



The Annapurna Himalayan ranges and other peaks above the 7000-meter level are among the snow giants that surround it. In the summer, it barely receives 7 hours of sunshine per day.

A dense tropical forest of bamboo and Rhododendron covered the south-facing slopes and the north-facing slopes are covered by rain shadow. The sanctuary is considered sacred by both Hindus and Buddhists as it is believed to be the abode of their deities. Annapurna sanctuary was not opened for foreigners until 1956. It is also called an Annapurna Sanctuary Trek. It is the most beautiful trek exploring the diverse ethnic groups and their cultures such as Gurung, Magar, Thakali and glimpse of flora and fauna. The trek offers spectacular mountain views including Machhapuchhere (6,993 m), Dhaulagiri (8,167 m), Lamjung Himal (6,983 m), Annapurna I (8,091 m), Annapurna III (7,555m), Annapurna South (7,219m), Himchuli (7,246m) while on the trail.

Normally, the trek begins from Nayapul and a strenuous walk via Chhomrung, Bamboo and Deurali leads us to the Annapurna Base Camp (4,130m).

How difficult is Annapurna Base Camp Trek?

Annapurna base camp trek is not as difficult as the other higher elevation trekking in Nepal. Hence, anyone who is willing to put in the necessary planning and training may complete this expedition.

The walk to Annapurna Base Camp winds across some of the tallest mountains in the world. You get

a world-class mountain viewing hike while traveling through the renowned Annapurna Sanctuary at a comparatively lower altitude.

Your journey to Annapurna Base Camp will be spent primarily below 4,200 meters. The terrain is difficult, though, with countless numbers of stairs. However, in order to enjoy the breathtaking Himalayan Adventure, you will need to complete the necessary training prior to this trek.

Best Time to Trek to Annapurna Base Camp

The best season for this trek is from March to June and beginning of September to the last of November. But, must be cautious and beware from avalanches during monsoon season. The trek leads you to terrain of glaciers. Monsoon season is not recommendable to do this trek.

Standard itinerary of Annapurna Base Camp Trek:

Day 01: Arrival in Kathmandu (1400m)

Day 02: Drive to Pokhara (850m) - 7 hrs drive

Day 03: Drive to Nayapul and trek to Ghandruk (1,990m) - 5 hrs trek

Day 04: Trek to Chhomrong (2210m) - 5 hrs trek

Day 05: Trek to Bamboo (2350m) - 5 hrs trek

Day 06: Trek to Deaurali (3140m) - 5 hrs trek

Day 07: Trek to Annapurna Base Camp (4130m)

Day 08: Trek back to Bamboo (2350m) - 6 hrs trek

Day 09: Trek to Jhinu Danda (hot springs) (1780m) - 5 hrs trek

Day 10: Trek to Nayapul and drive back to Pokhara - 6 hrs trek

Day 11: Drive back to Kathmandu

Day 12: Departure from Nepal

Price Includes:

- All the airport pick-ups and drop-offs are by private vehicles.
- We offer a Nepalese cuisine welcome dinner in Kathmandu with a cultural dance performance.
- 2 nights hotel accommodations in Kathmandu city inclusive of breakfast.
- 2 nights hotel accommodations in Pokhara city inclusive of breakfast.

- 7 nights of twin-sharing local lodges accommodations while on the trek.
- An experienced and certified trekking guide for the trek. (1 trek leader and 1 assistant guide)
- Salary, accommodations, transport, meals, and accidental insurance for all our trekking guides.
- Long-range transportation on the tourist bus. (Kathmandu to Pokhara and Pokhara to Kathmandu)
- All the necessary paper works and trekking permits for the trek.
- Emergency helicopter rescue service in case of health issues while on the trek. (In this case, you should have travel insurance)
- Meals during the trek. (breakfast, lunch & dinner)
- Porter to carry your belonging during the trek. (1 porter for 2 customers.)
- Company rain protection duffel bag to use for the trek. (if required we will provide in your request)
- A comprehensive first aid medical kit and oximeter to check your pulse and oxygen level while on the trek - useful for high altitude sickness while on the trek.
- All government taxes and company service charges.
- Pre-meeting at Kathmandu before the trek.

Price includes:

- Price does not includes:
- International airfare and Nepal travel visa.
- Your personal trekking equipment and travel insurance.
- Gratitude to the trekking guides and porters.