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11 Days Annapurna Base Camp Trek

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

Duration

11 Days

Per Person Cost

USD 1399.95

Difficulty

Moderate

Group Size

2-16

Maximum Elevation

4130 meters

Accommodation

3-star hotel in Kathmandu and Pokhara and Teahouses during the trek

arrival_on

Kathmandu

Meals

Breakfast in Kathmandu, Kathmandu Pokhara and all meals during the trek

Departure**Trip Route**

Nepal

Annapurna Base Camp Trek Highlights of 11 Days

Explore Annapurna Base Camp situated at 13546ft. altitude and an outstanding moderate nature trail.

Panoramic views of majestic mountains like Annapurna, Dhaulagiri, Machhapuchhre, and more.

Beautiful and diverse landscapes.

Ideal trek to escape from bustling city life and connect with nature.

Walk through the forests of rhododendrons, oaks, bamboo, and alpine.

Witness beautiful sunrises and sunsets while on the trek.

Hike through the picturesque and traditional Magar and Gurung villages.

Pass by the Annapurna Conservation Area while witnessing diverse flora and fauna.

Immerse into the culture, history, and traditions of the local communities.

11 Days Annapurna Basecamp Trek Overview

Annapurna Base Camp trek is the quintessential and best choice for Himalaya lovers. Intending to reach the foot of the Majestic Mt. Annapurna (8091m), the trek is among one of the best treks of Nepal. Annapurna Base Camp trek is a glorious journey to the foot of the South Face of Annapurna I. A picturesque hike through the charming and old-fashioned Magar and Gurung villages and their quaint culture.

While trekking through this famous trail, you will be treated by terraced fields, bamboo forests, and alpine forests. You will also see a wide variety of flora and fauna and one of the biggest rhododendron forests in Nepal.

The average duration of trekking is 5-7 hrs per day. +

Annapurna's Attractions:

- You will reach the base camp of the world's 10th-highest mountain.
- Mesmerizing Himalayan vistas during the trek.
- The trail of Annapurna Base Camp via Machhapuchre Base Camp is among the best trails in Nepal and Machhapuchre for its unique fish tail-like shape.
- It takes you on an incredible journey to an eight-thousand-er mountain, Mt. Annapurna.
- Furthermore, for a [moderate trek](#), this experience takes you to the world's tenth-highest peak.
- The fascinating Annapurna massif includes Annapurna I (8,091 m). This formidable mountain has a tragic allure for mountaineers. ABC Trek holds several treasures for mountain lovers apart from its deadly appeal.

Awesome Mountain Views

The Annapurna range is a true feast for the eyes, with its snow-capped peaks and pristine views greeting you right from Pokhara.

The itinerary of Annapurna Base Camp Trek is designed for enthusiasts who wish to reach the foot of majestic Mt Annapurna (8091m) but are constrained time-wise. However, for guests who want to have a more relaxing journey, with a visit to World Heritage Sites and [Poon Hill](#), Annapurna Sanctuary Trek (14 days) would be the best option.

Annapurna Base Camp Trek Difficulty

Naata Travel & Adventures Annapurna Base Camp Trek 11 Days is designed for trekkers to enjoy their trek journey in the most comfortable way possible. The trail of the base camp is moderate. While it is an

enjoyable journey, it can also be physically and mentally challenging for the trekkers. The terrain is not the only factor that adds to the difficulty of the Annapurna Base Camp Trek. Trekkers have to be prepared to undertake several challenges during the trek.

Trekkers need to have physical endurance and stamina to complete the trek. On average, they must be prepared to walk anywhere between 5 to 7 hours a day. It's an 8 km to 18 km hike per day. In addition to the varied terrain, there are over 3,000 stone staircases that trekkers have to climb. Likewise, trekkers will also have to climb uphill and descend downhill while on the Annapurna Base Camp Trek.

The trail also consists of flat and level grounds. The highest [elevation of the Annapurna Base Camp Trek](#) is 4,130 meters, which is the base camp itself. Many trekkers can fall sick due to the high elevation. The reduced level of oxygen makes it easy to get altitude sickness. Hence, proper acclimatization is crucial in lowering the altitude sickness risk. Trekkers should also build mental resilience to tackle any unforeseen situations and challenges.

Despite the challenges, Annapurna Base Camp Trek is a fantastic experience. So, do not let the difficulties scare you away. Proper preparation and Naata Travel & Adventures Annapurna Base Camp Trek package can help you with this once-in-a-lifetime experience.

Favourable Time For Annapurna Base Camp Trek

The best time for trekking in Nepal is spring (March to May) and autumn (September to November). It is the most favorable time for Annapurna Base Camp Trek. Several reasons make this time the best time. Take a look:

Spring (March to May)

March to May falls during the spring season. It is a pre-monsoon season in Nepal. This is the time when the flowers and forests are in full bloom. The mild and warm weather makes the trek a pleasing experience. The landscapes are vibrant, and the whole rhododendron forest is blooming. Similarly, the sky is clear with gorgeous views.

The temperature is moderate during the daytime. However, the temperature at higher elevations is cold at the beginning of March. The mornings and nights are also cold, so proper clothing is essential. The spring season is the best time to witness the Annapurna Base Camp trail at its peak beauty.

Autumn (September to November)

From September to November, these months are also favorable times for Annapurna Base Camp Trek. It is a post-monsoon season in Nepal when the rain wash away most of the dust. The crisp air and clear sky provide the best views of the surrounding mountain peaks. Additionally, the weather and climate are stable in autumn. The temperature of higher elevations is also more relaxed.

The rainfall also makes the forests luscious and greener. Autumn also signals the harvest season, and many big Nepali festivals fall during this season. The best views and good weather make autumn the peak season for trekkers. So, expect the trail to be crowded. To avoid the crowd, consider trekking during late autumn.

<https://youtube.com/shorts/hkaxqYODd0o?si=ZuJmg31VmmFgMby8>

Trip Itinerary

Day : Arrival in Kathmandu

Upon your arrival at the Tribhuvan International airport a representative from Naata Trek and Tours will be waiting for you at the airport displaying a playcard imprinted with your name. He/she will then transfer you to the designated hotel. In the evening we can enjoy a welcome dinner hosted by Naata Trek and Tours. During the dinner we can enjoy Nepalese cuisine which will introduce us to the country's food culture.

Accommodation

3-star hotel

Meals:

Dinner

Altitude:

1400 meters

Day 7-8 hours: Drive to Pokhara

We will have a pre trip meeting after breakfast where you will be introduced to your Guide. During the meeting you can assure yourself with any queries regarding the trip.

We begin our journey starting from an early morning drive to Pokhara which is a beautiful city in itself. The drive takes about 7-8 hours. After reaching Pokhara we can take some rest and take a stroll around the beautiful Phewa Lake.

Accommodation

Teahouse

Meals:

Breakfast, Lunch

Altitude:

800 meters

Day 1 hour 30 minutes: Drive to Nayapul(1010m) and trek to Ghandruk(1940m)

After having our breakfast we drive to Nayapul (1hours 30 minutes) and start our trek from there. We cross Birethanti and reach the village of Ghandruk, a beautiful village in the Modi Khola valley in the Annapurna region inhabited by Gurung people. The village offers splendid views of the Annapurna massiff. We will also visit Gurung museum if time permits.

Time:

5-6 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

1940 meters

Day : Ghandruk to Chomrong

After having breakfast we climb for about an hour to reach Kimrungdanda then a steep descent takes us

to Kimrong Khola. Needless to say we will be accompanied by views of Annapurna South, Hiunchuli, Fishtail Mountain etc. We descend further for a while and a gentle walk takes us to the village of Chomrong. We stay the night in Chomrong.

Time:

5-6 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

2170 meters

Day : Chomrong to Bamboo

We start our trek today descending 2500 stone steps and cross a bridge over Chhomrong Khola. From there on we climb uphill and reach Sinuwa. We then come across a beautiful forest followed by Kuldiyar. We reach Bamboo after an easy walk downhill. We stay the night in Bamboo.

Time:

5-6 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

2310 meters

Day : Bamboo to Deurali

After crossing the bamboo forest we ascend gradually over some sections. The forest opens up once we reach Himalaya hotel and we are greeted by views of glacial river below. We continue our climb into another forest and reach Hinku Cave. The trail then drops closer to the river and climbs again till we reach Deurali. We can enjoy splendid views of the valley and river below. We stay the night in Deurali.

Time:

4-5 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

3230 meters

Day : Deurali to Annapurna Base Camp via Machhapuchhre Base Camp

We climb gently through a river bed and over a sharp trail and reach Bagar. The trail is a bit demanding from there on till we reach Machhapuchhre Base Camp. The foot of Mt. Machhapuchhre provides us with grand views of the sublime Machhapuchhre along with Annapurna South, Annapurna I, Annapurna III, Gangapurna and Mt. Hiunchuli. The sparse vegetation starts to disappear once we continue our trek to ABC and the path widens once we enter Annapurna sanctuary. The towering spectacle of Mt. Annapurna

before our eyes is truly a sight to behold. The sanctuary also brags about 360 degree views of mountains. We stay the night in Annapurna Base camp.

Time:

5-6 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

4130

Day : Annapurna Base Camp to Bamboo

We start our trek back by walking an easy downhill to bamboo. We leave behind great views of ABC but are still accompanied by special views of landscape. Overnight in Bamboo.

Time:

7-8 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

4130 meters

Day : Bamboo to Jhinu Danda

Its an uphill trek from Bamboo till Kuldighar followed by a downhill walk to Chhomrong Khola. We climb the stone steps to Chhomrong and descend to Jhinu Danda. Today we can enjoy the natural hot spring which is at a walking distance of 20-25 minutes from Jhinu Danda which comforts our tired body. We stay the night in Jhinu Danda.

Time:

5-6 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

1760 meters

Day : Jhinu to Kathmandu

We can sip the steaming coffee glancing at the morning beauty of the mountain ranges after which we take a short 30 minutes hike down to Samrung. From there on, we start our 8-9 hours drive to Kathmandu.

In the evening we celebrate the success of our trek over the THANK YOU dinner organized by Naata Trek and Tours.

Accommodation

3-star hotel

Meals:

Breakfast, lunch and dinner

Altitude:

1400 meters

Day : International Departure

Our trip concludes today and our office representative will drop you off at the airport in a private vehicle for your departure.

Trip Includes

- Airport pickup and drop in a private vehicle
- 3-star hotel accommodation in Kathmandu and Pokhara with breakfast Teahouses accommodation during the trek
- Welcome and farewell dinner programs
- All ground transportation on a private vehicle
- An experienced, English speaking and government-licensed trek leader and assistant trek leader (4 trekkers: 1 assistant guide)
- Porter service (2 trekkers: 1 porter)
- All necessary paperwork and trekking permits (ACAP, TIMS)
- Naata Travel & Adventures trekking bag, t-shirt and trekking map (which are yours to take)
- Staff costs including salary, insurance, equipment, food and accommodation
- Medical kit (carried by your trek leader)

Trip Excludes

- Nepalese visa fee (Bring accurate USD cash and two passport size photographs)
- International airfare to and from Kathmandu
- Excess baggage charges
- 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
- Travel and rescue insurance
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porter, bottle or boiled water, shower, etc)
- Tips for guide(s), porter(s) and driver(s)
- All other not mentioned in cost includes section

Additional Trip Information

Trekking Cost For 11 Days Annapurna Base Camp Trek

The trekking cost for Annapurna Base Camp Trek can vary depending on factors. These factors include trek duration, season, group size, services, and customization. The normal packages are cheaper in comparison to the higher-end packages. It is also more cost-effective to join a group rather than trekking solo. Customization of the itinerary can also cost more.

Our 11 Days Annapurna Base Camp Trek packages include transportation on a private vehicle, government-licensed guide, porter service (2 trekkers: 1 porter), all necessary paperwork and permits, accommodations, and meals. You will also receive a trekking bag, t-shirt, and trekking map. Note that the package does not include personal expenses, tips, excess baggage charges, and insurance.

Accommodation During Annapurna Base Camp Trek in 11 Days

Annapurna Base Camp Trek is a popular and well-established route. Hence, there are plenty of tea houses, guesthouses, and lodges available along the route. Most of these accommodations are affordable and budget-friendly. Similarly, they provide basic facilities like bed and breakfasts. You can also find traditional homestays where you can get a taste of local hospitality.

Most of the accommodations have shared bathrooms and communal dining spaces. Likewise, the rooms are also usually on a twin-share basis. But some accommodations provide rooms with attached bathrooms. The accommodations are not luxurious but they are cosy and comfortable.

There are limited amenities at higher elevations. The accommodations can charge you for services like hot water showers, internet, charging, heaters, etc. Meals are also served by the accommodations. They usually serve Nepali staple food, Dal Bhat, for lunch and dinner. For breakfast, they may serve, porridge, breads, eggs, etc. Other menu options may also be available.

Naata Travel & Adventures Annapurna Base Camp Trek includes accommodations during the trek. Tea houses with basic facilities are arranged for the trekkers. Similarly, 3 meals a day are also included in the packages. The personal expenses are not included in the package.

Annapurna Base Camp Trek Elevation Gain

During the Annapurna Base Camp Trek, trekkers will go from low altitudes to higher ones. Here is a breakdown of the Annapurna Base Camp Trek elevation gain concerning Naata Travel & Adventures 11 Days Annapurna Base Camp:

Kathmandu Elevation

Trekkers will first land in Kathmandu at an elevation of 1,400 meters above sea level. It is a normal elevation level. Naata Travel & Adventures will receive you and transfer you to the designated hotel. You will enjoy a welcome dinner of Nepali cuisine.

Pokhara Elevation

The next day, you will head to Pokhara after breakfast. It will be an early morning drive and will take around 7 to 8 hours to reach the destination. Pokhara is a beautiful city that is situated at an elevation of 800 meters. The city is a getaway for the Annapurna region's trekking routes. After reaching the city, you can stroll around the city and the famous Phewa Lake.

Ghandruk Elevation

After a good night's rest, we will head towards Nayapul which is an hour and a half drive from Pokhara. Nayapul is situated at an elevation of 1,010 meters and the trek journey will begin from now on. You will pass by the village of Birethanti towards the Modi Khola Valley. Ghandruk is a beautiful Gurung village which is situated in the Modi Khola Valley. It sits at an elevation of 1,940 meters. You can witness the majestic view of the Annapurna Massiff from Ghandruk.

Chomrong Elevation

From Ghandruk, we will climb towards Kimrungdanda. Then we will descend on a steep trail towards Kimrong Khola. After walking for around 5 to 6 hours, we will reach Chomrong. The trek is accompanied by stunning views of Annapurna South, Machhapuchhre (Fishtail), Hiunchuli, and others. The village of Chomrong is at an elevation of 2,170 meters. You will stay overnight in Chomrong.

Bamboo Elevation

Leaving Chomrong, you will start descending the 2,500 stone steps. Similarly, you will cross a bridge over Chomrong Khola. After that, the trail will start ascending towards Sinuwa. You will walk through the lush, green rhododendron forest that is followed by Kuldihar. It is an easy walk downhill when you start to reach towards Bamboo. The village of Bamboo is situated at an elevation of 2,310 meters. The hike duration for the day takes 5 to 6 hours.

Deurali Elevation

You will walk through the bamboo forest as you leave Bamboo. The trail ascends gradually at some sections and the forest will open up once you reach the Himalaya hotel. You will be greeted by the gorgeous view of a glacial river. The climb will continue towards the forest until Hinku cave. From there onwards, the trail will descend following a river. The trail will again start to ascend as you reach Deurali. Sitting at an elevation of 3,230 meters, Deurali serves as an important stop for acclimatization. It's a 4 to 5 hours hike duration.

Annapurna Base Camp Elevation

You will leave Deurali climbing through a river bed. Then after passing a sharp trail, you will reach Bagar. We will reach Machhapuchhre Base Camp which is situated at an elevation of 3,700 meters. The trail starts becoming physically demanding from here onwards. As you move forward, the sparse vegetation starts to disappear. Then the path starts to widen as you get closer to Annapurna Sanctuary. The Annapurna Base Camp sits at the lap of Mount Annapurna at an elevation of 4,130 meters. The view is truly a magnificent sight with 360-degree views of the surrounding peaks. Another best thing about reaching the base camp is you will be camping out for the night.

Jhinu Elevation

You will retrace your steps back to Bamboo from Annapurna Base Camp. It's an easy downhill descent up to Bamboo. However, from Bamboo, it's an uphill trek to Kuldighar. Again, we will climb the stone staircase to Chomrong and then descend to Jhinu Danda. The Jhinu Danda is situated at an elevation of 1,760 meters. The village is known for its natural hot spring.

Attraction During Annapurna Base Camp Trek

Annapurna region is renowned for its natural beauty, diverse flora and fauna, majestic mountain views, and rich culture and tradition. During the Annapurna Base Camp Trek, trekkers can enjoy all of these. Additionally, trekkers will come across numerous picturesque villages, terraced fields, glacial rivers, and landscapes. The route also goes through the Annapurna Conservation Area which provides a great opportunity to witness the Annapurna region's biodiversity.

To highlight the beauty of the Annapurna Base Camp Trek, here are a few points of attractions:

Traditional Gurung villages

The local settlements you will come across during the Annapurna Base Camp Trek belong to the Gurung communities. The Gurung people have their own unique culture, tradition, and customs. The majority of the people from this ethnic group follow Buddhism but some may follow their own indigenous beliefs. Similarly, they are known for serving in the Gurkha regiments of the British and Indian armies.

Ghandruk is the largest Gurung village that lies on the Annapurna Base Camp route. Chhomrong comes in the second place. The picturesque villages have traditional stone houses with narrow alleys and terraced fields. Most of the trekking packages have Gandruk and Chomrong as stops for overnight stays. This allows the trekkers to enjoy the local culture, food, and hospitality.

Other than Ghandruk and Chomrong, trekkers will come across Gurung villages in Sinuwa, Bamboo, Dovan, and Deurali. Annapurna Base Camp Trek is the best way to experience the wonderful culture of the Gurung people in the region.

Annapurna Conservation Area Project

The Annapurna Base Camp route passes through the heart of the Annapurna Conservation Area Project. Established in 1986, the project is a pioneer in Nepal's conservation and sustainable development initiatives. It is a perfect representation of conservation and development along with environmental protection.

The conservation area covers the entire Annapurna mountain range and the surrounding areas. It has played a crucial role in preserving the region's biodiversity. Similarly, it has also aided in cultural heritage conservation. It has protected the tradition, cultural heritage, and architecture of communities like Gurung, Magars, Thakalis, and other local ethnic groups. Likewise, it also aims at preserving the ancient monasteries and traditional houses.

The Annapurna Conservation Area Project has also played a role in tourism management. It urges [travel agencies](#) and trekkers to practice sustainable tourism and responsible trekking. It supports the development of infrastructures like trails, bridges, etc, along the trekking route. It oversees that these developments help to enhance the trekking experience but with minimal environmental disruption.

Trekkers need Annapurna Base Camp Conservation Project Entry Permit to access the region. It is available in Kathmandu and Pokhara. Most of the Annapurna Base Camp Trek package, including NAATA's, comes with this permit included.

Annapurna Massifs

The main point of attraction of Annapurna Base Camp Trek is undoubtedly the Annapurna Massif. It is a mountain range with some of the world's highest peaks. The base camp route goes through the base of these high mountains. As a result, trekkers can get the stunning mountain views from up close.

The Annapurna Massifs is made of peaks like Annapurna I (8,091 meters/26,545 feet), Annapurna II (7,937 meters/ 26,040 feet), Annapurna III (7,555 meters/24,787 feet), Annapurna IV (7,525 meters/24,688 feet), Gangapurna (7,455 meters/24,457 feet), and Annapurna South (7,219 meters/23,684 feet).

Trekkers can witness one of the most stunning sunrises and sunsets from the Annapurna Base Camp. Watching the sky and surrounding peaks change colors in a serene environment is truly a sight to behold.

Diverse flora

We mentioned the Annapurna Conservation Area above. It also signals that it is also home to diverse flora and fauna. During the Annapurna Base Camp Trek, trekkers will trek from lower to mid-altitude and higher-altitude regions. There are drastic changes in the surrounding flora and fauna as you move from one to another. Each region has its distinct flora and fauna.

The lower region mostly consists of lush subtropical forests. There is vegetation like rhododendron, oaks, bamboo, and pine. As you climb to the mid-altitude region, the vegetation mostly consists of rhododendron forests. You can witness the numerous rhododendron species along the trail. The forest is exceptionally beautiful during spring when the whole forest is in bloom. The flora of higher altitude regions mostly consists of alpine meadows and Himalayan wildflowers. The landscape is more barren in higher altitudes.

Trekkers will also come across glacial moraines while on Annapurna Base Camp Trek. The region's flora has sparse vegetation and consists of hardy plants like lichens and mosses. So, Annapurna Base Camp provides an amazing opportunity to explore and witness the diverse flora of the Annapurna region.

Natural Hot Springs of Jhinu Danda

Last but not least, the point of attraction in Annapurna Base Camp Trek is the natural hot springs of Jhinu Danda. Jhinu Danda is the last stop of the trek. From Chomrong, trekkers will descend to the Jhinu Danda through stone staircases. It is best to end the trek and wash away all the tiredness by dipping in a natural hot spring.

Jhinu Danda is a small village situated at an altitude of 1,760 meters. It sits along the banks of the Modi Khola. The natural hot springs are thermal water sources that emerge from the ground. It is warm and soothing, perfect for relaxing and rejuvenating. Similarly, it also helps to relieve tired muscles.

The hot springs at Jhinu Danda also provide beautiful views of the Modi Khola River and its surroundings. It is situated in a picturesque spot surrounded by hills. The hot springs also hold cultural significance. It is believed that the hot springs have healing properties and therapeutic benefits. It is truly a great way to

end an amazing trekking journey.

Last-Minute Booking For the Annapurna Base Camp Trek in Nepal

You can make a last-minute booking for the Annapurna Base Camp Trek in Nepal. With Naata Travel & Adventures, we take the the last-minute booking. Furthermore, the price for the last-minute Annapurna Base Camp Trek booking will remain the same. You can book the trek package 24 hours before you wish to embark on the journey. We will arrange everything for you like with a normal booking. Similarly, we will also provide you with our usual pre-trip meeting.

For any queries and information, you can contact us anytime. We have a 24/7 customer support. Likewise, all our departure dates are 100% guaranteed. You can visit our website or call us to make a last-minute booking for the Annapurna Base Camp Trek in Nepal.

Equipment Required For Annapurna Base Camp Trek

Preparing proper equipment and gear for the Annapurna Base Camp Trek is important. It helps to make the trekking journey comfortable and also safe. The seasons can change the equipment requirements. So, trekkers should consult with their trekking agency for the equipment list before embarking on the journey.

Here are the equipment requirements for the Annapurna Base Camp Trek:

Clothing items

The time of the year can change the clothing item lists. The temperature and climate vary greatly depending on the seasons. Compared to the low elevations, the temperature at higher elevations is usually colder. So trekkers should be prepared for unpredicted weather changes.

So for most cases, you should pack long-sleeved shirts, waterproof/windproof jackets, down jackets, insulating layers, lightweight pants, and hiking shirts. Similarly, wear comfortable and sturdy boots that provide good ankle support. Do carry moisture-wicking socks and undergarments. Additionally, you can pack gloves, sweaters, hats, and scarves to combat cold temperatures.

Equipment and gear

After clothing items, prepare proper gear. You will need a comfortable backpack to carry all your essentials. Naata Travel & Adventures provides their trekkers with a trekking bag, t-shirt, and trekking map which are theirs to take. The other equipment includes a collapsible trekking pole, thermal bottle, and headlamp.

Similarly, carrying a sleeping bag helps you to keep warm during cold temperatures. You can carry power banks, charging cables, adapters, extra batteries, toiletries, wet wipes, and sanitizers.

Personal items

Other than the clothing, equipment, and gear items, trekkers can carry personal items that they require. These include medication, sun protection, sunglasses, snacks, diary, and books.

Frequently Asked Questions By Travellers

Is Annapurna Base Camp Trek for beginners?

Yes, the Annapurna Base Camp Trek is suitable for beginners. It is a moderately difficult trekking route that requires trekkers to have a reasonable fitness level. The trek usually lasts between 7 and 12 days. Similarly, trekkers have to be ready to ascend and descend on varied terrains.

Do I need permits for the Annapurna Base Camp Trek?

Yes, you will need permits for the Annapurna Base Camp Trek. Trekkers will require TIMS card (Trekkers Information Management System) and Annapurna Conservation Area Permit (ACAP). You can get these permits from either Kathmandu or Pokhara.

What is the best time for the trek?

The best time for the trek is from March to May and September to November. During these times, the weather and climate are favorable. The sky is clear, and the surroundings are excellently visible. The trail is well-defined, and there is a low chance of rainfall.

Is the Annapurna Base Camp Trek crowded?

The Annapurna Base Camp Trek is crowded in spring and autumn. ABC trek is known for its popularity and attracts many trekkers, particularly during peak seasons. If you want to avoid the crowd, trek in the shoulder season. You can travel in early spring and late autumn when the weather is still favorable but less crowded.

What accommodations are available during the trek?

There are plenty of tea houses, lodges, guest houses, and homestays along the Annapurna Base Camp route. These accommodations provide basic facilities and limited amenities. Usually, they offer rooms on a twin-sharing basis, shared bathrooms, and communal dining space.

Is there a risk of altitude sickness?

Yes, there is a risk of altitude sickness in the Annapurna Base Camp trek, as it is 4,130 meters above sea level. Therefore, acclimatization is essential during the trek. Enough hydration and good rest also help minimize altitude sickness.

Do I need a sleeping bag for Annapurna Base Camp Trek?

If you are considering camping, you must carry a sleeping bag for the Annapurna Base Camp Trek. The temperature can be cold at night. However, plenty of budget-friendly accommodations are available at the Annapurna Base Camp Trek. These accommodations provide beds and blankets.

Do I need to hire a porter for the Annapurna Base Camp Trek?

For a comfortable and baggage-free trekking experience, you must hire a porter for the Annapurna Base

Camp Trek. Despite being moderately difficult, the trek is physically demanding. Climbing at higher elevations with a heavy backpack can add to the strain and lead to injury.

Is the Annapurna Base Camp Trek route safe for solo trekkers?

The Annapurna Base Camp route is safe for solo trekkers. It is a popular destination with well-defined trails. However, trekkers must be cautious and carry proper equipment and gear for a secure experience. Hiring an experienced guide helps to ensure safety.

Does it snow at Annapurna Base Camp?

Yes, it does snow at Annapurna Base Camp. During the early spring, trekkers may find some snow at higher elevations. In the winter season, from December to February, the temperature is cold, and there is more snowfall.

Are there age restrictions for Annapurna Base Camp Trek?

No, there are no age restrictions for Annapurna Base Camp Trek. As a result, trekkers with physical fitness can make the trek. However, minors (ages below 18) will need their parents' consent.

How long does it take to get to Annapurna Base Camp from Pokhara?

The duration of the trek to Annapurna Base Camp from Pokhara depends on factors such as the routes taken, itinerary, trail conditions, and the trekker's pace. It may take 5 to 9 days or less.

Is Wi-Fi or Internet available along the Annapurna Base Camp route?

Yes, Wi-Fi or internet is available along the Annapurna Base Camp route. However, as you reach higher elevations, most accommodations charge extra connectivity fees. Also, the connectivity can be slow and not suitable for data-intensive tasks.

Are hot showers available during the Annapurna Base Camp Trek?

There are hot showers available during the Annapurna Base Camp Trek. However, the availability can vary from one accommodation to another as you ascend to higher elevations. Similarly, trekkers may have to pay extra for the hot showers.

Are there ATMs, banks, or money exchanges available along the Annapurna Base Camp route?

Pokhara is the last major city with ATMs, banks, or money exchanges. From then onwards, these services are not available. Almost all places along the Annapurna Base Camp route prefer cash as the payment method, so make sure to exchange enough [Nepali rupees](#) before you start the journey.

Address

Naata Travel and Adventures Pvt. Ltd.

Kathmandu, Nepal