

ANNAPURNA BASE CAMP



COUNTRIES VISITED: **NEPAL**

TRIP TYPE: Trekking
TRIP GRADE: Demanding
TRIP STYLE: Tea House
5 Based On 7 Reviews
KG Carbon Footprint

TRIP LEADER: Local Leader
GROUP SIZE: 2 - 10 people
NEXT DEPARTURE: 01 Dec 2024
6 Trees Planted for each Booking

Annapurna Base Camp is the classic trek in Nepal to the base of the south face of Mount Annapurna.

This high altitude trek into the Annapurna range is also known as the Annapurna Sanctuary trek. Annapurna 1 is the tenth highest mountain in the world at an altitude of 8,091m. You start by walking at low altitude through traditional villages and terraced fields. As you ascend in altitude to Ghorepani you pass through rhododendron forests. From the viewpoint, of Poon Hill, you see many Himalayan peaks and snow capped mountains. The views include Mount Dhaulagiri, Annapurna 1 and Machapuchare (known as Fishtail mountain).

Your [trekking holiday in Nepal](#) begins with a guided sightseeing tour of Kathmandu. After having explored the capital of Nepal you take the flight to the lakeside town of Pokhara. This is a spectacular flight where you will get superb views of the Himalayan mountains.

After a short drive, we start the trek up to Poon Hill. Afterwards, we follow the Modi Khola river into the Annapurna Sanctuary. This is a hidden amphitheatre with a superb view of the Annapurna massif. On the walk up from Machapuchare Base Camp you see the impressive south face of Mount Annapurna 1.

Annapurna Base Camp trek would be a good choice for a shorter teahouse based trek in the Himalayas. [Annapurna Circuit](#) trek is longer and crosses Thorung La high pass at 5,400m. The highest altitude

reached on the Annapurna Base Camp trek is 4,130m. Whereas [Everest Base Camp](#) is over 1,000m higher at an elevation of 5,300m.

Take a look at our Blog article [Annapurna Base Camp versus Annapurna Circuit in Nepal](#). This explains the similarities and differences of these treks in the Annapurna region of Nepal.

REASONS TO CHOOSE US

- For better acclimatisation and to avoid altitude sickness we organise Annapurna Base Camp with 10 trekking days. We trek up to Ghorepani and Poon Hill before ascending to Base Camp. The gradual ascent profile for this trekking holiday has worked well for our past groups.
- We are Himalayan trekking specialists having operated trips in Nepal for many years. [Roland Hunter](#) has designed the itinerary from his first-hand experience of this trek.
- Our [AITO Traveller Reviews for Annapurna Base Camp](#) have a holiday rating of 100%. Based on client feedback we won the 2018 Gold Award as AITO Tour Operator of the Year. Read more about our [Testimonials and Awards](#).
- We review weather forecasts for the Annapurna region throughout the duration of this trek.
- We send a Thuraya satellite phone on our group treks in Nepal. Your leader will have reliable communications for logistics, planning, and group safety.
- We provide the porters with windproof jackets & trousers and shelter. We follow International Porter Protection Group ("IPPG") guidelines.
- We bring a comprehensive medical aid kit.
- Our team with first-hand knowledge of this trek provides pre-trip support. During high season we have someone from our UK Operations team based in Kathmandu.

WHAT'S INCLUDED

- All internal transport and transfers including airport collections.
- Internal flights. The flights are Kathmandu - Pokhara - Kathmandu. The weight allowance is 15kg for your main bag checked into the hold and 5kg for your day pack.
- One day sightseeing in Kathmandu with a Nepalese cultural guide and private vehicle including all entry tickets.
- Twin-share room in Kathmandu at Hotel Tibet or Hotel Ambassador and in Pokhara at Mount Kailash Resort.
- Dormitory room with common bathroom while on the trek.
- Breakfast only in Kathmandu and Pokhara.
- All meals are included while on the trek. In total for Annapurna Base Camp, we provide 13 Breakfasts, 10 Lunches, and 9 Dinners. The meals at the teahouse lodges cost in the region of £250 (US\$320) per person. You can select your dishes from the menu at the lodge. The trek meals are breakfast, lunch, afternoon tea, and dinner. Breakfast includes cereal, porridge, or rice pudding and an egg dish with bread or toast. Lunch includes one dish such as fried rice, dal bhat, momos, or pasta. For afternoon tea, you get a hot drink plus biscuits. Dinner is two courses including soup and the main dish chosen by you from the menu. You are allowed two cups of hot drinks per meal so this means a total of seven cups per day.
- Trekking arrangements. Including trekking permit and fees, Nepalese guide(s), and porter(s). We provide one trekking guide for a group size of two people. We provide two guides for a group size of three people and three guides for a group size of six people plus.
- Porters to carry your main bag. The porterage allowance is 15kg.
- Weather forecasts for the Annapurna region during your trek.
- Thuraya satellite phone for organising logistics and medical evacuations. It can also be also used for personal calls at extra cost.
- A trekking map is given to you on arrival to Kathmandu.
- UK-registered charity, Pipal Tree, will plant 6 trees for you in the Gurkha Memorial Forest in southern Nepal.
- Full financial protection for bookings from the UK (ATOL) and internationally (ABTOT). Our Air Travel Organiser's Licence (ATOL) number is 10921. Our Association of Bonded Travel Operators Trust (ABTOT) membership number is 5365).
- Pre-departure support and advice from The Mountain Company. We are available by email, phone, Zoom or face-to-face meetings.

WHAT'S NOT INCLUDED

- International flight to/from Kathmandu.
- Travel & trekking insurance.
- Nepal visa for 30 days at US\$50 (approx £40).
- Lunch and evening meals in Kathmandu.
- Personal clothing & equipment, please see the Appendix for suggested kit list.
- Tips to the trek crew. Each trekker should budget for giving tips into the group fund. This should be in the region of 11,500 Nepalese rupees (approx. £75 or US\$95).
- Other items not listed in "What is included".

ITINERARY

DAY 1: ARRIVE IN KATHMANDU (1,400M)

Arrive in Kathmandu

No meals

Hotel Ambassador in Kathmandu

Flying into Kathmandu on a clear day is in itself an unforgettable experience. The Himalayan peaks are only a short distance north of the capital of Nepal as seen from the plane. After customs at Tribhuvan International Airport, you will pass into the passenger pick-up area outside. You will see a Mountain Company signboard. Our representative will be waiting to welcome you to Nepal.

After transferring to your hotel we will give you a full trek briefing. The rest of the day will be yours to explore Kathmandu and to make final preparations for the trek. You will hear the Nepalese word for hello 'Namaste', you will never forget that word after this holiday.

DAY 2: KATHMANDU SIGHTSEEING

Sightseeing in Kathmandu

Breakfast

Hotel Ambassador in Kathmandu

This is a one day guided sightseeing tour of the Kathmandu Valley. We visit three out of the seven World Heritage Sites. You start off by visiting Patan Durbar Square. Afterward, you drive to the Buddhist stupa at Boudhanath. The last stop of the day at the Hindu shrine of Pashupatinath. The tour is likely to finish around 4 pm and the rest of the day is free to further explore Kathmandu.

Three major towns in the valley, Kathmandu, Patan, and Bhaktapur. Each place has great artistic and architectural traditions. Kathmandu is the capital and the largest city in the country. Patan, the second-largest separated from Kathmandu by the Bagmati river. Bhaktapur, the third-largest, is towards the eastern end of the valley. Its relative isolation reflected in its slower pace and more medieval atmosphere. In Kathmandu, there is a bustle of activity, especially in the bazaars and markets. While the city has expanded it is possible to see traditional buildings and temples.

DAY 3: FLY TO POKHARA, DRIVE TO NAYA PUL & TREK TO TIRKHEDEUNGA (1,540M)

Fly to Pokhara

Drive to Naya Pul (2 hours driving)

Walking 7.5km (3 to 4 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

In the morning we will drive you from the hotel to Kathmandu domestic airport. On the flight to Pokhara, you get superb views of the Annapurna mountain range from the right-hand side of the plane. After landing at Pokhara we drive you for about two hours from Pokhara along the Seti River valley. After driving up and over a ridge in the Annapurna middle hills we descend to the road head at Nayapool. The altitude of the starting point of the trek is 1,070m.

We start along the same trail as for the Poon Hill trek and walk along the jeep track to the village of Birethanti. We follow the trail near Bhurungdi Khola as we ascend to the village of Tirkhedunga at an altitude of 1,540m. We stay overnight in one of the tea houses owned by the local communities. There are fields nearby growing rice and maize as well as a variety of vegetables. We pass through thickets of bamboo and higher up there are rhododendrons in a dense forest.

During the months of April, May, and October it will be hot and humid on the first days of this trek at lower altitudes. It is important to bring plenty of water, wear a sun hat and apply sun cream.

Important note: there is a safety risk to consider when flying on airlines in Nepal. If you would like to avoid the flight from Pokhara to Kathmandu there is an option to drive and this takes about 6 to 7 hours (depending on the traffic). There are also safety considerations with driving in Nepal as the roads are busy and road traffic accidents happened from time to time. For information about the aviation risk in Nepal read the relevant sections "Threat and Risk Assessment" and "Internal flights in Nepal". Please get in touch with us if you would like to discuss this further.

DAY 4: TREK TO GHOREPANI (2,750M)

Walking 8km (6 to 7 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

After breakfast, we leave the lodge and we continue walking uphill on the main path. It is a tough day as we ascend over 1,200m from Tirkhedunga at 1,540m to Ghorepani at 2,750m. We climb a stone staircase through terraced fields to Ulleri. The trail passes through Banthanti and upwards through rhododendron forest to Ghorepani. There are many lodges located on the top of the ridge as the walk up to Poon Hill from here is a popular short trek in Nepal. There are superb mountain views of Dhaulagiri, Annapurna, Hiunchuli, Machhapuchhare and Lamjung.

DAY 5: TREK TO TADAPANI (2,590M)

Walking 7km (5 to 6 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

Early in the morning, we walk up to Poon Hill for the sunrise view. The altitude of the viewpoint is at 3,210m and this is an ascent of 460m from our lodge at Ghorepani. Seeing the sunrise over the panorama of Himalayan peaks is superb. It is well worth having an early start for this experience. We see mountain views of Dhaulagiri, Annapurna South, Machapuchhare, Hinchuli and Annapurna III.

You get back to the lodge for breakfast then continue the trek along the ridge passing Ban Thanti. This is another viewpoint of the Himalayas at an elevation of 3,180m. We walk through the rhododendron forest along the undulating ridge down to Tadapani. The cluster of lodges at 2,630m also has wonderful views of the high peaks.

DAY 6: TREK TO CHOMRONG (2,170M)

Walking 6.5km (5 to 6 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

From Tadapani we have a steep descent of 800 metres down to Kimrong Khola. We cross the river on a new bridge then climb 370 metres up to Chomrong village. This village is on a hill above the Modi Khola river that flows south from the Annapurna Sanctuary. For the next few days, we hike on an undulating trail often on stone steps until we get to Machhapuchhare Base Camp. Chomrong is the last permanent village in the Annapurna valley inhabited year-round by local people. From here there are fine views of Annapurna South and Machhapuchhare.

DAY 7: TREK TO DOBAN (2,540M)

Walking 7.5km (6 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

Shortly after leaving Chomrong, we descend steeply on a long stone staircase. We cross the Chomrong Khola on a bridge and then climb up the other side as we enter the Modi Khola valley. The trail follows the west bank and passes through rhododendrons to upper Sinuwa. The trail contours and undulates as we cross several side streams in the narrow valley. We pass through a bamboo forest to the lodges at Khuldigar and Bamboo. We cross over Pola Khola on a bridge then shortly after arrive at our tea house at Doban (2,540m).

DAY 8: TREK TO MACHHAPUCHHARE BASE CAMP (3,480M)

Walking 9km (6 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

After Doban, the valley widens and there is less vegetation as we enter the alpine zone. We walk past a

few lodges at Himalaya Hotel at an elevation of 2,920m and further on Hinko Caves at 3,170m. We are now walking close to the Modi Khola as we pass through Deurali. Shortly after we climb on a trail through the gates of the Annapurna Sanctuary. We are now on a plateau near Machhapuchhare Base Camp (known as MBC) at 3,700m. The mountain views are impressive as you are up close to Himalayan giants. The panorama includes Huinchuli, Annapurna 1, Annapurna 3, Gangapurna, Tent Peak and Machhapuchhare.

DAY 9: TREK TO ANNAPURNA BASE CAMP (4,100M)

Walking 4km (2 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

From MBC the trail continues up towards Annapurna Base Camp (known as ABC). Along the way, we enjoy the stunning scenery. After an hour of hiking, you enter an amphitheatre with a view of towering peaks spread out in front of you. After another hour of walking, you will arrive at ABC. After reaching Annapurna Base Camp we check into one of the lodges.

We have the rest of the day to explore this area and enjoy the spectacular scenery. It is worth taking the time to enjoy the moment of being in this incredible place. You might meet a climbing expedition planning to summit one of the peaks in the Annapurna range. We stay at one of the tea houses at Annapurna Basecamp. It is well worth sleeping at ABC so that you see the sunset and sunrise on the high mountains of the Annapurnas. In peak trekking season it can be busy with other trekkers however we pre-book rooms for our groups.

DAY 10: TREK TO BAMBOO (2,310M)

Walking 12.5km (6 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

Today we leave the mountain vistas and snowy peaks of the Annapurna Sanctuary. We follow the same route back to Chomrong. We pass through the gates of the Sanctuary back down to the lodges at Bamboo. We retrace the trail taken on the way up passing through Deurali, Hinku Cave, Himalayan Hotel and Dovan.

DAY 11: TREK TO GHANDRUK (1,940M)

Walking 9km (7 to 8 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

Today we retrace our steps down the Modi Khola valley. We have a steep ascent on stone steps back to Chomrong. From here we descend a steep trail to the bridge over Kimrong Khola. On the way, we pass Jhinnudanda where there are some hot springs. On the other side of the bridge, we climb through scattered villages and terraced fields up to Ghandruk.

Ghandruk has the headquarters of the Annapurna Conservation Area Project "(ACAP)". There are many

retired British and Indian Gurkhas living in and around Ghandruk. It is a prosperous village due to the army pensions and a large number of trekkers passing through. From the village, there are fine views of the Himalayas. You can see Annapurna South, Hiunchuli and Hiunchuli. You can also see the impressive Mount Machhapuchhre, known as Fishtail, at an altitude of 6,993m.

DAY 12: TREK OUT TO SHYAULI BAZAAR AND DRIVE TO POKHARA

Walking 10km (5 hours)

Drive to Pokhara (1 hour)

Breakfast and Lunch

Mount Kailash Resort

From Ghandruk the trail descends to the beautiful valley with the Modi Khola river. At lower altitudes, there are paddy fields as rice cultivation is possible with the warmer temperatures. The trek ends near the road head at Shyauli Bazaar, sometimes called Syauli Bazaar. We drive to Nayapul then back to Pokhara.

DAY 13: FLY TO KATHMANDU

Fly to Kathmandu

Breakfast

Hotel Ambassador in Kathmandu

Transfer to the airport for the flight to Kathmandu. We meet you at the airport and drive you back to the hotel. In the afternoon you can relax at the hotel, go shopping or do more sightseeing around the city. We recommend a walking tour from Thamel to Durbar Square and up to Swayambunath temple. Swayambunath, also known as the Monkey Temple, is a Buddhist stupa on a hill overlooking the city. This walking tour will give you an insight into Nepalese culture and Tibetan Buddhism.

DAY 14: FLY HOME

Fly home

Breakfast

Transfer to Kathmandu airport for the flight back home. End of trip.

DATES & PRICES

2024

Dates	Trip Leader	Price	Single Supplement: Room/ Tent	Availability
01 Dec 2024 to 14 Dec 2024	Local Leader	US\$1,995pp	US\$240pp / NA	2 Left to Guarantee

2025

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
16 Mar 2025 to 29 Mar 2025	Local Leader	US\$2,095pp	US\$240pp / NA	2 Left to Guarantee
06 Apr 2025 to 19 Apr 2025	Local Leader	US\$2,095pp	US\$240pp / NA	2 Left to Guarantee
27 Apr 2025 to 10 May 2025	Local Leader	US\$2,095pp	US\$240pp / NA	2 Left to Guarantee
05 Oct 2025 to 18 Oct 2025	Local Leader	US\$2,095pp	US\$240pp / NA	2 Left to Guarantee
19 Oct 2025 to 01 Nov 2025	Local Leader	US\$2,095pp	US\$240pp / NA	2 Left to Guarantee
09 Nov 2025 to 22 Nov 2025	Local Leader	US\$2,095pp	US\$240pp / NA	2 Left to Guarantee
30 Nov 2025 to 13 Dec 2025	Local Leader	US\$2,095pp	US\$240pp / NA	2 Left to Guarantee

2026

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
15 Mar 2026 to 28 Mar 2026	Local Leader	US\$2,095pp	US\$250pp / NA	2 Left to Guarantee
05 Apr 2026 to 18 Apr 2026	Local Leader	US\$2,095pp	US\$250pp / NA	2 Left to Guarantee
26 Apr 2026 to 09 May 2026	Local Leader	US\$2,095pp	US\$250pp / NA	2 Left to Guarantee
04 Oct 2026 to 17 Oct 2026	Local Leader	US\$2,095pp	US\$250pp / NA	2 Left to Guarantee
18 Oct 2026 to 31 Oct 2026	Local Leader	US\$2,095pp	US\$250pp / NA	2 Left to Guarantee
08 Nov 2026 to 21 Nov 2026	Local Leader	US\$2,095pp	US\$250pp / NA	2 Left to Guarantee
29 Nov 2026 to 12 Dec 2026	Local Leader	US\$2,095pp	US\$250pp / NA	2 Left to Guarantee

PRACTICAL INFORMATION

A Typical Day On Trek

TYPICAL DAY ON A TEAHOUSE TREK IN NEPAL

We provide a comfortable experience on our teahouse lodge-style treks. Our team works hard to support you so that you can relax and enjoy [trekking in Nepal](#). The lodges provide your meals in a communal dining room. You will sleep in private rooms with a shared bathroom. There is a range of standards and service in teahouse lodges depending on location. i.e. lodges at higher altitudes and places with fewer trekkers tend to have more basic facilities.

The day starts with getting up in your room shared with another trekker in our group. Before heading for breakfast you pack your overnight gear into your main bag (this could be a duffel, kit bag, or rucksack). You would have given your breakfast orders to the guide to pass onto the kitchen last night. At the designated time the group will assemble in the dining room to eat breakfast. Breakfast includes cereal, porridge, or rice pudding and an egg dish with bread or toast plus two cups of hot drinks such as tea, coffee, or lemon ginger honey.

While the group is having breakfast the porters arrange their loads and set off in the cool of the morning. After breakfast, between 7am and 8am, we start walking. The pace of the trek is moderate as there is plenty of time in the itinerary to reach the lodge for tonight. Enjoy the scenery, take photos, and explore the local villages. Lunch will be around midday at a teahouse lodge by the side of the trail. This includes one dish such as fried rice, dal bhat, momos, or pasta plus two cups of hot drinks.

After lunch, we continue the walk and on most days we arrive at the lodge around mid-afternoon. On arrival, you will get a hot drink and biscuits. For dinner, you get a two-course dinner (soup and main meal). The menus are quite standard with a range of dishes such as dal bhat, momos, and the famous Sherpa stew. Dal bhat is a Nepalese dish of rice and lentils with vegetable curry. It is also possible to order spaghetti and pasta; pizzas; vegetable burgers and chips and fried rice. We also provide up to two cups of hot drinks per meal.

After supper, the leaders will discuss the plan for the next day. Afterward, people might stay in the dining room chatting about the day's events or playing cards. After a tiring day, most people head to their rooms quite early for the night. Tomorrow is likely to be very similar to today!

You can read more about [Teahouse Trekking in Nepal](#) on our Blog. This article explains the facilities available at a teahouse lodge. It also describes the advantages and disadvantages of camping-style treks. Plus the amount to budget for extra costs. We also touch upon what to pack for a teahouse trek, safety, and security plus responsible use of the lodge.

Meal Plan

MEAL PLAN

We include all meals at the teahouse lodges (breakfast, lunch, afternoon tea, and dinner) while on the trek. Importantly, we clearly define what dishes and drinks we provide so there is no confusion in terms of what is allowed. Given the amount of food and drinks we include, there should be no need to spend any extra money on additional food. However, some people will pay for extra treats along the way such as to get cake and a coffee at the bakeries and cafes!

If you are comparing our prices with other operators you should be careful to compare apples with apples. These days many operators do not include meals in their packages when staying at the teahouse lodges. The food at the lodges is expensive and will cost an average of £25 (US\$35) per person per day. If you are paying for the meals directly to the lodges you would need to carry a lot of cash including the tip money too. Having this amount of money with you will be a security risk and for peace of mind, it is better to pay for the meals to us when booking the trip. Also, it will be difficult to know in advance how much cash to bring with you on the trek (there are no ATMs when on trek). Furthermore, in practice, it will be complicated and time-consuming for you and the guides to work out individual bills after checking out each day from the lodge.

With our meal plan, you can select your dishes from the menu at the lodge. In our package, we include the cost of your breakfast, lunch, afternoon tea, and dinner. Breakfast includes cereal, porridge, or rice

pudding and an egg dish with bread or toast. Lunch includes one dish such as fried rice, dal bhat, momos, or pasta. For afternoon tea, you get a hot drink plus biscuits. Dinner is two courses including soup and the main dish chosen by you from the menu. You are allowed two cups of hot drinks per meal so this means a total of seven cups per day.

We cater to a variety of dietary requirements. There are always meals that are suitable for vegetarians. During booking, we find out if you have any dietary needs and agree upon meal plans before departure. If you have any questions about the food provided please get in touch with us to discuss further.

Communications

COMMUNICATIONS

We bring a Thuraya satellite phone for logistical, safety and personal use. Personal calls charged at £4 (US\$5 or €4.50) per minute and £2 (US\$3 €4.50) to send and receive SMS text.

Kit List

KIT LIST FOR ANNAPURNA BASE CAMP TREK

This is the mandatory kit list for the safety of everyone in the group and to ensure a successful trek. You must have the following items tailored for the Annapurna Base Camp trek. The group leader will check your gear in Kathmandu before departure for the trek.

As a reminder, the weather on this trek will vary season to season and day to day as you ascend to higher elevations. At the start of the trek, you will experience warm conditions with temperatures up to 25 Celsius. You experience the coldest temperatures at ABC at an altitude of 4,100m. Overnight lows here will be down to around -12 Celsius.

You should bring a rucksack or backpack for the gear required during the day. Your pack should contain items such as warm clothes, a jacket, a camera, water bottles, a personal first aid kit and snacks. **The weight limit for your day pack is 5kg.** A porter will carry the rest of your personal equipment packed in a duffel or kit bag. **The weight limit for your duffel bag is 15kg.** Please mark your bag on the outside for easy identification.

Print the kit list and tick items off as you pack them then weigh your kit bag before you come on the trek.

Footwear

- Walking Boots. A pair of water repellent boots with ankle support. Boots must be in good condition, the best approach is to get new boots and break in before the trek.
- Trail shoes. Used around lodge.
- Walking socks.
- Gaiters. A pair of knee high gaiters used to keep boots dry if walking through snow or on wet ground.
- [Kahtoola Microspikes](#) or [YakTrax Summits](#). These are for your security when descending passes with snowy or icy conditions. They fit onto your walking boots. Required for Winter and early Spring trips. ie for months of November, December, January, February and March. Please get in touch if you like to rent from us in Kathmandu.

Clothing

- Waterproof and Windproof jacket (with hood) and trousers (goretex or similar). For use if it rains or snows during the trek and in windy conditions.
- Trekking trousers. (eg. Mountain Hardwear Mesa V2 or The North Face Paramount Peak).
- Soft Shell Trousers.
- Long sleeve tops or shirts (not cotton).
- Micro fleece.
- Mid to heavyweight fleece or synthetic/ primaloft top.
- Sleeveless/ gilet or body warmer type fleece / synthetic top. This will help keep your core warm while

not bulking when layering up. Gilet used in combination with base layers, other fleeces and down jacket. This provides the most warmth and insulation.

- Thermals or base layer for top & bottom (merino wool or synthetic).
- Fleece or synthetic leggings. Worn around the camp or added as a layer when the temperatures start to drop higher up.
- Medium weight down jacket.

Head and Gloves

- Fleece gloves.
- Warms mittens and/or gloves.
- Wool or fleece hat.
- Sun hat.
- Bandana or scarf (eg. Buff Headwear).
- Head torch. Bring extra batteries.
- Sunglasses. The lenses need to be Category 4 rated. They should have side protection or wraparound design.

Personal equipment

- Sleeping bag. Overnight lows down to -12 Celsius. It is possible to rent a bag from Shonas Rental in Kathmandu.
- Fleece or silk liner for your sleeping bag. A liner protects your sleeping bag from getting dirty. Also helps by adding extra insulation to keep you warm at night.
- Day pack. Recommended size is around 30 litres. You need to have enough space to carry water bottles, camera, snacks and extra clothing. The pack should have a good waist belt. It is also a good idea to bring a rain cover to keep the contents dry.
- Trekking poles (Black Diamond with "Flick Lock" are best). Two poles are mandatory for your safety. These will be helpful on steep sections of the trail and river crossings. Also for walking on snow or ice higher up.
- Stuff sacks for keeping your gear dry and organised. Or even better are fold dry bags such as from Exped.
- Two water bottles. Nalgene wide mouth bottles are the best. You may use a hydration pack lower down but the tube will freeze in the cold so ensure you still have two water bottles.
- Pee bottle. Recommended as means you do not have to get up to find the toilet tent at night! For men, you can use an old water bottle. For women take a look at SheWee.
- Sunscreen and lip salve with a high SPF.
- Water purification tablets (Pristine, Biox Aqua or Aqua Mira).
- Favourite snack food.
- Books and cards etc.
- Camera with spare batteries and memory cards.
- Insurance certificate.
- Earplugs (optional).
- Baby wipes (optional).
- Hand sanitiser. Keep this in your day pack for use after a toilet break during the trek or before eating any snacks. We provide sanitiser for use before meals.

Travelling

- Duffel bag for your personal gear on the trek. Will be carried by a porter. Rugged and waterproof made of a plastic material. Size 80-100 litres. Eg. Mountain Equipment or Rab. Bring a small combination padlock to secure the bag.
- Travel clothes. You will need casual clothing for air travel days and time spent in Kathmandu.
- Toiletry bag with soap, travel towel, toilet paper, toothbrush etc.

We provide a [comprehensive group first aid kit](#). Please bring personal medications and other items you might use such as:

- Any personal medications.
- Blister treatment (Compeed patches are the best)
- Rehydration powder (eg Dioralyte).
- Analgesics (paracetamol, ibuprofen and aspirin).

- Plasters and zinc oxide tape.
- Throat lozenges.
- Diamox (helps with acclimatisation).

Threat and risk assessment

RISK ASSESSMENT FOR ANNAPURNA BASE CAMP TREK

You should be aware trekking in a developing country involves a risk of personal injury or death. You must accept these risks and be responsible for your own actions and involvement. Adventure travel requires an open and flexible attitude. You may experience extreme conditions and unpredictable weather. There could be last-minute changes to the itinerary beyond our control. The ability to work in a team is an important aspect of our trips.

We have performed a threat and risk assessment for our ABC trek. Our trips have a degree of risk. This is part of the attraction of adventure travel and why so many people choose to join this type of holiday. By identifying the hazards we assess the level of risk. We have control measures in place to reduce this happening or to reduce the impact.

Our risk assessment is available to clients on request. We have listed below a summary of the significant risks and hazards identified by us:

- Falls and trips resulting in physical injury eg. slipping on ice or falling off the path.
- Altitude illness including but not limited to AMS, HACE, and HAPE.
- Climatic injuries (dehydration, sunburn, heat exhaustion, hypothermia, or heat stroke). Please note during the months of April and October it will be very hot and humid for the first three days of the trek.
- Crossing a river with no bridge resulting in drowning and/ or a fall.
- Rockfall and landslides.
- Snow and ice avalanches.
- Lightning strike.
- Wildlife, pack animals (e.g. donkeys or horses), or stray dogs. Pack animals can knock people off the path. Dogs can attack and bite. Discuss rabies vaccination with your doctor.
- Earthquake.
- Risk of fire in the hotel or lodge.
- Endemic local diseases. Discuss vaccinations with your doctor before departure.
- Physiological injury. Such as heart attack, appendicitis, hernia, toothache etc. in a remote area.
- Road traffic accidents.
- Flight accidents. Read paragraph "Internal flight".
- Contaminated food and/ or water.

This trip visits a remote area. You are away from the usual emergency services and medical facilities. Evacuation for a serious injury requiring hospitalisation could take up to several days. This delay could impede your ensuing recovery. Helicopters are the usual means of evacuation. They are not always available or hindered by poor weather and flying conditions.

Internal Flights

INTERNAL FLIGHTS IN NEPAL

Flights from Nepal's Short Take-Off & Landing ("STOL") airstrips are dependent on weather. Delays often happen if there is poor visibility or high winds. For our itineraries with flights to or from STOL, we include one extra day in Kathmandu at the end of the trip. This is in case of delays flying back. If the delays are longer we will help reschedule your international flights. There is likely to be a fee charged by the airline for this. You also have to pay for costs incurred in Kathmandu as a result of the delay such as accommodation and meals.

You should read the Foreign, Commonwealth, and Development Office ("FCDO") travel advice for Nepal. For their latest advice take a look at their [Safety & Security section under Air Travel](#). There have been

some recent air accidents in Nepal. The European Union has banned Nepalese airlines from flying to Europe. For more information on Nepal's air safety profile take a look at [Aviation Safety Network](#).

Weather and conditions

WEATHER AND CONDITIONS FOR ANNAPURNA BASE CAMP TREK

ABC trek has a wide range of temperatures. This depends on the season, altitude and time of day. In the mountains between 1,000m and 3,500m, the nights will be cool around 5 Celsius. During the day temperatures sometimes rise to 25 Celsius. At higher altitudes temperatures range from about 15 Celsius to -12 Celsius.

The trekking season in Nepal is from late September to May. October and November are generally recognised as having the best weather. Spring is a popular time of year with warmer weather than in Autumn. Also, there is the advantage of seeing spring flowers and rhododendrons in bloom.

We have written a blog article [When is the best time to go trekking in Nepal Himalaya?](#) This has information about the weather and conditions in Spring and Autumn seasons. It also explains the differences between the trekking regions of Nepal.

Suggested reading

SUGGESTED READING AND MAPS FOR ANNAPURNA REGION

Maps

Annapurna Trekking Map by Himalayan Maphouse. Scale: 1:900,000. We include in your welcome pack when you arrive in Nepal. National Geographic Annapurna Trekking 1:135,000.

Books

Annapurna south face. By Chris Bonnington.

Himalayan Pilgrimage. By David Snellgrove.

Annapurna. By Maurice Herzog.

True Summit: What Really Happened on the Legendary Ascent on Annapurna. By David Roberts.

The Ascent of Rum Doodle. By WE Bowman.

A Nepalese Journey: The Essence of the Annapurna Circuit (Mountain Photography). By Andrew Stevenson.

Nepali Phrasebook by Lonely Planet.

ACCOMMODATION

TEAHOUSE LODGE IN NEPAL



While on a teahouse lodge trek in Nepal, there are twin share rooms with common bathroom and a heated communal dining room. We will provide all meals at the lodges and include breakfast, lunch, afternoon tea, and biscuits plus a two-course dinner (soup and main meal) plus up to two cups of hot drinks per meal. We regularly inspect and select the best lodges in each location.

MOUNT KAILASH RESORT IN POKHARA

We have used [Mount Kailash Resort](#) in Pokhara for our groups for many years. it is our first choice hotel for trekking groups as we have received positive feedback on their service and location. This property is located on Lakeside and a short walk to the restaurants, shops, and near the lake. The rooms are spacious with attached bathrooms and have television, air-conditioning, and Wi-Fi. They serve an excellent breakfast buffet from 7 am to 10 am. There is an attractive garden with a swimming pool so it is a wonderful place to relax before or after a trip.

HOTEL AMBASSADOR IN KATHMANDU



We have used [Hotel Ambassador](#) in Kathmandu for our groups since it was rebuilt in 2017. Since then we have received positive feedback on their service and location. This is our first choice hotel for trekking groups in Kathmandu. Rooms are well appointed with a reliable supply of hot water for use in the shower. The windows have double glazing so it keeps the rooms very quiet. They serve an excellent breakfast buffet from 7am to 10am. A sundowner on their rooftop bar and restaurant called Foreign Affairs is a must do!

TRIP REVIEWS

REVIEW BY EMMA ON 06/06/2023

Top notch trek to Annapurna Base Camp. We trekked to Annapurna Base Camp via Ghorepani and Poon Hill. Spectacular views and lucky with the weather. The teahouses we stayed in were very good and so was the food. Also the itinerary was well planned so that the days were not too long and we had time to acclimatise. I highly recommend The Mountain Company if you want a great trekking experience. Having used them for multiple treks they are consistently excellent with their pre and post trek communications as well as their professional guiding and support throughout the trek. ...

REVIEW BY MISHA 30/01/2023

Everything and more! Trekking in Himalayas - ABC After Covid delays, I finally got the chance to go to Nepal and complete the ABC trek. We had very nice guide and a porter. They were very accommodating and helpful. The weather was fabulous, the views even better and I had the time of my life. Enjoyed the whole experience - the walking, different culture, food (started to drink ginger & lemon tea ;) We were always informed about any changes due to the pandemic. Once we got going, everything went smoothly - all the transfers, various meetings at the airports/hotels, guided tour around Kathmandu. ...

REVIEW BY MISS JS16 ON 26/10/2016

Expertly organised I expected the trek to be outstanding because of the beauty of the area but I did not

expect the organisation of the trip to be so completely seamless. At every possible transition there was no waiting or confusion, the transfers were immediate, the mountain lodges all booked and ready (and we saw several other groups and people being turned away). Our guide Buddi was a true expert and his deputy Dipen and the porters were brilliant, great fun & knowledgeable about the areas we trekked in. We felt like we were cared about, not just a body on a trek. The pace was perfect and our group of 4 was just right (we saw groups of 14!). We were able to enjoy the trek & the beauty without being concerned about logistics, what a wonderful position to be in. ...

Notes downloaded on: 21-11-2024

