

ANNAPURNA BASE CAMP , 4130 M



NAMAS Adventure

Annapurna base Camp (4,130M)

Type: Trekking (All inclusive) International flight not included

Total no of days: 13 Days

Price: \$1750 | £1300 p/p (Internal flights)

\$1470 £ 1100 p/p (Via Bus)

Overview

The Annapurna Base Camp route has become one of the most popular trekking trails among the solo and adventure trekkers. It is also known as the Annapurna Sanctuary trek which has an extraordinary variety of ecosystems because of its unique combination of heights and depths. This oval-shaped high glacial basin is situated at an altitude of over 4000 meters surrounded by a ring of mountains-the Annapurna Himalayan range, most of which are above 7000 meters including two eight thousands: Annapurna (8,091m/26,546ft) and Dhaulagiri (8,167m/26,796ft). Annapurna Sanctuary is also a natural amphitheatre and has been sacred to the local people for centuries. The entire sanctuary was held as sacred to the Gurung tribe, one of the many native inhabitants of the area.



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Itinerary

Day 1 Arrival Kathmandu

DAY 2 Flight or Bus Kathmandu /Pokhara/ Drive Nayapul and Ulleri

Day 3 Ulleri to Ghorepani

Day 4 Ghorepani / Poonhill / Tadapani (6 - 8 hrs / 3210 M)

Day 5 Tadapani/Chomrong (2,400 m / 6 hrs)

Day 6 Chomrong to Dovan (5 hrs / 3,300 m)

Day 7 Dovan to Machhapuchhre Base Camp

Day 8 MPC / Annapurna Base camp / Bamboo (6 - 8 hrs)

Day 9 Bamboo / Chomrong

Day 10 Chomrong to Ghandruk

Day 11 Pokhara rest day

Day 12 Flight or Bus to Kathmandu

Day 13 Departure

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Included in the trip

- Local Sherpa and Guide leaders
- Arrival hotel in Kathmandu and Pokhara
- All trekking permits (Annapurna Region Permit and TIMS)
- All internal-local transportation to and from the trekking trail head
- Breakfast, Lunch and Dinner on trek days. (one meal order)
- Lodge accommodation during the trek
- One porter for 2 trekkers
- Arrival pick up and departure
- Internal flights
- Basic First aid kit
- Welcome/Farewell leave Dinner

Not included in the trip

- Visas and travel insurance
- Entertainment and food (Kathmandu)
- Bottled drinks and beverages
- Evacuation (will be done in your account)
- Tips (Service Charge in Hotel and Restaurants are included)
- Single supplement Charges
- Laundry, Phone services, Personal expenditure transactions
- Optional trips
- Tea breaks, chocolates or other snacks and any meals beside breakfast, lunch and dinner.
- Delay and cancellation because of natural phenomenon
- International flights to Kathmandu

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Deposit required : £300 | \$300 p/p

Total trip Days: 13 Days

Bank Transfer Details :
HSBC BUSINESS BANK
NAMAS ADVENTURE LTD
AC NO: 12126885
SORT CODE: 40-43-26



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About Pokhara

Pokhara is a remarkable place of natural beauty. Situated at an altitude of 827m from the sea level and 200km west of Kathmandu valley, the city is known as a center of adventure. This enchanting city has several beautiful lakes and offers stunning panoramic views of Himalayan peaks. The serenity of lakes and the magnificence of the Himalayas rising behind them create an ambience of peace and magic. So today the city has not only become the starting point for most popular trekking and rafting destinations but also a place to relax and enjoy the beauty of nature.

Adventure activities in Pokhara: Paragliding , hot air Balloon, boating, bungee and zip line and avia ultra flight sightseeing. (Please refer to us earlier if you would like to arrange us a booking or you can book it during your stay in Pokhara)



About Poonhill

Ghorepani Poonhill trek sets you in one of the most awe-inspiring panoramas in the Himalayas. Walking through impressive forested areas, you reach a maximum altitude of 3210 m. Anyone of reasonable physical fitness should be able to comfortably complete this trek.

The Ghorepani Poonhill trek begins in the beautiful lakeside city of Pokhara, from where you take a short car ride to Nayapul (1100 m) village. Climbing along the trail through a number of beautiful villages and forest areas you follow the river bank to Tirkhadunga (1557 m) where you will spend the first night. Next day, further ascending along the trail to Ghorepani-2850 m (all the way up the hill, crossing 3000 steps), you will be left in sheer awe at the clear views of the towering expanse of Mt. Dhaulagiri I (8167 m) and Annapurna I (8091 m). The highlight of the Ghorepani trek is a visit to Poonhill (3210 m) early next day, from where we will be able to see a spectacular sunrise over the whole Himalayan range and surrounding rice terraces

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+ Equipment/gear lists?

Footwears

- Hiking shoes for the trek to base camp with ankle protection
- Midweight thermal socks: 5 pairs
- Liner socks or equivalent: 2 pairs

Body Layers

- 1 merino base layers: top / bottom set
- Quick-dry sports bra (for women)
- 1 mid layer top: breathable Underwear
- Lightweight waterproof/breathable rain pants
- Convertible hiking pants
- Hooded Soft Shell jacket To be worn over other layers
- Midweight down or synthetic parka with hood
- Hooded Hard Shell: Gore Tex and breathable
- Insulated Down Jacket
- Long jones equivalent to Rab's Polartec or equivalent: 2 pairs

Headgear and Hand wear

- Wool hat (ski hat)
- Sunhat: To shade your face / neck from the sun on a hot day
- Buff: To protect your neck / face from the sun
- Glacier glasses: Full protection with side covers or wrap around
- Lightweight synthetic liner gloves: For wearing on a hot day; 2 pairs
- Soft shell gloves: To wear for moderate cold / wind

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Personal Gear

- 20-30L Trekking Backpack: To carry on the trek to base camp. Simple and light.
- Sleeping Bag: Rated to at least -10 to -20C. Goose down or synthetic
- Trekking poles with snow baskets: Adjustable poles
- Head torch: 1 normal for base camp and 1 with remote battery systems for climbing at night.
This will be used whilst climbing at night
- Sunscreen: SPF 50 or above
- Lip balm with sunblock
- Water bottles: 1 wide mouth bottles with 1L capacity
- Thermos: 1 litre (buy a good ones to keep your water warm for longer hours)
- Toiletry bag: Include toilet paper and hand sanitiser and small towel
- Hand warmers & toe warmers
- Pen Knife or multi tool (optional)
- Camera: bring extra batteries and memory cards
- Personal solar charging system (optional but recommended)
- Travel Clothes
- Duffel bags XL (1) with locks
- Base Camp extra Items: Kindle, I pad, books, smart phone, etc
- Cell phone in waterproof case
- Cell phone charging cable
- Local SIM card for cell phone (purchase in Nepal)
- Portable power device (for recharging phone or other electronics)
- Snack food: Please bring a few days of your favourite climbing snack food such as bars, energy gels, nuts, beef jerky, etc. A variety of salty and sweet is recommended to give you extra energy.
- Small personal first aid kit: Include athletic tape, Band-Aid's, Ibuprofen, blister care, personal medications, etc
- Toothbrush (travel size)
- Toothpaste (travel size)
- Toilet paper
- Personal wipes
- Women's hygiene items
- Pee bottle
- Hand sanitizer
- Shampoo and conditioner

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- Biodegradable soap
- Deodorant
- Dental floss
- Razor and shaving cream
- Skin lotion
- Medications and Prescriptions: Bring antibiotics (Azithromycin, etc.), and altitude medicine such as Diamox and dexamethasone*