

# Annapurna Base Camp



## Description

Cost per person \$ 380

**\$ 380 / Person**

"Annapurna Base Camp: A 5-Day Journey to the Heart of the Himalayas."

Annapurna Base Camp trekking starts from Pokhara. If you are in Kathmandu, you should head to Pokhara, as we will depart for the trek from Pokhara. On the first day, we will drive you to Samrung from Pokhara. The drive will last for around four hours. From Samrung, you will trek to Sinuwa to

spend your first night in the trek region.

The next day, you will travel from Sinuwa to Deurali, gaining elevation gradually. As you trek, the Annapurna mountains start to grow in front of you, indicating that you are getting nearer to the Annapurna mountain.

After reaching Deurali, the trek ascends further, taking you to Annapurna Base Camp. On the way, you will also pass Machhapuchhare Base Camp. You will be spending the night at Annapurna Base Camp. We are sure you will be delighted to spend a night surrounded by tall snow peaks.

After enjoying the sunrise over Annapurna ranges from Annapurna Base Camp (ABC), it is time to return. You will follow the same path that took you to ABC, but this time as the journey is downhill, you will not stop at Deurali. From ABC, you will trek to Sinuwa and then to Samrung. You will then return to Pokhara from Samrung in private transport.

We hope during this short but exciting Annapurna Base Camp short trek 5-day trip, you will create some of the most precious memories in your life.

### **Why Annapurna Base Camp short trek?**

We have created this short Annapurna Base Camp Trek 5 days for physically fit persons who have less time but want to see/experience the Annapurna region, one of the most famous trekking regions in the world.

### **What are the highlights of Annapurna Base Camp short trek?**

Even though this is among the shortest Annapurna Base Camp Treks, you will come across diverse landscapes, different climatic regions, and multi-ethnic villages. As the 5-day Annapurna Base Camp trek progresses into Annapurna Sanctuary, you can also witness different flora, fauna, and ethnic Gurung and Magar villages. You will see Annapurna ranges, Dhaulagiri mountain, and Machhapuchhare for most of your trek.

## **Itinerary**

### **Day 1: From Pokhara (850m) drive to Samrung ( 1,613m) and trek to Sinuwa (2,340m/ 7,677ft)**

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

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

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

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

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

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

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

### **Day 5: Trek from Sinuwa (2,360m/7,742ft) to Samrung and drive to Pokhara (850m)**

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

### **Equipment And Packing for Annapurna Base Camp Short Trek - 5 days**

We recommend that you bring the items to the list below. Suppose your trek is longer or shorter than that. In that case, appropriate adjustments can be made to reflect the specific requirements, season, and length of the trip. Adventure Club Trek will provide the items marked with an asterisk (\*) at no additional cost. You are welcome to use your articles if you already have them and prefer your own. Many trekking items can be bought cheaply in the Thamel neighborhood of Kathmandu; quality will vary, with the items imported from China often being of higher quality. There are also several high-end shops in Kathmandu which carry well-known brands. Since our porters will carry your pack, please remember the weight limitation is 15kg (33 lbs since there is nothing there but some prayer flags. Also, please note that you still need to send me a list of gear.

- The Adventure Club Trek will lend each trekker a set of down Jackets, sleeping bags, and duffle bags.
- Our leading guide, trained in wilderness first aid, will carry a comprehensive medical kit.

#### **Important Documents And Items:**

- Valid passport, 2 extra passport-size photos, airline tickets.

- Dollars, pounds, or Euros in cash for purchasing a Nepali visa at Kathmandu airport, for paying for restaurants and hotels, for gratuities, snacks, and buying your drinks and gifts.
- Credit cards, Bank/ATM/Cash machine cards for withdrawing funds from cash machines (bring a photocopy of your cards), traveler's checks, etc.

## **HEAD**

- A bandana or headscarf is also helpful in dusty conditions.
- Warm hat that covers your ears (wool or synthetic)
- Headlamp with extra batteries and bulbs
- Sunglasses with UV protection
- Prescription sunglasses (if required)

## **UPPER BODY**

- Polypropylene shirts (1 half sleeve and 2 long sleeves)
- Light and expedition-weight thermal tops
- Fleece wind-stopper jacket or pullover
- Waterproof (preferably breathable fabric) shell jacket
- Down vest and jacket \*
- Gore-Tex jacket with hood, waterproof and breathable

## **LOWER BODY**

- non-cotton underwear briefs
- 1 pair of Hiking shorts
- 1 pair of hiking trousers
- 1 pair of lightweight thermal bottoms (seasonal)
- 1 pair of fleece or woolen trousers
- 1 pair of waterproof shell pants, breathable fabric

## **FEET**

- 2 pairs of thin, lightweight inner socks
- 2 pairs of heavy poly or wool socks
- 1 pair of Hiking boots with spare laces (sturdy soles, water-resistant, ankle support, "broken-in")
- 1 pair of trainers or running shoes and sandals
- Cotton socks (optional)
- Gaiters (winter only), optional, "low" ankle high version

## **HANDS**

- Pair of lightweight poly-liner gloves.
- 1 pair of lightweight wool or fleece gloves
- 1 pair of mittens consisting of 1 Gore-Tex over mitt matched with a very warm polar-fleece mitt liner (seasonal)

## **TOILETRIES**

- 1 medium-sized quick-drying towel
- Toothbrush/paste (preferably biodegradable)
- Multipurpose soap (preferably biodegradable)

- Deodorants
- Nail clippers
- Face and body moisturizer
- Female hygiene products
- Small mirror
- Personal Hygiene
- Wet wipes (baby wipes)
- Tissue /toilet roll
- Anti-bacterial handwash

## **SLEEPING**

- 1 sleeping bag (good to -10 degrees C or 14 degrees F)\*
- Fleece sleeping bag liner (optional)
- Rucksack and Travel Bags
- medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carryon)
- large duffel bag \*
- A small daypack/backpack for carrying your valuables should have good shoulder padding
- Small padlocks for duffel-kit bags
- 2 large waterproof rucksack covers (optional)

## **Medical**

- Small, personal first-aid kit. (Simple and light)
- Aspirin, first-aid tape, and plasters (Band-Aids)
- Anti-diarrhea pills
- Anti-headache pills
- Cough and cold medicine
- Anti-altitude sickness pills: Diamox or Acetylpolyamine
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills, as they are respiratory depressants.
- Water purification tablets or the water filter
- Extra pair of prescription glasses, contact lens supplies
- Extras/Luxuries
- Reading book
- Trail map/guidebook
- Journal and pen
- Binoculars (optional)
- Voltage converter (from 220 to 110)
- Plug adapter (2 round pegs to 2 flat pegs)

## **FAQs**

### **1. Does EBC trek require an immunization certificate?**

No, it does not. But if you have any pre-existing medical conditions, let us know before booking the trip.

## **2. Is there an airport pick-up service by the company?**

You will see a Discovery World Trekking representative welcoming you outside the Tribhuvan International Airport arrival lounge holding a pamphlet with your name on it. S/he will take you to your selected hotel in a private vehicle.

## **3. I am a vegetarian. Will I get enough meals during the trek?**

Discovery World Trekking does not recommend non-veg items at trekking regions because the meat in such places may not be hygienic. We also strongly advise you to avoid dairy and cheese items along with alcohol. So, our packages are suitable for all - vegans, vegetarians, and non-vegetarians.

## **4. Is there a cancellation or refund policy?**

Discovery World Trekking has cancellation and refund policies. Please visit our terms and conditions page for more information.

## **Cost Inclusion**

- Accommodations: 4 nights in trek regions Sinuwa (2N), Deurali, Annapurna Base Camp (ABC), (Generally, twin sharing room)
- Transport from Pokhara to Samrung (journey start) and Samrung to Pokhara (trek end)
- All standard meals (5 Lunches, 4 Dinners, and 5 Breakfasts) during the trek
- Government-licensed English Speaking trek leader/guide and porters to help trekkers with luggage. (1 porter for every 2 trekkers). Per trekker weight limit is 18 kg
- Guides and porters' costs (their salary, lodging, meals, insurance, transportation, and other necessary equipment)
- Snacks (cookies) and seasonal fresh fruits every day
- All government, local taxes, and official expenses
- Water purification tablets for safe drinking water
- Annapurna Conservation Area Permit (ACAP) fee
- Trekkers Information Management System (TIMS) card fee
- Rescue operation arrangements in case of complicated health conditions (funded by travel insurance)
- Souvenir - company's T-shirt & cap
- Discovery World Trekking certificate of appreciation after the successful trek
- Farewell dinner at Kathmandu after the trek

## **Cost Exclusion**

- International flight airfare
- Nepal entry visa fees on arrival at Tribhuvan International Airport-USD 50 for a 30-day stay
- Travel insurance which has to cover emergency high-altitude rescue and evacuation compulsory
- Excess luggage charges (limit is 9kg per trekker), one porter for every two trekkers
- All accommodation and meals in Kathmandu, before and after the journey
- Lunch and dinner in Pokhara
- Extra night accommodations, meals in Kathmandu and Pokhara due to early arrival or late departure, or early return from the trek
- Personal expenses (boiled/bottled water, hot (tea, coffee) and cold drinks, hot shower, alcohol, Wi-Fi, telephone call, battery re-charge fee), extra porters, shopping, snacks, etc
- Personal clothing and gear
- Tips for guides and porters
- Additional costs or delays caused due to circumstances beyond our control, for example, bad weather conditions, landslides, itinerary modification due to safety concerns, illness, change of government policies, strikes, etc
- All costs and expenses not listed in the "cost includes" section above

## **Trip Information**

**Trip Duration:** 5 Days

**Trip Code:** 45NUIM

**Duration:** 5

**Primary Activities:** Trekking

**Arrival City:** Pokhara

**Departure City:** Pokhara

**Transportation:** Vehicle

**Best Season:** December