

Annapurna Base Camp Trek



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Annapurna Base Camp Trek

URL: <https://hillarysteptreks.com/trip/annapurna-base-camp-trek/>

Duration

7 Days

Per Person Cost

USD 770

Difficulty

Moderate

Group Size

1+

Best Seasons

March - May and September-4130 m
December

Maximum Elevation

Accommodation

Hotel/Tea House

Transportation

Private Vehicle/Flight

Meals

Full Board

Trip Route

Pokhara-Ghandruk-
Chhomrong-ABC

Annapurna Base Camp Trek Highlights

- Immerse yourself in the stunning views of mountain peaks like Annapurna I, II, III, IV, South, Dhaulagiri, Fishtail, Dhaulagiri, and Hiunchuli.
- Experience a variety of terrains such as Lush green forests, blossoming red rhododendrons and orchid fields, barren rocky valleys, glacial moraines, and snowy peak mountains.
- Take a bath in a hot spring in Jhinu Danda to relax and heal sore muscles.
- Immerse yourself in the region's fascinating local Gurung culture, lifestyle, and traditions.
- Explore various remote villages in Nepal, such as Ulleri, Chhomrong, Tadapani, Bamboo, etc.
- Encounter a variety of regular or endangered plants and animals like Himalayan Thar, Black bear, snow leopard, red panda, and wild monkeys.
- ABC Trek has one of the best teahouses-to-teahouse experiences where you will eat delicious local meals and rest when needed.
- Annapurna Trek is fun and challenging, so you will feel accomplished when you reach your

destination.

Trip Overview

The 7-day Annapurna Base Camp Trek, also known as ABC Trek, is one of Nepal's most popular trekking destinations. This trek is equally, if not more, popular than Everest Base Camp Trek or Annapurna Circuit Trek. The unique combination of elevations & depths on this trek gives rise to an extraordinary experience in the Annapurna Massif. The trail takes you through the Annapurna Conservation Area (7629 sqm), where you will see different plants and animals. *The trek terrains consist of dense rhododendron woods, paddy fields, and steep stepping stones through picturesque villages.* The Gurung ethnicity's diverse culture, tradition, and lifestyle add beauty to the itinerary.

One of the major attractions of the Annapurna Base Camp Trek is the **panoramic mountain views**. You will see some of the tallest mountains of the Annapurna region. *During this trek, you will be able to see the height of different mountain ranges of Annapurna from Annapurna South at 7219m, Annapurna IV at 7525m, Annapurna III at 7555m, Annapurna II at 7937m and Annapurna I at 8091m.* Other mountain ranges, such as Fishtail, Dhaulagiri, Nilgiri, Hiunchuli, etc., are visible during the Annapurna Base Camp Trek.

During your trek, you will see different ethnic people from Magars, Gurungs, Tharus, and Sherpa. *The trek route includes popular cities like Kathmandu, Pokhara, and Ghandruk and remote settlements like Chomrong, Ulleri, Bamboo, Deurali, etc.* The terrain of the trek changes from snowy peaks to glacial moraines once you reach Machhapuchhare and Annapurna Base Camp. Booking from Hillarysteps Trek, ABC price ranges from USD 449 to USD 770.

Trip Itinerary

Day 01: Drive 1.5 hrs to Syauli Bazaar from Pokhara by Jeep a& Trek to Ghandruk(1960m/6430ft)

Our Hillary Step Treks representative will meet you at your hotel in the morning. If you're planning on doing the Annapurna Base Camp trek from Pokhara, you'll begin your journey to Syauli Bazaar on a 1.5-hour drive from Pokhara. After that drive, **trek to Ghandruk** for 3 hours at an elevation of 1960m. Upon reaching Ghandruk, witness spectacular views of the mountains like Annapurna South, Gangapurna, Annapurna III, Hiunchuli, and Machhapuchhre. Ghandruk is a traditional Gurung village and home to the Gurung Museum. The village is developed yet has maintained its aura. Be enthralled to see the beautiful architectural settlements and rural agricultural lifestyle. Rest for a while at the lodge or teahouse after a 3-hour hike. On the remaining day, you can visit the Gurung museum and learn more about the Gurung culture from the friendly locals of the village. Stay overnight at a teahouse in Ghandruk.

Time: 8km/4.9 miles/ 3 hrs trek
Accommodation Breeze Guest House (AttachedL.D bathroom)
Meals:

Altitude:
1960m/6430ft

Day 02: Trek from Ghandruk(1,960m/6430ft) to Chhomrong(2,150m/7,054ft) to Sinuwa (2,360m/7,742ft)

Upper Sinuwa is at an elevation of 2360m, and it takes **6 to 7 hours** to reach. After breakfast, head towards one of the biggest villages, Chhomrong, a gateway to the Annapurna Base Camp route. Passing through beautiful forests, rivers, and scenic views of Annapurna and Machhapuchhre mountains. Also, a great stop for coffee lovers and bakery items is available here. Have a short coffee break here and walk downhill to cross one of the longest suspension bridges in this region. Enjoy the fascinating views from the bridge and continue walking uphill. Several ascents and descents can be exhausting, but mesmerizing sceneries on the way are worth watching. The dense forests of oak, rhododendron, and cedar trees are en route to the trail. There is a permit checkpoint at Chhomrong's exit. After about an hour of walking, you reach Upper Sinuwa. Rest and relax for a day and stay overnight at Upper Sinuwa.

Time: 13km/8miles/6 hrs
Accommodation Fishtail view from ChhomrongB.L.D Village
Meals:

Altitude:
1,960m/6430ft, 2,150m/7,054ft,
2,360m/7,742ft

Day 03: Trek from Sinuwa(2,360m/7742ft) to Bamboo to Dovan to Himalaya to Deurali (3,200m/10,498)

Bamboo which is at an elevation of 2145m. Continue trekking descending through the dense lush forests, crossing river streams, ascending towards the snow-covered mountains, and admiring the organic farms on the trails. Gradually walking on Dovan, get a glimpse of a well-utilized micro-hydro power plant on the upper edge of the deep gorge. Just a little ahead of Dovan, you come across a huge waterfall rushing into the river Modi Khola. There is also a small shrine called Pojo Nim Baraha, worshipped as the source of energy by the Gurung locals.

After crossing Dovan, another steep ascent leads to a beautiful location Himalaya. Witness the varieties of rhododendron and oak trees in this region. On the way, traverse the steep trail to arrive at the Hinko cave (3160m). Explore large rocks protecting the region from landslides and avalanches. After that, move further to climb the endless stone steps and stay overnight towards the destination of the day Deurali elevating at 3200m.

Time: 12km/7.4 miles/ 7 hrs	Accommodation Lodge/Teahouse	Meals: Lunch & Dinner
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Altitude:
2,360m/7742ft, 3,200m/10,498

Day 04: Trek from Deurali(3200m/10,499ft) to MBC(3700m/12139ft) to ABC(4130m/13,550ft)

Most awaited day of the trek, as you head towards the primary destination “Annapurna Base Camp” elevated at 4130m. After breakfast, begin this trek from Deurali to Annapurna Base Camp which takes 5/6 hours. Walk along the wide valley and steep trails to reach the Annapurna Sanctuary. On the way to trek, you pass through two avalanches along the Cliffside

You pass through Bagar surrounded by a green meadowland on the left side of the valley. After trekking for a few hours, you arrive at the majestic Machhapuchhre Base Camp elevated at 3700m. Experience the breathtaking Himalayan scenery of the Annapurna region from this place. A panoramic view of mountains in a seasonal month makes your trekking worthy. A pleasant steady uphill walk than previous days.

A rewarding marvelous, clear, jaw-dropping view of Mount Annapurna South (7229m), Mount Hiunchuli (6441m.), Annapurna III (7555m), Annapurna I (8091m), Machhapuchhare (6997m), and Gangapurna (7454m) and other peaks so close and so near. Make memories in the vicinity of mesmerizing snow-capped mountains. Rest, relax and enjoy the scenery. Stay overnight at Annapurna Base Camp.

Time: 10km/6.2 miles/6 Hours	Meals: Lunch & Dinner	Altitude: 3 2 0 0 m / 1 0 , 4 9 9 ft , 4 1 3 0 m / 1 3 , 5 5 0 ft
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Day 05: Trek from Annapurna Base Camp(4130m/13,550ft) to Bamboo(2,350m/7,710ft)

Wake up early to watch the sunrise through the mountains of the Annapurna ranges. In the clear sky, the sun’s rays create a magical glitter on the Himalayan peaks which is one spectacular view to experience. After breakfast, bid farewell to the Annapurna Base Camp and return to the trail. Retrace the steps back passing once again through the view of Annapurna South & Machhapuchhare Base Camps. Walk down the peaceful trails to reach Bamboo. Stay overnight at the teahouse.

Time: 16km/9.9 miles/8-9 Hours	Accommodation Lodge/Teahouse	Meals: Lunch & Dinner
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Altitude:
4 1 3 0 m / 1 3 , 5 5 0 ft ,
2,350m/7,710ft

Day 06: Trek from Bamboo(2350m/7710ft) to Jhinu Danda (1700m/5577ft)

The 6th day of the Annapurna Base Camp trek perfectly combines tranquil nature and therapeutic relaxation. Today, you will embark on a scenic trek from Bamboo to Jhinu Danda, renowned for its soothing hot springs.

In the early morning, you will leave Bamboo as you resume your trek, passing through the verdant forests of rhododendrons and beautiful settlements. It will take 30 minutes to arrive at Jhinu Danda on the descending trails. At Jhinu Danda, witness the alluring Modi Khkola surrounded by beautiful trees and a pond at a riverbank. Prepare yourself for a therapeutic dip in the natural hot springs for a rejuvenating experience. Feel the tension melt away as you soak in the natural pools, surrounded by lush vegetation and the tranquil ambiance of the Himalayan foothills. This well-deserved relaxation provides the perfect opportunity to reflect on your incredible journey and appreciate the profound connection between nature and personal well-being.

Stay overnight at Jhinu Danda.

Time:

8.5 km/5.2 miles/ 5 Hours

Accommodation

Hotel Namaste (AttachedLunch & Dinner
Bathroom)

Meals:

Altitude:

2350m/7710ft, 1700m/5577ft

Day 07: Walk 30 minutes to Syomrong & Drive to Pokhara by Jeep

Wake up with a refreshing feeling after 6 long days of trek and therapeutic hot spring bathing. Have your breakfast and walk 30 minutes to the jeep station at Syomrong. From there, drive back to Pokhara. The journey for Annapurna Base Camp Trek ends here but the memories and experiences are forever cherished. You can rest for a while and explore Pokhara later or you can move as per your schedule.

Time:

30 min walk & 2.5 hrs Drive toBreakfast
Pokhara

Meals:

Includes

Accommodation

- Total six night. Two nights with Attached bathroom Ghandruk & Jhinu. Four night Standard accommodation at Sinuwa, Deurali, ABC & Bamboo.

Meals

- All standard meals (7 Lunch, 6 Dinner & 6 Breakfast) During the Trek

Transportation

- Pokhara/Syaulibazar and Syomrong /Pokhara by Taxi/ Jeep

Extras

- Annapurna Conservation area Project (ACAP) permit
- Trekker's information management system (TIMS) cards
- Professional & government licensed holder English Speaking Trekking Guide
- Porter (2 trekkers: 1 porter)
- Staff costs including their salary, insurance, equipment, food and accommodation etc
- Sleeping bag
- Trekking Map
- First aid kit
- Water purification tablets safe drinking water
- Cookies and seasonal fruits Everyday
- All government and Local Taxes

Excludes

- International Airfare
- Nepal entry Visa fees on arrival at Tribhuwan International Airport (15 Days \$30, 30 Days \$50, 90 Days \$125)
- All accommodation and meals in Kathmandu and Pokhara (before and after journey)
- extra accommodation and meals in Kathmandu and Pokhara due to early return from the trek
- Travel & Health Insurance
- Emergency Helicopter Rescue Insurance
- Kathmandu/Pokhara/Kathmandu transportation
- All hard and soft table drinks such as Coke, Fanta, Beer, Water and deserts in trek
- Hot Shower/Battery Charges/International call/WIFI & Internet on trek
- Your trekking gear
- Tips for guides and porters

More Information About ABC Trek

Annapurna Base Camp Trek Route

The Annapurna Base Camp trek starts with a **1.5-hour drive** from Pokhara to Syauli Bazaar. Then, the trek goes to Ghandruk, which takes about 2-3 hours. After staying overnight in Ghandruk, the next day's trek goes through a dense rhododendron forest to the remote village of Chhomrong, the gateway to the renowned Annapurna Base Camp Short Trek.

The following day, the trek visits remote villages, including Sinuwa, Bamboo, Dovan, Himalaya, and Deurali, before reaching Machhapuchhre Base Camp. The ice cave on the way to Machhapuchhre Base Camp is beautiful. Finally, the Annapurna Base Camp at 4130m offers exceptional views amidst the majestic peaks of Annapurna I and other surrounding peaks. The trek also includes relaxing sore muscles in a hot spring and spending quality time at mountain tea houses with friendly locals.

If you want to extend your trek, then we have [Annapurna Base Camp Trek with Helicopter Return](#)

Location And Geography of Annapurna Base Camp Trek

Annapurna Base Camp Trek is located within the [Annapurna Sanctuary](#) of Nepal, which has played a major role in the safety and prevention of rare and endangered species. The sanctuary is in the northern part of central Nepal and lies in the Annapurna region. As the name suggests, the trek revolves around the vast Annapurna Massiff, consisting of several mountains in the Annapurna region.

Annapurna is a huge massif located in the northern part of Nepal. The Annapurna range forms a kind of ridge-like structure between the Marshyangdi and Kali Gandaki rivers just north of the town of Pokhara. The popular Annapurna Base Camp lies below the foot of the Annapurna massif, where many trekkers visit for adventure, experience, and views.

In the case of the [Annapurna region](#), the topography consists of ever-changing terrains. From the sub-tropical jungles to temperate valleys to the snowy peaks and mountains, the region is vibrant with all types of terrains and trails, giving you a different sense of trekking experience throughout your expedition.

People and Culture of 7 Days ABC Trek

The trek to Annapurna Base Camp takes you through different types of cities, villages, and settlements. During these treks, you can meet different types of people and learn about their cultures. The two ethnic groups of people you will meet during this trek are the Magars and Gurungs.

Gurungs

Gurungs are one of the ethnic groups you can encounter during your ABC trek. The Gurung people are widely known for their bravery, as many have served in the Nepalese and British Gurkha Army. The culture of Gurung is quite vibrant and unique. They celebrate many festivals throughout the year, like Dashain, Tihar, Janai Purnima, etc, but they also have unique festivals in Thamu Lhosar. Thamu Lhosar is the new year for the Gurung people. The traditional Gurung clothing is both stylish and practical. Men usually wear a vest and a long piece of cloth, while women wear a velvet top and a sari skirt. These clothes show that the Gurung people like to be comfortable and have clothes that work well.

Magars

Another common person you will get a chance to meet is Magars. Magar people are renowned for being kind, friendly, and welcoming. Furthermore, they actively protect and advertise their cultures, traditions, rituals, and festivals. During the ABC trek, you will pass through different remote Magar villages and sometimes even spend the night in their teahouses. Magars also celebrate national festivals like Dashain, Tihar, Holi, etc, but their primary festival is Makar Sankranti or Mage Sankranti. They begin the day by bathing in the holy river and eating yams. Dhindo and Curd are also quite popular foods in the Magar community.

Equipment Checklist for Annapurna Base Camp Trek

Here is a general gear checklist for the trek for trekking in Annapurna Base Camp Trek.

Upper Body: -

- A long-sleeve thermal base layer
- Trekking shirt
- Insulation layer
- Fleece jacket
- Warm Down Jacket
- Gloves
- Waterproof jacket
- T-Shirt lightweight

Head: -

- Beanies and ear warmers
- Sunhat & Scarf
- Headlights with extra batteries

Face: -

- Sunglasses with UV protection
- Sunscreen
- Dust Masks
- Lip Balm
- Face /Body wipe

Legs & Boots: -

- Trekking Pants two pairs
- Waterproof jacket
- Trekking boots
- Sport Shoes
- Gaiters
- Crampons (If snow or Ice)
- Slippers
- Thermal Leggins

- Underwear & thick Socks

Essentials Gear: -

- Trekking pole
- Sleeping bag
- Towels
- Raincoat
- Water bottle
- Backpack or Day pack

Toiletries: -

- Quick drying towel
- Toilet paper
- Toothbrush
- Toothpaste
- Soap
- Shampoo
- Small mirror
- Nail cutter

Personal accessories: -

- Money
- Camera
- Phone
- Watch
- Power bank
- Extra batteries for the Camera

Extra: -

- Diary & Pen
- Books
- Extra Passport copy and Photos
- Binocular
- Firsts Aid Kits

Note: The above list can be customized as per the seasons and necessity of the trekkers.

How to get to Pokhara?

Pokhara is one of Nepal's most popular tourist destinations and the 'Tourist Capital.' The city has spectacular mountain views, landscapes, lakesides, and marvelous cultural palaces. Pokhara is renowned as the starting point for numerous trekking trails and expeditions in the Annapurna region. Pokhara can be easily traveled by air flight and via road through Prithvi or Pushpalal highway.

By Air: There are two ways to reach Pokhara. The best way to reach Pokhara is to take a direct flight

from Kathmandu via Tribhuvan International Airport, which is also expensive. It takes 25 minutes to reach via flight.

By Road: Access to direct bus between Kathmandu and Pokhara. The distance between both cities is around 200 kilometers and can be covered in 7 to 8 hours. Alternatively, book a cab and drive to Pokhara if you wish hassle-free travel.

Pokhara is the favorite stop destination for most trekkers before heading to the Annapurna region or as a relaxing station before venturing for some serious trekking. After reaching Pokhara, you might also want to visit other amazing places nearby. They are:

Poon Hill: One of the most common, easy, but popular places to visit after Pokhara is Poon Hill. The distance from Pokhara to Poon Hill is 35.9 km. If you want to experience breathtaking views of the mountains and sunrise, then Poon Hill Trek is the place to be. The best time to visit Poon Hill is October, November, March and April.

Ghandruk Village: Another popular place to visit from Pokhara is Ghandruk Village. The distance from Pokhara to Ghandruk is about 32.2 km. Ghandruk village is the best place to meet Gurung people, learn about their culture and traditions, and even celebrate their festivals.

Jomsom: One of the best places to visit in the Annapurna region or even Pokhara is Jomsom. Although Jomsom is a little far from Pokhara, as the distance is about 150 km, this is the place to visit after experiencing Pokhara. Jomsom is at an altitude of 2760m from the sea level. You can visit local places, temples, monasteries, restaurants, and airports.

Food During Annapurna Base Camp Trek 7 Days

Meals during the trek are **healthy and suitable for trekkers**. It keeps them fit and energized throughout the trek. Most ingredients are organic or carried from the lower regions to your teahouses. Trekkers can enjoy authentic Nepalese food and the more common international cuisine (Tibetan, Continental, Italian, Indian, etc.). Here are some of the common foods you will have during your trek.

Nepali Dal Bhat Alongside Curry

The staple dish you will get during the ABC trek is the local Nepali Dal Bhat with Curry. They are the primary source of energy, and they are served during lunch and dinner. This dish is made up of Rice, Lentils, and Vegetable curry, along with local Nepali pickles. The dish is served with tasty local ghee, which makes it even more delicious.

Momos

Another common meal you will be having during the ABC trek is Momos. Momos have become the most common food means for a quick snack. They can be prepared easily and have varieties to choose from: Veg, Chicken, or even Paneer momo.

Thukpa

Thukpa is a tasty Tibetan noodle soup with veggies and sometimes meat. It's seasoned with herbs, spices, soy sauce, or chili oil for extra flavor. They are a special dish at a higher altitude as they will keep you hot, calm, and cozy.

You will be served meals three times during the Annapurna Base Camp Trek. Breakfast, lunch, and dinner are served from the teahouses or a lodge menu. The menus for these meals are.

For Breakfast: You can have Tibetan Bread, Coffee, Porridge/Oatmeal, Pancakes, etc.

For Lunch: The most common menu for lunch is Dal Bhat, Noodles, Sandwiches, Pizzas, Burgers, etc.

For Dinner: The menu for dinner is quite similar to that for lunch, as you can have dishes like Dal Bhat, pizzas, burgers, Thukpas, momos, sandwiches, steaks, etc.

For Desserts: Dessert menus like chocolate bars, apple pies, ice creams, hot chocolates, etc are also quite common.

Accommodation in Annapurna Base Camp Trekking

In the Annapurna region, you can easily find places to stay in each small village you visit. Teahouses, including the Annapurna Base Camp trail, accompany this region's trails. These teahouses are relatively comfortable and well-developed. In areas like Ghandruk and Jhinu Danda, you can also enjoy additional amenities such as Wi-Fi, hot water, attached bathrooms, and laundry services in your rooms. As you start climbing the trek, the luxury of the accommodation begins to reduce. You will find basic lodges or teahouses instead of luxurious hotels in remote areas.

You are provided with the basic facilities and services, even at teahouses and high-altitude places here. But the prices rise higher as you go higher. During the winter season, heaters and blankets are provided. On cold nights, a fire is commonplace to keep the room warm. In the case of rooms, if you are staying in the hotels, you can get single rooms; however, in the teahouses, you can only get rooms with twin beds. You must share the room with other trekkers, so it is wise to trek with at least one friend or group. However, you can get a single room alone if you are a single female.

Local families run the teahouses on the Annapurna Base Camp Trek trail. You can learn about different cultures, hear folklore, and share stories with friendly locals. Before staying at a teahouse, ask about electrical outlets and Wi-Fi availability. Always be respectful of local customs while staying there.

Drinking water During ABC Trek

Drinking water is available during your ABC trek. You can buy bottled sparkling or mineral water before reaching the Annapurna Sanctuary. Since plastic water bottles are forbidden in the Annapurna Conservation Area, you must carry a paper or leather water bottle and fill it in your teahouses. They can provide filtered and boiled water for additional payment, which is important for your trek.

If boiled water isn't available, you can easily find freshwater streams from the Himalayas while trekking. Remember to carry chlorine tablets or water purification agents to treat the water and stay safe. Staying hydrated is crucial while trekking, so bringing your water bottle is a good idea.

Internet Connectivity on 7 Days Annapurna Base Camp Trek

During the Annapurna Base Camp Trek, internet and Wi-Fi are important for travelers. Most teahouses and lodges along the Annapurna region trails have internet and Wi-Fi facilities. While the connection is

usually good, some areas may experience connectivity issues due to challenging terrain and technical problems.

Some lodges provide free Wi-Fi, and some charge a small amount, depending on where you are staying. The Wi-Fi here in the trails is only enough to send some messages and pictures as the signal is not stable and of high speed. Hence, don't rely on Internet service. You can access the internet in Annapurna Base Camp via a SIM card or the Internet.

Another alternative to WIFI to use the internet in the Annapurna region is to buy and use data packages. Experience the breathtaking view of snow-capped mountains at the panoramic view at Annapurna Base Camp, a one-time experience you can't get through streaming Netflix or surfing the internet. So, it is wise to stay away from the Internet world for a while in the mountains and enjoy the moment.

Reaching the starting point of Annapurna Base Camp Trek

*There are primarily three trekking routes (Ghandruk trekking route, Ghorepani Poon Hill trek route, and Dhampus trekking route) used by trekkers to reach the Annapurna Base Camp. All these routes lead to the **Chhomrong village**; from this village, there is only one trail to get to the base camp. Since this is a seven-day trek, with the itinerary created by the expert guides and trekking operators of Hillary Step Treks, you trek via the Ghandruk route. Firstly, a 1.5-hour drive from Pokhara to Syauli Bazaar and then Ghandruk. We also provide customization options if necessary as well. Other routes allow adding 3-4 extra days for the same trek.*

What is Annapurna Base Camp Famous For?

Annapurna Base Camp Trek is one of Nepal's most popular trekking spots. Let's look at the factors that make Annapurna Base Camp famous.

Some of the reasons to do [Annapurna Base Camp Trekking](#) are discussed below:

Diverse Landscapes

One of the major reasons that makes ABC trek trekkable is due to the diverse landscapes. You will trek through different terrains and landscapes, from barren fields, lush forests, and rocky peaks to the snowy mountains. Trekking in such conditions will give you an adventure you won't experience elsewhere.

Stunning Views

Annapurna Base Camp Trek is famous for enticing and stunning views of the mountains in the region. You will see several tall mountain peak views, especially if you are trekking in the ideal season.

Cultural Immersion

Local people in the Annapurna Base Camp trek come from Brahmin, Chhetri, Gurung, and Magar groups. Each group has its language, customs, and traditions. This diversity adds to the appeal of the trek. You'll see various art, architecture, dances, and celebrations. The main festival for the Gurung people is Tamu Lhosar, but people from other groups also join in. During your trek, you'll have the chance to experience and learn about these different cultures.

Permits are required for the Annapurna Base Camp Trek

You must get two permits for this trek, i.e., an Annapurna Conservation Area Permit (ACAP) and TIMS (Trekking Information Management System).

ACAP: If you plan to trek in the Annapurna Conservation Area, you must get an ACAP permit. ABC Trek passes through the Annapurna Sanctuary, so you need to issue this permit card to be eligible.

You can get this permit from the Annapurna Conservation Area Project (ACAP) office in Kathmandu or Pokhara. You must submit documents like your passport, passport-size photos, and a detailed itinerary. If you hire a trekking agency, they will take care of everything.

Cost: The permit costs NPR 3000 and NPR 2000, respectively. For SAARC nationals, the ACAP is NPR 1000 and NPR 600, respectively

TIMS Card: TIMS Card is another permit you must issue for your ABC trek. This permit is particularly useful for keeping track of the records of trekkers entering Nepal and exploring different trekking destinations. TIMS Card is also mandatory and can be purchased at the Kathmandu tourism office or Pokhara.

Cost of TIMS Card: For SAARC nationals, TIMS permits cost NPR 1000 and NPR 600, respectively. Both ACAP and TIMS permits can be used for all applicable treks until they have an exit stamp on them.

Travel Insurance For 7 Days Annapurna Base Camp Trek

Travel Insurance is one of the quintessential things you must do before any travel or trek. Most trekkers face many obstacles as they ignore this important part of the trek. Travel insurance acts as a safety net against the risk of experiencing unforeseen medical expenses and safeguards against other travel-related emergencies that could ruin your trek.

One must confirm that the travel insurance covers an altitude above 4000 meters. Medical extremities, luggage loss, theft, flight cancellations, etc. must be covered. Furthermore, Your Travel insurance must also cover medical emergencies, emergency rescues, and personal liability if you are sued for damaging property.

However, keep in mind that Your Travel Insurance might not cover

- Pre-existing medical conditions
- Extremely valuable items or jewelry.
- Negligence or Reckless damage to property
- Items that may hint at the act of terrorism

Annapurna Base Camp Difficulty

Annapurna Base Camp Trek's difficulty ranges from easy to moderate level trek. For trekkers who are quite experienced, the trek might be easy; however, for someone who a beginner, they might face some challenges. Here are some of the challenges and difficulties that the trekkers might face.

Long Duration

The ABC Trek typically lasts 5 to 11 days, depending on the specific route and the trekker's pace. The duration is directly related to the body's adjustment to the altitude and physical strain. Choosing a longer duration allows for more rest days and slower ascents, so it's important to consider your health and physical fitness when making this choice.

High Altitude

The trek to Annapurna Base Camp reaches the highest point of around 4,130 meters (13,550 feet). Although this isn't as high as other treks in the region, it still involves a significant climb. Altitude sickness can be a concern for some people, so it's important to acclimate to the altitude and ascend gradually to prevent altitude-related issues.

Difficult Terrain and Trails

This trek has different kinds of paths like stairs, rocks, and bumpy ground. You must be quick and strong, especially when walking up and down steep hills. The trail is sometimes narrow and twisty with cliffs, which can be scary if you don't like heights. You must be strong and strong enough to walk on this trail safely.

Unstable Weather and Temperature

Weather in the Annapurna region can be hard to guess, especially in high places. In spring and fall, the weather is usually good for trekking. But it gets cold at night, and the weather can change fast. There may be more flowers in spring, and the sky is usually clear in the fall.

Remote Location

Another major challenge trekkers face during the ABC trek is the remoteness of the location. Due to the remote location, the trekkers won't get many services as there are limited infrastructures of development like hospitals, health posts, banks, etc.

Altitude Sickness and Acclimatization at Annapurna Base Camp Trek

[Altitude sickness](#) is common for trekkers heading over the 3000 meters (10000 ft.) mark in the Himalayas. You do plenty of steep ascents and descent trekking during the Annapurna Base Camp trek. We have thoughtfully planned acclimatization days to ensure your body adjusts to the altitude.

These stopovers at Sinuwa and Deurali are vital. However, only a few trekkers are severely ill, and proper caution can help you stay safe here. The primary symptoms of altitude sickness are headache, nausea, breathlessness, vomiting, and, in extreme cases, hallucinations and unconsciousness. Let your guides know if you have any of these symptoms while trekking the Annapurna Base Camp trail. Some key points to avoid altitude sickness are:

Prevention of Altitude Sickness

Proper Acclimatization

Acclimatization is the best way to prevent altitude sickness during any high-altitude trek. Hence, climbing high and sleeping low should be followed seriously during these treks. Acclimatization gives the trekker's body time to adjust to the weather, climate, temperature, and low oxygen levels. The sleeping elevation during these treks should not exceed 300 to 500m. So, even if you are trekking at a high

altitude, it is always wise to lower your altitude for sleeping.

Keep Yourself Hydrated

The trekking hours are long during the ABC trek. When you combine it with the toughness of high elevation, the energy in the body replenishes, which causes dehydration. A dehydrated body is severely weakened, which invites the chance of altitude sickness; hence, keeping yourself hydrated all the time is essential.

No Alcohol and Smoking

Alcohol and smoking have worse effects on the body at high altitudes than at lower ones. They dehydrate the body, affect breathing and other body processes, weaken the body, and lead to altitude sickness.

Know your body

Knowing your body and its limits is essential during a high-altitude trek like ABC. Trekkers often ignore or don't realize they have some conditions or misread their symptoms of Altitude sickness. If you have any little condition, then it is wise to pre-inform your guide. Also, if you sense the most minor altitude sickness symptoms, you can let your guide know before the condition worsens.

Best time to visit Annapurna Base Camp Trek

The Annapurna Base Camp Trek is one of the [most popular treks in Nepal](#). It is among the fun and challenging treks in Nepal. However, if you can experience this trek at the ideal time, some challenges might decrease, and fun increases. Two seasons are considered the best time for the ABC trek: Spring and Autumn.

Spring Season

Spring season is among the best time for trekking ABC. During this period, the climate is slightly hot during the day while hiking and colder at night, depending on the altitude. There is also less chance of rain during this time, and you can expect clear weather, fully serviceable teahouses, and plenty of daylight, which is perfect for hiking. The trails bloom with flowers and forests, which is the major attraction of trekking in Spring.

Autumn Season

Like spring, autumn is the best time to trek in the Annapurna region. Many trekkers also believe autumn might be even better than Spring. This season starts in the middle of September and ends in November. The initial days of September are rainy, falling in the post-monsoon period.

However, off-season trekking is available for experienced trekkers. We recommend you do methodical planning and medications while trying to complete the Annapurna Base Camp at any time of the year.

Flora and Faunas Seen on ABC Trek

The Annapurna Region is the home of a diverse range of floras and faunas. The trek takes you through diverse landscapes, from subtropical jungles to alpine meadows. Different types of plants can be seen based on the altitude at which you are trekking in this region.

Some of the floras and faunas founded in ABC Trekking are:

Floras

- **Rhododendrons:** The most common type of flowers found during the trails of the ABC trek. They are the national flowers of Nepal and are found in different colors.
- **Alpine Flowers:** Some variations of flowers grow in the region above 3000m. They are known as alpine flowers and are generally white.
- **Juniper and Bamboo:** Juniper and Bamboo are another variation of floras often found during the Annapurna Base Camp Trek. They generally grow from temperate to alpine-level climates.

Faunas

Mammals: Various species of mammals are found during the ABC trek. Common animals like bears, deer, and yaks are easily visible, whereas sometimes rare species of animals like snow leopards, red pandas, and musk deer are also visible.

Birds: Over 518 species of birds are kept in sanctuary in the Annapurna Conservation Area. Rare species like Himalayan Monal and Lhopoporus are also sometimes visible.

Butterflies and Insects: During the trek, you can see various insects and butterflies in the Annapurna region. Over 600 species of butterflies, including some rare and unique ones, call this region home.

Benefits of Choosing Hillary Step Treks (HST)

- Our experienced team of over one decade has accomplished treks in Annapurna Base Camp treks and other treks too.
- Our guides are fluent in English, and Nepali dialects. They know the terrain, culture, people, and the Annapurna region through & through.
- HST provides you with the best value services for your money. No hidden cost, every step with HST is transparent and clear. We value our clients over profit any day.
- Your safety is the top priority while trekking with the **HST team**. Thus, in case of an emergency first-aid kit or provision of rescue teams as a requirement.
- We are a government-registered company providing you with real care services at the best reasonable rate.
- Our company also has 70% repetitive clients over the years which shows their trust in us.
- We go the extra mile to assure you of a complete trekking experience in Nepal. HST is your ideal choice for trekking in Nepal.

FAQs of Annapurna Base Camp Trek 7 Days

Which is the highest point of the Annapurna base camp trek?

The highest point of the Annapurna Base Camp Trek is Annapurna Base Camp itself, which sits at an

elevation of 4,130 meters above sea level. This point offers stunning views of the surrounding Annapurna mountain range and is the main destination of the trek.

How many stairs are there in the Annapurna Base Camp trek?

There are about 3,000 to 4,000 steps to climb as you ascend from Tikhedhunga or Ulleri to Ghorepani, which can be quite strenuous. The Annapurna Base Camp Trek includes a significant number of stairs, particularly on the section from Nayapul to Tikhedhunga or Ulleri.

How long does it take to reach Annapurna Base Camp?

It typically takes 7-10 days to reach Annapurna Base Camp from the starting point, depending on your pace, the specific route you take, and acclimatization needs. The round trip, including the return journey, usually takes about 10 to 14 days in total.

How many kilometers is the Annapurna Base Camp?

The Annapurna Base Camp trek covers approximately 115 to 130 kilometers round trip, depending on the specific route taken and the starting point. The trek typically starts from Nayapul or Phedi and involves ascending through various villages and forested areas to reach the base camp.

Which is better Annapurna Circuit or Annapurna Base Camp?

The choice between the Annapurna Circuit and Annapurna Base Camp depends on your preference and available time. The Annapurna Circuit offers a longer and more diverse trek with varying landscapes. On the other hand, the Annapurna Base Camp trek is shorter, providing stunning views of the Annapurna range and a more straightforward path to a scenic base camp.

Do I need a guide for the ABC trek?

Yes, you must hire a guide for the ABC trek. Starting April 1, 2023, all foreign trekkers must have a licensed guide for any trek in Nepal. Hiring a guide can enhance your experience by providing local knowledge, cultural insights, and assistance with navigation and logistics.

Is it safe to trek to Annapurna Base Camp?

Yes, trekking to Annapurna Base Camp is generally safe, especially when you follow recommended guidelines and take necessary precautions. The trek is well-established, with marked trails and well-equipped lodges.

What is the Annapurna Base Camp famous for?

Annapurna Base Camp is famous for its breathtaking panoramic views of the Annapurna mountain range, including Annapurna I, the 10th highest peak in the world. It serves as a popular trekking destination due to its stunning scenery, diverse landscapes, and the unique opportunity to get close to some of the world's highest peaks.

What is the shortest trek to Annapurna Base Camp?

The shortest trek to Annapurna Base Camp typically takes around 7 to 9 days, depending on your pace and starting point. This condensed itinerary usually starts from Nayapul or Pohara and follows a faster-paced route. However, while a shorter trek is possible, it requires a higher fitness level and acclimatization to handle the quicker ascent and the challenges of high altitude.

Is Annapurna Base Camp harder than Everest Base Camp?

No, Annapurna Base Camp is not harder than Everest Base Camp. The Annapurna Base Camp trek is generally considered less challenging than the Everest Base Camp trek, primarily due to its lower altitude, with Annapurna Base Camp reaching 4,130 meters compared to Everest Base Camp's 5,364 meters.

Do I need to train for Annapurna Base Camp?

Yes, you should train for the Annapurna Base Camp trek. The trek involves walking for several hours daily over varied and sometimes steep terrain at high altitudes. Training should focus on building endurance, strength, and stamina.

Is Annapurna Base Camp crowded?

Yes, Annapurna Base Camp can be crowded, especially during peak trekking seasons in spring (March to May) and autumn (September to November). These periods attract many trekkers due to favorable weather and clear mountain views.

Do you need a porter for Annapurna Base Camp?

A porter is not strictly necessary for the Annapurna Base Camp trek, but many trekkers find it helpful. Hiring a porter can ease the burden of carrying heavy gear, allowing you to focus on enjoying the trek and managing altitude changes.

Can a beginner climb Annapurna?

Climbing Annapurna is not recommended for beginners due to its extreme difficulty and high risks. Annapurna I, the main peak, is one of the most challenging and dangerous mountains to climb, with a fatality rate among climbers.

Can you climb Annapurna without oxygen?

Climbing Annapurna without supplemental oxygen is extremely challenging and risky. The high altitude, with Annapurna I reaching 8,091 meters, significantly reduces the amount of available oxygen, making it difficult for even experienced climbers to breathe and maintain physical performance.

Address

Nayabazar 16, Kathmandu, Nepal