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Annapurna Base Camp Trek

Experience Nature, Culture, and the Big Mountains

Duration: 5 Days

Max Altitude: 4130 m (Annapurna Base Camp)

Trek Grade: Moderate

Start / End: Pokhara

Accommodation: Hotel in Kathmandu | Teahouse during trek

Best Season: April–May | September–October

Group Type: Private or Group Joining



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Overview

The **Annapurna Base Camp (ABC) Trek** is a breathtaking adventure that takes you deep into the heart of the Annapurna Sanctuary, where the mountains feel close enough to touch. The journey begins in lush green forests and charming villages, gradually climbing through rhododendron and pine trails until you reach the dramatic high-altitude amphitheater surrounded by towering peaks. At Annapurna Base Camp, you stand beneath the immense walls of Annapurna South and Machhapuchhre, feeling a powerful mix of awe, humility, and triumph. This trek is not just a hike it's a personal journey of endurance, discovery, and unforgettable mountain magic.

Trip Highlights

- **Annapurna Base Camp (4,120 m)** offers the ultimate mountain destination with 360° panoramic views.
- **Annapurna Sanctuary** is a sacred natural amphitheater surrounded by majestic peaks.
- **Sunrise over Annapurna South & Machhapuchhre** creates a truly magical moment.
- **Rich biodiversity** includes rhododendron forests, alpine landscapes, and rare wildlife.
- **Warm local hospitality** is experienced through traditional villages, tea houses, and cultural encounters.
- **A journey of personal achievement** is a trek that challenges the body and uplifts the soul.

Itinerary

Day 1: Pokhara → Jhinu → Upper Sinuwa (Drive + Trek | 7–8 hours | 2,350 m)

Early morning drive from Pokhara to Jhinu Danda, followed by a trek through terraced farmlands, bamboo forests, and traditional Gurung villages. The trail gradually ascends via Chhomrong before reaching Upper Sinuwa, where you settle into a teahouse for the night.

Day 2: Upper Sinuwa → Deurali (Trek | 6–7 hours | 3,230 m)

Today's trek continues through dense bamboo and rhododendron forests, passing Bamboo and Himalaya villages. The landscape becomes more alpine as you climb steadily along the Modi Khola valley, arriving at Deurali with views of surrounding snow-capped peaks.



Day 3: Deurali → Annapurna Base Camp (Trek | 5–6 hours | 4,130 m)

The trail leads through Machhapuchhre Base Camp before entering the Annapurna Sanctuary. Surrounded by towering Himalayan giants, you reach Annapurna Base Camp, offering breathtaking 360-degree mountain views, and enjoy a peaceful overnight stay at high altitude.

Day 4: Annapurna Base Camp → Sinuwa (Trek | 7–8 hours | 2,350 m)

After witnessing a spectacular sunrise over Annapurna South and Machhapuchhre, you descend along the same trail, passing MBC and Deurali. The long but scenic walk continues through bamboo forests back to Sinuwa for overnight rest.

Day 5: Sinuwa → Jhinu → Pokhara (Trek + Drive | 7–8 hours | 827 m)

A downhill trek leads to Jhinu Danda, where you can relax in the natural hot springs beside the Modi Khola. Afterward, drive back to Pokhara, concluding the Annapurna Base Camp trek.

All You Need to Know

1. Visa Process

Nepal's tourist visa fees vary by duration, with common options on arrival being \$30 for 15 days, \$50 for 30 days, and \$125 for 90 days, plus \$3/day for extensions.

2. Guide In Nepal

You will need a guide for tour, trekking, peak climbing as well as expedition.

- **Tour Guide:** A professional who leads sightseeing tours and provides local information.
- **Driver Guide:** A driver who also acts as a guide during travel.
- **Trekking Guide:** An experienced guide who leads trekking routes safely.
- **Peak Climbing Guide:** A trained guide for high-altitude mountain climbing.
- **Expedition Sherpa Guide:** A skilled Sherpa who supports and guides challenging expeditions.
- **Porter:** A helper who carries luggage or trekking gear, sometimes also assisting as a guide.

3. Accommodation

Stay comfortably with options to suit every traveler from budget backpacker stays (USD \$10) to 5★ city hotels (USD \$90) to cozy teahouses with attached bathrooms and camps along the trekking trails.



4. Transportation

Choose from local buses, private cars, shared or private jeeps, domestic flights, and helicopter transfers for convenient travel across Nepal.

5. Permits and entrance fees

Trekking and visiting protected areas in Nepal require permits and entrance fees to support conservation and local communities. Key permits and fees include:

- TIMS (Trekking Information Management System) Card: Required for most trekking regions.
- ACAP Permit (Annapurna Conservation Area Permit): Needed for trekking in Annapurna region.
- KCA Permit (Kanchenjunga Conservation Area Permit): Required for Kanchenjunga treks.
- SAC Permit (Sagarmatha National Park Entry Permit): Needed for Everest region treks.
- Langtang National Park Entry Permit: Required for treks in Langtang region.
- Manaslu Conservation Area Permit (MCAP): Needed for Manaslu trekking.
- Royal Chitwan National Park Entry Fee: For visiting Chitwan National Park.
- Bardia National Park Entry Fee: For wildlife safaris in Bardia.

Fees vary by nationality and trekking region.

6. Meals

During your trek, meals are usually served in teahouses or lodges, with options for local Nepali cuisine, vegetarian, and international dishes. Breakfast is usually included in accommodation. In the city, you can enjoy a wide variety of restaurants, cafes, and hotel dining.

7. Health & Safety

- Altitude sickness awareness and proper acclimatization are crucial when trekking above 2,500m.
- Carry basic medications and a personal first-aid kit.
- Drink bottled or purified water only.
- Vaccinations (such as Hepatitis A, Typhoid, and Tetanus) are recommended before travel.
- Emergency rescue services are available in major trekking regions.

8. Currency & Payments

- Nepalese Rupee (NPR) is the local currency.



- ATMs are available in major cities but limited in remote areas. Credit cards are accepted in hotels, restaurants, and shops in cities.
- Cash is essential for trekking regions.

9. Communication & Internet

Local SIM cards (Ncell or Nepal Telecom) are easily available at the airport and in cities. Mobile network coverage is good in cities and popular trekking routes. Wi-Fi is available in hotels and teahouses, sometimes at an extra cost in remote areas.

10. Cultural Etiquette & Local Customs

Dress modestly, especially in rural areas and religious sites.
Remove shoes before entering temples and homes.
Respect local traditions and festivals.
Ask permission before taking photos of people.

11. Responsible & Sustainable Travel

Avoid single-use plastics and use refillable bottles.
Respect wildlife and natural environments.
Support local communities by using local guides, porters, and accommodations.
Follow “Leave No Trace” principles during treks.

Important Information

- This trek requires a good level of physical fitness, as it involves long walking days, uneven terrain, and gradual ascent at higher altitudes. Participants are strongly advised to prepare in advance through regular exercise, endurance training, and hiking practice.
- Altitude-related illnesses such as Acute Mountain Sickness (AMS) can occur above 2,500 m. All itineraries are designed with proper acclimatization days to minimize risk; however, individuals must follow the guide’s instructions and report any symptoms immediately. If symptoms worsen, descending to a lower altitude is mandatory for safety.
- Weather conditions in the Himalayas are unpredictable and can change rapidly, particularly during monsoon and winter seasons. Trekking schedules may be adjusted due to weather, trail conditions, or safety considerations.
- Luggage limits are strictly enforced, typically allowing 10–12 kg of personal baggage per trekker. Excess luggage can be carried by porters or arranged separately at an additional cost.



- Comprehensive travel insurance covering high-altitude trekking, emergency medical treatment, and helicopter evacuation is mandatory. Proof of insurance must be provided before the trek begins.



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