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# Annapurna Base Camp

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Annapurna Base Camp at Sunrise

## Highlights

Annapurna Base Camp trek is one of the most beautiful treks in Nepal. Annapurna I is the 10<sup>th</sup>-highest peak in the world at 8200 metres. This trek begins with green countryside, beautiful villages rich in culture, and dark green forests of rhododendron, oak and many other plants. When you reach Annapurna Base Camp, you are in an amphitheatre surrounded by high peaks: Annapurna South, Varsika, Annapurna I, the Gangapurna Range, Himchuli and Machapuchare (fish tail). You'll see hanging glaciers all around and stand on the foot of the huge glacial moraine coming from Annapurna South.

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## Come and visit Nepal with an experienced team

You will be experiencing the Himalayas with me as your guide. I am a mountain-born Sherpa, trained as a high-altitude guide, and I have been running treks in the Himalaya for 22 years. I have walked the whole length of the Himalaya, 1700 kilometres.

We will focus on taking in the mountains and the culture and community of the mountain people.

Your trip includes accommodation, most meals, experienced guides, and your bags carried by porters.

Everything is taken care of so you can relax and enjoy.

### Itinerary – 16 Days\*

Day 1 Arrive in Kathmandu (1330m)

Day 2 Kathmandu city tour

Day 3 Fly to Pokhara, drive to Kimche. Walk Approx 1 hour to Ghandruk (1980m)

Day 4 To Chhomrong (2130m). Walk approximately 4-5 hours

Day 5 To Bamboo (2295m). Walk approximately 4-5 hours

Day 6 To Deurali (3210m). Walk approximately 5-6 hours

Day 7 To Annapurna Base Camp (4150m). Walk approximately 5-6 hours

Day 8 Sunrise at ABC, descend to Dovan (2590m). Walk approximately 5 to 6 hours

Day 9 To Kimrong Khola Gaon (1800m). Walk approximately 5-6 hours

Day 10 To Ban Thanti (3130m). Walk approximately 5-6 hours

Day 11 To Gorepani (2860m). Walk approximately 4-5 hours

Day 12 Sunrise view from Poon Hill (3195m) then walk to Ulleri (1960m). Walk approximately 4-5 hours

Day 13 To New Bridge (1400m). Walk approximately 4-5 hours, and then drive to Pokhara, 2 hours

Day 14 Pokhara for shopping and sightseeing

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Day 15 Fly back to Kathmandu

Day 16 Trip concludes. Depart Kathmandu

\* There are many options to shorten or extend your trip by 2 or 3 days.

## Detailed itinerary

### **Day 1 Arrive in Kathmandu (1330m)**

You will arrive in Kathmandu. I will pick you up at the airport and take you to the hotel. You will have time to refresh and look around Kathmandu a little. In the afternoon, around 5 pm, we will talk about the trip.

Make your own dinner arrangements at the many local restaurants. Meals: not provided

### **Day 2 Kathmandu city tour**

After breakfast, there will be a sightseeing tour around Kathmandu. The tour may include (depending on your choice) heritage-listed Pashupatinath and Boudhanath, or Swayambunath. The afternoon is at your leisure; you can explore Durbar Square, Patan, or go shopping in Thamel. The area has an amazing range of fascinating highlights, whatever your interest. Bookshops, extensive markets, plus novelty and handicraft shops contrast. Kathmandu has more UNESCO world heritage sites than any other city in the world.

Meals: hotel breakfast included, lunch and dinner not provided.

### **Day 3 Fly to Pokhara, drive to Kimche. Walk Approx 1 hour walk to Ghandruk (1980m)**

We begin with a short flight to Pokhara, with views of the Himalayan range. We then take a short drive to the road head at Kimche, then we commence a short 1-hour trek. This is a peaceful way to begin trekking. This is a short day with plenty of time to reach our tea house. You will see Gurung culture and pretty villages, and get a spectacular view of Machapuchare and many others.

Meals: breakfast, lunch, dinner included.

### **Day 4 Walk to Chhomrong (2130m). Walk approximately 4-5 hours**

We wake up to a sunrise over the snowy Himalayan ranges. Our walk takes us through more peaceful forests, where you will see flowers and hear birds, and if we are lucky, we will see langur monkeys. We then go through Gurung

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villages, where you will see local culture and traditions. We climb up stone staircases to the village of Chhomrong (2130m), which offers spectacular views of Annapurna South & Machapuchare.

Meals: breakfast, lunch, dinner included.

### **Day 5 To Bamboo (2295m). Walk approximately 4-5 hours**

Today we walk through green farmland, beautiful villages and forests. We climb stone stairs many times, eventually crossing the Chhomrong Khola. We climb high above the Modi Khola, passing through dense green forests of bamboo, rhododendron and oak. As we walk, you will see glimpses of Machapuchare and Annapurna South rising in the distance. Finally, we ascend to Kuldighar and then descend to our overnight village of Bamboo.

Meals: breakfast, lunch, dinner included.

### **Day 6 To Deurali (3210m). Walk approximately 5-6 hours**

Today's destination is Deurali via the impressive limestone rock faces, with Machapuchare soaring in the distance. The path is undulating, with many stone steps. We climb steeply on zig-zagging stone paths to eventually reach Deurali and our camp for the night.

Meals: breakfast, lunch, dinner included.

### **Day 7 To Annapurna Base Camp (4150m). Walk approximately 5-6 hours**

In the morning, we walk for 2 to 3 hours until we reach Machapuchare Base Camp. A huge amphitheatre with views of Machapuchare and the Annapurnas. We then ascend slowly to Annapurna South Base Camp. This afternoon walk is spectacular as you watch Himchuli, Annapurna South, Annapurna I, and Annapurna Fang come closer and loom over us. We witness spectacular sunsets over the mountains. Our overnight accommodation is at the base camp Teahouse.

Meals: breakfast, lunch, dinner included.

### **Day 8 Sunrise at ABC, descend to Dovan (2590m). Walk approximately 5 to 6 hours**

We rise early to see the sunrise over the massive mountain ranges outside our window. A short walk takes us to the edge of the glacier as the sun comes up. After breakfast, we'll retrace our path, continuing to see Machapuchare and the lower rock faces. It is an easy, pleasant walk to Dovan.

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Meals: breakfast, lunch, dinner included.

### **Day 9 To Kimrong Khola Gaon (1800m). Walk approximately 5-6 hours**

We descend a long, stone staircase through bamboo and rhododendron forests passing Gurung villages and farms.

Meals: breakfast, lunch, dinner included.

### **Day 10 To Ban Thanti (3130m). Walk approx 5-6 hours**

The trek climbs uphill, winding through villages, farmland and forest. We stay overnight at Ban Thanti, a quiet riverside village.

Meals: breakfast, lunch, dinner included.

### **Day 11 To Gorepani (2860m). Walk approximately 4-5 hours**

We walk through forests, across a spur line, where we see into a new gully and the sixth-highest mountain in the world, Dhaulagiri. We overnight in Gorepani village.

Meals: breakfast, lunch, dinner included.

### **Day 12 Sunrise view from Poon Hill (3195m), walk to Ulleri (1960m). Walk approximately 4-5 hours**

In the early morning we'll rise early for another sunrise view from Poon Hill (3195m), where we will see the whole chain of snow peaks. Then back to the hotel to have breakfast and walk to Ulleri (1960m). Walk approximately 4-5 hours

Meals: breakfast, lunch, dinner included.

### **Day 13 To New Bridge (1400m). Walk approximately 4-5 hours, and then drive to Pokhara, 2 hours**

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This morning we enjoy breakfast then walk to another beautiful village and drive back to Pokhara.

### **Day 14 Pokhara for shopping and sightseeing**

Pokhara is a lovely lakeside village and people always want to spend time here shopping, going to the many restaurants, health spas or a casual stroll around the lake.

Meals: Breakfast at teahouse. Lunch and dinner not provided.

### **Day 15 Fly back to Kathmandu**

This morning we take a short flight with beautiful mountain views back to Kathmandu. On arrival, we transfer to the hotel. The rest of the day is at your leisure.

Meals: Breakfast at hotel. Lunch and dinner not provided.

### **Day 15 Depart Kathmandu**

Breakfast at the hotel, and then you will be transferred to the airport.

Meals: Breakfast at hotel. Lunch not provided

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# Key Information

## What is included

- Excellent service. We are renowned for providing better service than you will get with many companies.
- Sherpa guide leader carries a first aid kit for trekking needs.
- Salary for porters
- All breakfasts, lunches and dinners while on the trek (regular main meal from teahouse menu, plus either tea, coffee or cordial with the meal).
- Afternoon tea on trekking days.
- Boiled drinking water
- Washing water on trekking days.
- Airport transfers from Kathmandu.
- Local flights, and 20 kg luggage allowance on Kathmandu/Pokhara flights  
Local transfers to and from Pokhara to trek
- Accommodation on trek in teahouses
- Park entrance fees and trekking permits

## What is not included

- Lunch & dinner in Kathmandu and Pokhara
- Kathmandu tourist entry tickets to heritage sites.
- Personal drinks or foods, e.g. bottled water, aerated & alcoholic drinks etc
- Items of a personal nature, such as laundry, etc.
- Tips for staff (porters and guides)
- International flights
- Visa for Nepal
- Travel insurance or medical costs in an emergency

## Trip cost and how to book

I guarantee a competitive price.

Please email me and I will give you a quote and arrange the booking.  
[cmingma@gmail.com](mailto:cmingma@gmail.com)

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# Further information about trekking in Nepal

## Expert Sherpa Guide

You will be led by Mingma Sherpa, a Nepal Government Licensed Guide. He grew up in a village near Kanchenjunga and has been a High Altitude Sherpa Guide for 22 years.

Mingma is the Director of See High Peaks Trekking Tours and Travel:  
<https://seehighpeaks.com>

Mingma has been the group leader for Mindful Adventures since 2015, taking health professionals trekking in the Himalayas.

Mingma helped found a charity to support children's education in Nepal. This is an Australian Registered Charity with Tax Deductible status:  
<https://www.facebook.com/PearlLotusFund>

## Fitness and Trip Difficulty

You will trek between 4 and 6 hours each day. You will carry a day pack and porters will carry your luggage. At any stage of a moderate trek you can expect long, steep climbs and descents and a wide range of weather conditions. An example of an average day on a moderate trek could include several ascents and descents of 500 metres or more. Level ground is rare in the mountains.

## Preparation before your trek

To prepare for a trek, you should begin training approximately 3 months before your departure. As a guide, 40 minutes of cardio exercise a few times a week is enough for a moderate trek. Speed is not important; stamina, confidence and continuity are.

## Equipment

- Upon booking I will provide you with a list of equipment you need.
- Some equipment can be hired cheaply in Kathmandu if you do not want to purchase it
- Good boots that are worn in are essential.
- You will need a light daypack and an overnight pack
- We will loan you a duffel bag for the porter carry as well as a heavy down jacket for cold nights

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## A typical day

You will be woken with a cup of tea brought to your room, usually between 6 and 7am. Breakfast will follow this in the teahouse. After breakfast we commence trekking. The idea is to enjoy the trail, not hurry to the next destination, so we will relax and enjoy the scenery, mountains, jungle, wildlife and wildflowers.

We will stop for lunch at around 12pm.

After lunch the walk is usually shorter, and we reach camp around 4pm.

Once we have reached camp you can settle into your teahouse room, have a rest, get washing water, and have afternoon tea. You can take care of personal needs, laundry, reading, your diary notes etc. Or you can take in the local village, take short walks, and enjoy the mountain culture, people, and scenery.

Dinner is ordered from the teahouse menu usually around 6 pm to 7 pm.

Trekking evenings are spent in the teahouse, and can be great memories of your trek, talking, playing cards, chatting with local people and other trekkers.

## Accommodation on the trek

Teahouse accommodation includes a basic mountain-style room, warm blankets and a pillow.

We will provide you with a clean warm sleeping bag rated to minus 30c.

## Climate

Spring trekking in Nepal goes from January to the end of May (there is typically no trekking during the monsoon). Autumn trekking goes from August to November.

### Trekking in Autumn

Morning at this time usually has very clear skies, it can become cloudy in the afternoon. Mountain views are seen most mornings, with clear blue skies and snow-covered mountains. Autumn flowers can be seen, and deciduous trees can be very beautiful as their colours change. The temperature in the morning as we start walking can be quite cold, sometimes below zero. During the day the temperature can rise as high as 20 degrees Celsius, and you will be quite warm. The sun can be quite hot (hats and sunscreen is needed). In the evenings and nighttime, it can be very cold, often below zero at higher altitudes. In autumn, snow can fall at anytime, but it rarely rains.

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This is the high season for trekking and the trails can be busy in popular areas like Everest.

## Trekking in Spring

Morning skies are clear, and it will become cloudy every afternoon because the monsoon is starting to build. The clouds against the mountains create stunning beauty. In spring, you will see trees in bud, bright green leaves, rhododendron flowers, magnolias, peach blossoms, and many spring flowers. The Himalaya is home to many of the world's best-known flowering plants and spring is the time to see them. You will also see many birds.

The temperature in the morning is pleasant, usually above zero. During the day, the temperature can rise as high as 25 degrees Celsius and you can walk in shorts and t-shirts. The sun can be quite hot; hats and sunscreen are needed. In the evenings and at night, it can be very cold, and you will still need a jacket and many layers. In spring, it can rain, with occasional snow. This is the expedition and climbing season.

## Mountain flights

Flights to Pokhara are fairly dependable, however, at times mountain flights can be delayed due to weather.

A 6-hour jeep from Pokhara to Kathmandu can be arranged in extreme conditions (at additional costs).

## Acute mountain sickness

When we ascend above 2500 meters our bodies have to acclimatise to the decreasing amount of oxygen available. To allow our bodies to adjust we have structured our treks so that you ascend slowly, allowing acclimatisation to occur. Individuals acclimatise at different rates. Your best strategy is to take your time and drink plenty of water.

During the acclimatisation process, you may experience some of the following symptoms.

- headache
- tiredness
- disturbed sleep
- loss of appetite/nausea
- shortness of breath
- cough
- palpitations
- swelling of the hands and face

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These symptoms may not indicate the onset of AMS, and if you experience them, it does not necessarily mean that you should not continue. I am a wilderness first aid trained and will help you monitor your symptoms.

The only cure for acute mountain sickness is to descend.

## Porter care

Porters are the backbone of Nepal, so we aim to treat them well. All porters are provided with meals, accommodation and insurance.

## Unexpected Changes

Adventure travel in remote areas can be unpredictable. This itinerary is subject to change due to weather or climate, changes in community regulations, governmental changes, and natural circumstances beyond our control.