

Annapurna Base Camp & Ghorepani Poon Hill Trek



Trip Highlights

- Pokhara, a city of lakes and a major tourist destination in Nepal
- Trekking to the heart of Annapurna Region, accompanied by ranges of 7000-8000m
- We are moving along the beautiful terrace farms and farm village of Ghandruk
- The hot springs of Jhinu Danda
- You are experiencing diverse cultures and lifestyles of Nepalese ethnic groups
- Magical views of Annapurna I, II, III, IV, Annapurna South, and many other ranges
- The inward sanctuary of Annapurna Base Camp with panoramic views of more than ten peaks over 6000m tall.



Trip Duration: 14 Days
Grade: Moderate
Summary: 10 Days trek, 09-nights lodge, four nights hotel in Kathmandu & Pokhara

Welcome to Peregrine

Thank you for your interest in our Annapurna Base Camp and Ghorepani Poon Hill Trek. At Peregrine, we are passionate about our off-the-beaten-track experiences. They provide our travelers with the thrill of coming face to face with new cultures and wilderness regions of outstanding natural beauty. We are committed to ensuring that our unique itineraries are well researched, affordable, and tailored for the enjoyment of small groups. Our itineraries will give you the best travel experience, designed by people with incredible local knowledge who share our vision of authentic exchange and honest exploration with a responsible tourism approach. Whether you like your adventures to include trekking, touring, cycling, mountaineering, kayaking, or rafting, Peregrine Treks can make it happen for you. We hope you will join us for a life-changing experience!!

Why travel with Peregrine?

When planning to travel to a remote and challenging destination, many factors need to be considered. Peregrine Treks and Tours have been pioneering treks in Nepal since 2002. Our extra attention to detail and seamless operations on the ground ensure that you will have a memorable trekking experience in the Himalayas and a leisure tour experience in the city area. Every tour and trek is accompanied by an experienced local leader who is highly trained in remote first aid and a knowledgeable crew who shares a passion for the region they work in and a desire to share it with you. We take every precaution to ensure smooth logistics. We use an excellent 3-star hotel in Kathmandu and well-maintained, good quality trekking equipment on the trek. For your convenience and health, we supply all meals on the trek; while maintaining the highest hygiene standards, we will use good teahouses for your meals with a varied menu. Most importantly, our adventures have always sought to benefit the local peoples we interact with, safeguard the ecosystems we explore and contribute to the sustainability of travel in the regions we experience.

Registered Address:

Thamel, Kathmandu, Nepal

Phone: +977 98510 52413 (Nepal)

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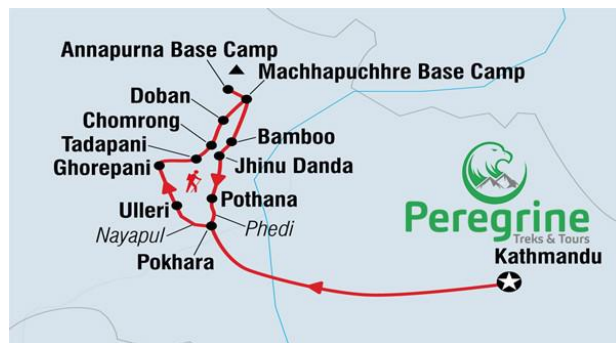
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Annapurna Base Camp & Ghorepani Poon hill Trek

A 2-week trekking holiday in Nepal, through the valley of the Modi Khola to the unique Annapurna Sanctuary, with lodge accommodation.



Trip Cost

It starts from USD 150

This price is based on a minimum of 2 people.

For 1 Pax: USD 1350

For 2-3 Pax: USD 1150

Four Plus Pax: USD 1100

Options and Supplements

Hotel single supplement: US\$ 125

Lodge single supplement: US\$ 125

Single Supplement: US\$ 250

Note: We can't give a guarantee for the single supplement in the lodge. This is based on the availability)

Peregrine Treks does not require single travelers to pay a surcharge for traveling alone on our Fixed Departure date. We will arrange for you to share accommodation with another traveler of the same gender, and if we cannot match you up, we will provide a single room at no extra charge. If you prefer not to share, a single supplement is payable to guarantee your room. The cost of the single supplement is listed above.

Want a private trip

Book this trip as a private departure just for you and your group on your chosen date. Contact us for conditions, costs, and availability

The Trip

Annapurna Base Camp (ABC) Trek is a dream for travelers worldwide. This trek takes you along rich and diverse cultures, such also mountain peaks, bamboo forests, cities of lakes, floras, and faunas. Being at Annapurna Base Camp gives you the feeling of resting in the lap of the mountains. The trek takes you on a spiritual journey of peace and eternal joy. Embarking on your journey to the lap of an 8000m Himalaya is an adventure. This trek assures you of the thrill, excitement, bliss, and ecstasy of being in such sync with nature. Annapurna Base Camp trek acknowledges you with the diversity of culture and lifestyle. Addressing Nepal's different ethnic villages and communities, Annapurna Base Camp Trek also acquaintances you with the rich vegetation and wildlife this county preserves.

ABC trek takes you deep into the jaw-dropping beauty of the mountains like Annapurna I, Annapurna II, Annapurna III, Annapurna IV, Annapurna South, Machapuchare, Nilgiri, Himchuli, Dhaulagiri, and many more. Also, This trek takes your attention toward the ever-chattering monkeys and ever-chirping birds. The terrace fields in the hills and tropical fruits will get you introduced to the legendary taste of Nepal.

Moreover, we will be staying in Tikhedunga, Ghorepani, Tadapani, Chhomrong, and Himalaya to reach the base camp of Annapurna. The trek goes past the majestic sanctuary near Machapuchare Base Camp. A little higher is the Annapurna Base Camp, which leaves you stunned with the sights and vibes it provides to you within.

About Annapurna Base Camp Trek

Annapurna Base Camp trek is one of the busiest treks in the Annapurna region. It is a stunning trek to the heart of the Annapurna Mountain Range. Furthermore, this trek is a preserved trek for travelers, including females and solo travelers. We at Peregrine Tours have designed 14 days itinerary perfect for this short refreshing trek. Over the years, many clients from around the globe have believed in us, and we have not failed to serve them.

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Trip dates

Daily departure (no minimum group size needed)

Fast facts

Destination:	Nepal
Duration:	15 Days
Group Size:	Minimum one pax
Arrival on:	Kathmandu
Departure:	Kathmandu
Max Altitude:	5545 meters
Difficulty:	Moderate
Visas:	No (you can get a visa upon arrival in Kathmandu)
Vaccinations:	Please consult a travel vaccination specialist for up to date information
Private Groups:	Private group options are available for this trip
Singles:	A single supplement is available for this trip
Leader:	Expert local leader

Thoughtful travel

The natural environments you'll travel through are fragile; the cultures and traditions precious, and often, the communities we pass through rely on tourism. Our responsibility as visitors is to minimize the impact of our presence, protect what is precious, and where we can leave a positive impact.

Trip grading

Introductory to Moderate

These adventures involve trekking for up to 6 or 7 hours a day at a steady pace. These trips may spend successive days at altitudes not generally exceeding 5,545m and are usually between 09 and 15 days in duration. You will need a good level of fitness and be in good health.

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At a glance

Day 01: Arrival in Kathmandu
Day 02: Kathmandu to Pokhara
Day 03: Drive to Nayapul and Trek to Hile
Day 04: Trek to Ghorepani
Day 05: Hike Poon Hill and trek to Tadapani
Day 06: Trek to Sinuwa
Day 07: Trek to Himalayan Hotel
Day 08: Trek to Annapurna Base Camp
Day 09: Trek to Bamboo
Day 10: Bamboo to Jhinu Dada
Day 11: Trek to Pothana
Day 12: Trek to Phedi and down to Pokhara
Day 13: Drive back to Kathmandu
Day 14: Departure

What is included?

- ✓ Airport pickups and drops in a private vehicle
- ✓ Accommodation in a three-star hotel, two Nights in Kathmandu, and two nights in Pokhara
- ✓ Room in the best available lodge and all meals (Breakfast, Lunch, and Dinner) during trekking
- ✓ All ground transportation in private vehicle as per itinerary
- ✓ Full day Kathmandu Valley and half-day Pokhara Valley guided sightseeing in private vehicle
- ✓ All entrance fees during sightseeing and trekking
- ✓ An experienced English or other Language speaking guide and one assistance guide for more than five trekkers
- ✓ One porter for two trekkers
- ✓ Trekking crew member salary, insurance, accommodation and food, and airfares if necessary
- ✓ On hire Down jacket and sleeping bag (to be returned after trip completion)
- ✓ The company's free services are the trekking bag/duffel bag, t-shirt, achievement certificate, and trekking map.
- ✓ All necessary Permit and TIMS
- ✓ First Aid Medical kit or essential medicine
- ✓ Seasonal fruits during the trek
- ✓ Farewell dinner
- ✓ All applicable government and local taxes

What is not included?

- ✗ Nepalese visa fee and international airfare
- ✗ Hotel accommodation, Lunch and Dinner in Kathmandu and Pokhara because of early arrival in Nepal or late departure from Nepal, prior return from the mountain because of any reason than the scheduled itinerary.
- ✗ Travel and rescue insurance
- ✗ Personal expenses (phone calls, laundry, soft or hard beverages, recharge the battery, bottled/boiled water, extra porters, hot shower, a pot of tea, etc.) during trekking
- ✗ Tips and gratuities for guide(s), porter(s) and driver(s)



Suggested preparation

Forty-five minutes of aerobic type exercise, three to five times a week for the three months leading up to your trip. Hill walking with a pack in variable weather conditions or road cycling is also recommended depending upon the activity you plan to undertake.

Adventure travel

By its very nature, adventure travel involves an element of the unexpected. In remote and developing countries, do not expect standards you are used to at home. Remote areas are sometimes unpredictable, and itineraries may be altered. To get the most out of your adventure, you are flexible, cheerful, and eager to take on all the challenges. If you are uncertain about your suitability for this trip, we recommend speaking with your guide or tour leader.

Customize this trip

Just tell us about your preferences, interests, and the amount of time available to you, and we will take care of the rest. We will help design a tour and work out a comfortable itinerary that best suits your needs.

Equipment and Packing List

This list is a guideline to help you pack for your adventure. Also, understand that the items listed below will vary a little according to the season and the trek duration—those items marked by an asterisk (*) are provided by Peregrine Treks inclusive in the service. The weight limit for your luggage is 33 pounds or 15 kg. Remember that your porter will carry your luggage, but you must carry a day pack (with your valuables or anything important) on your own. We also suggest that you pack only what is necessary.

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Detailed Itinerary

Day 1: Arrival in Kathmandu

This is the day you arrive in Nepal. As you fly over the valley, you get to witness the unique beauty of the Kathmandu Valley. As soon as you land and get through customs, a representative from Peregrine Tours will be there to welcome and greet you. You will be transferred to one of the luxurious hotels in the city. If you arrive early, you can visit the hub market of Thamel, or you can go around some UNESCO sites like Pashupatinath, Swyambhunath, Kathmandu Durbar Square, and many more. Later, you will enjoy a beautiful dinner and plan for your trip ahead. This is the first day of your Annapurna Base Camp Trek.

Meals: Not Included

Day 2: Kathmandu to Pokhara

We leave early this day for Pokhara, a beautiful city full of lakes and scenic beauties. The town is overlooked by the Annapurna, Machapuchare, and Dhaulagiri ranges. We get all our luggage ready and move early as possible to catch the best sights of the journey. We walk along with various villages and sceneries that fill our trip with colors. It's 6-7 hours of drive from the city of Kathmandu. As we get to Pokhara, we might want to unwind and relax for the night. We might take a walk to the lakeside or spend some time with our fellow members from the trek to get to know them better. We will stay in a hotel by the Fewa Lake for the night. Enjoy the evening and peaceful view of the lake and get a good sleep — Ready for the steep journey to Annapurna Base Camp.

Meals: Breakfast

Day 3: Drive to Nayapul and Trek to Hile

We take an early morning drive from Pokhara to Nayapul (42 km from Pokhara) towards the west. Nayapul is the start point for the treks in the region. Once we get there, our trekking begins. We walk across Modi Khola and head towards Hile after crossing it. Mt. Machapuchare shows us a glimpse of it as we move towards Hile. After walking for a few hours, we get to Hile through green valleys of rhododendron, tropical forests, and very few settlements. As we get to our destination, we rest for the day and prepare for the next day ahead of us. We stay at Hile in a local tea house overnight.

Meals: Breakfast, Lunch, and Dinner

Day 4: Trek to Ghorepani

On the fourth day of our Annapurna Base Camp trek, we have an early morning breakfast and start our trail. We pass by a small village named Tikhe Dunga (1,577m). Then, we adopt a village called Ulleri (2070m), which is extensively famous for a staircase of more than 3000 stone stairs. The same steep stairs contribute to giving the name "Ulleri" to the village.

The village of Ulleri is inhabited by diverse tribes of Brahmin, Chhetris, and Magars on the upper hill. We ascend towards the uphill of Ulleri and, after an arduous trek of about 5-6 hours, get to the beautiful village of Ghorepani. We pass various streams, rhododendron forests, and tiny villages to reach Ghorepani.



Important documents and items

- Valid passport (at least three months validity), two extra passport size photos, airline tickets
- Separate photocopies of passport, visa form (easily obtained at Kathmandu airport), proof of insurance
- Dollars, pounds, or Euros in cash for purchasing a Nepalese visa at Kathmandu airport, paying for restaurants and hotels, gratuities, and snacks, and purchasing 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

- Bandana or head scarf also beneficial for dusty conditions
- Warm hat that covers your ears (wool or synthetic)
- Headlamp with extra batteries and bulbs
- Sunglasses with UV protection
- Polypropylene shirts (1 half sleeve and two 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

Hands

- One pair of lightweight poly-liner gloves
- One pair of lightweight wool or fleece gloves
- One pair of mittens consists of 1 Gore-Tex over mitt matched with a hot polar-fleece mitt liner (seasonal)

Ghorepani is a village inhabited by "Magars." They have their own unique culture, and it is also a unique and productive experience for us to interact with them. The upper part of the village gives us panoramic views of the ranges of Annapurna South and Nilgiri mountains. We stay for the night in Ghorepani.

Meals: Breakfast, Lunch, and Dinner

Day 5: Hike to Poonhill and trek to Tadapani

Today will be one of the most mesmerizing days of our Annapurna Base Camp Trek. We start our journey on foot early to catch the ever-beautiful sunrise in Poonhill. It is one of the first picks in Nepal to watch the sunrise. We enjoy the uninterrupted views of the Himalayan ranges turning orange. Majestic mountains like Mt. Dhaulagiri (8167m), Nilgiri (6940m), Mt. Annapurna I (8091m), Annapurna South (7219m), Annapurna III (7855m), Annapurna IV (7525m), Annapurna II (7937m), Lamjung Himal (6931m) and many more turn gleaming yellow as the sun pours its rays and colors the sky.

Then, we turn our way back to Ghorepani and head towards Tadapani. We climb up to Deurali from Ghorepani. After we reach the hilltop of the village of Tadapani, we stay our night there.

Meals: Breakfast, Lunch, and Dinner

Day 6: Trek to Sinuwa

After waking up at the beautiful village of Tadapani, we start our trail towards Sinuwa through Chomrong. It's a descending trail through various Gurung settlements. We get to know and experience their unique and rich culture and hospitality. We continue our path through a lush Rhododendron forest that inspires you to continue this journey. The terrace fields on the laps of the mountains make your every step feel worthy. It's a famous route for bird lovers as it provides a variety of species. After a beautiful trek, we arrive in Chomrong, the gateway to the Annapurna Sanctuary. However, Sinuwa awaits uphill. We climb to the village of Sinuwa and stay there for the night.

Meals: Breakfast, Lunch, and Dinner

Day 7: Trek to Himalayan Hotel

Early in the morning, we have our breakfast and start our trail for Dovan village. We descend towards Chhomrong Khola, accompanied by natural scenic beauties. We will do 5-6 hours of strenuous trekking today. After crossing Chomrong Kholi, we ascend through a dense forest and trail downhill till we reach the village of Dovan. Many trekkers prefer Dovan for staying overnight. However, we set our sights on the best. We climb uphill to the Himalayan Hotel, where we stay for the night. We prepare ourselves for the ultimate climb that we will have tomorrow. The Annapurna Base Camp waits for us.

Meals: Breakfast, Lunch, and Dinner

Day 8: Trek to Annapurna Base Camp

We go for our ultimate destination this day. Starting early morning after breakfast, we ascend towards higher altitudes. As we move uphill, we notice

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Lower Body

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

Feet

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

Sleeping

- One sleeping bag (good to -20 degrees C or 28 degrees F)*
- Fleece sleeping bag liner (optional)

Rucksack and Travel Bags

- One medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carryon)
- One large duffel bag *
- A small daypack/backpack for carrying your valuables should have good shoulder padding
- Small padlocks for duffel-kit bags
- Two large waterproof rucksack covers (optional)

fewer trees and vegetation. After trailing for some hours, we enter the Annapurna Sanctuary and the Machapuchare Base Camp (3900m). We stop there, surrounded by the mountains, to have our lunch.

After lunch, we trek for about 2 hours to reach the ultimate destination of our journey. The Annapurna Base Camp is here. There are very few satisfying things in life, like being in the Annapurna Base Camp. Surrounded by snow-capped mountains and a few settlements downhill, this scene is pure magic. After that, the place is yours. Take your camera and start making memories that you can cherish for the rest of your life. Start exploring and communicating with the glaciers and mountains. Annapurna I, Annapurna South, Hiunchuli, Machapuchare, and many others make a ring to surround you with their unparalleled beauty. We stay overnight in the Annapurna Base Camp.

Meals: Breakfast, Lunch, and Dinner

Day 9: Trek to Bamboo

Early in the morning, our trail quickly descends towards Bamboo. We leave our dream destination on the way back home. We descend towards a beautiful village of Bamboo (2,345m) downhill towards the camp. The trek will continue for 6-7 hours, and we will travel across the bank of Modi Khola again. We walk at a steady pace, and there is no rush. It is a long trek that is strenuous and takes patience. After reaching Modi Khola, we ascend towards Bamboo uphill. If we arrive early, we get to experience the unique culture and lifestyle of the people of Bamboo. We stay and rest ourselves in Bamboo for the night.

Meals: Breakfast, Lunch, and Dinner

Day 10: Bamboo to Jhinu Dada

Today, we head for Jhinu Dada to experience the enjoyable hot spring, and also it is our way back home. After breakfast, we descend towards Sinuwa. Our trail is filled with green lush forests and rhododendron blooming red, white, and pink and contrasting the color of the green jungle. From Sinuwa, we ascend towards Chhomrong. After Chhomrong, we head towards Jhinu Dada. Jhinu Dada is famous for its natural hot spring. We rest our bodies in the grace of the majestic spring. After rejuvenating ourselves, we move toward our stay for the night. We stayed our night in Jhinu Dada.

Meals: Breakfast, Lunch, and Dinner

Day 11: Trek to Pothana

After an early refreshing breakfast, we start making our way for Pothana. We move towards Modi Khola. After crossing Modi Khola, we make our way through villages like Lhandruk village and the beautiful Tokla village. Our journey passes through beautiful oak forests. After the oak forests, we approach Pothana. This is the last place to enjoy the majestic views of the mountains. We spend the rest of the day exploring and roaming around the village. Enjoying the sunset in the hills, we stay our night in Pothana.

Meals: Breakfast, Lunch, and Dinner

Day 12: Trek to Phedi and down to Pokhara

The last day of trekking is the day we trail into the Annapurna Himalayan Region from the beautiful village of Pothana to Phedi. After our breakfast,

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Medical

- Small, personal first-aid kit. Aspirin, first-aid tape, and plasters (Band-Aids)
- One skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and cold medicine
- Anti-altitude sickness pills: Diamox or Acetazolamide
- Stomach antibiotic: Ciprofloxacin, etc
- Water purification tablets or the water filter
- 1 set of earplugs
- Extra pair of prescription glasses, contact lens supplies

Practical Items

- One small roll of repair tape, one sewing-repair kit
- One cigarette lighter and one matches
- digital camera with extra cards and batteries
- Two water bottles (1 liter each)
- One small folding knife (a Swiss Knife is better)
- Four large, waterproof, disposable rubbish sacks

Toiletries

- One 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 hand wash
- Sanitary Pad (for menstruation period)

we slowly start descending towards Phedi. Through the dense forests, enjoying the incredible vegetation and the mountain views, we get down to Phedi. As soon as we reach Phedi, we drive back to Pokhara, which will take us around two hours. We can freshen up in our hotel and then start exploring the beautiful city of Pokhara. Trekkers can go to a spa, massage, or relax and roam around the city and take photographs. We stay in Pokhara for the night.

Meals: Breakfast and Lunch

Day 13: Drive back to Kathmandu

After having an unforgettable journey, this day we move back to Kathmandu from where you can go home. As soon as we have breakfast, we take a bus to Kathmandu through the same route we decided to Pokhara — enjoying the natural scenic beauties along the way, we treasure our memories from the journey.

As we arrive in Kathmandu, you will be escorted to your hotel and the rest of the day is yours. You can explore the colorful markets of Thamel or visit UNESCO sites. Furthermore, you can experience the rich culture that the people of the valley share. Make the most of your last light in Nepal.

Meals: Breakfast and Dinner

Day 14: Good Bye Nepal (Farewell)

It will be your last morning in Nepal. You'll be saying goodbye to the country, collecting some of the memories to cherish all your life. You will be escorted to the airport for your flight. You will have to be there a couple of hours before the trip.

If you have your flight at night, you can still get colored in the city's colors. You can visit local places. Share your Annapurna Base Camp Trek stories with your friends abroad. And remember, "When mountains call, you answer."

Meals: Breakfast

How to book

To book a Peregrine Treks trip, you will need to complete a booking form (<https://peregrinetreks.com/online-payment.html>) and pay a 20% non-refundable deposit which you can do by using our online payment system or deposit at our official bank account number.

Pay to: Peregrine Treks & Expedition Pvt. Ltd.

Current A/c: 019 08274760015

Paying Bank: Himalayan Bank Limited

Branch: Thamel

Bank Street Address: Tridevi Marga, Thamel, Kathmandu, Nepal

SWIFT CODE: HIMANPKA

Bank service charges related to submitting a deposit are the client's responsibility.

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Extras/Luxuries

- Reading book
- Trail map/guide book
- Journal and pen
- iPod
- Travel games, i.e., chess, backgammon, scrabble, playing cards (to help you pass the time at teahouses and camps)
- One modest swimsuit
- Binoculars (optional)
- Voltage converter (from 220 to 110)
- Plug adapter (2 round pegs to 2 flat pegs)
- Lightweight pillow case (in case your teahouses provide you with pillows) or use your stuff as a pillow

Accommodations:

We will be accommodated with Samsara Resort or a similar three-star hotel in Kathmandu. For Pokhara, we will be provided Teeka resort and local tea houses during the trek. The accommodations are made on a twin-sharing basis. Single supplements can be served upon request but will cost an extra USD 250. However, the only room cannot be possible sometimes during higher elevations. In the trekking area, most of your accommodations contain attached bathrooms, while some of the teahouses may not have, and you may have to share the washing and toilet facilities in that case.

Meals

During the Annapurna Base Camp Trek, we have various options in cuisines like Nepali, Chinese, Italian, Continental, Indian, etc. Breakfast will be served from the tea houses or the lodge's menu, and we will have our lunches on the way to our destination. There will be welcome and farewell dinners with our trekkers.

More Information

Physical Condition & Experience

While at our Annapurna Base Camp Trek, we will be walking 5-7 hours daily on average. So this is a moderate trek for the habituated and passionate walkers. The ones going on this journey must be habituated to some exercise. The trek up to the higher altitudes is a bit more demanding. However, if we're physically fit and have strong determination and sturdy willpower, this trek can be accomplished quickly. Past hiking can be an extra asset for the trekkers on this trek.

The Best Month to Trek to Annapurna Base Camp

You can do this trek all around the year. However, autumn and spring are considered the best seasons to be making this trek. March, April, May, September, October, and November are the best month to trek to Annapurna Base Camp. The weather is warm and sunny and provides you with the best views of nature.

Furthermore, winters have a lesser crowd, so we get the serenity of nature — however, it's harsh cold in winters. Trekking in summers and monsoons can be disturbed by rain waters.

Annapurna Base Camp Trek altitude

During the Annapurna Base Camp Trek, we move to a higher altitude than 2500m. So our body needs to be acclimatized. We design our treks in slow progress so it's more comfortable for the human body to adapt to the changing climate. During acclimatization, you might experience headaches, disturbed sleep, nausea, cough, pulse, etc. Trekkers are highly recommended to drink plenty of liquids like water and garlic soup. We discourage the consumption of alcoholic substances as it can hamper fitness and may lead to causing sickness. However, if you experience any symptoms of AMS, our doctors will look after you, and you can also stop your trek. The group leader can also ask you to descend as it is the only cure for Acute Mountain Sickness.

Group Size

If you join a fixed departure trip, you will probably be trekking with a group of people of different nationalities and ages. It could be an opportunity for you to meet new people and be friends with them. The group size varies from 2 people to 16 maximum.

Guide, Trek Leader & Support Staff

A professional, certified, and reliable trekking guide will lead your group. The guide has many years of experience guiding groups of trekkers in the mountains. He has in-depth knowledge of the region you will be trekking since he is a local dweller. Besides, his English is fluent in the context of speaking and writing. Apart from your guide, there will be an assistant guide and Sherpa crew to assist the trek leader.

Arrival & Departure (Kathmandu)

You can rely on us for airport pick up and drop off service. The representative of Peregrine will receive and see you off at the airport upon arrival and on departure.

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What you carry

In your daypack, you will need to carry extra warm clothing (depending on the altitude, location, and weather), a rain jacket, water bottle, camera gear, valuables, and personal items such as sunscreen, lip guard, etc. Porters and mules carry all group gear and your trek pack.

Equipment provided

You will be provided with a Peregrine trek pack, including a duffle bag, quality sleeping bag, down or fibers fill jacket, trekking map, and T-shirt. Further, our porters are provided with clothing and boots suitable for the conditions.

Vehicles & safety

During your trip, we will use a variety of vehicles, all of which are fit for the purpose and the conditions encountered. It should be noted that laws governing transportation safety may differ from those in your home country, and while wherever possible, vehicles with seatbelts are provided,

Private groups

The adventures featured in our brochures and our website are just a starting point for many of our private group travelers. Working closely with our Groups Department, we can organize custom-designed itineraries for groups of friends, clubs, charities, schools, or even work colleagues. Our team will assist you with all aspects of your group adventure, from itinerary design to group flights. Contact our team today.

Travel Insurance for Nepal

Nepal is famous for its outdoor adventures. Most tourists choose Nepal for trekking in the Himalayas and to experience other kinds of exotic sports. To be on the safe side from probable outdoor risks, it is always healthy to have a travel insurance policy. Travel insurance could be of various types covering emergency medical treatment or emergency medical evacuation. Helicopter rescues from the foothills of mountains are common in Nepal. Be careful to choose your insurance wisely, which pays directly to the hospital rather than spending it on the spot.

Equipment & Packing List

It is usual for a human being to get excited about the trip and carry almost everything. We believe it's in human nature. Still, it would help if you considered what you take for your trekking trip. There is a weight limitation on domestic flights and porters. Hence, we suggest you read the guideline by this link (<https://peregrinetreks.com/nepal-trekking-equipment-and-gear-list>) and carry things that are very important for the entire trip.

Passport & Visa for Nepal

Apart from Indians, every foreigner must have a visa to enter Nepal. Issuing a Nepalese visa is a hassle work compared to other countries. An individual can obtain a Nepalese permit before entering Nepal. Moreover, one can release an on-the-spot visa at the Tribhuvan International Airport or the border checkpoints in Nepal and India /China. On the contrary, Nepal has listed the name of a few countries whose nationals are not eligible to obtain the spot visa upon arrival. Afghanistan, Iraq, Cameroon, Ghana, Somalia, Swaziland, Palestine, Zimbabwe, Nigeria, Ethiopia, and Liberia.

The first procedure for obtaining a visa is filling out an application form, providing a passport size photograph, and paying the visa fee. A single entry visa costs USD 25, 50, or 125, good for 15, 30, or 90 days. An individual can pay the fees mentioned above in any currency at the airport, but some border checkpoints accept only USD. Likewise, children aged below ten are required visas with different fee structures.

If you plan to visit India, Tibet, and Bhutan simultaneously, you can apply for a multiple entry visa. Otherwise, you can change your single entry visa to multiple visas at Central Immigration Office, Kathmandu. The passport must be valid for at least six months while submitting your visa application. You can read more on the Nepal Travel Info page.

Annapurna Base Camp Trek weather

The atmosphere of Nepal is moderate. Nepal and Europe share similar weather but are utterly opposite of the Australian seasons. Again, like other countries, Nepal also has four seasons. Winter generally starts from December until February, the pretty coldest month. Temperatures could drop down significantly at higher altitudes resulting in heavy snowfall. Spring (March-May) and autumn (September- November) is the appropriate season for almost all outdoor adventures. Nepal has the highest number of visitors this season.

Last but not least, the Monsoon (end of June- August) is also the hottest and wettest season. The temperature in some plain regions could increase above

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40 degrees. Or else it could rain all day and night, resulting in significant catastrophes like mass floods and landslides

Banking and Forex in Nepal

Individuals can pay in foreign exchange in hotels, travel agencies, and airlines. You can find numerous ATMs in cities accepting international bank cards (Plus, Cirrus, etc.). In most ATMs, the maximum withdrawal amount is 20,000NRS allowing you to make repeated withdrawals.

Moreover, most tourist standard hotels, restaurants, airports, and travel agencies accept credit cards like Visa, JCB, MasterCard, and American Express. However, the bank enforces a certain amount of transaction fees during the transaction. The minimum surcharge is 4%. But, we won't charge any charges for credit card payments.

Custom Formalities-Nepal

When you arrive in Nepal, it is necessary to pass customs to check your baggage. Electronics apart from your personal belongings like a laptop, camera, movie/ video recorder, 15 film rolls, etc., are allowed to bring while you enter. If, in any case, you purchase an antique in Nepal to take back home, you will have to certify that object by the Department of Archeology. It is illegal to export Nepal 100 years and older artifacts.

Emergency Contact Information

Please provide your emergency contact information while filling out the form to book this trip. The contact person could be anyone from your family or close acquaintance. You can get the contact details of the Embassy and Consulate by this link.

Safety and Security – Nepal

Nepal is long known for its safe part and warm hospitality for travelers. You will realize Nepalese people's friendliness and helping nature when you step here. Still, you should be responsible for your personal belongings. It would help to place your valuables securely, like money, jewelry, expensive gadgets, and electronics. Be on the safe side and avoid walking alone at nighttime, especially in places with fewer people. Try to maintain a close distance with your group or representatives of Peregrine Treks when you need to venture out when the sun is down.

Electricity – Nepal

Most of the major cities are now free from load shedding. At the same time, there is still electricity cut off in some remote regions of Nepal. The standard frequency and voltage in Nepal are 50HZ and 230V. However, most hotels and guesthouses have generators, inverters, or solar power. You can find multi-adaptor style sockets in city hotels. Besides, teahouses of mountain lodges have two or three-pronged outlets. Still, we recommend you carry a universal adaptor to charge your electronics without any fuss.

Vaccinations – Nepal

We suggest you check with a physician regarding travel-related illness six months before starting your trip. Take the required complete course of treatments and boosters before you embark on an adventure to a foreign

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country. If you are trekking at a higher altitude, you may not worry about tropical illness.

Baggage – Nepal (Domestic Flight and Porter)

On domestic flights in Nepal, individuals can carry luggage weighing 15 kg. If the weight exceeds 15 kg, you will have to pay for extra luggage.

During the trekking, we will have one porter who will carry the baggage of two clients. He can take 30 kg, which means one trekker should have luggage no more than 15 kilograms. While the porter carries your baggage, you will be bringing a day bag pack.

Physical Condition & Experience for ABC Trek

Walking is generally considered a healthy exercise. Undoubtedly, walking in higher elevations is usually more physically demanding. For this reason, you need to be in good health, moderately fit, full of positive vibes, determined, and confident. Thus, you can quickly complete the trek.

You can maintain your fitness by carrying medium-level exercise and jogging before your ABC Trek. As a result, it will boost your strength and stability. If this is not your first trek, you can apply your experience. Even if you are a first-timer, it's beautiful because technical skills are not required for this trip. Besides, consult and check with your doctor if you have any pre-existing medical conditions like heart, lung, or blood diseases before joining the trek. If you have any medical conditions, we advise you to inform Peregrine Treks before booking the trek. We will try to arrange your trip accordingly.

Altitude Sickness & Acclimatization

Acclimatization is a phenomenon used during Annapurna Base Camp Trek in high altitudes. The process makes one's body adapt to thin air and the Himalayan environment. Oxygen particles start getting sparse, and air density gets thin at a higher altitude above 2000 meters. We have a pattern to follow while we walk at higher elevations to prevent us from Acute Mountain Sickness (AMS). Pacing the steps could result in AMS. Common symptoms like difficulty breathing, headache, nausea, dizziness, insomnia, vomiting, etc., could show up. One should never ignore the signs mentioned above. If untreated, it will result in High Altitude Cerebral Edema (HACE) and High Altitude Pulmonary Edema (HAPE). HACE AND HAPE affect the brain and lungs, filling fluid inside and fatal to the patient.

We design our itinerary so that you will have sufficient time for acclimatization. You will have one or two rest days in lower elevations before climbing higher than 3500 meters. Rest day usually means you will utilize this day by stretching your legs to hike a certain height and return to your teahouse. Besides, our guides will always carry a first aid kit, including Diamox, a pill to prevent AMS symptoms. However, you should follow the guide's instructions and keep yourself hydrated. Avoid alcoholic and caffeinated drinks, which will cause dehydration.

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FREQUENTLY ASKED QUESTIONS OF ANNAPURNA BASE CAMP TREK

How is the weather in the mountains? When can we trek in Nepal?

Weather in the mountains is hard to predict. Winters (November to February) could be colder in the mountains with significantly less solar heat. Most mountain trekking trails will be blocked due to torrential rain during the monsoon season (June to early September). Furthermore, spring (March to May) and autumn (late September to early November) is the most favorable time for trekking in Nepal. However, it's up to you which season you choose to venture into our mountains.

What is 'Annapurna Base Camp Teahouse Trek'?

Among all other trekking types, the Annapurna Base Camp Teahouse trek is the most popular and secure trekking method in Nepal. It has almost replaced old school camping trek and set the trend along the Annapurna and Everest routes. It means resting or stopping for the night at locally owned teahouses established along the roads. The owners provide accommodation and food to trekkers, while the provision of services varies according to the availability of resources. The essential functions are shared rooms, bathrooms, solar-powered electricity and hot water, Wi-Fi, and a menu with dishes.

How long will we be walking each day during Annapurna Base Camp Trek?

You will typically have to walk for five to seven hours a day on your trek days. We will be covering a 10 to 14 km of distance. When we reach 3500 m of altitude, we will walk for five to seven hours, but the distance covered will be less. We will maintain our walking pace to prevent AMS. You should prepare yourself to be flexible along with the itinerary. It could be altered by unpredictable weather conditions, geographical instability, and the physical condition of the individual trekkers.

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