

# Annapurna Base Camp (ABC) Trek

Explore, ascend, and reach new heights with our expert-guided mountaineering expeditions.

## COUNTRY

Nepal

## ACTIVITY

Trekking

## ACCOMMODATION

Hotel/Lodges

## WALKING

4-6

## MAX ALTITUDE

5,130

m

## DURATION

13

Days

## DIFFICULTY

Moderate

Difficult

## GROUP SIZE

2-10

People

## Expedition Overview

The Annapurna Base Camp Trek (ABC) is a mesmerizing adventure that takes you through diverse landscapes and vibrant cultural experiences, offering a blend of natural beauty and Himalayan heritage. This trek is a perfect mix of breathtaking mountain vistas, terraced fields, charming Gurung villages, and a rich variety of flora and fauna.

At an altitude of 4,130m (13,549ft), the Annapurna Base Camp sits beneath the magnificent Mt. Annapurna (8,091m), the 10th highest peak in the world. The journey also takes you through the awe-inspiring Mt. Machhapuchhre (Fishtail), a sacred mountain revered for its striking beauty. Thanks to a well-designed itinerary, this trek has become a favorite among outdoor enthusiasts, attracting solo female travelers, group trekkers, and adventure lovers from around the globe.

The region's landscape offers breathtaking scenery, with the early morning views of the towering peaks being especially magical. The sunrise along the trail is an unforgettable sight, painting the majestic mountains in hues of gold and pink. The trek brings you incredibly close to the base of some of the world's most iconic 7,000m and 8,000m peaks, providing an unparalleled experience.

This 12-day trek is relatively short compared to other Himalayan expeditions, making it an ideal choice for adventurers with limited time. Despite its compact duration, the trek promises an unforgettable journey to the base camp of Annapurna, one of the most spectacular mountains in the world.

We offer guided treks tailored for individuals and groups eager to explore the grandeur of the Annapurna region. Our experienced guides ensure your safety and comfort, making your trek a seamless and fulfilling adventure.

**Join us for an unforgettable journey to Annapurna Base Camp. The majestic Himalayas await—let us make your dream trek a reality!**

## INCLUDES

- **1. Transportation & Transfers** – Airport-Hotel-Airport transfers (pick-up and drop) by tourist vehicle. Drive from Kathmandu to Chame and return drive from Jomsom to Kathmandu (as per itinerary).
- **2. Accommodation & Meals** – Hotel Accommodation: 3 nights in Kathmandu (3-star category, twin-sharing, B&B plan). 2 nights in Pokhara (twin-sharing, B&B plan). Lodging During Trek: Accommodation at hotels/lodges/tea houses. Meals: 3 meals a day (including tea and coffee) during the trek. One welcome dinner in a tourist-standard restaurant in Kathmandu with office staff.
- **3. Permits & Documentation** – Annapurna Conservation Area Permit. TIMS (Trekking Information Management System) card.
- **4. Guides & Staff** – Local government-licensed English-speaking guide during the trek and Kathmandu sightseeing. Salary, daily wages, food, clothing, and equipment for all Nepalese staff and porters.
- **5. Member Support & Logistics** – Luggage Allowance: Up to 15 kg per member for personal baggage (1 porter for 2 trekkers). Duffle Bag: One 120L 14 Peaks Expedition duffle bag (including caps/neck warmer).
- **6. Insurance & Safety** – Medical & emergency rescue insurance for all involved Nepalese staff. Comprehensive medical kit for members and staff.
- **7. Sightseeing & Cultural Experience** – Guided sightseeing in Kathmandu Valley, including visits to: Swayambhunath Boudhanath Pashupatinath (UNESCO heritage sites)

## EXCLUDES

- **1. Travel & Entry Requirements** – International Airfare: Flights to and from Kathmandu. Nepal Entry Visa Fee: \$50 USD for 30 days \$125 USD for 90 days
- **2. Accommodation & Meals** – Extra Nights in Kathmandu/Pokhara: In case of early arrival, late departure, early return from the trek, or domestic flight cancellation. Lunch & Dinner: If returning earlier than the scheduled itinerary.
- **3. Insurance & Safety** – Personal Insurance (Mandatory): Must cover medical expenses, high-altitude rescue, trip cancellation, and air evacuation. A copy of the insurance policy must be provided before arrival.
- **4. Personal Expenses** – Telephone calls, internet, toiletries, battery recharge, hot showers, laundry. Soft drinks and alcoholic beverages.
- **5. Filming & Permits** – Special filming, camera, and drone permit fees. Internet service not included during the trek.
- **6. Tips & Gratuities** – Tips for guides and porters.

## Trip Itinerary

Days	Program	Meals	Accommodation	Description
1	Arrival in Kathmandu & transfer to the Hotel (1,400m)	D	Hotel	
2	Sightseeing, preparation and shopping day in Kathmandu	B/D	Hotel	
3	Domestic flight from Kathmandu to Pokhara and Drive to Ghandruk (1,940m)	B/L/D	Lodge	
4	Trek from Ghandruk to Chomrong (2,170m)	B/L/D	Lodge	
5	Trek from Chomrong to Bamboo (2,310m)	B/L/D	Lodge	
6	Trek from Bamboo to Deurali (3,230m)	B/L/D	Lodge	
7	Trek from Deurali to Annapurna Base camp (4,130m) Via Machhapuchre Base camp (3,700m)	B/L/D	Lodge	
8	Trek from Annapurna Base camp to Bamboo	B/L/D	Lodge	
9	Trek from Bamboo to Jhinu Danda hot spring (1,760m)	B/L/D	Lodge	
10	Hike to Sinwa and Drive to Pokhara	B/L/D	Hotel	
11	Drive from Pokhara to Kathmandu	B/L	Lodge	
12	Contingency and Leisure Day	B	Hotel	
13	Transfer to International airport for final departure	B	-	

# Trekking Gear List

## Travel Documents

Valid Passport   Debit/Credit Card   PP Size Photos(4 Pieces)  
Insurance Paper/Certificate   Summit Down Suit – 8000M

## Medicine / First Aid Kits

Paracetamole

## Upper Body

Thermal Base Layer   Fleece Jacket   Gore Tex Jacket  
Warm Jacket   Wind Proof Jacket   Down Jacket   Cotton T-Shirt

## Lower Body

Trouser   Bottom Base Layer   Fleece Trouser   Gore Tex Pant  
Heavy Weight Pant   Mid Weight Pant   Trekking Pant  
Under Wear   Down Pant   Gaiters for Trekking Boots  
Climbing Boot -6000m   Normal Socks   Summit Socks  
Trekking Shoes   Thermal Bottom Base Layer   Trekking Pants

## Foot Wear

Summit Boot - 8000m   Sport Shoes

## Hand

Thin Fleece Gloves   Wind Stopper Gloves   Heavy Gloves(Guide)  
Summit Gloves

## Head

Sun Cap   Desert Cap   Fleece Hat/Warm Hat   Neck Gaiter  
Snow Goggles   Balaclava

## Eating & Drinking

Water bottle   Thermos

## Bag Packs

Rucksack 35L-50L   Duffle Bag   Dry Bags

## Miscellaneous

Trekking Pole   Pocket Knife   Nail Cutter   Umbrella/Rain Coat  
Hot Water Bag   Pee Bottle   Tenacious Tape Repair  
Altimeter Watch   Satellite Phone(Optional)   GPS Tracker  
Power Bank   Camera   GPS Tracker