

7 Days Annapurna Base Camp Trek



Introduction

Annapurna Base Camp (4130m/13550feet.) trek is a moderate nature trek. Ghandruk and Chhomrong village, Annapurna base camp (4130m.) and **Jhinu**(Natural hot spring) are major attraction of this trek. Annapurna base camp is surrounded by many Himalayan ranges which include the Annapurna range, Dhaulagiri and famous virgin fishtail (Machhapuchhre) mountain that dominate the skyline above Pokhara.

This trek starts at **Kimche**, a short drive of 3 hours from Pokhara and 1 hour trek to Ghandruk village. The trail takes you through forests and fascinating traditional villages of Ghandruk and Chhomrong gurung village. After reaching to **Chhomrong** Gurung village, we follow the Modi Khola and passes through stands of rhododendron and bamboo. By the time you reach the large rock over hanging, known as Hinku Cave, you will have noticed that the vegetation has thinned and the gorge narrowed to be only a few hundred meters wide. Steep snow-clad ridges falling from Hiunchuli on the left and Machhapuchhre on the right from the sanctuary. As we enter to the sanctuary, you find yourself in a huge Amphitheatre enclosed by a solid wall of snowcapped peaks. We get to Annapurna base camp hardly. You will see Himchuli , Annapurna South, Barahi Shikhar, Annapurna I, Tent Peak, Singachuli, Glacier Dom, Gangapurna , Annapurna III and Machhapuchhre snow-capped mountains around the **Annapurna base camp** which makes you worthwhile and happy. After this imaging view, you will trek down to Pokhara via Jhinu Hot Spring. Nepal Hidden Treks and Expedition organize this trek in **7 days Annapurna Base Camp Trek from Kathmandu or Pokhara**.

Annapurna Base Camp Trek Highlights

- Highest Point Annapurna Base Camp (4130m)
- Very popular Gurung village Ghandruk and Chhomrong
- Jhinu Natural Hot Spring
- Himchuli , Annapurna South, Barahi Shikhar, Annapurna I, Glacier Dom, Gangapurna , Annapurna III and Machhapuchhre
- Annapurna conservation area project (ACAP)

Trek Starting Point: Kathmandu or Pokhara **Option I:** If you start Annapurna Base Camp Trek from Pokhara, you will drive from your Hotel in Pokhara to Kimche and start the trek. **Option II:** If you start Annapurna Base Camp trek from Kathmandu, you will take an early (first) flight from Kathmandu to Pokhara and drive to Kimche then start the trek in same day. **Duration of Trek:** If you want to include Ghorepani and Poonhill on this trek , it takes 09 days (2 extra days) .

Trip Facts

Trip Duration	7 Days
Trip Grade:	Moderate
Best Season	March to May & September to November
Per Day Hiking:	4-7 Hours
Elevation	Minimum 900m - Maximum 4130m
Accommodation	Lodge (Teahouse)
Transportation	Flight/Tourist Bus/Car/Van

Cost Includes

What are included?

1. Pokhara-Kimche and Siwai-Pokhara by private Jeep or Bus.
2. All the Meals (Breakfast, Lunch and Dinner) and accommodation during the trek.
3. ACAP permit and TIMS (Trekker's Information Management System)card permit.
4. One experienced and qualified English speaking guide and Trekkers 2:1 porters.
5. Guide/Porter's: food, lodge, transportation, salary, insurance, equipment etc.
6. First Aids Kit.
7. Duffel Bag.
8. Fingertip Pulse Oximeter (we use everyday to check your oxygen level and blood pressure in your body to avoid high risk).
9. Nepal Hidden Treks and Expedition T-short.
10. Local fresh fruit like orange, banana, apple, grape etc.
11. 13% Government VAT and official charge.

What Are Excluded?

- International airfare and visa fees ((15 Days US\$25 and 30 Days US\$40.

- Hotels and meals in Kathmandu and Pokhara (We arrange Hotel if you ask).
- Kathmandu-Pokhara- Kathmandu by flight/ Tourist bus/ Private Car (We arrange if you ask)
- All the drinks such as: coke, beer, mineral water.
- Your travel insurance which should include the emergency rescue.
- Your trekking gears.
- Tips for your guide and porters etc.

Short Itinerary

Day 01: Kathmandu or Pokhara - Nayapul - Ghandruk

Day 02: Ghandruk - Chhomrong - Sinuwa

Day 03: Sinuwa - Bamboo - Dovan - Himalayan - Deurali

Day 04: Deurali - MBC - Annapurna Base Camp

Day 05: Annapurna Base Camp - MBC- Deurali - Himalayan - Dovan -Bamboo

Day 06: Bamboo - Sinuwa - Chhomrong - Jhinu - Kyumi

Day 07: Kyumi - Siwai - Nayapul – Pokhara- Kathmandu

Itinerary Details

1. Kathmandu or Pokhara - Nayapul - Ghandruk

Our guide will come to pick you up at your Hotel in Pokhara ,drive to Kimche (3 hours driving by Jeep) If you start trek from Kathmandu, you will take an early flight from Kathmandu to Pokhara then drive to Kimche and trek to Ghandruk (2020m). Today is easy day, you will walk one hour. In a clear day, you see nice view of Annapurna South, Himchuli, Annapurna III, Machhapuchhre etc. Rest of the day, you will explore Ghandruk village, Gurung Museum, overnight at Lodge.

2. Ghandruk - Chhomrong - Sinuwa

Today, you will trek from Ghandruk to Sinuwa (2340m). It takes 6-7 hours walk. The trail from Ghandruk to Komrong Danda is slowly up. From Komrong Danda, you will trek down to Komrong Khola. Again climb up to Chhomrong, Chhomring is another nice and big village. From this village, you will trek down to the river and will climb again to Sinuwa. If weather is nice, you will have nice Mountain View, overnight at Lodge.

3. Sinuwa - Bamboo - Dovan - Himalayan - Deurali

In the morning, you will have nice view if weather is nice. After that, you will have breakfast. You will trek from Sinuwa to Deurali. The trail is mostly uphill and jungle walk. It takes 6-7 hours walk. You will pass Bamboo, Dovan, and Himalaya during the trek. Deurali is located 3200m, overnight at Lodge.

4. Deurali - MBC - Annapurna Base Camp

Today, you will trek from Deurali to Annapurna Base Camp. Annapurna Base Camp is located 4130m. It takes 5-6 hours walk. The trail is all the way uphill. When you arrive Machhapuchhre Base Camp, you will have again nice view of Machhapuchhre, Annapurna South, Himchuli, Gandarba Chuli, Glacier Dom, Annapurna III, Gangapurna etc. You will continue to Annapurna Base Camp, overnight at Lodge. If weather stay nice, you will have nice sunset from here.

5. Annapurna Base Camp - MBC- Deurali - Himalayan - Dovan -Bamboo

You will wake up in the morning to see the nice view of Annapurna I, Barahi Shikhar, Tent Peak, Annapurna South, Himchuli, Gandarba Chuli and sunrise. After that, you will have a breakfast. Trek from ABC to Bamboo via Machhapuchhre Base Camp, Deurali, Himalaya, Dovan and Bamboo is all the way down. It is located 2340 m. It takes 6-7 hours walk and then overnight at Lodge.

6. Bamboo - Sinuwa - Chhomrong - Jhinu - Kyumi

After the breakfast as usual time, you will trek from Bamboo to Jhinu Danda via Sinuwa and Chhomrong Village. Jhinu is located 1690 m elevation. It takes 4-5 hours walk. The trail is up and down hill. In the afternoon, you will be in the Natural Hot Spring, overnight at Lodge.

Optional: If you do 7 days trek from Kathmandu to Kathmandu. You will continue from Bamboo to Kyumi.

7. Kyumi - Siwai - Nayapul – Pokhara- Kathmandu

Trek from Jhinu to Siwai (3-4 hours walking). From Siwai, drive to Pokhara. It takes 3 hours' drive, overnight at the Hotel in Pokhara.

Optional: If you do 7 days trek from Kathmandu to Kathmandu, you will trek from Kyumi to Siwai then drive to Pokhara airport directly, overnight at Hotel in Kathmandu.

FAQS

1. Do you have fixed group to join?

We organize small group trek everyday. Everyday is available to book this trek.

2. What kind of accommodation do we expect?

We provide one room with twin bed, Triple Bed, Fourth Bed private common room depend on

group size. You have to share Toilet and Bathroom.

3. Do we need sleeping bags?

The Lodges or Tea Houses do not have enough blanket, you have to take sleeping bag with you.

4. Internet or WIFI available on this trek?

Yeah, Internet or WIFI is available on this trek. But you have to pay to use WIFI .

5. How hard is this trek?

The highest point of this trek is Annapurna Base Camp (4130m). We give this trek grade 3. Grade 1 is easiest and grade 5 is hardest trek.

6. Is electricity available on this trek ?

Electricity is available in all the places. You can charge your Camera and Mobile Phone.

7. Drinking water

There are available of natural spring water. You can use the spring water by putting water purifying tablet. It is also possible to buy boiled filter water. This trek is mineral water banded area.

8. How do we respect the culture?

- Ask permission to photograph people.
- Do not remove or purchase antiques, it is illegal.
- Avoid wearing revealing clothes and avoid outward displays of physical affection.

9. Hot Shower

Hot Shower is available on the trek. You can have shower by paying extra charge.

10. Bank or ATM or Money Exchange

This is no any Bank or ATM or money exchange during this trek. You have to take extra Nepali rupees from Kathmandu or Pokhara.

11. Single Trekker

We also organize single traveler for this trek. But you have to pay single supplement cost.

12. When is the best time to do this trek?

The best time is March to May and September to November. But We organize this trek all the months.

13. Can we buy or rent trekking gears in Kathmandu or Pokhara ?

Yeah, you can buy or rent gears in Kathmandu or Pokhara.