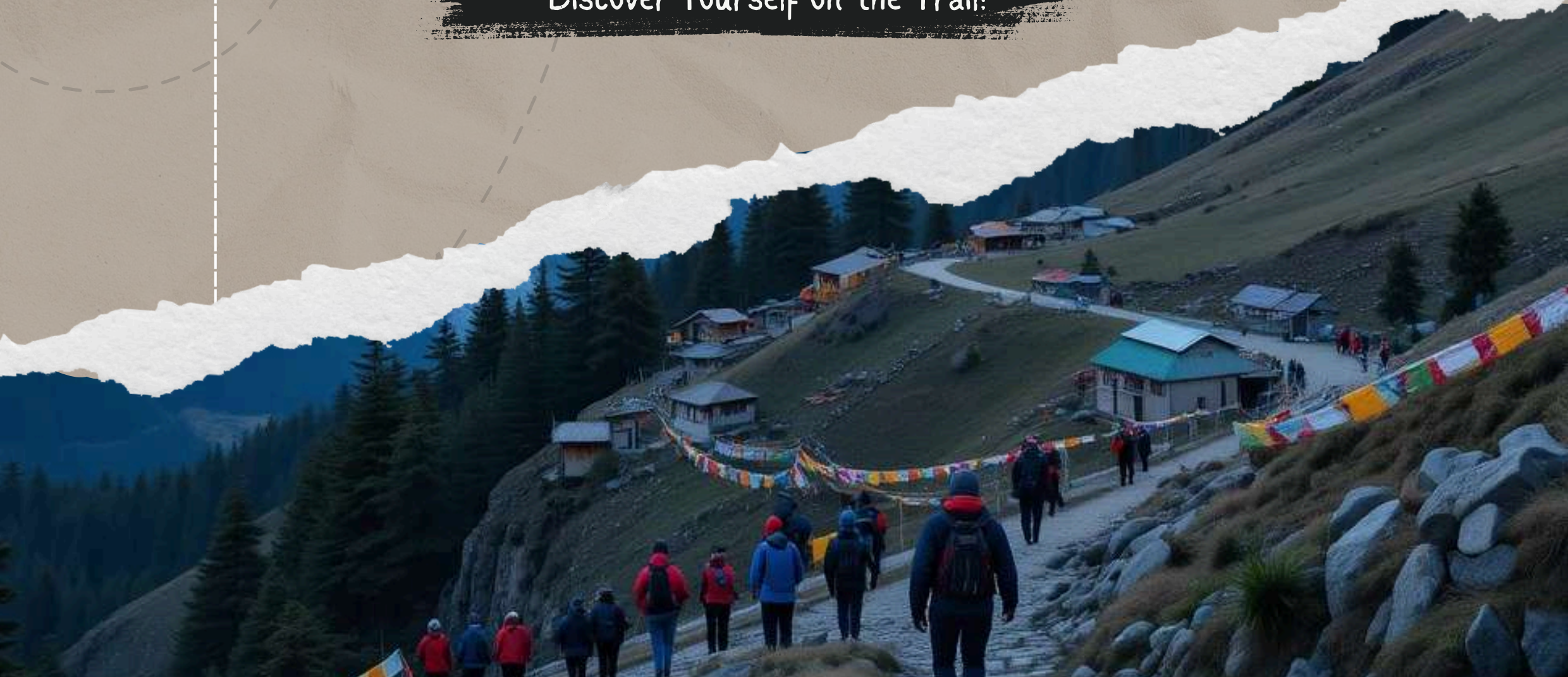


# ANNAPURNA BASE CAMP TREK

Discover Yourself on the Trail!



[www.himalayandaredevils.com](http://www.himalayandaredevils.com)



+91 6398989097



[himalayandaredevils@gmail.com](mailto:himalayandaredevils@gmail.com)





# TREK OVERVIEW



## LOCATION

Nepal, India



## DISTANCE

70 kms



## MAX ALTITUDE

13550 ft



## LAST ATM

Pokhara



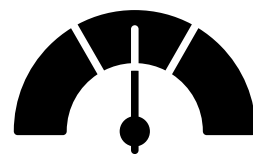
## BEST SEASON

Mid Feb-June and  
Sept-Mid Nov



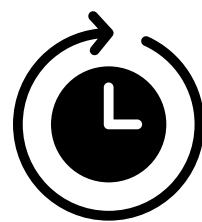
## BASE CAMP

Pokhara



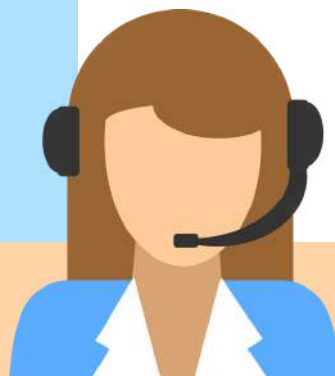
## DIFFICULTY

Moderate



## DURATION

9 Days & 8 Nights



## SERVICE FROM

Pokhara to Pokhara  
Kathmandu to Kathmandu



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# SHORT ITINEARY



## DAY 1

Reach Pokhara from Kathmandu

## DAY 2

Drive from Pokhara to Lower Ghandruk. Trek to Komrong

## DAY 3

Trek from Komrong to Chhomrong

## DAY 4

Trek from Chhomrong to Dovan

## DAY 5

Trek from Dovan to Machapuchare Base Camp

## DAY 6

Trek from Machapuchare Base Camp to Annapurna Base Camp





# SHORT ITINEARY



## DAY 7

Trek from Annapurna Base Camp to Bamboo

## DAY 8

Trek from Bamboo to Jhinu

## DAY 9

Trek from Jhinu to Syauli Bazaar. Drive to Pokhara





# ITINEARY



## DAY 1

### Reach Pokhara from Kathmandu

Duration: 7 hours Altitude: 2,760 ft Driving Distance: 215 km Highlights: The drive through the rolling hills of Nepal. The lakeside near the hotel. Reach Pokhara on your own before 4.00 PM. You will meet the rest of the team at the hotel. The briefing will be conducted at the hotel at 6.00 PM on Day 1. Go for a walk by the lakeside after the briefing and retire early after dinner. You'll need to conserve energy for the long trek ahead!







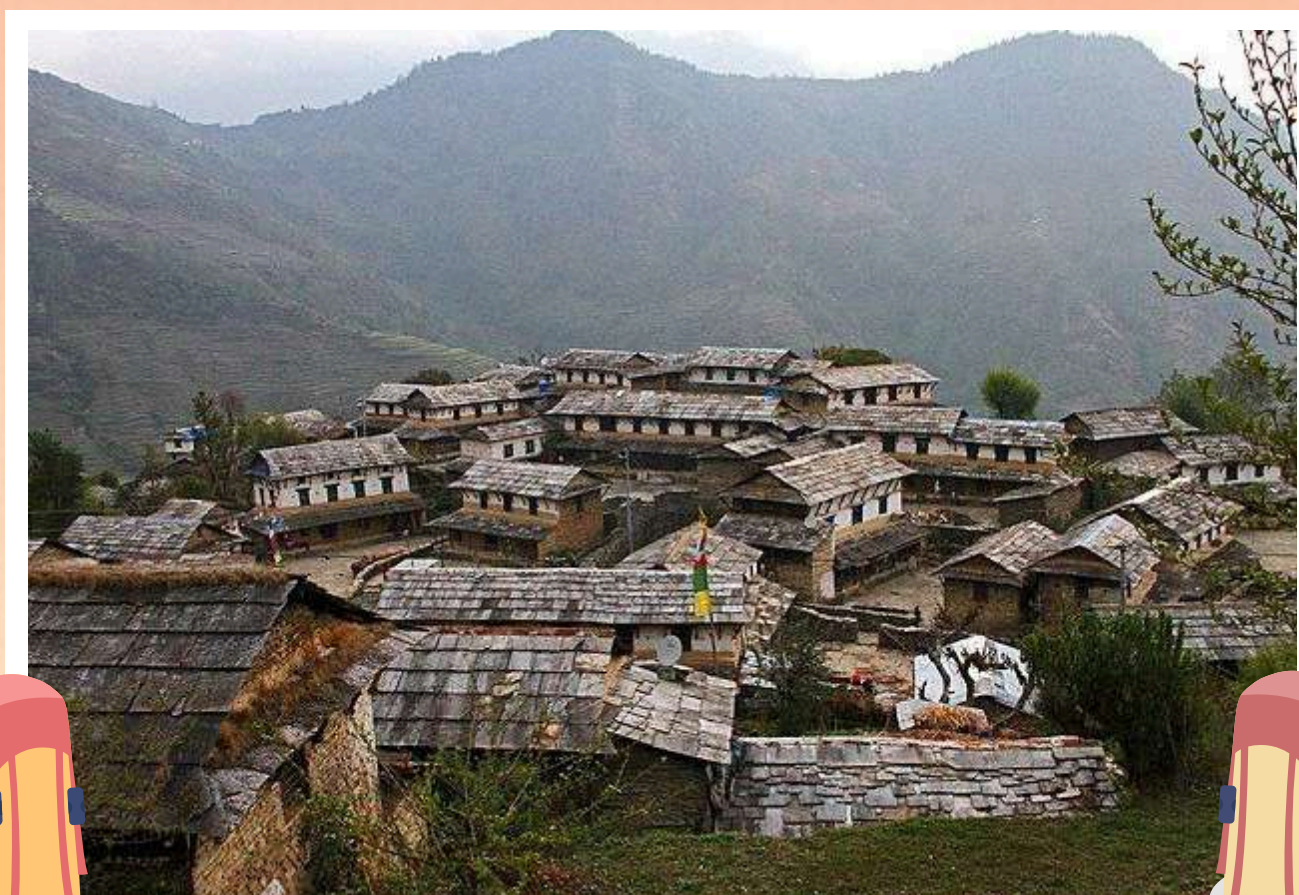
## DAY 2

### Drive from Pokhara to Lower Ghandruk. Trek to Komrong

Drive Duration: 3-4 hours | Trek Duration: 3-4 hours  
Altitude Gain: ↗ 4,620 ft (2,760 ft to 7,380 ft) Difficulty:  
Trek gradient is moderate. Highlights: Tea house culture of Nepali villages. Pokhara is the gateway to the Annapurna region. You start the drive from Pokhara at 7.00 AM to Lower Ghandruk. Ghandruk is the biggest village you will find on the trek. You will see old stone and slate roofed houses lining the slope. You will also find a lot of tea houses spread through the entire village. This is your first introduction to the tea house culture of trekking. You will experience this throughout the trek. From Ghandruk, the trail descends gradually to Kyunri Khola (stream). Once you cross the bridge across the stream, the trail split. Take the trail on the right – this ascends steeply for about an hour to Komrong.



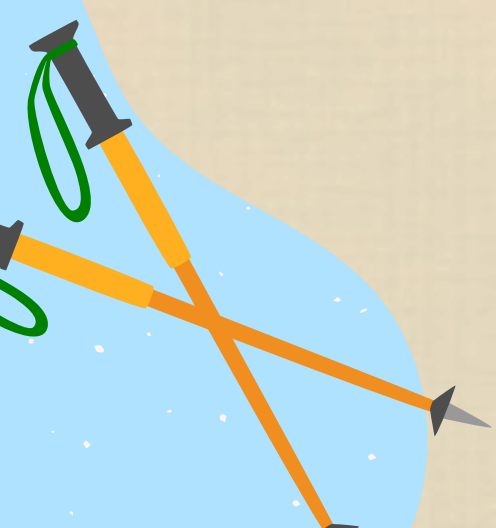




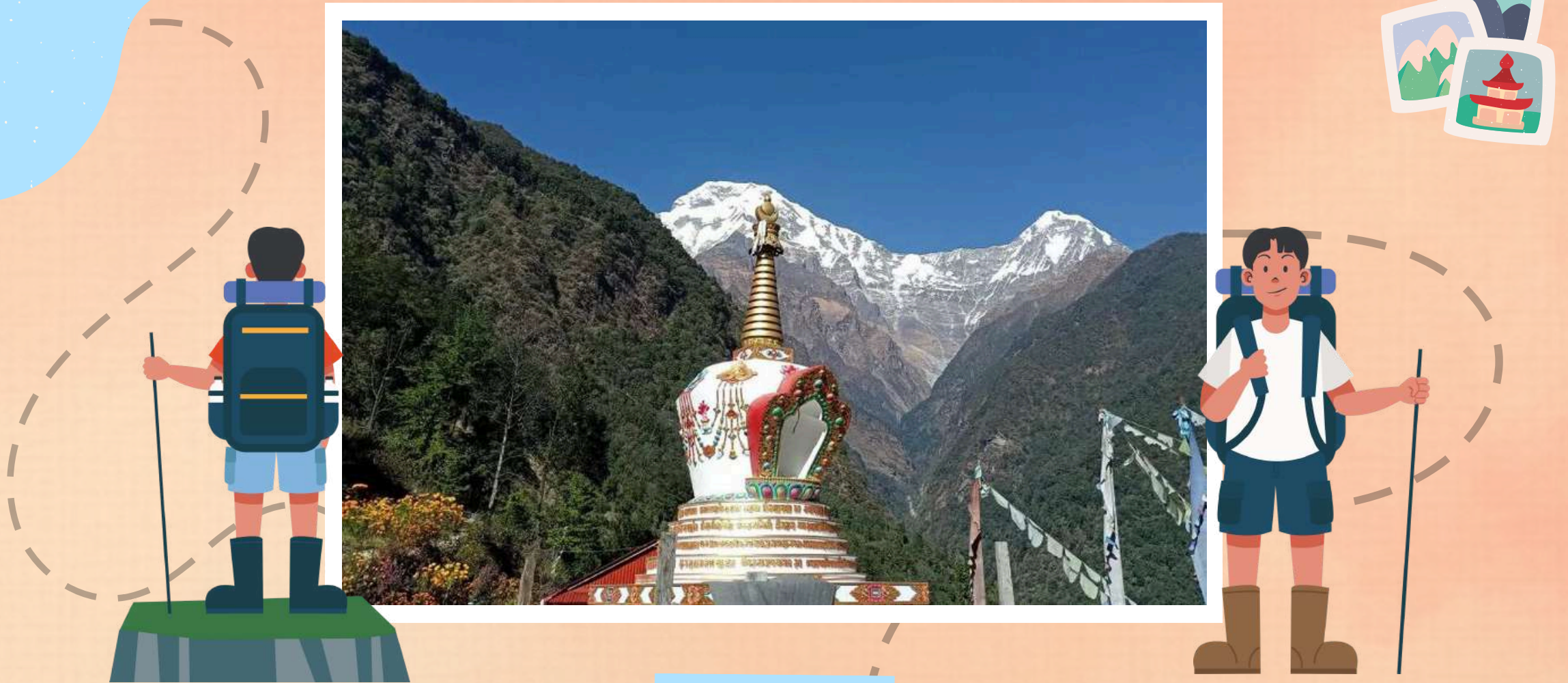
## DAY 3

### Trek from Komrong to Chhomrong

Trek for 5-6 hours, starting with a gradual descent before ascending to Chhomrong (7,120 ft). Pass through Komrong Ridge, descend to Kimrong Khola, and follow a muddy trail uphill. Enjoy stunning views of Machapuchare, Annapurna South, and Hiunchuli. Chhomrong, the gateway to Annapurna Sanctuary, offers breathtaking sunset views and essential amenities. Register at the checkpoint before resting in a tea house.







## DAY 4

### Trek from Chhomrong to Dovan

The trek from Chhomrong to Dovan takes around 6-7 hours, covering an altitude gain of 1,340 ft. It begins with a descent to Chhomrong Khola, followed by a steep ascent through Lower and Upper Sinuwa, offering breathtaking views of Machapuchare and Annapurna III. The trail passes through dense forests of the Annapurna Sanctuary, leading to Bamboo before a final climb to Dovan. Along the way, trekkers can rest at tea houses and enjoy the serene sounds of the Modi Khola river. Dovan, with its peaceful surroundings, has a few lodges for an overnight stay.







## DAY 5

### Trek from Dovan to Machapuchare Base Camp

The trek from Dovan to Machapuchare Base Camp (MBC) takes around 6-7 hours, covering an altitude gain of 3,675 ft. It starts with a gradual ascent through dense forests, passing small hydroelectric power plants and remnants of past landslides. The terrain transitions from thick vegetation to alpine boulders beyond Himalaya, where trekkers cross snow patches and streams before reaching Deurali for lunch. From here, the valley opens up with stunning views of Machapuchare and Gangapurna, as Modi Khola flows alongside. The final stretch involves crossing a bridge and ascending steep steps to MBC, with breathtaking sights of towering peaks and avalanche-prone areas requiring careful pacing for acclimatization.







## DAY 6

### Trek from Machapuchare Base Camp to Annapurna Base Camp

The trek from Machapuchare Base Camp (MBC) to Annapurna Base Camp (ABC) takes around 2 hours, with an altitude gain of 1,415 ft. The journey begins with a steep ascent for about 1 km, followed by a gradual incline leading to ABC. Starting early allows trekkers to witness the breathtaking sunrise illuminating Annapurna I and Annapurna South in golden hues. The final stretch involves walking on moraines, where lucky trekkers might spot Marmots. Surrounded by towering peaks like Annapurna I, III, South, Gangapurna, Gandharvachuli, and Machapuchare, ABC offers a spectacular panoramic view, best enjoyed from the edge of the Annapurna glacier.



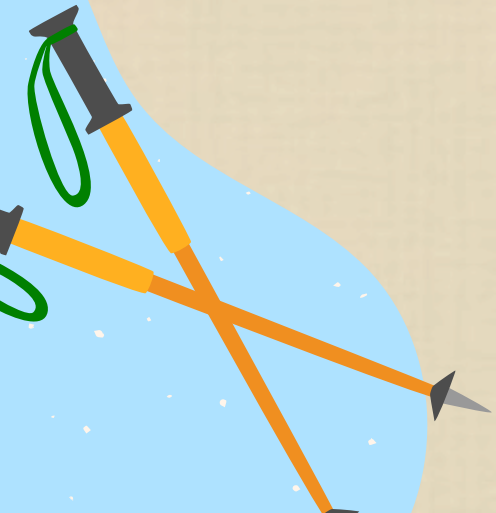




## DAY 7

### Trek from Annapurna Base Camp to Bamboo

Duration: 8-9 hours Altitude Loss: ↘ 5,875 ft (13,550 ft to 7,675 ft) Difficulty: Moderate-difficult. Mix of steep and gradual descent, tracing the same route back. You can refill your water bottles at tea houses on the way. Highlights: Steep descent through the Annapurna Conservation Area This is perhaps the longest day of the trek. You will be tracing back the same route you took to reach ABC all the way to Bamboo – crossing MBC, Deurali, Himalaya and Dovan. Today's trek includes long stretches of steep descent interspersed with short ascents. Himalaya is good place to stop for lunch.







## DAY 8

### Trek from Bamboo to Jhinu

The trek from Sinuwa to Jhinu takes around 6-7 hours, with an altitude loss of 1,905 ft. It begins with a steep 45-minute ascent to the abandoned check post, followed by a 45-minute descent to Sinuwa. From there, a challenging descent to Chomrung Khola takes about an hour, followed by another steep 45-minute climb to Chomrung, where trekkers must check out from the ACAP office. After a short 5-minute ascent to a fork, the trail descends steeply for 1.5-2 hours to Jhinu. Jhinu offers stunning views of the subtropical forests and is famous for its natural hot springs along Modi Khola, where trekkers can relax and rejuvenate.







## DAY 9

### Trek from Jhinu to Syauli Bazaar. Drive to Pokhara

The final stretch of the trek from Jhinu to Syauli Bazaar takes around 4 hours, followed by a 2-3 hour drive to Pokhara. The trail descends steeply for 30 minutes to Kimrong Khola, then gradually ascends towards New Bridge, where colorful butterflies thrive in the lower altitudes. After reaching New Bridge, take the trail towards Kyumi, passing through the small village of Uppu Dandu and Kalchane. From Kyumi, an ascending trail leads to a fork, where taking the route to Birethanti brings you to Syauli Bazaar in about 45 minutes. This marks the end of the trek, with regular buses and jeeps available for transport to Pokhara.





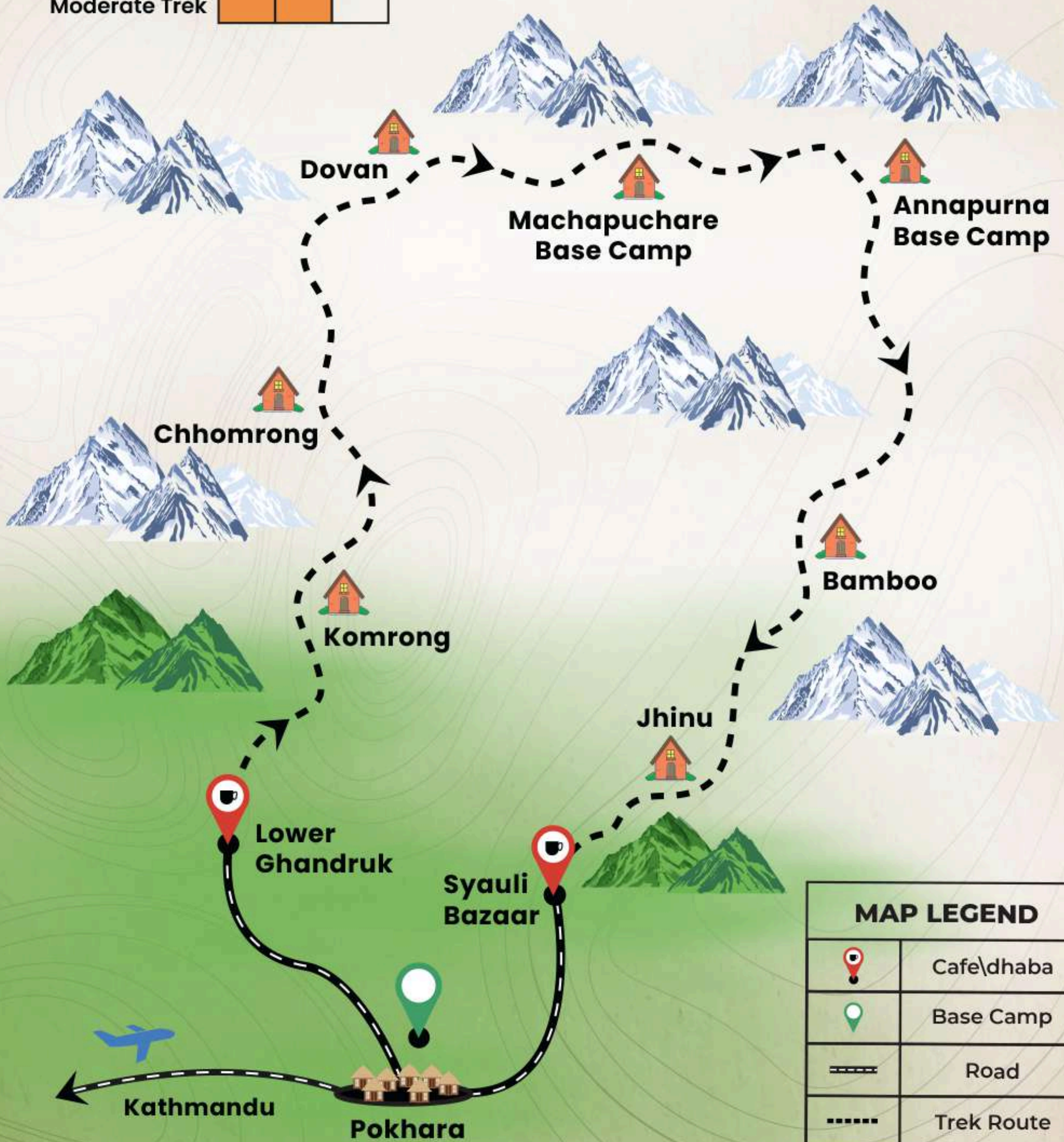
# TREK MAP



## Annapurna Base Camp Trek Map

### Difficulty Level

Moderate Trek



MAP LEGEND	
	Cafe\dhaba
	Base Camp
	Road
	Trek Route
	Homestay

\*Map is not scaled





# INCLUSIONS



- Accommodation in Pokhara on Day 1 to Day 8 in Jhину
- Accommodation in guesthouse/lodge on all trek days
- Permits (Upto the amount charged for Indian nationals)
- Safety Equipment
- Medical Kit
- English speaking trekking guide and his salary Insurance for Nepalese staff
- Best available tea house accommodation & food. Per person, one item from the menu is allowed during all meals of the day (breakfast, lunch & dinner). Order more at your own cost.







# EXCLUSIONS



- Any Expense of personal nature.
- Any meals during the trek/road journey/hotel accommodation apart from what is mentioned in the inclusion
- Any tip to porters or guides which is a customary thing in Nepal
- Travel Insurance and Rescue Evacuation in case of emergency
- Any kind of Insurance
- 5% GST
- Any Expense not specified in the inclusions list.
- Any expense incurred or loss cost by reasons beyond our control such as bad weather, natural calamities (landslides, floods), flight delays/rescheduling/cancellations, any accidents/medical evacuations, riots/strikes/war/pandemics etc.





# WHAT TO CARRY



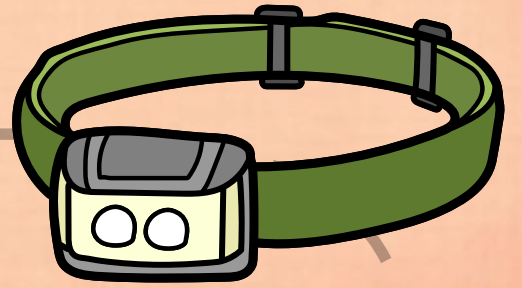
TREKKING SHOES



BACKPACK



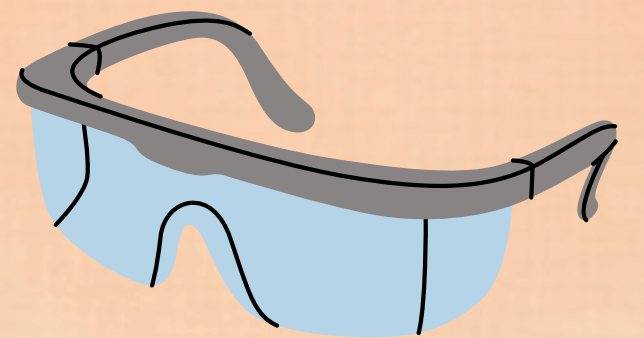
HAND GLOVES



HEAD LAMP



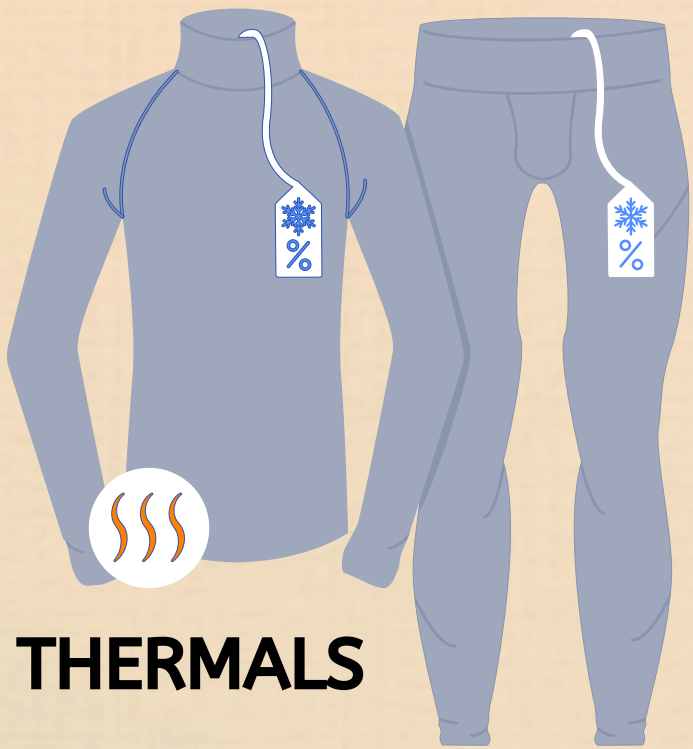
LUNCHBOX



UV SUNGLASSES



SOCKS



THERMALS



3 TSHIRTS



JACKETS



2 TREK PANTS



CAP



FLEECE & HOOD



RAIN COVER



# HOW TO REACH

The base camp for the trek is Pokhara, which is well connected from Delhi by air and land through Kathmandu.

## **By Air:**

There are multiple daily flights from Delhi to Kathmandu.

## **By Rail:**

You can take a train from Delhi to Raxaul Junction in Bihar on the Indo - Nepal border. From Raxaul, take a 5 km bus/taxi to the border, from where Kathmandu is a 10 hour road journey. Buses and taxis are easily available at the border.

## **By Road:**

The road distance from Delhi to Kathmandu is 1,145 km. There is a Delhi Government luxury bus service from Delhi Gate for Kathmandu that takes around 36 hours. This is the most time consuming but budget-friendly option at INR 2300 for the bus journey.





# HOW TO REACH

## Kathmandu to Pokhara:

From Kathmandu, you can opt to fly to Pokhara, or take one of several shared cabs that ply on the route daily. Since the trek starts from Pokhara you can take regular buses and taxis that ply from Pokhara to Kathmandu. Pokhara is also accessible from Delhi by road or rail.





# FITNESS REQUIRED

We recommend jogging as the best routine to get fit for a trek. It works on the same muscles that you use while trekking – your calves, glutes and hamstrings. It helps increase your stamina day by day. It is also an easy routine that does not require any equipment or tools.

## **Fitness target:**

To do this trek comfortably, you must be able to cover 5 km in under 35 minutes. This is the minimum fitness required for this trek.

How to achieve this fitness?

- Start jogging at least 4 days a week
- If you cannot run 5 km immediately, start with 2 km and increase to 5 km over 2-3 weeks.
- Once you're able to run 5 km, increase your pace day by day.
- Gradually increase your pace and bring it down to 5 km in less than 35 mins.
- You must be able to run 5 km in 35 mins consistently for at least 2 weeks before the trek.

This trek requires at least 6-8 weeks of preparation. The longer, the better. So plan your trek soon and start preparing.





# CANCELLATION POLICY

Life is unpredictable and we understand sometimes you have to cancel or change your trip dates and it is our endeavour to make it as easy possible for you. However, please understand we plan everything including guide fees, permits, accommodation and ration in advance. Therefore any cancellation means inconvenience and certain losses to the people involved in various stages of programme. Keeping that in mind, our cancellation charges are as below-

**Cancellation prior to 30 days from start of the event:** Get monetary refund with 15% of cancellation charges on trek fee.

**Cancellation between 30 days and 15 days to the start of event:** 50% on trek fee is non refundable and the remaining 50 % will be given as cash voucher which is valid for 1 year.

**Cancellation less than 15 days to the start of event:** No refund.

**Please note cancellation will be only accepted by email.  
Booking amount is non refundable.**








# CANCELLATION POLICY

Note: The Himalayan Daredevils reserves the right to cancel a programme before departure in the event of logistical problems arising due to natural calamities, strikes, wars on any other circumstances that makes the event inadvisable. In this case, 50% on trek fee is non refundable and the remaining 50 % will be given as cash voucher which is valid for 1 year.

Itinerary changes & trip delays:

We plan itineraries based on the information at the time of planning and in rare circumstances, there are subject to change. In the event that the itinerary is changes or delayed due to unforeseen circumstances such as bad weather conditions, transportation delays, government intervention, landslides etc. We will always aim to give you the best experience possible. However The Himalayan Daredevils are not be held responsible for the cost of delay or changes

## CONTACT US

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