

Annapurna Basecamp Trek



Trip Overview

Annapurna Basecamp trek starts from Dampus Phedi after a 6 6-hour drive from Kathmandu to Pokhara and a 45-minute drive from Pokhara to Dampus Phedi. This trip is a moderate trek suit for all people because of the easy trail and not that much altitude will be gained. There are many routes to get to Annapurna base camp. Khumbu Alpine Travel prefers to take the route through Dampus Phedi. Our trail follows the rhododendron forest through Landrung following Modi Khola(River). Our trip can not be headed up without having an amazing natural hot spring shower and following the trail through Chomrong big Gurung village while exploring jungles, and beautiful mountains around. It is an amazing walk through diverse landscapes and a wide variety of flora and fauna. After getting to the Annapurna Basecamp, would get a chance to explore Annapurna 1, Machhapuchre, Tent Peaks, Singu Chuli, and Gangapurna from very near. After having explored of beautiful mountains around, will be following down the same way to Chomrong and will enter to Popular Gurung village named Gandruk. Our reserved Jeep will stand near Gandruk, and within 2 hours we will get to Pokhara. Pokhara is a place where there are many activities such as Paragliding, ultralight flying, bungee Jumping, Zip flyer, sightseeing around the city, and Boating as per your interest. The next morning early in the morning departure for Kathmandu.

Trip Itinerary

- Day 1 - Arrival in Kathmandu and transfer to hotel (1400 Mtr/4592 Ft)
- Day 2 - Sightseeing in Kathmandu and preparation for Trek
- Day 3 - Drive to Pokhara , and trek Dampus(1650Mtr/5412 Ft)
- Day 4 - Day 4: Trek Tolka (1700Mtr/5576 Ft)
- Day 5 - Day 5: Trek to Jhinu Danda(1450 Mtr/4756 Ft)
- Day 6 - Trek to Sinuwa (2340Mtr/7675 Ft)
- Day 7 - Trek to Deurali(3300 Mtr/10824 Ft)
- Day 8 - Trek to Annapurna Basecamp(4130 Mtr/13546 Ft)
- Day 9 - Trek to Dovan(2500Mtr/8200 Ft)
- Day 10 - Trek to Chomrong(1950 Mtr/6396 Ft)
- Day 11 - Trek to Gandruk(1940Mtr/6363 Ft)
- Day 12 - Trek to Nayapul and Drive to Pokhara
- Day 13 - Flight to Kathmandu
- Day 14 - Final Departure

Cost Includes & Excludes

Includes

- All airport/hotel pick ups and drops within Nepal
- Flight from Pokhara to Kathmandu
- All trekking permits , TIMS card, Government and local taxes for the trek
- All Meals (Breakfast , Lunch and Dinner) During the trek
- 3 Star hotel accomodation in Kathmandu and Pokhara with breakfast
- All ground transportation on a comfortable vehicle as per the itinerary
- An experienced English speaking and government licensed trekking guide
- Porter Services(2 Trekkers : 1 Porter)
- Medical kit incase of Emergency
- Insurance for Nepali Staffs
- Sleeping Bag and Down Jacket for the trek
- Welcome and farewell dinner

- Staffs Cost including their Salary, food , accomodation and equipments
- Welcome and farewell dinner

Excludes

- Nepal Visa Fee
- International Flight fare
- Lunch and Dinner in the city , extra night accomodation in Kathmandu and Pokhara in case of early arrival or late departure and early return from the trek due to any reason than the scheduled itenerary
- International Flight fare
- Any rescue cost
- Tips for Guide and Staffs
- Personal Travel and rescue insurance
- Personal expenses as phone calls, laundry , Bar, Battery charge, extra porter, shower and bottled or boiled water
- Helicopter charter flight
- Excess baggage charges (can be carried only 15 Kg including in Airfare)

Gears and equipment

- Head
 - Warm Hat
 - Cap
 - Face Mask / Muffler
- Upper Body
 - Wind stopper/Waterproof Jacket
 - Down Jacket
 - Fleece Jacket/ trousers
 - Thermol
 - T-shirts
 - Woolen gloves/Water/wind proof gloves

- Lower Body

Trekking Trousers(light weight long Pant)
Underwear
Wind stopper/waterproof Pant
Fleece or woolen pants

- Lower Body

Trekking Trousers(light weight long Pant)
Underwear
Wind stopper/waterproof Pant
Fleece or woolen pants

- Feet

Thin Lightwear/heavy poly or wool Socks
Sandals
Trekking Boot
Gaiters
Spare Shoes

- Accessories

Medium Rucksack (50-70 Ltr)
Small Day Pack
Personal Medical Kit
Chapstick/Sunscreen
Water bottle
Large Duffel bag
Trekking Pole
Spare batteries for Camera and Flash Light
Hand Towel
Head lamp with extra Batteries
Sun Glasses with UV protection
Suitcase (For stored in Kathmandu hotel for not needed items for trek)

Faqs

1. Why to go trekking in Annapurna Basecamp trek ?

Annapurna region in Nepal is a popular destination for trekkers and climbers from all over the world. Every year thousands of trekkers and climbers come to Annapurna region to explore the beautiful Himalayan range as well as wonder natural beauties. Altitude wise it is not that high, the highest point of this trek is only 4130 Mtr, from where you can view the giant Annapurna mountain from very near. Normal people can do easily this trek.

2. What is the best seasons to trekking in Annapurna basecamp ?

In Nepal, there are four different seasons as Spring, Summer, Autumn, and winter. Spring and Autumn are most popular for trekking in Nepal. But the best season of your travel might differ as per your purpose and your suitable time for traveling in Nepal.

3. What permit do I need for the Annapurna basecamp trek?

To enter in Annapurna area, we have to take several permits as follows.

- 1) Annapurna conservation area project permit*
- 2) Trekking information and Management services (TIMS)*

4. How safe is Annapurna Basecamp trek?

Safety is our first concern. As we provide the experienced guides and leaders for the particular trip who are well trained about the high altitude sickness, first aid ,friendly attitude and ability to provide useful and important instructions. All our itineraries are designed with proper acclimatization days in order to reduce the risk of altitude sickness. In every group we provide the first aid kit bag incase of any injury and emergency. We make the proper decision according the regular updated weather report, if there is any chances of big snow falls or stroms, we decide and do the action as per the situation.

5. How is the lodging and fooding facilities in Annapurna sanctuary?

Along the trail to Annapurna basecamp and Gorepani , there are well faciliated lodges are available with various types of foods. We provide you three meals a day with your own choice. We always provide the seasonal fruits as well. We always book in lodges with well management and facilities. if you buy single supplementary package you will get single room. But in high season, especially in Annapurna basecamp side, above chomrong, number of lodges are limited, single rooms are very hard to get, sometimes we should share with another person/group.

6. Is there any internet wifi and phone call facility on the way?

After your arrival in Kathmandu airport, we recommand to buy One ncell sim card. In Annapurna region, Ncell works in some parts, but internet services

is available in every lodges.

7. Can I use the forieng currency and Credit cards on the way in any shop or Lodge?

You can pay by oriegn currency as well, but the exchange rate will not be same as Kathmandu, so we recommand you to exchage the money in kathmandu and take a nepalese Rupees. In annapurna region credit cards are accepted only in some place.

8. What is the normal tempreture in spring and Autumn season?

Spring season starts from March, but until third week of march tempreture will still be cold even in day time. But actually tempreture depends on weather, if weatheris mild tempreture ranges from 10-15 Degree Centigrate.If the weather is clear, days will be warm.After the April it will be warm with sunny weather. Especially in Morning and Evening time will be little cold.

Autumn seayn starts from September, September will still be warm even the weather is not good. From october normally in morning and everning will be cold.