



Annapurna Foothills

Treks & Expedition Pvt.Ltd.

Government Registration No: 52988/064/965| Tourism License No. 956/065

Annapurna Base Camp Short Trekking 7 Days

Trip Facts

Trip Cost	USD 595 P/P
Group Size above	2 Trekkers
Single Supplement	\$ 100
Max Elevation	4130m
Trekking Grade	Moderate
Trip duration	7 Days
Trekking Type	6 Nights Lodge
Breakfast	6
Lunch	6
Dinner	6
Accommodation	6 night tea house



Highlights:

- Typical Gurung village and culture in Ghandruk, the home to many of the famous of Gurkha soldiers
- Fishtail (Machhapuchhre) Base Camp
- Spectacular mountains & glacier view from Annapurna Base Camp
- Natural hot spring at Jhinudanda
- Cultural interaction at every village
- Accommodation during trek ; local lodges 6 night (6 breakfasts, 6 lunches, 6 dinners, tea, coffee and twin-share rooms with beds with comfortable foam mattress and pillows included)



www.annapurnafoothills.com | Email: info@annapurnafoothills.com

Telephone No.: +977 1 4002200 | Cell No.: +977 9841579429 | www.facebook.com/AnnapurnaFoothills



Annapurna Foothills

Treks & Expedition Pvt.Ltd.

Government Registration No: 52988/064/965| Tourism License No. 956/065

Detailed Itinerary

Day 01: Drive Pokhara to Kande 1 hour, Trek to Tolka, 1790m/5,872ft

After Breakfast drive to Kande takes 1 hour, then after the ascent to the Australian Camp (a camping ground in the forest made by some Australians), From here you will get your first outstanding view of Mt. Machhapuchre and Annapurna South. The trail ascends upward for an hour through the dense forests of Rhododendron and orchids to the Deurali pass, 2160m, from where we descend gradually for another an hour to reach Ghatte Khola, We continue downhill to Tolka. Overnight stay at lodge. **Meal included: (L, D)**

Day 2 : Trek to Chomrong, 1960m/6,430ft

We forward to Landruk a typical Gurung village. The trail starts out fairly level up to New Bridge, but after crossing the river the trail starts to ascend steeply 500m through a bamboo forest until it joins with the trail from Ghandruk. From here it is a fairly short walk to Chomrong, another village where you will get spectacular views of Annapurna South and Machhapuchhre. Overnight stay at lodge. **Meal included: (B, L, D)**

Day 03: Trek to Dovan, 2550m/ 8,366ft

A descending stone staircase leads down to the Chhomrung Khola. After crossing the stream, we climb high above the Sinuwa Danda (hill), taking its west face and passing through forests of bamboo, rhododendron and oak. To reach our day's destination we must yet climb up to Kuldi, descend the long, steep, stone staircase and walk through a lovely bamboo forest to Dovan. Overnight stay at lodge **Meal included: (B, L, D)**

Day 04: Trek to Machhapuchre Base Camp, 3700m/ 12,139

Gradually ascending along the valley above the Modi Khola river, we reach the Base Camp of Machhapuchre. It is also known as Fishtail Mountain, and is one of the unclimbed mountains of the Annapurna range, because it is a holy mountain. From Machhapuchhre Base camp we get an amazing view of Annapurna I. Overnight at lodge. **Meal included: (B, L, D)**

Day 05: Hike to Annapurna Base Camp, 4130m/13550 and Descent to Dovan/ Bambo

Wake up early morning; explore the sights of the hidden valley of Annapurna Base Camp, The trail continues as a steady incline through grazing land where you will see sheep herders. The closer we get to Annapurna Base Camp 4130m/13550ft the vegetation will become more sparse, and the surroundings more rocky. This area is called the Annapurna Sanctuary since it is totally surrounded by spectacular mountains. The trek down to Bamboo, following the

www.annapurnafoothills.com | Email: info@annapurnafoothills.com

Telephone No.: +977 1 4002200 | Cell No.: +977 9841579429 | www.facebook.com/AnnapurnaFoothills



Annapurna Foothills

Treks & Expedition Pvt.Ltd.

Government Registration No: 52988/064/965| Tourism License No. 956/065

same trail we went up on. Overnight at lodge. **Meal included: (B, L, D)**

Day 06: Trek to Jhinu Danda, 1780m /5,840ft

A five hour trek down to Jhinu where a hot spring bath is waiting for us. Overnight at lodge. **Meal included: (B, L, D)**

Day 07: Trek to Siwai drive –Pokhara 900m/ 2,956ft

From Jhinu hot springs, we walk at the right side of Modi Khola to Siwai then we drive to Pokhara

Overnight at hotel. **Meal included: (B)**

Trip Cost: USD 595 Per Person - Above 2 Trekkers

Cost Includes

- Accommodation during Trek ; local lodges 6 nights (Full board meals with 6 breakfast, 6 lunch, and 6 dinner)
- English speaking experienced Sherpa guide (Govt. Trained/License Holder).
- One Sherpa guide-assistant if group size is more than 4 Trekkers.
- Porters: One porter for 2 Trekkers basis.
- Trek Staff costs including their salary, insurance, equipment, food and accommodation.
- Personal insurance for Nepalese staff.
- Annapurna Foothill's Duffle bag for Trekking.
- Annapurna Foothill's Tshirt.
- First aid medicine kit.
- Annapurna Conservation Fee, TIMS permits & all required permits or Official Documentation.
- Ground transfers Pokhara-Kande and Siwai- Pokhara
- All government and local taxes.

Cost Excludes

- Your Personal Travel Insurance.
- Nepal Entry Visa Fee.
- Lunch & Dinner in cities - allow \$ 10 to 14 for per meal in Tourist restaurants.
- Accommodation in Kathmandu and Pokhara
- Alcoholic, hot and cold drinks, hot shower, Mineral/ hot water, desserts.
- Tips for guide, porters and driver (customary).

www.annapurnafoothills.com | Email: info@annapurnafoothills.com

Telephone No.: +977 1 4002200 | Cell No.: +977 9841579429 | www.facebook.com/AnnapurnaFoothills



Annapurna Foothills

Treks & Expedition Pvt.Ltd.

Government Registration No: 52988/064/965| Tourism License No. 956/065

TRIP NOTE!!

The Best Time to Visit the Annapurna Base Camp Trek

The best seasons for trekking in the Annapurna region are spring (February to late April) and autumn (late September to late November). Winter trekking is also possible for Ghorepani, Poonhill, Ghandruk, Annapurna Base Camp

Tea Houses on Annapurna Base Camp Trek

Village tea house lodges have plenty of character and good food. The simple rooms usually have two narrow beds. When you stay in the tea houses you will have close contact with the Nepalese people and are directly contributing to the local economy.

Safe Drinking Water on Annapurna Base Camp Trek

We suggest that you drink boiled water or bring chlorine tablets to purify the normal water available in the guest houses along the way. There is a small fee charged for the boiled water. Several guesthouses have Euro-guard filters. Although mineral water is available in most places, there is no provision to dispose of the plastic bottles, so we encourage the guests to do the best they can to protect the environment.

Washing and Toilet Facilities for Annapurna Base Camp Trek

Most lodges offer hot showers, though sometimes hot shower means a bucket of hot water. You can ask your trekking guide about the availability. For ecological reasons please try and limit your use of hot water unless the water is solar-heated. Please note that at higher altitude and in colder seasons there is very little chance to have enough hot water for all the trekkers. If the water is frozen then ask your guide to get warm bowl of water. Every lodge will have some kind of hand washing facility but it is good idea to carry a bar of soap with you.

Toilets are usually Asian squat style and vary in how clean they are. Normally toilets are outside the lodge but now some lodges have attached or indoor toilets. The rubbish bin in the toilet is kept for your used toilet paper.

Re-charging Batteries of Electronic Items on the Trek

You can recharge your digital camera, iPod, batteries etc. with electricity or solar power sources. You may need to buy an adaptor in Kathmandu before the trip since the plugs in Nepal might be different. The lodges charge a small fee per hour for recharging facilities. Nepal uses 220-240 volts to power your appliances. The sockets fit both round and flat plugs.

Spending Money per Day

www.annapurnafoothills.com | Email: info@annapurnafoothills.com

Telephone No.: +977 1 4002200 | Cell No.: +977 9841579429 | www.facebook.com/AnnapurnaFoothills



Annapurna Foothills

Treks & Expedition Pvt.Ltd.

Government Registration No: 52988/064/965| Tourism License No. 956/065

During the Trek we suggest you allocate US\$ 10 – 15 a day although it depends on your spending habits. On the trek, all your meals are included, but you may wish to purchase extras which are not included in your package, such as chocolate bars, Coca Cola or a beer.

Cultural Aspects

The most prominent ethnic groups in the Annapurna region are the Magars, Poonis, and Gurungs. The Gurungs are the most widely dispersed, being found from the hills of Gorkha district to as far West as Palpa.

Travel Insurance for Annapurna Base Camp Trek

It is strongly recommended to be adequately protected when you're travelling in remote areas of the Himalayas. You need specialized travel insurance that covers emergency evacuation, injury, liability and medical treatment. Make sure your insurance covers all the activities that you will be undertaking during your stay in Nepal. Annapurna Foothills Treks and Expedition Pvt. Ltd. always organize the appropriate medical response based on your policy.

Safety

When travelling in secluded regions, uncertainties such as bad weather, health problems and natural disasters require a certain amount of flexibility. While our goal is to follow the itinerary, that is not our first priority; your safety is always our first priority. Annapurna Foothills Treks and Expeditions kindly request your cooperation to accept the decisions and advice of our trusted and experienced guides if they deem it necessary to change or cancel any part of the itinerary due to safety concerns.

CLOTHING AND EQUIPMENT

Head

- 1 Sun hat / Warm hat
- 1 Sunglasses with UV protection
- 1 Flash light / Head lamp

Lower Body

- 2 Under Garments (trousers)
- 2 Lightweight cotton long pants
- 2 Fleece pants (seasonal)
- 1 Waterproof pants

www.annapurnafoothills.com | Email: info@annapurnafoothills.com

Telephone No.: +977 1 4002200 | Cell No.: +977 9841579429 | www.facebook.com/AnnapurnaFoothills



Annapurna Foothills

Treks & Expedition Pvt.Ltd.

Government Registration No: 52988/064/965| Tourism License No. 956/065

5 underwear
1 skirt

Upper Body

3-4 T-shirts
1 Fleece jacket or pullover
1 Fleece Wind-Stopper jacket (optional)
1 Waterproof jacket
1 sweater
1 Down Jacket rated to minus 10-15 degrees

Hands

1 pair Lightweight gloves wool or fleeced

Feet

3 pair Thin inner socks
2 pair Thick, warm wool hiking socks
1 pair Hiking shoes with spare laces
1 pair Running shoes or sandals for evening

Accessories

Down Sleeping bag rated to zero DC
Trekking Bags/Duffel bag
Prescription drugs if you may be taking daily
Daypack bag (30-40L)
Trekking Poles/ sticks
Refillable water bottle - Min 1 Litre
Personal Hygiene
Light weight towel
Tissue /toilet roll
Anti bacterial hands wash
Tooth brush/paste (preferably biodegradable)
Multipurpose soap (preferably biodegradable)
Deodorants
Nail clippers
Face and body moisturizer
Sunscreen and lip balm

www.annapurnafoothills.com | Email: info@annapurnafoothills.com

Telephone No.: +977 1 4002200 | Cell No.: +977 9841579429 | www.facebook.com/AnnapurnaFoothills



Annapurna Foothills

Treks & Expedition Pvt.Ltd.

Government Registration No: 52988/064/965| Tourism License No. 956/065

Small mirror
Wet wipe
Poncho (it is rainy season)

Extras

Reading/writing material
Camera & Binoculars
Protein bars, chocolate, dried fruits, candies and snack foods.

With best regards
Ngima Nuru Sherpa



Annapurna Foothills
Treks & Expedition Pvt.Ltd.

Address: G P O BOX: 8974 C P C 042 Lazimpat 2, Kathmandu Nepal

Phone: +977 1 4002200 | Cell: +977 9841579429

Email: info@annapurnafoothills.com | aftreks@gmail.com

www.annapurnafoothills.com | www.facebook.com/AnnapurnaFoothills

Recommended by: [Trip Advisor](#) | [What our clients Say](#)

GOVERNMENT REGISTRATION NUMBERS:

- » Office of Company Register: 52988/064/065 | » Office of Cottage & Small Industry: 10948/142
- » Tourism Industry Division License No: 956/065 | » Tax Department Regd. No:302898457
- » Nepal National Bank Ref. No. Bi.Bi.Ni.E. (Trekking 914/065) | » Trekking Agents Association of Nepal (TAAN)
- » Nepal Mountaineering Association (NMA)- Associate Membership AM # 662

www.annapurnafoothills.com | Email: info@annapurnafoothills.com

Telephone No.: +977 1 4002200 | Cell No.: +977 9841579429 | www.facebook.com/AnnapurnaFoothills