



Annapurna Base Camp Trek – 13 Days

Trip Fact:

Designation: Nepal

Region: Annapurna Region

Duration: 13 Days

Maximum Altitude: 4,130m (Annapurna Base Camp)

Outline Itinerary:

Day 01: Arrival in Kathmandu and transfer to the hotel

Day 02: Drive from Kathmandu to Pokhara

Day 03: Drive from Pokhara to Nayapul (1,070 m) and trek to Ulleri (1,960 m/5,430 ft) via Tikhedhunga

Day 04: Trek from Ulleri to Ghorepani (2,860 m/9,385 ft)

Day 05: Early morning hike to Poon Hill viewpoint (3,210 m/10,525 ft), then trek to Tadapani (2,630 m/8,630 ft)

Day 06: Trek from Tadapani to Chomrong (2,165 m/7,105 ft)

Day 07: Trek from Chomrong to Himalaya (2,920 m/9,580 ft)

Day 08: Trek from Himalaya to Annapurna Base Camp (4,130 m/13,550 ft) via Machapuchare Base Camp

Day 09: Trek from Annapurna Base Camp to Bamboo (2,310 m/7,578 ft)

Day 10: Trek from Bamboo to Jhinu Danda Hot Spring (1,780 m/6,393 ft)

Day 11: Trek to Siwa/Ghandruk Phedi (1,150 m/3,770 ft) and drive to Pokhara (820 m) via Nayapul

Day 12: Drive from Pokhara to Kathmandu

Day 13: Final departure



Cost Include:

- ✔ Private car service to and from the airport.
- ✔ Drive to Pokhara from Kathmandu to Pokhara via a luxurious tourist bus.
- ✔ Drive to Nayapul from Pokhara via private car.
- ✔ Drive from Siwae to Pokhara via sharing jeep.
- ✔ One night hotel stay in Kathmandu including breakfast.
- ✔ Two night hotel stay in Pokhara including breakfast.
- ✔ During the trek, you will be provided with three meals a day: breakfast, lunch, and dinner with one cup of tea each meal.
- ✔ A highly experienced, helpful, knowledgeable, friendly, English-speaking guide with all of his salary, food, drinks, lodging, transportation, and insurance covered.
- ✔ You can use a sleeping bag, a down jacket, and a duffel bag (if you don't have your own then you can rent).
- ✔ Certificate of completion of the trip.
- ✔ Taxes and official costs paid to the government.
- ✔ Oxymeter to check your pulse, oxygen saturation, and heart rate twice a day (very helpful to check for signs of Altitude Mountain Sickness, or AMS). This will make sure that your trek is in the safest hands possible, no matter how experienced you are.
- ✔ All papers that need to be done, Fees for entering permits you need to go while hiking.

Cost Exclude:

- ✘ Food that you will eat in Kathmandu for lunch and dinner
- ✘ The cost of a visa to enter Nepal is \$30 USD for a 15-day stay, 30 Days - \$50, 90 Days - \$125
- ✘ Your insurance for travel and medical care.
- ✘ International Airfare.
- ✘ Your Personal Expenses.
- ✘ All of the alcoholic and non-alcoholic cold and hot drinks you buy on trek (along the way and in the Tea Houses at night).
- ✘ All of the sweet desserts, like chocolate, cake, pie, and pudding.
- ✘ You can use a sleeping bag, a down jacket (if you don't have your own then you can rent in Thamel)
- ✘ The tea houses have hot showers and places to charge your phone which will cost you about 2\$ to 5\$
- ✘ Tip to the guide, the porter, and the driver. (Tipping is expected)
- ✘ One porter for two people: US \$200



Trip Highlight:

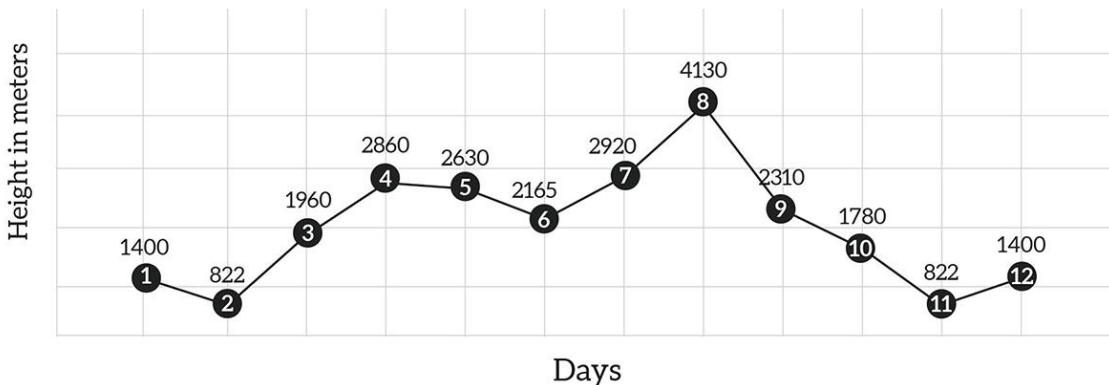
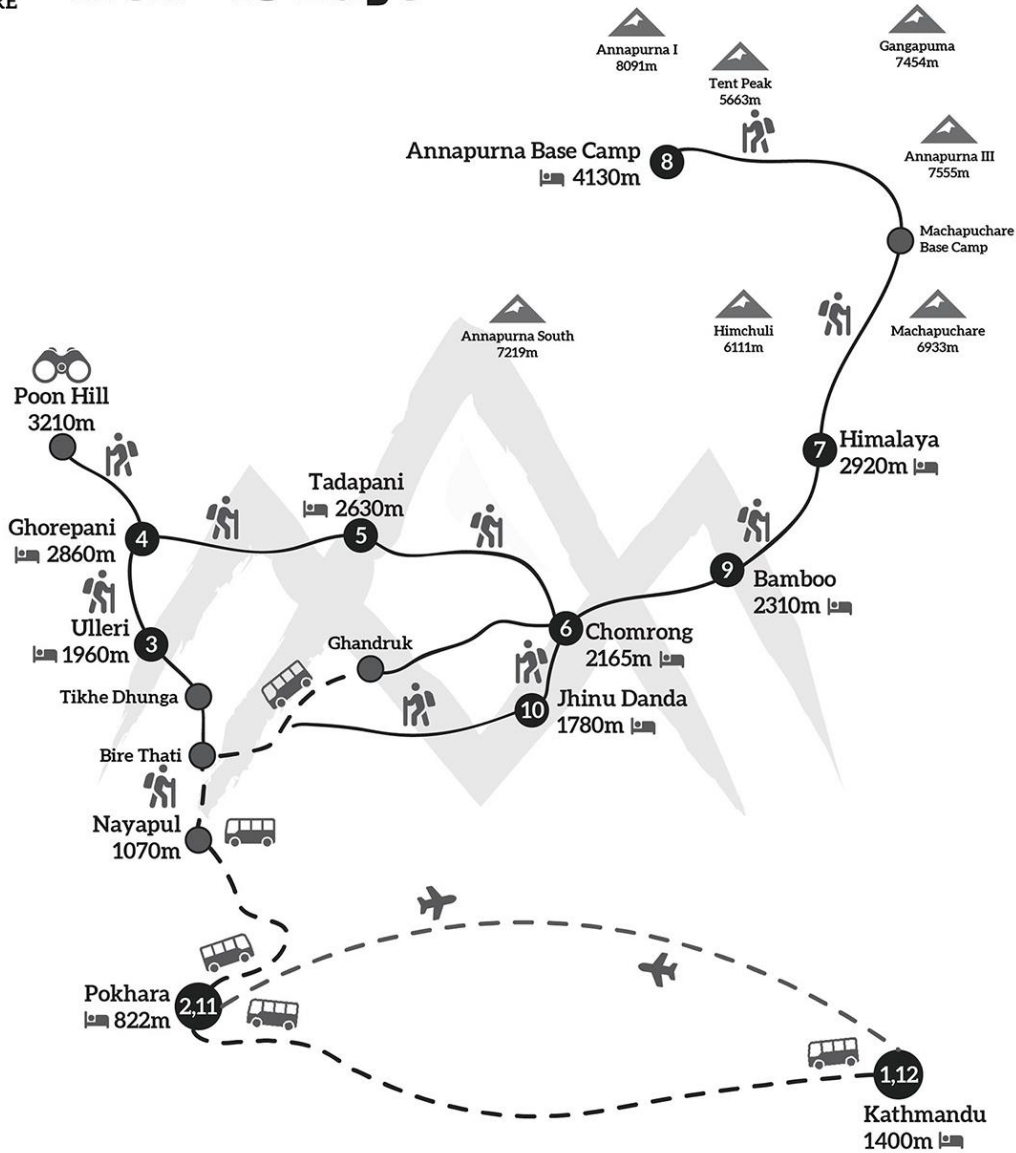
- ✔ Explore the western Himalayas and go on a base camp trek
- ✔ Annapurna Conservation Area has green foothills and thick forests that you can hike through
- ✔ See different plants and animals along the way
- ✔ See a beautiful mountain panorama with many different kinds of scenery
- ✔ Talk to people from different places while spending the night in lovely villages
- ✔ From Poon Hill, you can see a beautiful sunrise over the Himalayas
- ✔ Spend the night at the base camp of Annapurna, the world's tenth-highest mountain
- ✔ Untangle your mind and take it easy
- ✔ Enjoy the fresh mountain air, the sound of birds chirping, the smell of the forest, the friendly people, and the rich cultural history



Route Map



Annapurna Base Camp Trek - 13 Days





List of Equipment

Packing list

Head and Hand

1. Balaclava
2. Neck Gaiter/High Neck
3. Sun Cap
4. Wool/Fleece Hat
5. Lightweight Synthetic Liner Glove
6. Wind Stopper Fleece Gloves
7. Heavy Gloves (Mitten)

Upper Body

1. Lightweight Top/Thermo Coat
2. Short-Sleeved Shirts/T-shirts
3. Midweight Top
4. Down Insulated Jacket
5. Synthetic or Fleece Jacket
6. Gore-Tex Jacket

Lower Body

1. Lightweight Long Underpants
2. Midweight Long Underpants
3. Trekking Pants
4. Gore-Tex Pants
5. Synthetic Insulated Pants
6. Underwear
7. Summit Socks
8. Trekking and Climbing Socks

Trekking Devices/Climbing Gears

1. Harness
2. Carabiners (Both Lock & Unlock)
3. Ascenders/Jumar
4. Climbing Helmet
5. Headlamp with Spare Batteries (Petzl/BD)
6. Ice Axe Semi-technical
7. Crampons
8. 1 Sleeping Bag: -30 +C to -40 +C
9. Thermarest Cell Foam Mattress
10. Belay Device (ATC Guide/Figure of 8)
11. Assistant Rope
12. Tape Sling
13. Ice Screw



14. Summit Boot/G2SM
15. Snow Goggle UV Protection
16. Sun/Glacier Glasses UV Protection
17. Extendable Trekking Poles (BD Alpine Flz)

First Aid Kit

1. Water Purification Tablets
2. Sunscreen (-50 Spf)
3. Lips Guard (-20/-50 Spf)
4. Zip-Lock Bags
5. Baby Wipes or Wet Towels
6. Handy Plaster
7. Crack Bandage
8. Tincture
9. Iodine
10. Aspirin
11. Sinex
12. Strepsils
13. Antibiotic
14. Paracetamol
15. Anti-Diarrhea Capsule/Eldoper
16. Brufen/Ibuprofens
17. Diamox
18. Eye Drops
19. Toiletries
20. Toothpaste
21. Toothbrush Hand Sanitizers & Hand wash
22. Wet Tissues
23. Laundry Soap
24. Garbage Bag
25. Bath Soap
26. Shampoo
27. Moisturizers

Miscellaneous

1. Rucksacks (45 - 55 Ltr.)
2. 1 Duffel Bag
3. Water Bottles
4. Thermos/Flask
5. Swiss Knife
6. Pee Bottle
7. Pack Towel
8. Umbrella/RainCoat
9. Spare batteries
10. Waterproof Stuff Sacks
11. Sandals
12. Lightweight Hiking/Trekking Boots



13. Camp Booties
14. Satellite Phone (if possible)
15. Solar chargeable power bank (optional)
16. Book/Board Game
17. Journal/Pen
18. Bars and Snacks

Travel Document

1. Valid Visa
2. Valid Passport
3. 4 PP Size Photo
4. Family/Company Contact Number & Address
5. Insurance Paper (Medical & Rescue) & Contact Address
6. Credit Card

If you are interested in firming up your trek you can simply reply to this email, head over to our website for more information and to contact us, message us on **Instagram**

[\(@adventuremastertrek\)](#) or get in touch via [WhatsApp \(+9779851033195\)](#). A member of our team will get back to you as quickly as possible and be happy to assist you further.

Kindest regards and namaste!

Adventure Master Trek

We are recommended on



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