

Contact Info

Head Office

Chhetrapati, Thamel, Kathmandu, Nepal

+977 9851069558

Email: info@myeveresttrip.com

Skype: [myeveresttrip](https://www.skype.com/user/myeveresttrip)

Annapurna Base Camp Trek

- Duration: 12 Days Days
- Max Altitude: 4,090 m
- Destination: Nepal
- Trip Grade: Moderate
- Best Season: Autumn, Spring

Why will you love Annapurna Base Camp Trek?

- Scenic Drive from Kathmandu to Pokhara and Nayapul, enjoying the breathtaking scenery.
- Visit **Ghorepani village**, which is surrounded by snow-capped mountains and rhododendron forests.
- Hike to **Poon Hill to witness gorgeous sunrise** with the backdrop of the western Himalayan mountains.
- Come across a range of flora and fauna along the Trail.
- Observe the daily lifestyle, culture, and traditions of the locals.
- Explore Annapurna Base Camp, the base of Mt. Annapurna (the tenth-highest mountain in the world).
- Enjoy a natural **hot spring** in Jhinu Danda.
- The breathtaking Himalayan mountains include the Annapurna Range, Mt. Dhaulagiri, Mt. Gangapurna, Mt. Hiunchuli, Mt. Machhapuchhre, and many others.

Overview of Annapurna Base Camp Trek

Annapurna Base Camp Trek, also famous as ABC Trekking (short Annapurna Trek), is the busy trekking route in the Annapurna region. This ABC trekking package offers easy access to land transport from Kathmandu or Pokhara. The trek offers an **incredible view of mountains, landscapes, and villages** and a taste of the authentic Nepalese lifestyle. You can customize the trekking duration based on your available time.

Annapurna is an adventurous venture in the Himalayas, precisely in the mid-western Himalayan mountains. This trek is well-known for its exceptional landscapes, phenomenal views of snow-capped mountains, rich biodiversity, and vibrant cultural heritage. The trail moves along dense forests and

beautiful remote mountain villages. One of the main highlights of the Annapurna Base Camp trek in Nepal is the lap of the **world's tenth-highest mountain**.

Day **01**

Drive/ Flight to Pokhara.O/N at Hotel.

Today you have a choice of travel. You can take the scenic route or drive to Pokhara (6-7 hours) through the terraced rice fields, taking in the Trishuli and Marsayangdi Rivers and lush green hills. Or you can take a quick 20-minute flight. The famous Phewa Lake shall greet you, and you can spend the day relaxing by the lakeside. O/N at a hotel.

Day **02**

Drive to Nayapul and trek to Tikhedunga [1,560m/5,116ft] for 5 to 6 hours. O/N at Tea House.

The second day of the trek begins with a 1.5-hour drive from Pokhara to Nayapul. From Nayapul, we start our trek to Tikhedunga. The trail follows the Modi Khola River and goes through small villages and rice fields. This trek part is easy and takes about 4-5 hours. Tikhedunga is a small ridge in the Annapurna region where you can stay overnight.

Day **03**

Tikhedunga to Ghorepani [2,860m/9,380ft] 7 to 8 hours. O/N at Tea House

After a walk up the stone steps that lead to Ulleri, we will take a break at Banthanti. Then, we will trek for 6-7 hours through beautiful oak and rhododendron-filled forests until we reach Ghorepani. Ghorepani is one of the best short trek durations for trekkers planning to reach Annapurna Base Camp. After reaching Ghorepani, we stay overnight at the lodge.

Day **04**

Ghorepani to Tadapani [2,630m/8,626ft] 7 to 8 hours. O/N at Tea House.



On the fourth day of the trek, We will take an early morning walk to Poonhill to watch the stunning sunrise and witness the panoramic view of the mountains in the Annapurna Range, including Mt. Dhaulagiri (8167m), Mt. Annapurna (8091m), and Mt. Machhapuchhre (6993m). After a break back at the lodge, we will trek through a rhododendron forest trail to Tadapani. It takes about 7 to 8 hours to reach Tadapani from Ghorepani. During the Spring season, this trail becomes extremely beautiful with colorful flowers. O/N in the lodge.

Annapurna 1, Annapurna South, Dhaulagiri, Machhapuchhare, Nilgiri, and many more mountains you can see from poon hill with sunrise Views

Day 05

Tadapani to Chhomrong [2,170m/7,176ft) 6 to 7 hours. O/N at Tea House.

The day begins with a sharp descent through lush rhododendron forests. Exiting Tadapani, we wind our way down through the dense foliage until we arrive at Gurjung, a charming village inhabited by the Gurung people. Before reaching Chhomrong, we get another small but famous town in Sinuwa where you can stay and have lunch. Transitioning from the forested terrain, the path gradually becomes gentler as we reach Chomrong at an elevation of 2,140 meters (7,021 feet).

Day 06

Chhomrong to Himalaya [2,902m/9,577ft] 6 to 7 hours. O/N at Tea House.

On day 6, we aim to reach another village, Himalaya, which takes about 6 to seven hours. We trek down stone stairs, cross Chhomrong Khola, and climb to Sinuwa - a nice, leisurely walk through forests adorned with orchids and ferns. We will reach a village on the ridge of Deurali, where we explore and stop for lunch. Then we descend more stairs to Bamboo and then onto Dovan before finally approaching the great Himalayas. O/N in the lodge.

Day **07**

Himalaya to Annapurna Base camp [4,130m/13,546ft] 6 to 7 hours. O/N at Tea House

Today is the most crucial day in our trek as we make our way forward to the destination, which is Annapurna Base Camp Trek. We begin the day by ascending to Deurali. Climb the ancient stone stairs leading to the scenic white mountains. We reach the iconic Machhapuchhre Base Camp from where Annapurna Base Camp is visible. After about an hour, we will get ABC, which is as iconic as you have heard. From here, you will see a 360-degree mountain view, including the giant Annapurna I (8091m), Annapurna South (7219m), Machhapuchhre (6997m), and several other magnificent peaks. O/N in the lodge.

Day **08**

Annapurna Base Camp to Bamboo [2,310m/7,576ft) 7 to 8 hours. O/N at Tea House.

On the 8th day of our trek, we begin to retrace our steps. We start by trekking down to Machhapuchhre Base Camp, where you can enjoy more stunning views of the mountains in the Annapurna Range, including Machhapuchhre (6993m), Lamjung Himal (6983m), Annapurna I (8091m), Annapurna II (7937m), and Annapurna III (7555m). Then, trace back to Bamboo through Deurali and the Himalayas. O/N in the lodge.

Day **09**

Bamboo to Jhinu Danda [5838 ft, 1780m] 7 to 8 hours. O/N at Tea House.

This is an exciting start to the day. We ascend through a wild jungle to Sinuwa, head down to Chhomrong Khola, and climb more stairs to Upper Chhomrong. Then, we go down to Jhinu Danda, where you can relax in the natural hot springs. O/N in the lodge.

Day **10**

Jhinu Danda to Pothana [6199 ft, 1890m] 7 to 8 hours. O/N at Tea House

Begin the day by crossing the suspension bridge over the Modi River to reach Landruk. Then, walk through the magnificent Oak Forest to Tolka and finish the day with a 3-hour walk to Pothana. O/N in

the lodge.

Day 11

Pothana to Pokhara [2690 ft, 1400m] 3 hours .O/N at Hotel.

It begins with a challenging trek through varied terrain to Dhampus. Once in Dhampus, you will walk past crop fields and traditional houses to reach Phedi. From here, you can rest as we drive back to Pokhara, where you can enjoy the evening in one of the country's most relaxing spots - including **Accommodation, Breakfast, and Lunch.**

Day 12

Drive/Flight to Kathmandu .O/N at Hotel.

Whether you drive or fly back to Kathmandu, you will go back to your hotel and can enjoy the last day of your trip to the heart of the capital. Now, it's time to head towards the airport and board the flight to return.

What To Expect?

What's included

- Two nights hotel in Pokhara with Bed and Breakfast plan
- Meals on the entire board (breakfast, lunch, and dinner) during the whole trekking
- Kathmandu - Pokhara - Kathmandu By tourist bus or up to your request
- Trekking map
- An experienced Government license holder guide
- Insurance, salary, equipment, transportation, local tax for guide.
- Group medical supplies (first aid kit will be available)
- All necessary paper works and national park entry permits
- Travel and rescue arrangement
- TIMS (Trekking Information Management System)
- All government taxes and tourist service charges

What's not included

- Meals in Kathmandu before and after trekking
- Your travel insurance (Rescue)
- Tips for trekking staff and driver
- Drinks (hot, cold, and alcoholic)
- Trekking porter/Sherpa who will carry your bags during the trekking.
- Personal shopping and laundry etc
- Personal trekking equipment

FAQs

Which is the worst month of the Annapurna Base Camp Trek?

The worst month of Annapurna Base Camp Trek is the winter season. Generally, monsoon season is the worst of the other trekking seasons in Nepal; however, since the Annapurna region falls on the rainshadow area, the region doesn't suffer from the continuous rainfall; hence, you can easily trek there in monsoon season.

How long is the ABC Trek?

The ABC Trek is 110 km long and lasts 11 to 14 days. These include a day in Kathmandu and two additional days for arrival and departure. Including two days for transportation to Pokhara and rest for the Trekking days. You can add the Poon Hill trek to the ABC Trek to add more distance and duration to the essential trek as well.

Is the Annapurna Basecamp trek without a guide possible?

Yes, it is possible without a guide. The Government of Nepal has marked some specific areas as restricted trekking regions and made hiring a guide in those trekking areas compulsory. And, since the shot Annapurna trek doesn't fall in one of those areas, you can travel there as an independent trekker. However, having a guide for Annapurna Trek makes your **hikes to Nepal** extremely easy.

Is Annapurna Base Camp Trek safe?

ABC Trek is relatively safer than other remote treks in Nepal. Furthermore, you can make the ABC trek a lot safer by hiring guides and porters and planning proper itineraries before your trek. Booking your accommodation early is safer if you plan to trek in peak seasons like Spring or Autumn. If things go out of control, we will take **helicopter** evacuation. So, don't be afraid even for a solo trek at Annapurna Base Camp.

Can beginners do the Annapurna Base Camp trek?

Yes, beginners can do the Annapurna Base Camp trek with proper preparation and itinerary. It is one of the easiest treks in Nepal, along with the Everest Base Camp Trek. Due to high commercialization, the services and infrastructure are pretty standard.

Do you need a sleeping bag for the Annapurna Base Camp trek?

Yes, having a sleeping bag for the Annapurna Base Camp trek would be best. Although the teahouses in the ABC can also provide a sleeping bag, carrying your sleeping bag will be helpful and easily accessible. Furthermore, you can also keep your batteries, clothes, etc, in your sleeping bag to keep it warm.

Do you need a porter for Annapurna Base Camp?

You must hire a porter for Annapurna Base Camp because you must walk several hours daily. Porters can carry heavy bags that are up to 20 kg, which is a huge blessing, especially in the high-altitude trek filled

with steep ascents, rocky ridges, and snowy mountains.

What is the starting place of the Annapurna Camp Trek?

You can start the Annapurna Trek by driving from Pokhara to Nayapul or taking a local bus. It takes 1.5 to 2 hours to reach Nayapul by car and about 2.5 to 3 hours by bus. Before reaching Nayapul, you must reach Pokhara, which will take about 7 hours by bus and 5 hours via private car or jeep.

Can you sleep at Annapurna Base Camp itself?

Yes, you can sleep at the top of the Annapurna Base Camp. Plenty of tents and camps are situated in the Base Camp itself, where you can stay overnight; however, the temperature will be freezing, and there will be chances of avalanches in the ideal trekking season, especially Spring.

Is Mount Everest visible from Annapurna Base Camp?

No, we can't see Mount Everest from Annapurna Base Camp. Mount Everest lies in the Khumbu region, an entirely different area and part of Nepal. In contrast, Annapurna Base Camp is in the Annapurna region.

What is the highest elevation of the Annapurna Base Camp?

The highest elevation of the Annapurna Base Camp is at the top of the base camp itself, at an elevation of 4,130m. Compared to other trekking destinations in Nepal, the ABC camp's high altitude is lower as you will reach just over 4000m, which is also why it is ideal for beginners.

What is the mortality rate at Annapurna Base Camp?

The mortality rate of the ABC camp is less than one percent. Since it is among the easy treks, if you have decent experience or physical training, you can quickly complete the successful trek of the ABC. So, train your body and have a respectable physical physique.

Is there WIFI in Annapurna Base Camp?

Yes, you can access Wi-Fi at teahouses in Annapurna Base Camp, especially in and around the dining halls. However, getting a mobile network signal is difficult due to the mountains. So if you want to connect with a family during your trek make sure you do when you have easy connection available.

What is the shortest trek to ABC?

The shortest trek to ABC is generally five days. This trek is mainly curated for trekkers looking for a budgeted trek and those who can't spare many days for the adventure of the Annapurna region. However, you must be physically fit to complete the short Trek successfully.

Is the Annapurna Base Camp trek crowded?

Annapurna Base Camp Trek is crowded, especially in the Spring and Autumn seasons since it is the ideal season. In the off-season, like winter and monsoon, the crowds become smaller, so if you plan to trek in

the crowd season, book your trek early.

Additional Information

Eco Trekking Through the Heart of the Annapurna

One of the newfound terms in the case of trekking is Eco Trek. In the context of Annapurna Base Camp Trek, it is trendy, and the results have been positive. Eco-Trek in Nepal means the form of a responsible trek. The Annapurna region is full of diverse terrain which means the trek is rich in normal to endangered species of floras and faunas. The trekkers pass through different landscapes, from lush jungles broad meadows, glacial moraines, and snowy hills. It promotes natural conservation in overall manner. At My Everest Trip, we are committed to minimizing our impact on the environment. We adhere to strict sustainable practices on all of our treks, including the Annapurna Base Camp trek. Here are some of the eco-friendly initiatives we implement:

Environmental Conservation

The main goal of My Everest Trip's eco-tour is to protect the environment. Nepal has many natural habitats that need protection, and eco-touring helps save rare wildlife and diverse ecosystems. Eco trekking focuses on minimizing environmental harm, conserving energy, and using resources sustainably. We encourage tourists to follow these practices with The Trek Nepal.

Preservation of Culture

Nepal has different cultures and traditions, so My Everest Trip focuses on Eco-Friendly treks that benefit everyone from other cultures. People have long lived together in harmony and respect. No matter where you trek, you will feel welcomed by the local communities. The Eco trekking allows you to visit new regions, meet new people, and immerse in their culture. The eco-friendly trek helps preserve local traditions and supports local values.

Eco-Friendly Accommodations:

We prioritize eco-friendly accommodations that minimize environmental footprint, such as using solar energy and reducing water consumption. The trekkers are also motivated to stay in the teahouses instead of camping, which increases the possibility of pollution and environmental damage.

What does a day look like on the ABC Trek?

The **Annapurna base camp trek 11 days** is an exciting adventure. A typical day on the trek involves exploring, meeting people, and visiting new places. The trek usually starts between 5 AM and 6 AM.

Morning

5 AM to 6 AM

You wake up early and get ready. Pack your gear for the day. After about half an hour, enjoy a delicious breakfast. Please don't skip it, as breakfast gives you energy for the trek.

6 AM to 1 PM

After breakfast, start your trek. The weather is cool at first but gets warmer as the day continues. Depending on the season, you may need rain gear. In spring, expect warm, sunny weather. Explore villages, ancient temples, monasteries, and caves during the trek. Talk with locals, learn about their culture, and try regional foods. After 6 to 7 hours of walking, it's time for lunch.

Midday

1 PM to 2 PM

Here is the lunchtime. After a long trek, it's essential to eat energizing food. Your guide will take you to a local restaurant for Nepali or Thakali food, like rice, lentils, and vegetable curry. Take a break and listen to your body. After about an hour, continue your trek.

2 PM to 5 PM

In the afternoon, after lunch, you will continue your trek. The pace of the trek drops due to tiredness and a bit of humidity. You will continue trekking in the hills and ridges of the Annapurna region. As time passes, the sun starts setting, so it's time to move forward and reach the new teahouse before sunset.

Night

5 PM to 7 PM

Around 5 PM, arrive at the teahouse. Relax, freshen up, and explore the area. You can walk around the village to see attractions like restaurants, temples, and monasteries. In some villages, locals gather around the fire to sing, dance, and share stories. Feel free to join them.

7 PM to 8 PM

Dinner is served at the teahouse from 7 PM to 8 PM. You'll find many options, including local Nepali dishes and Western items like pizzas and burgers. Eating healthy and carb-rich foods is a good idea, but don't overeat, as it might make sleeping hard.

8 PM to 10 PM

Aim to go to sleep by 10 PM. Good sleep helps you feel refreshed for the next day. You'll feel tired during the trek if you don't get enough rest. The rooms provide plenty of bedding for a warm and comfortable sleep. This is the typical routine for a day on the Annapurna Base Camp Trek.

Annapurna Base Camp Trek Route

The **Annapurna Base Camp Short Trek** starts when you arrive at Tribhuvan International Airport in Kathmandu. The next day, you will enjoy a drive to Pokhara. After spending the night there, you will drive to Nayapul, the starting point of the trek. From there, you will trek along the bank of Burundi Khola to reach Tikhedhunga. The trail then climbs to the beautiful village of Ghorepani through Ulleri and Banthanti.

Before leaving Ghorepani village, you hike to Poon Hill to witness the breathtaking sunrise. Later, drop down to Tadapani, trekking through forests of rhododendrons. From Tadapani, the trail descends steeply to Kim Rung Khola and crosses a suspension bridge; you climb to Chhomrong. Further, you walk through

fine villages like Bamboo, Dovan, the Himalayas, and Deurali to reach Annapurna Base Camp.

After some time at the ABC, you take the same path to Jhinu Danda via Deurali. Jhinu Danda is known for its natural hot spring. Enjoy the hot spring before heading to Pothana. From Pothana, you go down to Phedi and drive back to Pokhara.

Annapurna Trek Distance

The ABC Trek distance from Nayapul to base camp and back is 110 km. This 110-kilometer will be covered in 9 trekking days, i.e., you will cover about 15 km daily. This means one needs to walk for 6 to 7 hours. Covering such a distance daily in a complex mountain landscape demands a few months of cardio exercises and good strength. We can cover the Annapurna Base Camp Trek distance from place to place as a table. So let's get into it.

Day	Place	Altitude (m)	Distance (km)
1	Pokhara	827	-
2	Tikhedunga	1560	7
3	Ghorepani	2860	13
4	Tadapani	2630	5
5	Chhomrong	2170	5
6	Himalaya	2902	7
7	Annapurna Base Camp	4130	12
8	Bamboo	2310	18
9	Jhinu Danda	1780	5
10	Pothana	1890	1
11	Pokhara	1400	5
12	Kathmandu	-	-

Annapurna Base Camp Trek Cost

Before you begin your journey on the Annapurna Base Camp adventure, you'll need to have a broad understanding of the cost of the Annapurna Base Camp trek. It can cost approximately from \$650 per person to \$765 per person.

Let's explore the components contributing to the Annapurna base camp trek cost, including international flights, permits, accommodation, meals, guide and porter fees, etc. Generally, the **short Annapurna trek cost** depends on the following factors:

Guide and Porter Cost

Hiring a guide will cost you \$30 daily, but the price can vary depending on the trekking area. A knowledgeable guide will enhance your experience, handle advanced booking and logistics, provide trek information, and make your trip more enjoyable. This is an excellent option for a well-rounded and enjoyable trekking experience. Generally, the porter will charge you \$25 daily, but the price can vary

depending on the trekking area. A porter can carry up to 30 kg of gear, allowing for easier trekking at higher altitudes. Hiring a porter will help to support the local economy and help the porter sustain their life.

Transportation Cost

Your journey starts when you land at Tribhuvan International Airport in Kathmandu. Your international airfare will depend on which country you are flying to Nepal from. Besides your international airfare, your cost depends on your chosen transportation. There are two means of transportation: air and road. Traveling from Kathmandu to Pokhara by flight will cost between \$180 and \$248, but traveling by road will cost less. By road, you'll find different buses, including the local bus, which costs the least.

You can also take a tourist bus, which is a bit more expensive than the local bus. For more comfort, you can take a luxury tourist bus or a jeep, which is comparatively costly but not as expensive as a flight.

Other Expenses

- Wi-Fi: USD 4.30 per day or device
- Hot showers: USD 2.50-6.00
- Black tea: USD 0.45-1.50
- Milk tea: USD 0.70-2.00
- Hot chocolate USD 1.30-3.00
- Coffee cup: USD 0.85-2.55

Cost per Person for Annapurna Trek

People	Cost
1	725
2-12	695

Annapurna Trekking Permit cost

Regarding the permit cost, you will need two permits for Annapurna Trekking: the **Annapurna Conservation Area** Project permit and the TIMS (Tourist Information Management System Card).

TIMS is mandatory for trekking in Nepal. It is valid for one-time use only within the trekking region. However, you can use the same TIMS permit for multiple regions or when joining two or more regions. TIMS maintains records of trekkers and ensures their safety. It cost NPR 2000 per person.

The Annapurna Conservation Area Project (ACAP) is a must-have permit for anyone exploring the breathtaking Annapurna region of Nepal. This permit is valid for the entire Annapurna region, regardless of the duration of your stay. With a single ACAP permit, you can explore any part of the Annapurna region without making extra payments. It cost NPR 3000 per person.

Note: Both of these permits are valid for single entry only. You cannot get any refund or transfer to other people.

But remember that you cannot get these permit cards without the following documents:

- Two passport-sized photos

- A copy of your passport
- Travel Insurance paper
- Entry and Exit points
- Itinerary/Route
- Emergency contact information
- Dates of your trek

Accommodations and Foods in Kathmandu & ABC

Accommodation

The journey generally begins in the city of Kathmandu. So, on the first day you arrive at Tribhuvan International Airport, you'll stay in Kathmandu and have accommodation there. Accommodation costs depend on where you visit, either in an expensive or budget hotel. A good range of hotels will fit your budget; you can choose the most expensive hotels to mid-range and budget hotels in Kathmandu.

As you climb the altitude and reach the barren, remote areas, your accommodation mode changes to the teahouse. The teahouses are tiny, wide homes with twin beds that you have to share with the other trekkers. The teahouses have single rooms with attached bathrooms and twin beds, so you have to share them with the rest of the trekkers. In the high-altitude tea house, you will get services like huge dining room, internet connection or hot bath but you may have to pay a certain amount for those services.

Foods

Regarding meals, there would be a wide variety of food and beverages as Kathmandu is the top tourist destination and the capital city of Nepal. Kathmandu serves local and international cuisines. The trekkers will have three daily meals in high altitudes: breakfast, lunch, and dinner. The meals that you can get during your trek are tea, coffee, Chapati, Roti, Bread, Soups, pancakes, Thukpa, Local Nepali Dal, Bhat, Ghundruk, Dhindo, Dumplings, etc and western foods.

Why Annapurna Base Camp Trek?

Annapurna Base Camp Trek is one of Nepal's most popular trekking destinations. It is among the most commercialized trekking destinations, along with the [Everest Base Camp Trek](#); however, there are many things to know about the Annapurna Base Camp Trek. The ABC trek has been open to the public for several years, but still recently, trekkers realize something new about it quite often. So let's get into it.

Natural Experience

One particular thing you might want to know about the Annapurna Base Camp Trek is that it is full of amazing wonders. From the majestic Marshyangdi River to the giant Annapurna Massiffs, Annapurna Base Camp Trek is full of stunning landmarks and places to explore, which are naturally beautiful.

Hot springs

One of the other major attractions the trekkers can enjoy during their expedition is the soaking in the hot Springs. During their trekking adventure, they will reach a popular station in Jhinu Danda, renowned for its hot springs. After the long few weeks of trek, soaking in the hot, rejuvenated hot springs is the perfect

way to relax your body. Furthermore, the elderly in the village also believe bathing in the hot springs cures bones and joints of the aching body.

People and Culture

One of the other reasons for choosing Annapurna Base Camp Trek is the chance to see the unique culture and traditions of the people living there. During the expedition, you will meet people from different cultures in Nepal, such as Gurungs, Magars, Thakalis, and Lobas. Different groups of people in the area speak their own languages and have their own customs. Some people follow Hinduism, while others practice Buddhism. Many people mix these beliefs in their daily lives.

Seasonal Guide for Annapurna Base Camp Trek

Spring and autumn are the best times to venture to Base Camp Trek. These two are the peak seasons for exploring the Annapurna region. The weather is usually stable during this time of the year, essential for a successful trek. Likewise, the climate is mostly moderate, and the views are phenomenal. The vegetation is also at its peak, and you will become part of vibrant festivals.

Spring Season

In Nepal, spring includes months from March to May. During these two months, hundreds of trekkers trekked around the Annapurna region, including the Annapurna Base Camp trek. The days are warm, with chilly mornings and nights. The lower region is more generous than the upper region. The average temperature during the **Annapurna trek in April ranges from around ten °C to 0 °C. Especially in April, the route is covered with colorful rhododendrons, lush green vegetation, and other flora.**

Autumn Season

September, October, and November are the months that fall under autumn in Nepal. This is the second-best time in the year to traverse ABC. Just after the end of the monsoon, the trail is filled with a fresh, earthy smell, which makes the journey soothing. The average temperature ranges around 20 °C in the daytime and five °C at night. The best part of trekking in autumn is witnessing and becoming part of the biggest festivals like Dashain, Tihar, Chhat, etc.

Summer/Monsoon Season

July to August includes both summer and monsoon in Nepal. Even though summer is the best season to trek in the Himalayas, the monsoon ruins the journey with heavy rainfall and unclear views. Traveling in these months requires careful planning, yet a successful trek is not guaranteed. These are our least favorite months on the Base Camp trek. The trail also gets slippery and full of bugs, with temperatures between 5 °C and 23 °C.

Winter Season

Another season that is off for trekking in the Nepalese region is the winter season. The dynamic weather, freezing temperatures, and the remote area of the Annapurna region make the trekking to ABC trek extremely tough in the high Himalayan hills. In the winter season, the chances of blizzards, snowstorms, and avalanches are expected, which is why the accommodations on the mountain are closed.

How to get ready for ABC Trek?

Although the Annapurna Base Camp Trek is among the easiest treks in Nepal, the trekkers still need to prepare for it. Preparing for any high-altitude trek in Nepal will make your adventure more accessible and help you deal with the various difficulties of the ABC trek. As a beginner, you must prepare even more for the trek to avoid any problems. Here are some of the ways to prepare for the ABC trek.

Documents

To trek the **short Annapurna base camp trek**, you must possess specific permits, like a TIMS card and Annapurna Conservation Area Permit. So before reaching the Annapurna region, you must know how to get these documents and what additional documents you must submit. You also need to pay a certain amount for the required permits.

Physical Preparation

Another preparation you need before heading out for the high-altitude trek is to increase your physical stamina and raise the endurance level of your energy. Make sure you are increasing the level of your cardio and also focus on building your strength. Preparing physically for your trek beforehand will help you overcome the physical difficulties of the ABC trek.

Mental Preparation

Another way to prepare for the ABC trek is by being mentally fit. Ensure you expect the ABC trek to be challenging and that you face adversities during the high-altitude trek. Before reaching a high altitude, you must focus on breathing by getting involved in meditation and yoga. So, during high altitudes, you can control your breathing, making your mentality even stronger.

How Tough is the Journey to Annapurna Base Camp?

Annapurna Base Camp Trek is among Nepal's most common and more accessible trekking destinations. However, this trek can prove to be a bit difficult for beginners. Certain factors make the ABC trek difficult, so let's get into it.

Difficult Terrain

The Annapurna Base Camp Trek offers various landscapes. You will see everything from dry, sub-tropical areas to lush green forests, rocky peaks, and snowy mountains; each type of terrain provides a unique experience. However, these different landscapes can be challenging to trek. The trails have many ups and downs, with steep climbs and descents daily. Make sure you are physically fit to handle these rugged terrains.

Long Distance and Duration

The Annapurna Base Camp trek lasts between 10 and 21 days or more. Each day, you will trek for about 6 to 7 hours. This trek can be tough because it takes a lot of energy, and you will walk for a long time. Remember to take breaks to adjust to the higher altitudes. It's essential to prepare and stay strong during your journey. Different Annapurna Base Camp trek packages vary in length.

Altitude Sickness

When the body cannot adjust to the low oxygen and atmospheric pressure in high-altitude mountains, you might become sick and experience altitude sickness. Also known as acute mountain sickness, this condition can impact numerous trekkers and mountaineers.

At an altitude of 3,000 meters, the oxygen level begins to decline. You should know the potential effects of altitude sickness. Common symptoms of altitude sickness are headaches, fatigue, Nausea, shortness of breath, dizziness, inability to sleep, and loss of appetite.

What are the Remedies for Altitude Sickness?

Altitude Sickness is a very tough thing to deal with during the high-altitude trek, so you need to be prepared for its remedies. Here are some of the remedies for altitude sickness:

- You should limit how fast you ascend.
- You should sleep at a lower altitude if possible.
- It would be best if you took rest days to acclimate.
- Medications like acetazolamide or nifedipine can prevent and treat altitude sickness.

Annapurna Circuit Trek vs. ABC Trek

[Annapurna Circuit Trek](#) and ABC Trek are the two most popular treks in the Annapurna Region, with their merit and demerits.

Annapurna Circuit Trek	Annapurna Base Camp Trek
The highest point in Annapurna Circuit Trek is Thorong La Pass at 5,416 m	The highest point in Annapurna Base Camp Trek is Base Camp at 4,130 m
The Annapurna circuit trek starts from the Lamjung district at the Syange point	The Annapurna Base Camp trek starts from a place in Pokhara called Nayapul
The Annapurna Circuit Trek is expensive and much longer than the ABC Trek	The ABC Trek is less expensive and shorter than the ACT Trek
The Annapurna Circuit Trek doesn't take you to the base camp but can be extended for its trek. Its circumference is around the mountain, exploring places like Manang and Mustang, a heavenly village	The Annapurna base camp takes you right to the foot of the Himalayas, giving closer views of the Himalayas range
This trek length is Approximately 110 km	This trek length is Approximately 160-210 km

What to pack for Annapurna base camp trek ?

Below is the list of things you will need during the trek. We also offer a printable checklist for the Annapurna Trek Packing list while traveling with us.

Headwear

- Sun cap / Woolen hat
- Sunglasses
- Neck warmer / Neck gaiter
- Headscarf
- Balaclava

Bodywear

- Waterproof jacket
- Lightweight thermal tops
- Fleece Pullover or Jacket
- Long/Short Polypropylene Sleeve Shirt
- Down jacket
- Soft jacket

Handwear

- Lightweight gloves
- Heavyweight gloves

Bodywear

- Hiking pants
- Underwear
- Fleece pants
- Light thermal trouser
- Hiking shorts

Footwear

- Trekking boots
- Cotton socks
- Hiking socks
- Running shoes

Trekking Equipment and Gears

- Trekking backpack
- Trekking poles
- Head torch with extra batteries
- Water bottle
- Sleeping bag
- Water purification

Toiletries

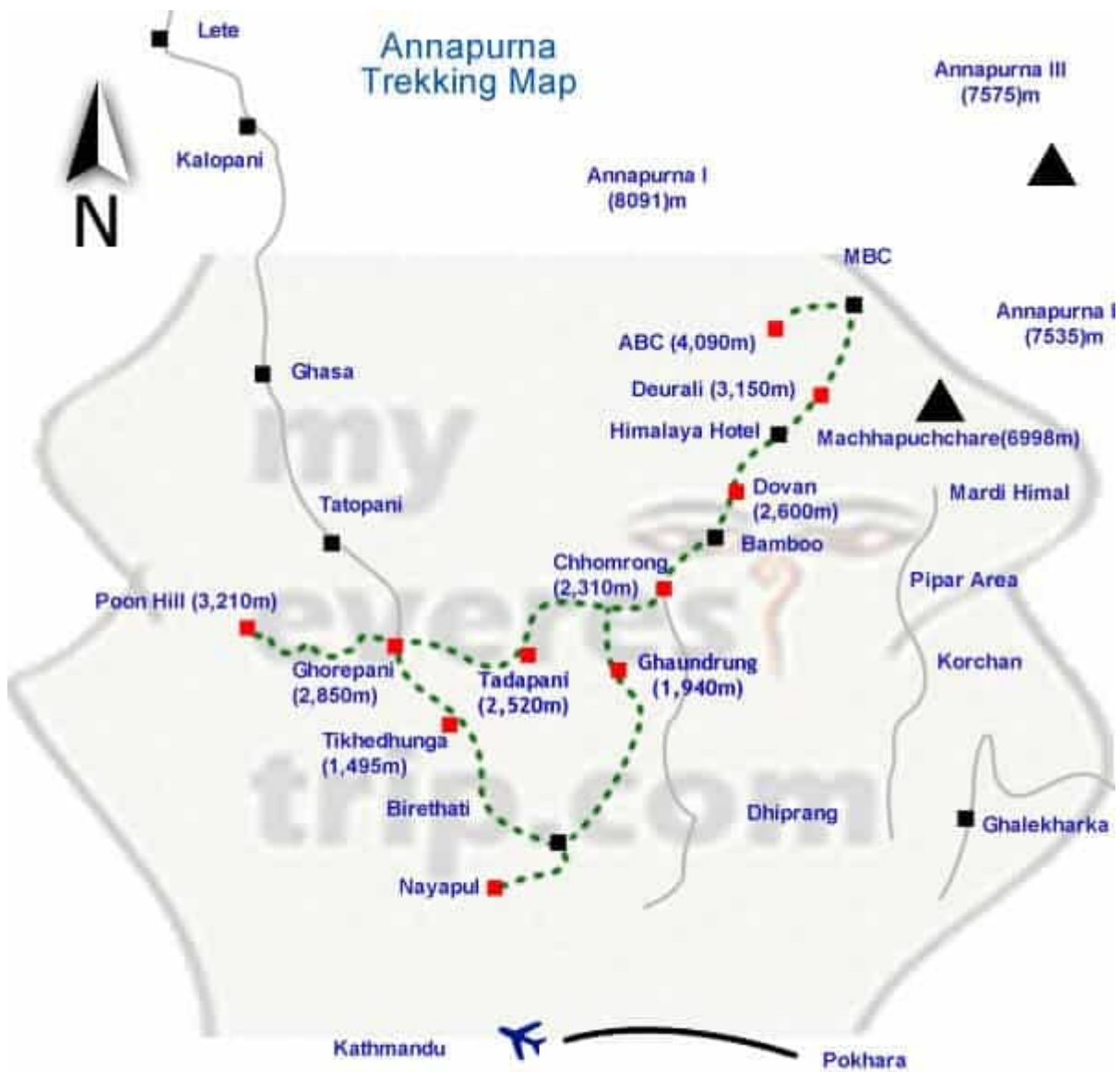
- Drying towel
- Toothbrush

- Toothpaste
- Toilet paper
- Biodegradable bar soap
- Nail clippers

Extra items

- Travel documents
- First aid kits

Map



Contact Us

Head Office:

Saat Ghumti Marg 3, Kathmandu 44600, Nepal

Email: info@myeveresttrip.com

Skype: [myeveresttrip](https://www.skype.com/name/myeveresttrip)

WhatsApp +**9779851069558** ([Puru](#))

[Daniela Schiopu](#)

Romania, Germany, Italy

WhatsApp +**40721971479**

Taiwan

Salik KC / 〇 〇 〇

Xinyi Road, Sec-2, Taipei City

Cell: [+886-909439712](tel:+886-909439712)

United Kingdom

Eddy Cota

WhatsApp: +**447521762520**

My Everest Travels & Tours is a government-recognized and registered Travel Agency. Reg: 64831/066/067 VAT: 303815277