **Annapurna Base Camp Trek** as an easy and some consider it as a moderate trek. Some basic skills of hiking and trekking will be sufficient for **Annapurna Base Camp Trek.** No special technicality of trekking and hiking is required for **Annapurna Base Camp Trek.** However, you must be prepared well for 6-7 hours walking with several steep ups and downs mostly above 3000m above covering 10-12 kilometers distance each day in average. Are you ready to do that during **Annapurna Base Camp Trek?** Are you all set with right packing list and professional trekking crew to beat the **Annapurna Base Camp Trekking trail?** Are you very determined for conquering **Annapurna Base Camp Trek** with necessary preparations including regular exercises, aerobics, outdoor sports and short hikes and treks with steep climbs and downs? If you have already done so, then, **Annapurna Base Camp Trek** will be right for you and you will celebrate this adventure to **Annapurna Base Camp** with alluring **Machhapuchhre** and **Annapurna** massif.

How is Annapurna Base Camp Trekking Trail?

The **Annapurna Base Camp Trekking Trail** is entirely based in Annapurna Conservation Area beginning from **Jhino Danda(1700m)** taking you to **Annapurna Base Camp** (4130m) and takes you back to the same destination, **Jhino Danda** to end the hiking officially. The **Annapurna Base Camp Trekking** Trail is not technical but moderately difficult. It seems an easy hike but, in fact, it is a bit strenuous in the sense that one requires hiking at least 7 hours a day with steep ups and downs equally covering at least 10-12 kilometers distance each day. The **Annapurna Base Camp Trekking Trail** is safe; no threats of avalanches and landslides and even no threats of wild animals of **Annapurna Conservation Area.**

The **Annapurna Base Camp Trekking Trail** is mostly through the pine, birch, juniper, fir and rhododendron and local villages with teahouses and lodges. If you go **Annapurna Base Camp in Spring**, you will enjoy magnificent rhododendron flowering in different seven colors which entirely

blankets the **Annapurna Base Camp Trekking** Trail till Deurali (3200m).

The steep walk of **Jhino Danda** initially seems to be very challenging to climb up **Chhomrong** for at least 3 hours. This tiring walk really makes the trekkers who are doing **Annapurna Base Camp Trek** almost hopeless but rest of the trails is less challenging and less strenuous.

The **Annapurna Base Camp Trekking Trail** after Deurali is less strenuous and less steep while ascending to **Machhapuchhre Base Camp and Annapurna Base Camp.** However, due to high elevation above 3500m, one may feel little difficult in pacing and breathing. Go slowly taking a long deep breath while ascending from **Machhapuchhre Base Camp**(3700m) to **Annapurna Base Camp** (4130m).

The **Annapurna Base Camp Trekking Trails** passes through **Jhino Danda, Chhomrong, Sinuwa, Bamboo, Himalaya, Deurali, Machhapuchhre Base Camp** before ascending to the final destination, **Annapurna Base Camp.**

While backtracking, the trekkers will use the same trails as they did before and end the **Annapurna Base Camp Trek** at **Jhino Danda** where they can have a sweet and relaxing taste of natural springs.

Overall, the ascents and docents are equal in distance and hours that one has to encounter. The steepest among them is **Jhino Danda** ascent to **Chhomrong village** if you are beginning from **Jhino Danda.** Alternatively, you can combine **Ghorepani-Poonhill Trek** with **Annapurna Base Camp Trek.** IF you go with **ABC Trek with Poonhill,** you don’t need to encounter this steep ascent from the base of the **Jhino Danda.** You will have flat trail directly going to **Chhomrong** from **Tadapani.**

Cultural Highlights on Annapurna Base Camp Trek

- Meet local people and interact with them
- Be familiar with local life style of the people located on Annapurna Base Camp Trekking Trail
- Participate in celebrations of major festivals of Nepali People like Dashain and Tihar if you are travelling in Autumn(Sep-Nov)
- Enjoy having authentic local dishes prepared the local ethnic people on the trail
- Visit and explore Pokhara’s cultural and religious places like World Peace Pagoda, Pumdikot Shiva Statue, Gupteswor
- Mahadev Cave, Bindhyabasini Temple and Talbarahi Temple
- Natural Highlights on Annapurna Base Camp Trek
- Ascend and step at Annapurna Base Camp (4130m) and celebrate this adventurous victory
- Walk through Annapurna Conservation Area and experience diverse species of wildlife and plants including Himalayan Thar and musk deer
- Witness and capture mesmerizing mountain views including Machhapuchhre and Annapurna South
- Traverse through deep woods, cascading waterfalls, winding rivers and streams, local villages and spectacular landscapes
- Enjoy exploring Pokhara city with Phewa Lake, Begnas Lake, Davis Fall and Seti River Gorge
- Relish with natural hot springs in Jhino Danda

The Guide and Porter For Annapurna Base Camp Trek.

The guide and porter you hire for **Annapurna Base Camp Trek** will be our own trekking crew and Haven Holidays Team. They are very professional, helpful and caring all the time. You can ask help in need whenever you require and they will be very delighted to help you. They are fully authorized with valid license to lead the trekkers /travelers in the mountain and in the city.

The team of guide and porter we provide you are well-known to local culture, accommodation, foods, elevation trekking distance per day, different breaks (water, toilets, tea/coffee and light snacks, lunch etc) during the day-walk, first-aid applications, acute mountain sickness, rescue if necessary and arrangement of transportation during the trek. The team who you are with is eco-friendly and great communicators. You can enjoy merrymaking and share your things if you like.

Emergency Evacuation/Rescue

In case you are critically suffered of acute mountain sickness or of any other causes while ascending to **Annapurna Base Camp** (4130m) or anywhere on the **Annapurna Base Camp Trek trail,** you will immediately be rescued by the helicopter and admitted at the hospital of **Pokhara City** or **Kathmandu Valley** and begin the further treatment. For this, you must allow your trekking partner and your guide to call the helicopter by presenting authentic travel insurance that covers all rescue and treatment expenses.

Important Note

It is very important to consider whether to go with bus ride to **Pokhara** from **Kathmandu** and back or by air. If you have an important schedule and important thing to do right after and before your **Annapurna Base Camp Trek**, it is recommended to go with domestic flight to and from Pokhara. Another big issue will be the issue of heavy traffic on Prithvi Highway and the 6 hours drive from and to Pokhara may prolong like 10-12 hours sometimes. Again, if you have travel sickness, please try your best to escape this 6-8 hours drive from **Kathmandu** to **Pokhara** and back.

Another important thing to consider is that if you are completely beginner and learning to hike for 3-4 hours in a day covering less than 7 kilometers, please, don’t try to go **Annapurna Base Camp** which is located at 4130m above the sea level. One requires good level of stamina, confidence and preparations for **Annapruna Base Camp.** Make sure that you have packed all required trekking gears and can walk at least 7 hours a day covering 10-12 kilometers distance in average in a day, then only, go for **Annapurna Base Camp Trek.**
Make your **Annapurna Base Camp Trek** either in Spring (Mar-May) or in Autumn(Sep-Nov).

Safety Measures for Annapurna Base Camp Trek

- Carry Comprehensive First-Aid Kit
- Carry Right and Reliable Trekking Gears
- Listen to your Trekking leader and follow his/her instructions properly
- Stay hydrated and have balanced diet
- Stay calm, cool and confident
- Try to avoid alcohol and smoking at higher elevation above 3500m

- Carry Diamox in case you get altitude sickness
- Drink safe water (bottled and properly boiled)
- Address any serious health issue beforehand the trek by consulting your personal physician or if you have got it on the trail if you have got any immediately
- Share your problems with your trekking leader on the trail if you get any.
- Ask for helicopter rescue if you think that you are in critical condition.
- If you have the symptoms of acute mountain sickness and if it gets sever, try to walk down to lower elevations and apply first aid procedures.

What I like most about the Annapurna Base Camp Trek?

Personally, what like most about **Annapurna Base Camp Trek** is stepping at **Annapurna Base Camp** and capturing giant **Annapurna South** and alluring **Machhapuchhre.** Along with this, one can enjoy the walk through **Annapurna Conservation Area** with diverse species of flora and fauna. Moreover, trekkers will find **Pokhara city** as paradise for relaxation and refreshment. The final and the most important thing in **Annapurna Base Camp Trek** is the natural hot springs of **Jhino Danda** where trekkers can release all weariness and exhaustion at the end of the trek by dipping their bodies into the natural hot water at the bank of Modi River.

Tipping for Guide and Porter

Tipping for your guide and porter is not mandatory but they expect something extra from you after they work hard for you. Isn't it? You'd better prepare USD 5-10 per day per individual guide and porter. But, it doesn't mean that you have to do the same as we recommend you. You reward them with some handsome tipping as well if you are fully satisfied. Sometimes, you don't need to reward them with tipping if they don't take a good care of you and try to spoil your trip with some unnecessary personal benefits and interests. Nevertheless, tipping (little or more) seems to be mandatory in present world while doing a vacation trip.

What are the Meals Available on the Annapurna Base Camp Trek?

You will enjoy, mostly, freshly cooked local cuisines during the trip. The local teahouse and lodges will offer you very authentic local cuisines like tsampa, porridge, Tibetan bread, yak meat items, locally grown vegetables and fruits, etc. They also offer some continental, Indian, Chinese, Japanese and popular dishes during the trek as mentioned on their food menu. If you are a vegetarian or vegan, no problem, you will have various items of meals in the **Annapurna Base Camp Trek** and for this, you require informing your trek leader before the trek commences.

You can cook on your own at local lodges while staying overnight during the trip in the mountain on the condition that you won't disturb and if the kitchen is not crowded if you have this hobby. You can carry the instant noodles and can prepare in your room during your **Annapurna Base Camp trek.** The meals you have will be freshly cooked and very hygienic in order to ensure your balanced diet and hygiene. Pick up the item from food menu prepared by local lodges and teahouses and ask them to prepare it for you.

Temperature at Annapurna Base Camp

The temperature at **Everest Base Camp** is normally negative and you have to prepare accordingly. The actual temperature at **Annapurna Base Camp** ranges between 12 to negative 18 degree Celsius. Though the temperature at **Annapurna Base Camp** rises to 12 degree Celsius in the sunny day and it drops down to -18 at night and one may face heavy snowfall as well if you go to **Annapurna Base Camp** in pre and post winter months/days (Early Dec and late Feb). It is almost impossible to ascend to **Annapurna Base Camp** in the peak of the winter as **Annapurna Base Camp** is entirely covered with snow and people cannot stay there during the peak of the winter months.

Temperature at **Annapurna Base Camp** in Autumn (Sep-Nov) ranges between 12 to negative 7 degree Celsius.

Temperature at **Annapurna Base Camp** in Spring (Mar- May) ranges between 12 to negative 5 degree Celsius.

Trekkers who are going to **Annapurna Base Camp** are advised to prepare accordingly by consulting their trekking leader.

What is the Best Itinerary for Annapurna Base Camp Trek ?

The best Itinerary for **Annapurna Base Camp Trek** is **Annapurna Base Camp Trek 8 days**. The 8 days **Annapurna Base Camp Trek Itinerary** has two days for driving/flying to **Pokhara** and back to **Kathmandu** in the beginning and the end of **Annapurna Base Camp Trek**. 5 and half days will be for real trekking and half day will be for Pokhara sightseeing and refreshment tours.

Begin your trek from **Jhino Danda** and you will ascend to **Sinuwa** on the first day. The second day, you will ascend to Deurali (3500m) and the day, you will get your final destination, **Annapurna Base Camp** (4160m) and it takes two more days to walk down to **Jhino Danda** via **Bamboo.** While returning, you will stay overnight at **Bamboo** and then to **Jhino Danda.** The sixth day, you will drive back to **Pokhara** and do city sightseeing tour in **Pokhara** with lake activities in **Phewa Lake.**

The final two days, the 7th one for driving in **Pokhara** and the 8th day will be driving back to **Kathmandu** from **Pokhara.**

This way, you can enjoy your **Annapurna Base Camp Trek** with all activities you want to do. We really don’t need any acclimatization day for **Annapurna Base Camp Trek** as we are not going above 5000m like in **Everest Base Camp Trek** and **Manaslu Circuit Trek.**