



Annapurna Base Camp Trek

Overview

Embark on an unforgettable journey with Gele Trekking, beginning with a pre-trek briefing at a 4-star hotel in Kathmandu, where you'll meet your fellow adventurers and enjoy the first group dinner. The adventure truly begins on Day 2 as you experience exhilarating white water rafting along the Trisuli River, followed by a scenic drive to Pokhara on Day 3. Each day brings new landscapes and challenges, from trekking through picturesque valleys to reaching breathtaking viewpoints like Ghorepani and Annapurna Base Camp. Along the way, our expert guides ensure your safety and comfort, providing insights into local culture and stunning Himalayan vistas. Your journey culminates back in Kathmandu after 15 days of awe-inspiring adventures, leaving you with memories to last a lifetime. As a bonus, the trip includes a visit to the charming town of Bandipur, renowned for its preserved Newari architecture and historical site, offering a glimpse into Nepal's rich cultural heritage.

Highlights

- White water rafting
- Mount Annapurna, Dhaulagiri and Manaslu
- Countryside cultural Holiday Inn stay overnight experience
- One night stay, sunrise and sunset panoramic view, three mountains above 8000 metres and view of Ganesh Himal range from Bandipur
- **Total 14 nights and 15 days package**

Entire trip price

Total trip cost: Pounds £1399 and USA dollars \$1799

Cost includes:

- One professional guide
- One dedicated porter
- Bed and breakfast, trekking transports and related trekking permits
- Welcome and every morning wake-up tea.

Does not include:

1. Lunch, dinner and any drinks are self-paid and optional activities
2. International flight
3. Trekking Insurance covers above 5000 mts to 5500 mts

Trek Itinerary

Day 1: Kathmandu - Our meeting is scheduled for the evening at 5 pm at Hotel Holy Himalaya Thamel Kathmandu Nepal. This is where the group will gather for a pre-trek briefing, during which important information about the trek and upcoming highlights will be covered. Additionally, the leader will arrange for the first group dinner after everyone joins.

A: Include a room share and breakfast (require separate room to pay extra).

B: Elevation 1250 metres (4,101ft)

Day 2: Trisuli River Camp - The day begins in the morning after breakfast. The team departs from the hotel and travels by tourist bus to the starting point of the white water rafting adventure.

A: 2 hrs 30 minutes drive and 3 to 4 hours rafting.

B: Meals included: lunch, dinner and breakfast.

C: River tent camp inclusive.

D: elevation 800 mts(2776ft).

E: Cover of the day travel 42.2miles(68km) and rafting 13 miles(22 km)

Day 3: Pokhara - After breakfast at the tent camp, we'll travel to Pokhara by regular tourist bus. Upon arrival mid-afternoon, we'll check into the hotel, enjoy a free afternoon, and gather in the lobby at the designated time for dinner with your leader.

A: Travel on a tourist bus for 4 to 5 hours.

B: Includes teahouse room and breakfast

C: Elevation 850 metres(2,850ft)

D: Travel distance covered of the day 68,3 miles(110km).

Day 4: Hille - The day starts with breakfast, followed by a drive to Nayapul, then a trek to Hille through a scenic farming landscape valley. This walk is along a dusty jeep road with occasional passing jeeps and motorbikes.

A: Drive 1.30 hours and trek 4 hours.

B: Includes teahouse room and breakfast.

C: Elevation 1,430 metres(4,691ft).

D: Ascent 580 metres(1800ft).

E: Cover of the day(walk 4.5 miles(7km) and (Drive 25.5 miles(40.7km)

Day 5: Ghorepani - The day starts with a challenging yet unforgettable trek marked by steep climbs, offering a memorable highlight of our journey. We navigate through stone steps and rhododendron forests to reach a stunning viewpoint.

A: Trek for 7 to 8 hours.

B: Includes teahouse room and breakfast.

C: Elevation 2,860 metres(9,383ft)

D: Ascent 1,430 metres(4,691ft).

E: Cover of the day 9 miles(14.5km)

Day 6: Tadapani - We start the day early with a sunrise view from Poon Hill before returning to the hotel for breakfast. We then continue our journey to the next destination, enjoying a pleasant walk through the enchanting rhododendron forest.

- A: Trek for 8 to 9 hours.
- B: Includes teahouse room and breakfast.
- C: Elevation 2,610 metres(8,562ft)
- D: Descent 250 metres (8,21ft).
- E: Cover of the day 11.1 miles(18 km)

Day 7: Chhomrung - After breakfast, our day starts with a descent from the teahouse, passing through the picturesque Kimrung village, famous for its traditional Gurung culture in the Annapurna region. Along the trek, we'll cross several suspension bridges.

- A: Trek for 7 to 8 hours.
- B: Includes teahouse room and breakfast.
- C: Elevation 2,170 metres.
- D: Ascent 2,90 metres(9,51ft).
- E: Cover of the day 9 miles(14.5km).

Day 8: Dovan - The day begins after breakfast as we trek through local towns and agricultural fields. This day's route takes us through dense jungle terrain, with limited teahouses where we may have to share rooms with other trekking groups.

- A: Trek for 7 to 8 hours.
- B: Includes teahouse room and breakfast.
- C: Elevation 2,600 metres(8,530ft).
- D: Ascent 430 metres(1,410ft).
- E: Cover of the day 9 miles(14.5km)

Day 9: Machhapuchhre Base Camp - The day brings trekkers new energy and excitement as it marks a significant milestone on our journey. Trekkers will also need to stay vigilant to avoid likely avalanche zones on the journey. *Your trip leader will provide further details as we continue towards our destination.*

- A: Trek for 7 to 8 hours.
- B: Includes teahouse room and breakfast.
- C: Elevation 3,700 metre(12,139ft)
- D: Ascent 1,100 metres (1,541ft).
- E: Cover of the day 8.1 miles(13 km)

Day 10: Annapurna Base Camp - The day starts with a brief walk to Annapurna Base Camp, nestled within a pristine snow cave. *It's essential to heed the leader's guidance and refrain from venturing without permission, as unpredictable events like weather changes, avalanches, rockfalls, and hypothermia may occur.*

- A: Trek 3 and a half hours.
- B: Includes teahouse room and breakfast.
- C: Elevation 4,130 metres(13,550 ft)
- D: Ascent 430 metres(1,410ft).
- E: Cover of the day 2 miles(3.5 km)

Day 11: Bamboo - The day begins with a lengthy descent downhill. Trekkers must stay alert for avalanche-prone areas along the route. The significant descent offers a view reminiscent of the previous day's ascent, creating a mirrored perspective of the landscape.

- A: Trek for 8 to 9 hours.
- B: Includes teahouse room and breakfast.
- C: Elevation 2,300 metres(7,830 ft)
- D: Aescent 1,830 metres(5,577ft).
- E: Cover of the day 11 miles(17.5 km).

Day 12: Jhinu Danda - After breakfast, we set off along the familiar route towards our next destination. Upon reaching our destination for the day, we gather extra clothes and head to the hot springs for a refreshing bath.

- A: Trek for 5 to 6 hours.
- B: Includes teahouse room and breakfast.
- C: Elevation 1,780 metres (5,750 ft)
- D: Aescent 520 metres(1,706 ft)
- E: Cover of the day 6 miles(9.5 km).

Day 13: Bandipur - Following breakfast, we commence our day's journey, traversing rice paddies and the Modi Khola river to reach Syauli Bazar. *Your leader will organise transportation, either by jeep or bus, to our final destination in Bandipur.*

- A: Trek for 2 to 3 hours and drive 5 hours
- B: Includes teahouse room and breakfast.
- C: Elevation 1,150 metres(3,772ft)
- D: Descent 630 metres(2,066ft).
- E: Cover of the day trek 7 miles(11km) drive 69 miles(111 km)

Day 14: Kathmandu - We drive back to Kathmandu via the Prithivi Highway, concluding the trek with a celebratory dinner together.

- A: Travel by tourist bus for 5 to 6 hours.
- B: Include a room share and breakfast (require separate room to pay extra).
- C: Elevation: 1250 metres (4,101ft).
- D: Distance covered: 91 miles (147.4km).

Day 15: End of trip - The trip concludes after breakfast at noon.

The overall journey spans the following distances and durations:

- Flight and travel: 309 miles (498.7 km)
- Physical walk and hike: 67.7 miles (109 km)
- Total hours covered: 83 hours and 30 minutes

Trip information and preparation

At Gele Trekking, we encourage our guests to be as well-prepared in advance so they can enjoy their treks to their fullest. Over the years we have come up with a simple suggestion that helps our guests be prepared. We recommend you practise walking around areas with small hills three months before your trek. If you don't have hilly terrain near you, do not worry! It is most important you get out walking some distance along with your other daily exercise routines every day before your trek so you are fit and healthy.

Also please know during trekking, there might be natural obstructions such as changing weather conditions including, snow events and other uncontrollable events such as domestic flight changes such as those to and from Lukla and Pokhara. In these scenarios, your group leader at Gele Trekking will adjust your itinerary as needed for your safety and to allow for the best experience possible.

Communication and Accommodation Facilities

Gele Trekking wishes to ensure our guests are well-informed about accommodation facilities, including the Himalaya Tea House rooms with toilets, showers, and communication options. The rooms typically consist of twin bedrooms, with the possibility of sharing a dormitory and communal toilets located outside the building. Showers may be available with gas or electric heating and bucket showers, although washing basins may not be universally provided or available.

For instance, during the Annapurna Base Camp trek, accommodations often require sharing rooms with others due to limited teahouses and room availability. Occasionally, adjustments may be necessary, particularly during peak seasons. While Gele Trekking typically arranges bookings for our groups, there are instances where this may not be feasible.

Rest assured, our trip leaders are well-versed in handling such situations and have the authority to make the necessary adjustments.

Food and Drink Options

Gele Trekking takes pride in introducing the region's food and drinks to our guests during their treks. We offer Himalayan organic food, with most dishes incorporating *noodles, rice, potatoes, and Yak Cheese*. Fresh vegetables such as *spinach, cabbage, carrots, cauliflower, spring onions and seasonal vegetables* are also available. While there is a limited selection of foreign food, we also offer some *cereals*. Our hot drink options include *hot chocolate, instant coffee, simple Nepali tea, and powdered milk*. Regarding cold drinks, we offer *mineral water, Coke, Fanta, Sprite, Pepsi, and some local products*.


Regarding alcohol, we offer local beers such as the popular *Everest beer*, and other beer options such as *whisky, and brandy*. Some locations may have small bars and offer wines, but it's important to note that ***alcohol consumption is subject to altitude limits***. Our trip leaders are well-versed in dealing with various issues, including altitude-related concerns, and have the authority to make necessary changes as needed.

Extra trip budget

During your trek, we recommend you budget approximately £35 to £40 (\$45 to \$50) per day for lunch, dinner, and any drinks. We also recommend that your overall daily budget includes a bit more to cover any additional miscellaneous expenses.

Total approximate in pounds: £520

Total approximate in dollars: \$650



Traditional Load-Carrying in Nepal

Gele Trekking is committed to bringing attention to the potential brain damage being caused everyday to countless Nepalese by the common practice of carrying heavy loads on their heads, known as 'head carrying'. Gele trekking has pledged to make this a top focus for their treks and to actively seek solutions, including having one sherpa accompany each guest and to supporting further research on this critical health concern. By choosing Gele Trekking, our guests are providing support from around the world to help protect and nurture the minds of Nepalese in Nepal.

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