

# Annapurna Base Camp Information and itinerary

The Annapurna Base Camp sits in a natural amphitheatre of snow and ice.



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Base Camp at dawn

# Introduction

The Annapurna Base Camp is at the heart of the Annapurna Region, indeed if you trekked the Annapurna Circuit, you would circumnavigate the Base Camp without actually setting eyes on it.

At 4130m, it is tucked in a bowl of snow and ice created by the mighty Annapurna Peaks themselves.

To trek to it, you must first reach Chomrung in the lower Annapurna Region. This village is deceptively large and perched on the hillside overlooking the entrance to the steep gully that leads up to the Base Camp as if to guard it! The ascent is a good 3 days.

Departing Kathmandu early in the morning, this journey really begins with a drive through the Nepalese countryside, briefly touching Pokhara on your way to Phedi, the start point of your trek.

The 2—3 hr trek to Damphus or Pothana is a gentle introduction to the terrain as you slowly disappear deeper into the hills.

On day 2 of the trek, you will cross the first Pass (Deurali), which brings into view the Modi Khola, a river that sits deep in the valley and emanates all the way from ABC. The extent of the terracing that is dug into the hillsides becomes very apparent; it is enormous. You will trek through Landruk and onto Jinhu for your overnight stop.

By now you will have seen and appreciated that this region exists naturally; the local people would live here regardless if trekkers came through or not. This is the real Nepal; self sufficient in a totally rural and unspoilt land.

From Jinhu, you will ascend through Chomrung and then to Sinuwa, which represents the Gateway to the ABC gully.

It takes 3 days from here to reach ABC. There are numerous combinations of places to stay dependent of several factors. The 1000m+ ascent is slow but an enjoyable climb through variable terrain including bamboo and rhododendrons.

You will be staying at ABC. You will spend as much time here as you need soaking up the uniquely silent atmosphere as you gaze at the famous Peaks that surround you.

Within two more days you will have descended out of and said goodbye to the Modi Khola, trekking to Chomrung.

From here the terrain changes as you make your way to Tadapani. This little village sits in a Pass and is engulfed by rhododendrons. Pass through here in April or early May and they will be in full bloom. These forests are also home to many wild colonies of Grey Monkey.

Beyond Tadapani, the forest continues for over 5 hours all the way to Ghorepani, gateway to Poon Hill, which is a photographers dream at sunrise.

This prominent point overlooks two major mountain ranges: the Annapurna Massif and the Dhaulagiri range.

Ghorepani is quite a large, Gurung dominated village with several trekking routes passing through it. It is a good place to meet many others and talk about their experiences over a beer!

After your dawn excursion to Poon Hill, it's breakfast back at the Lodge before embarking on your final two days of trekking, which firstly takes you down to Ulleri situated on a very steep bank in the mountainside. Midday on the final day, you will exit the area at the roadside village of Naya Pul to catch your road transport to Pokhara (90 mins).

Pokhara is an excellent place to unwind for the afternoon and evening.

Your 30 min flight the following day will take you back to Kathmandu, an overnight there before you depart for home.

## Details

Duration:  
17 days UK - UK

Min/Max pers: 2/12

Max altitude:  
4130m/13,550ft

Accommodation on trek:  
tea houses (no camping)

Dates: See website

Cost: £990

Our trips formally begin and end in Kathmandu

## When to go

In general terms:

Mar – May  
Sep – Nov

Although it is possible to trek throughout the year. Ask for details.

Travel and Trek is a truly independent company specializing in adventure trekking and touring. We pride ourselves on the personal touch and whether you are travelling solo or in a big group, we can adjust itineraries to suit you.

## Important information

### Costs

Costs are based on 2 people sharing and are per person (singles see below)

### Fully Bonded

Your money is safe. We are protected by Insurance Passenger Protection (IPP), which protects YOU against OUR insolvency.



### Trek Dossier

On booking, you will receive a comprehensive Trek Dossier, which includes:

- Clothing and equipment list
- Medical notes (including vaccination requirements)
- Notes on trekking at high altitude
- Money saving tips for buying kit in Nepal
- What to do on arrival in Nepal
- Visa application form (including what to do)
- Food, money, and more...

### Airport arrivals

We pick you up on arrival and transfer you back on departure.

### Passports

Passports should be valid for a minimum period of 6 months on the date on entry into Nepal (source: Nepal Embassy, UK)

### Tourist Visa

A tourist visa is required for UK Nationals. This can be done on entry into Nepal or prior to departure. Full details provided on booking including the visa application form if required.

### Itineraries

Day 1 of your itinerary is deemed to be your departure day from the UK.

### Hotel Accommodation

Our hotels are of 3\* standard with very friendly staff to attend to your every need. Our costs are based on a B&B basis, twin share. All rooms are en suite. If you wish to use a higher grade hotel, then please ask us for details.

### Accommodation on Trek

Your accommodation will be in tea houses on a B&B, twin share basis.

### Singles

Travel and Trek does not believe in penalising single travellers unnecessarily. If you are a single traveller and do not request sole occupancy of a room, you will be accommodated with another member of the group of the same sex. If there is an odd number travelling and you happen to be the odd one out then you will be allocated sole occupancy at no extra cost. If you do request sole occupancy throughout all or part of the trip,

then you will be charged a supplement (see costs).

### Extended Stays

You are free to extend your stay in Nepal with extra days before or after the trek. Travel and Trek can assist you with accommodation if you wish or you are free to make your own arrangements.

### Our Guides

Our Nepalese Guides are all qualified, licenced, English speaking with a wealth of experience and knowledgeable.

### Fitness

The perception that you have to be super fit to reach ABC or even trek in the area is not true. A reasonable level of fitness based on the ability to walk at your own comfortable pace for 6 - 7 hrs a day (with rest stops), for several consecutive days carrying a day sack weighing approx 5kg is all that is required. If you are in any doubt about whether you are fit enough, please consult Travel and Trek prior to booking.

### Clothing and equipment

This information is part of the Trek Dossier and is provided on booking.

### Medical/Vaccinations

You are advised to consult your GP if you are in any doubt about your physical condition to undertake your chosen trek. Whilst we do provide information on vaccinations, you should also seek professional advice on what vaccinations you require for Nepal and other locations should you have an extended trip. For planning purposes you should need: Hep A, Typhoid, Tetanus, Polio and Meningitis.

Continued overleaf...

### Expert Help

If you have any queries in the planning stage of your trip, call our experts on 01476 562763 or 07725 943108

### Altitude Sickness

Formally known as Acute Mountain Sickness (AMS), Travel and Trek has produced a 'Guide to Trekking at High Altitude', which can be downloaded from the website. If you wish to discuss it personally, please call the Travel and Trek office; our experienced staff will be happy to answer any questions that you may have.

### Local Payments

Travel and Trek does not charge any local payments.

### Travel Insurance

It is absolutely vital that you have adequate travel insurance. See separate page.

### How To Book

- Complete the booking form (downloadable from the website) and return it with a deposit of £150 pp.
- Booking forms can be completed electronically and returned as an attachment to an e-mail.
- Details of payment options are on the booking form.
- Balance payments are due 10 weeks prior to departure.



## Trip inclusions and exclusions



### Inclusions

- Return international airport transfers
- Hotel accommodation in Kathmandu, total 3 nights on a twin share, B&B basis
- Hotel accommodation in Pokhara, total 1 night on a twin share, B&B basis
- Lodged accommodation throughout the trek, including breakfasts
- Domestic flight Pokhara to Kathmandu
- Transfers for domestic flights
- Annapurna entry permitw, TIMS certificate (compulsory for all trekking in Nepal)
- Services of an English speaking Nepalese Guide throughout the trek
- Porterage
- Comprehensive Trip Dossier and other associated documentation

### Exclusions

- International flights
- Domestic airport departure taxes (approx £2 one way)
- Nepal Tourist visa
- Personal spending
- Staff gratuities, advice will be given
- Personal travel insurance
- Food, except breakfasts

# Itinerary

1

## Depart UK

Our trips formally begin and end in Kathmandu but we can assist you with advice on the best flight routings for your circumstances if you require it.

2

## Arrive Kathmandu

You will be collected by our Representative and transferred to the hotel (25 mins), which is perfectly placed in the heart of the city. You are then free to settle in and explore your vibrant surroundings. Our friendly staff are on hand to provide any advice or assistance.

3

## Free Day

Meet your trekking Guide for a brief and timings for tomorrow

Final preparations for trek

Pre-arranged cultural tour of Kathmandu (optional), with exclusive transport and Guide or choose to roam as you please.

4

## Drive to Pokhara and then Phedi, trek to Pothana

An early start to get you into Pokhara and then onto the start of the trek in a reasonable time. You will easily make Damphus and possible Pothana today.

5 - 6

## Trek Pothana - Jinhu - Sinuwa

Meander through the foothills, over the first Pass and get your first sight of the Modi Khola. It is the very deep valley that eventually leads up to the Base Camp.

You will pass through many villages but Landruk will be your first main one. You may have lunch here; great views.

You will continue across the river and up a steep path to your overnight stop at Jinhu.

Day 6 begins with a steep ascent up to the village of Chomrung before a long descent back down to the river.

Another ascent gets you to Sinuwa and the beginning of the gully up to ABC.

7 - 8 - 9

## Trek Bamboo - Duerali - ABC (4130m)

There are a number of combinations of villages that you can stay at en route to ABC but ultimately you will end up in ABC on the 3rd night of ascent (day 9).

The gully is long and can be quite demanding at times.

ABC is a lovely place to stay and allows you to take in your beautiful surroundings.

10 - 11

## Trek Doban - Chomrung

Be sure to get up too see the sunrise hit the mountain tops.

There are numerous places around that you can choose to sit and watch it.

Enjoy your breakfast before you begin the descent initially to Doban (overnight) and then all the way down to Chomrung.

After the high altitude, it will feel much warmer down here!

12 - 13

## Trek Chomrung - Tadapani - Ghorepani (2900m)

The next two days is in complete contrast to ABC.

A nice 5hr day will get you to the beautiful village of Tadapani situated right in the middle of the rhododendron forest. Watch out for the colonies of monkeys as you go through the forest.

The following day, you will continue through the forest, slowly ascending until you eventually break free of the forest and see the blue tops of the houses in Ghorepani. You will also be able to see Poon Hill.

A final 40 min descent takes you to the village.

14 - 15

Trek Ghorepani - Ulleri - Naya Pul, transfer to Pokhara

It's a pre-dawn start to get you up to Poon Hill (3200m) for the sunrise. It is a fabulous photographic opportunity as both the Annapurna and Dhaulagari ranges are in full view.

After you have returned to Ghorepani for breakfast, you will begin the descent towards Ulleri and perhaps beyond.

Your final day's trek will be fairly short to Naya Pul followed by a road transfer to Pokhara.

It's time to relax, have a good shower and generally unwind.

Pokhara is a lovely lake side town and perfect for a post trek rest.

16

Pokhara, transfer to Kathmandu

Have a relaxing breakfast before the 30 min flight back to Kathmandu.

You will be picked up from the domestic terminal and transferred to your hotel.

The rest of the day is yours to do as you wish. You may shop or catch on some sightseeing you may have missed first time around.

17

Depart Kathmandu

Depending on your international flight arrangements, you will be transferred to the international airport for your flight home.

Why not extend your stay in Pokhara?

Pokhara is a vibrant lake side town and very different to Kathmandu.

For the more adventurous, there are opportunities to Paraglide, microlite, mountain bike, paddle out on the lake itself or simply chill out in one of the many road side cafes and bars.

We use the excellent 4\* hotel Barahi (it has a lovely swimming pool), which is just a few minutes from the centre of Pokhara.

Additional nights costs just £55 per room on a twin share, B&B basis.

# Travel Insurance

It is absolutely essential that you have adequate travel insurance. Be truthful to your insurance company about precisely what activities you are undertaking and to what altitude (max). Failure to do that may invalidate your policy.

To fly a patient back to the UK under any form of medical supervision (ie on a stretcher) is estimated to cost well in excess of £10,000.

In terms of activities for insurance purposes, you are trekking not climbing. Unless your trek specifically states that it does, your trek does not involve any form of specialist safety or climbing equipment.

This Foreign & Commonwealth Office link is a useful reference and recommended read:  
<http://www.fco.gov.uk/en/travelling-and-living-overseas/staying-safe/travel-insurance/>

## So What Happens If I Have An Accident?

If you have an accident that requires professional medical help, the first priority is to get you to the nearest medical station (provided that you can be moved). Your Guide and his staff will do this as quickly as possible. You will be carried if necessary. There are a number of medical stations scattered in the region; they are manned by volunteer professional doctors and the provisions (drugs, etc..) are generally funded by donations. Expect to pay a fee if you need to see a doctor (approx US\$50) and more if you are provided with any drugs.

If they can provide sufficient assistance to get you trekking again, they will.

Any serious injury that requires further medical assistance outside the scope of the mountain medical stations will probably need the involvement of your travel insurance company. Someone will be required to call your travel insurance company and inform them of the situation if you are unable to do so yourself; the insurance company should do the rest. Many tea houses and all medical stations will have satphones to enable that call to be made (for which you would be expected to pay).

### Note

If you require a helicopter and do not have insurance or cannot pay with a credit card on the spot the helicopters will not take off from Kathmandu or Pokhara.

## A Little Preparation May Save Your Life

Some insurance companies provide a very handy credit card sized card with all of their contact details on it. If your company does not, then try using this very handy website [Ucardit.co.uk](http://Ucardit.co.uk). Travel and Trek clients get a 10% discount.

For about £5 (including P&P), you get a virtually indestructible credit card sized card with all of your important information on it. You can either use one of three pre-designed Travel and Trek cards or design your own. An example is shown below. You can literally put whatever you want on it from flight details, mobile numbers, addresses, insurance details, etc...

To try it, go to the Home page, click 'Travel'. Then scroll down, bottom left, click on the 'Travel and Trek' banner and either use a branded template or design your own. These are example cards from the website (not full size).

