



## **Annapurna Base Camp Trek – 11 Days**

Destination	: Nepal
Duration	: 11 Days
Best Weather	: March – May and Sep - Nov
Max Altitude	: 4130m (Annapurna Base Camp)
Accommodation	: 2 Nights Hotel in Kathmandu, 1-night hotel in Pokhara, and 7 night in Lodge/Guest House during trek
Meals	: Full Board during Trek and Breakfasts, Welcome and Farewell meals in Kathmandu/Pokhara

### **Itinerary:**

Day 1: Arrival in Kathmandu (1,400m)

Day 2: Fly to Pokhara (823m/2,700ft) 30-minute flight, trek to Ghandruk (1940m/6360 ft): 5 – 6 hours trek

Day 3: Ghandruk to Chhomrong (2170m/7120ft), 5–6 hours

Day 4: Chhomrong to Bamboo (2310m/7578ft), 4–5 hours

Day 5: Bamboo to Deurali (3230m/10,595ft), 3–4 hours

Day 6: Deurali to Annapurna Base Camp (4,130m/13,545ft) via Machhapuchhre Base Camp (3700m/12135ft), 5–6 hours

Day 7: Annapurna Base Camp (4,130 Meters/ 13,545 Feet) to Bamboo (2,350 Meters / 7,700 Feet)

Day 8: Bamboo to Jhinu Danda (1760m/5770 ft), 5–6 hours

Day 9: Trek to Naya Pul then drive to Pokhara: 6 hours trek, 1-hour drive

Day 10: Fly to Kathmandu

Day 11: Final Departure: Home Sweet Home

## **Cost Include**

1. Airport pickups and drops in a private vehicle
2. 2 Nights Accommodation in Kathmandu including breakfast, Twin sharing 3\*
3. Teahouse accommodation during the trek, Basic guest house
4. All meals (breakfast, lunch, and dinner) during the trek
5. Welcome and farewell dinners
6. All ground transportation on a comfortable private vehicle as per the itinerary
7. Domestic flights (Kathmandu-Pokhara-Kathmandu)
8. An experienced, English-speaking, and government-licensed trek leader and assistant trek leader (10 trekkers: 1 assistant guide)
9. Porter service (2 trekkers: 1 porter)
10. Staff costs including their salary, insurance, equipment, food, and accommodation
11. Down jacket and sleeping bag (to be returned after trip completion)
12. Alpine Club of Himalaya bag/duffel bag, t-shirt, and trekking map are yours to take
13. All necessary paperwork and trekking permits (ACAP, TIMS)
14. Medical kit (carried by your trek leader)
15. All government and local taxes
16. 7 Nights Accommodation in Tea Houses/Guest House doing the trek
17. 1-night accommodation in Pokhara includes Breakfast, Twin sharing 3\*
18. Ncell Sim Card (Nepalese Sim Card including 20 GB data pack) - Only 1 for a group.

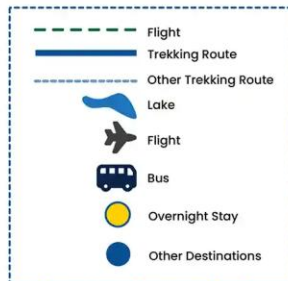
## **Cost Exclude**

1. Nepal Visa fee
2. International airfare to and from Kathmandu
3. Excess baggage charges
4. Lunch and dinner in Kathmandu and/or Pokhara
5. Extra night accommodation in Kathmandu and Pokhara in case of early arrival, late departure, and early return from the mountain(due to any reason) than the scheduled itinerary
6. Travel and rescue insurance
7. Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc)
8. Tips for guide(s), porter(s) and driver(s)

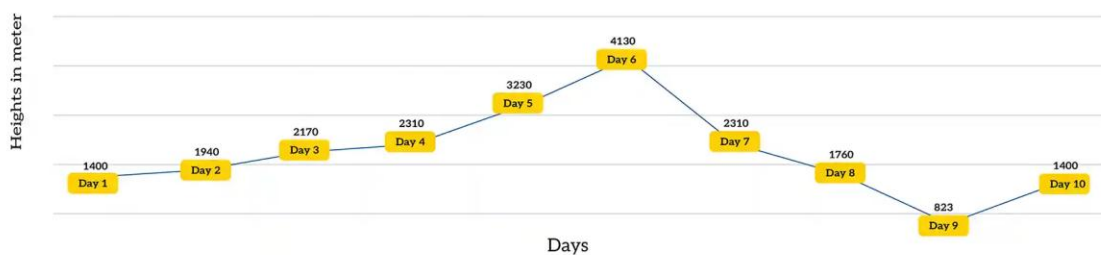
# Trekking Map



## Annapurna Base Camp Trek 11 Days



Altitude chart



## **Equipment list for Annapurna Base Camp Trek**

- Valid passport, 2 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, for paying for restaurants and hotels, for gratuities, and snacks, and purchasing your own 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 useful for dusty conditions
- Headlamp with extra batteries and bulbs
- Sunglasses with UV protection
- Prescription sunglasses (if required)

### **Upper Body**

- Polypropylene shirts (1 half sleeve and 2 long sleeves)
- Light and expedition-weight thermal tops
- Fleece wind-stopper jacket or pullover
- Waterproof (preferably breathable fabric) shell jacket
- Gore-Tex jacket with hood, waterproof and breathable

### **Hands**

- 1 pair of lightweight poly-liner gloves.

### **Lower Body**

- Non-cotton underwear briefs
- Hiking shorts 1 pair
- 1 pair of Hiking trousers
- lightweight thermal bottoms (seasonal) 1 pair
- 1 pair of fleece or woolen trousers
- waterproof shell pants, breathable fabric 1 pair

## **Feet**

- 2 pairs of thin, lightweight inner socks
- 2 pairs of heavy poly or wool socks
- 1 pair of Hiking boots with spare laces (sturdy soles, water resistant, ankle support, “broken in”)

## **Sleeping**

- 1 sleeping bag (good to -10 degrees C or 14 degrees F)\*- We will provide and need to be returned after accomplished.

## **Rucksack and Travel Bags**

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

## **Medical**

- Small, personal first-aid kit. (simple and light)
- Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.
- Water purification tablets or the water filter
- 1 set of earplugs
- Extra pair of prescription glasses, contact lens supplies

## **Toiletries**

- 1 medium-sized quick-drying towel
- Toothbrush/paste (preferably biodegradable)
- Multi-purpose soap (preferably biodegradable)
- Nail clippers
- Face and body moisturizer
- Female hygiene products
- Small mirror