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Annapurna Sanctuary Base Camp Trek

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

Duration

14 Days

Per Person Cost

USD 1149

Difficulty

Moderate

Group Size

2-16

Maximum Elevation

4130 meters

Accommodation

3-star hotel in Kathmandu and Pokhara, tea houses during the trek

arrival_on

Kathmandu

Meals

Breakfast in Kathmandu and all meals during the trek

Departure

Kathmandu

Trip Route

Nepal

Trek Highlights

Set off on an adventurous journey to the enchanting Annapurna Sanctuary.

Traverse within the Annapurna Conservation Area while witnessing the diverse flora and fauna.

Trek through the dense forests of rhododendrons, oaks, conifers, and alpine meadows.

Watch the breathtaking sunrise amidst mountains from the Poon Hill View Point (3210m)

Pass by charming Gurung villages, monasteries, rivers, suspension bridges, gorges, and waterfalls.

Witness the grand mountain panoramas of Annapurna I, Annapurna South, Annapurna II, Dhaulagiri, and many other surrounding peaks.

Experience the local hospitality and immerse in the rich culture.

Trip Overview

Annapurna Sanctuary trek, also known as [Annapurna Base Camp trek](#), is the classic and go-to choice for Himalaya lovers. To reach the foot of the majestic Mt. Annapurna (8091m), the trek embarks on one of the best trails in Nepal. Annapurna Sanctuary trek is a glorious journey on foot to the South Face of Annapurna I. It is a picturesque hike through the charming and traditional Magar and Gurung villages and their quiet culture.

The journey to the Annapurna Sanctuary starts from Pokhara and is a one-hour drive to Phedi. While trekking through this famous trail, you will be treated to the serene experience of hiking through terraced fields, bamboo forests, and alpine forests. The wide variety of Himalayan flora and fauna is one of the best parts of this trip. The region is also home to one of Nepal's most extensive rhododendron forests. The hike will take you through terrain like forest pathways, glacial moraine, and shimmering lakes. It is a journey unlike anywhere else in the world.

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 playing card 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. We can enjoy Nepalese cuisine during dinner, which introduces us to the country's food culture.

Accommodation

3-star hotel

Meals:

Dinner

Altitude:

1350 meters

Day : Kathmandu Sightseeing

We will have a pre-trip meeting after breakfast, during which you will be introduced to your guide. During the meeting, you can provide yourself with any queries regarding the trip.

We visit Boudhanath Stupa, one of the most prominent Buddhist shrines in the world, where we observe Buddhist monks praying in the monasteries surrounding the stupa. After Boudhanath Stupa, we visit Pashupatinath Temple, the most famous Hindu temple in the country. It is located on the banks of the holy Bagmati River.

Here, we see Hindu holy men (sadhus) meditating, pilgrims bathing, and occasionally, funeral pyres burning on the ghats. We will also visit Bhaktapur Durbar Square, a collection of pagoda and

shikhara-style temples grouped around a fifty-five-window palace of brick and wood. The attractions of the Bhaktapur Durbar Square are the Lion Gate, the Golden Gate, the Palace of Fifty-Five Windows, art galleries, and the Statue of King Bhupatindra Malla.

Accommodation

3-star hotel

Meals:

Breakfast and Dinner

Altitude:

1400 meters

Day 197km, 6 hours: Drive to Pokhara

We start our drive early in the morning, which is a rewarding sight as rivers and views of green rolling hills accompany us. After 6-7 hours, we reach Pokhara. We have the rest of the day to ourselves in Pokhara and can enjoy the sunset in Phewa Lake.

Accommodation

3-star hotel

Meals:

Breakfast, lunch and dinner

Altitude:

800 meters

Day : Drive to Hile and Trek to Ulleri

We embark on our journey with a 3-hour drive to Hile, where we start our trek. We rest for a while; then, we will start our trek to Ulleri, a large Magar village. The walk today is relatively brief by trekking standards, but it gives us a day to get into the grips of trekking in Nepal.

Time:

5-6 hours

Accommodation

Tea house

Meals:

Breakfast, lunch and dinner

Altitude:

2020 meters

Day : Trek to Ghorepani

Our day starts from Ulleri, and the trail gently ascends from this point and takes us through rhododendron forests and towards Banthanti. The trail takes us through Oak and Rhododendron forests. We then pass from Nangethanti, a small village, and after an hour-long walk from there, we reach Ghorepani, a fantastic place to spend the night.

Time:

6-7 hours

Accommodation

Tea house

Meals:

Breakfast, lunch and dinner

Altitude:

2840 meters

Day : Hike up to Poonhill and trek to Tadapani.

We start the hike 'before the crack of the dawn' to Poon Hill, which stands at an elevation of 3210m. The sunrise is a treat for your eyes. We spent some time there and had breakfast on the way back to Ghorepani. We then climb along the ridges, passing by pine and rhododendron forests, and reach a village called Deurali. Then we descend further and turn till we reach Tadapani.

Time:

4-5 hours

Accommodation

Tea house

Meals:

Breakfast, lunch and dinner

Altitude:

3210 meters

Day : Trek to Chomrong

Today, we start our steep descent through the continuous rhododendron forest and reach Gurjung, a small village for the Gurung people. Trek today is easy, and we reach Chomrong after a moderate walk.

Time:

5-6 hours

Accommodation

Tea house

Meals:

Breakfast, lunch and dinner

Altitude:

2140 meters

Day : Trek to Himalaya hotel

We start our trek through Chomrong Khola and continue our climb towards a former Annapurna Conservation Area checkpoint. Further, we walk through bamboo and rhododendron forests to the Himalaya Hotel.

Time:

5-6 hours

Accommodation

Tea house

Meals:

Breakfast, lunch and dinner

Altitude:

2950 meters

Day : Trek to Annapurna base camp

We take off our trek through the Deurali and Machhapuchre base camp, which isn't technically a base camp, considering expeditions on Machhapuchre are not permitted. This place is also known as Annapurna Sanctuary, given that mountains surround it. We will reach Annapurna base camp after a two-hour hike from Machhapuchre base camp, where you will enjoy picturesque mountains at a staggering

4130 meters.

Time:

6-7 hours

Accommodation

Tea house

Meals:

Breakfast, lunch and dinner

Altitude:

4130 meters

Day : Trek to Bamboo

From Annapurna Base Camp, our trail descends rapidly through Machhapuchre base camp, Deurali, Himalaya Hotel, and Doban, and finally reach Bamboo through the banks of Modi Khola, where there are few tea houses and lodges available for stay. We spend the night there. The trek back is downhill, which makes the walk relaxing.

Time:

5-6 hours

Accommodation

Tea house

Meals:

Breakfast, lunch and dinner

Altitude:

2345 meters

Day 42 kilometers, 1 hour: Trek to Jhinu

The downhill trail from bamboo is courted by bamboo and rhododendron forests, from where the trail is a steep one to Jhinu. You can also relax and have a natural hot spring bath in Jhinu, which isn't less than a spa.

Time:

4-5 hours

Accommodation

Tea house

Meals:

Breakfast, lunch and dinner

Day 42 kilometers: Trek to Nayapul and drive back to Pokhara

On the last day of our trek, we hike back to Nayapul, followed by a short drive back to Pokhara. We have plenty of time to relax and shop on the lakeside today.

Time:

2-3 hours

Accommodation

3-star hotel

Meals:

Breakfast, lunch and dinner

Day 6-7 hours: Drive to Kathmandu

We will start our 6-7 hour drive to Kathmandu in the morning, and you will be escorted to our hotel upon arrival. We will organize a THANK YOU dinner.

Accommodation

3-star hotel

Meals:

Breakfast, lunch and dinner

Altitude:

1350 meters

Day : Departure

Our trip concludes today, and an airport representative from Naata Trek and Tours will escort you to the international airport 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
- Guided city tour of Kathmandu in a private vehicle
- Entrance fees for sightseeing
- An experienced, English speaking and government-licensed trek leader and assistant trek leader (4 trekkers: 1 assistant guide)
- Porter service (2 trekkers: 1 porter)
- Staff costs including salary, insurance, equipment, food and accommodation
- Down jacket and sleeping bag (to be returned after trip completion)
- Naata Travel & Adventures's trekking bag, t-shirt and trekking map (which are yours to take)
- All necessary paperwork and trekking permits (ACAP, TIMS)
- 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

Route Annapurna Sanctuary Base Camp Trek

Our Annapurna Sanctuary Base Camp Trek begins with a 7-hour drive from [Kathmandu to Pokhara](#). An alternative to the drive is a 30-minute short flight. Then, we will take a three-hour drive from Pokhara to Hile, our starting point for the trek. We will gradually begin climbing past small villages and terrace farms towards the large Magar village of Ulleri.

The trail from Ulleri begins to ascend gently through dense forests of rhododendrons. We will pass small villages like Banthanti and Nangethanti along the way to Ghorepani. The Ghorepani village is another beautiful Magar village that offers stunning views of the Annapurna and Dhaulagiri ranges. *The famous Poon Hill vantage point is an hour's hike from the town.* From Ghorepani, we will begin our climb along the ridges into the forest trails towards Tadapani. The charming village of Deurali lies en route.

As we hike through rhododendron forests, our uphill climb gets steeper from Tadapani. *We will reach the picturesque village of Chhomrong, from where we will continue ascending towards the Himalayan Hotel.* Along the way, we will cross the Chomrong Khola and hike through bamboo forest. From here, our uphill climb towards Annapurna Base Camp begins. We will first encounter the Machhapuchre Base Camp, right below Mount Machhapuchre. The Annapurna Sanctuary starts from here.

After a two-hour hike, we will finally reach Annapurna Base Camp. *Massive mountains surround the base camp, and you can enjoy stunning sunrise and sunset views amidst the spectacular views of glistening snow-capped mountains.* You can see the peaks of Annapurna ranges, Dhaulagiri, Machhapuchre, Hiunchuli, and more. Descending from the base camp is more effortless than ascending. We will trek down to Bamboo Village and then to Jhinu Danda. There is a natural hot spring at Jhinu Danda where you can dip and relax your sore muscles. Then, we will descend to Nayapul, where we will drive back to Pokhara and then back to Kathmandu.

Difficulty of Annapurna Sanctuary Base Camp Trek

Annapurna Sanctuary Base Camp Trek is among the moderately challenging treks that require good health and fitness. The trek is suitable for experienced or beginner trekkers and has no age restriction. It is more straightforward than other popular treks like [Everest Base Camp Trek](#) or [Annapurna Circuit Trek](#). One of the factors that makes this trek difficult is its physically demanding trails. Trekkers have to climb on steep and narrow paths while climbing up and down on varied terrains. The paths are uneven, rocky, and rough, getting more challenging as you ascend to higher elevations.

The high altitude is also a challenge for trekkers, especially beginners. It can cause altitude sickness without proper preparation and acclimatization. The region lacks adequate infrastructure, and

accommodations are only basic. Aside from the physical challenges, the trek is also mentally demanding. Hence, trekkers must make sufficient preparations for the trek. Undertaking exercises and training, researching the routes, and setting realistic expectations can help trekkers overcome the difficulty of the Annapurna Sanctuary Base Camp Trek.

Best Time For Annapurna Sanctuary Base Camp Trek

The Annapurna Sanctuary Base Camp Trek is doable all year round. But spring and autumn have the best weather and climate for the best trekking experience. The trek is possible during summer and winter, but the harsh weather makes it more challenging. Take a look at a brief about each season and its weather conditions:

Spring (March to May)

The warm weather and clear spring skies make it one of the best times for trekking and touring in Nepal. The temperature is moderate, and the average temperature at the Annapurna Base Camp is between 8 and 0 degrees Celsius. Spring is a dry season, as there is minimal rainfall.

Trekkers can enjoy the beautiful scenery and mountain views without any obstructions. Moreover, the rhododendron forests all over the country are in full bloom. Trek through these enchanting, blooming forests while breathing the fresh mountain and spring air.

Summer (June To August)

The summer season is characterized by hot and humid weather with heavy rainfall. With summer, the monsoon season also enters the country. Hence, most hilly areas of Nepal receive a lot of rain. It causes the trails to get wet, muddy, and slippery. There is also an increased risk of landslides, mudslides, and floods.

Similarly, heavy rain clouds can obstruct the view and scenery. Summer is not ideal for trekking due to heavy rain and slippery trails. The average daytime temperature is 10 to 23 degrees Celsius, while the nighttime temperature is 5 to 10 degrees Celsius.

Autumn (September to November)

The rainfall slowly ceases as the autumn season begins. There can be a little rain during early autumn, but the weather gradually dries as the season progresses. Autumn is marked by crisp air, clear weather, and mild temperatures. The rainfall from the prior month leaves the landscapes and vegetation vibrant and fresh.

Moreover, the autumn foliage paints the surroundings red, brown, and orange. Its perfect and comfortable weather and climate make autumn a peak season for trekking. The daytime temperature is between 10 and 23 degrees Celsius, while the nighttime temperature is 5 to 10 degrees Celsius.

Winter (December to February)

As the winter season the temperature gradually begins to drop as the winter season begins. The daylight becomes shorter, and it starts to become chilly. There is warm sunlight during the daytime, but the temperature plunges at night and in the morning. There are heavy snowfalls and blizzards at higher

altitudes. It increases the risk of avalanches and blockage of mountain passes.

The temperature at the Annapurna Base Camp can drop below -10 degrees Celsius, while the daytime temperature is around 6 degrees Celsius. However, trekking in winter offers a unique perspective of the landscapes. Trekkers can enjoy the grand view of the majestic mountain vistas and snow-covered landscapes. Many experienced trekkers prefer winter for a thrilling experience.

Document & Paperwork For Annapurna Sanctuary Base Camp Trek

Visa

All foreigners except for Indian nationals must obtain Nepal visas for trekking and touring in Nepal. Hence, those wanting to take the Annapurna Sanctuary Base Camp Trek must first have a valid visa. Travelers can get the visa on arrival at the Tribhuvan International Airport, Kathmandu. Those traveling on land can get their visas at the immigration office at the border checkpost. For the visa, travelers must have at least six months remaining on the passport. The visa fee can vary depending on the duration of your stay. They are as follows:

- 15 days: USD 30
- 30 days: USD 50
- 90 days: USD 125

Travel Insurance

Travel insurance is mandatory for high-altitude treks like the Annapurna Sanctuary Base Camp Trek. All trekkers must have insurance that covers altitudes above 4000 meters, medical expenses, including altitude-related sickness, emergency expenses such as helicopter rescue and evacuation, luggage loss/damage, and trip postponement/ cancellation.

Trekkers must provide insurance to their trekking agency before they venture. The agency will use your travel insurance to provide immediate support in emergencies or other cases.

Permits

The Annapurna Sanctuary Base Camp Trek requires the following licenses:

TIMS Card

The Trekkers Information Management System card, or TIMS card, is mandatory for trekking in almost all regions of Nepal. It registers the personal details, emergency contact number, trek itinerary, and trek details of trekkers, which is crucial to ensure their safety. It is especially vital to search for the whereabouts of the trekkers during natural disasters and calamities.

The TIMS card fees are as follows:

- SAARC nationals (Individual): NPR 600
- SAARC nationals (Group): NPR 300
- Non-SAARC nationals (Individual): NPR 1000

- Non-SAARC nationals (Group): NPR 2000

ACAP

The Annapurna Sanctuary Base Camp Trek routes fall within the Annapurna Conservation Area. The area protects numerous flora and fauna, including rare and endangered species, and the region's cultural sites and heritage. Hence, trekkers must obtain a permit to access the area.

The fees for ACAP are as follows:

- SAARC nationals: NPR 1000
- Non-SAARC nationals: NPR 3000

Frequently Asked Questions

How difficult is the Annapurna Sanctuary Base Camp Trek?

The Annapurna Sanctuary Base Camp Trek is a moderately tricky journey. The trails consist of steep ascends and descends, narrow pathways, and varied terrain. On average, trekkers must walk on these uneven trails for 5 to 6 hours.

Is hiring a guide necessary for the Annapurna Sanctuary Base Camp Trek?

Yes, you must hire an Annapurna Sanctuary Base Camp Trek guide. The government of Nepal has made it mandatory to hire a guide for trekking in Nepal. The guide helps to ensure your safety during the trek. They also help to enhance your trek with valuable insights and support.

What accommodations are available during the Annapurna Sanctuary Base Camp Trek?

There are primarily teahouses, lodges, guest houses, and homestays along the Annapurna Sanctuary Base Camp Trek routes. These offer basic services and limited amenities. You must pay extra fees for hot water/ shower, internet, charging, etc.

Is there a risk of altitude sickness during Annapurna Sanctuary Base Camp Trek?

The Annapurna Sanctuary Base Camp Trek takes you to an altitude of 4,130 above sea level, so there is a risk of altitude sickness. The high altitude and lack of oxygen expose trekkers to symptoms of altitude sickness. Hence, it is crucial to acclimatize during the trek.

Are ATM facilities available along the Annapurna Sanctuary Base Camp Trek route?

No ATM facilities are available along the Annapurna Sanctuary Base Camp Trek route, and Pokhara is the last place you will find one before the trek. Thus, we recommend that trekkers exchange sufficient cash for the journey.

Address

Naata Travel and Adventures Pvt. Ltd.

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