Annapurna Circuit and ABC Trek – 20 Days

URL: https://nepalalternativetreks.com/trip/annapurna-circuit-and-abc-trek/

Annapurna Circuit and ABC Trek Quick Information

Weather -10°C to 17°C	**Duration** 20 Days	**Difficulty** Moderate
Accommodation Lodges	**Meals Included** Breakfast, Lunch, Dinner	**Transportation** Bus/Jeep
Daily Activity Approx. 5 - 6 hours	**Religion** Buddhist, Hindu	**Ethnic People** Gurung, Magar, Thakali, Tamang
Region of Nepal Annapurna Region	**Max Altitude** 5416m./17872ft.	**Per Person Cost** USD 1100
Best Season Sept, Oct, Nov, March, April, May	**Geographic Terrain** Mountain, Forest, Village, Lakes, Waterfall, Terrace, Hills	

Group Discounts Available

No. of Persons	Price per Person
Group Of 1 - 4	USD $1,100.00
Group Of 5 - 8	USD $1,080.00
Group Of 9 - 12	USD $1,060.00
Group Of 13 - 18	USD $1,040.00

Note: Our fixed group departure dates, services and price is guaranteed even if the group numbers are 1 person to maximum 18 persons. We will provide a guide cum porter if there is only 1 person to operate the trek and one more assistant guide if group size is above 10 persons. And of course, guide cum porter will carry 10 kg luggage.

Overview of 20 Days Annapurna Circuit and ABC Trek

Annapurna Circuit and ABC Trekking starts as you drive from Kathmandu to Bulbule and Chame. It begins from Chame towards Upper Pisang, walking through the oak forest and Dhukur Pokhari. You will also trek to Manang and Thorang Phedi, followed by Muktinath and Jomsom. Along the trail, you will walk through the crimson rhododendron forest and have a profound view of the majestic Himalayan ranges.

You will walk through the world's deepest gorge, Kali Gandaki Gorge, with views of Mt. Annapurna I (8091 m) elevated in the east and Mt. Dhaulagiri (8167 m) in the west. Spending some delightful moments in Machhapuchhre and Annapurna Base Camp, you will see the majestic mountains' profound beauty. Following the moraines and icy pathways, you will take a detour to Jhinu hot spring to take a calm dip in from an exhausting journey and then drive back to Pokhara. The trip ends with your arrival in Kathmandu.

The best seasons for this trek are spring (March-May) and autumn (September-November). During these seasons, there is mild sunshine and the least precipitation, which makes the trails dry. Beginners can also do this trek.

Background

The Annapurna Circuit Trek and ABC Trekking is a rich adventure that combines the two classic treks of the Annapurna region. This trek takes you around the entire Annapurna massif while exploring popular places such as Muktinath, Ghorepani, Tatopani, Jhinu Danda, and more. You will also cross one of the highest mountain passes, Thorong La Pass (5416 m), and climb the majestic Annapurna Base Camp (4130 m).

The Annapurna Circuit Trek with Annapurna Base Camp is a thrilling adventure into the high mountain passes and the Himalayas. The trails lie within the Annapurna Conservation Area,

home to diverse flora and fauna. As you trek, you will pass from luscious subtropical verdant to serene green highland pastures and semi-arid landscapes.

While on the trek, you will witness the gigantic and stunning mountains such as Annapurna I, Annapurna II, Annapurna South, Machhapuchhre, Gangapurna, Hiunchuli, and many more. Similarly, en route, you will pass cascading rivers, streaming waterfalls, glaciers, moraines, and the world’s deepest gorge, the Kali Gandaki River.

The scenic view and mountain vistas are not the only highlights of the trek. It also dives into the culture of the Annapurna region. Magar, Gurung, Thakali, and Manage ethnic communities mainly reside in the area. You will get a deeper insight into their unique culture and traditions. The Annapurna Circuit Trek with Annapurna Base Camp is a unique opportunity to experience the best the Annapurna region offers.

What Makes Combining ABC & Annapurna Circuit Irresistible

- Embark into two classic trek routes of the Annapurna region
- Journey from subtropical verdant, alpine meadows to semi-arid zones.
- Trek through quaint villages like Manang, Marpha, and Ghorepani.
- Experience the spiritual aura at the sacred Muktinath temple on the lap of the Himalayas.
- Cross one of the highest mountain passes, Thorong La Pass (5416m).
- Explore the exotic flora and fauna of the Annapurna Conservation Area, including snow leopards, musk deer, and many more.
- Witness a breathtaking sunrise view at Poon Hill View Tower.
- Capture the exhilarating views at Annapurna and Machhapuchhre Base Camp.
- Traverse charming settlements, cascading waterfalls, deep gorges, valleys, and rivers.
- Witness glorious mountain vistas of the Annapurna massif, Nilgiri, Dhaulagiri, Lamjung Himal, Tuckuche Peak, and more.
- Dip into the natural hot spring at Tatopani and Jhinu Danda.

Weather

January	February	March
-10°C to 5°C	-8°C to 7°C	-5°C to 10°C
April	**May**	**June**
-2°C to 11°C	2°C to 15°C	5°C to 17°C
July	**August**	**September**
7°C to 17°C	7°C to 18°C	5°C to 16°C
October	**November**	**December**
-2°C to 12°C	-5°C to 8°C	-8°C to 5°C

20 Days Annapurna Circuit and ABC Trek tinerary

Day 1: Drive from Kathmandu to Besi Sahar

In the early morning, our guides will pick you up at your hotel, and the trekking journey starts with a pleasant bus drive to Besisahar. You will pass through Dumre, following the Prithvi Highway further north. Then, you will approach Besisahar, spotting the pleasant, lush hills and green landscape.

The whole drive takes 6 to 8 hours, depending on the traffic. The town of Besi Sahar lies 175 km (109 miles) west of Kathmandu. It is a popular getaway for Annapurna Circuit. Likewise, the road connecting Kathmandu to Besi Sahar is in good condition, but there are a few bumpy and off-road sections. After reaching the town, we will explore around a little before retiring for the day. We will stay overnight at a lodge in Besi Sahar.

Destination:	**Accommodation**	**Altitude:**
160km Drive (Av. 6hr)	Gateway Himalayan Resort or Similar category	(830m./2739ft.)

Meals
Lunch, Dinner

Day 2: Drive to Chame

After breakfast at Besi Sahar, you will trek alongside the bank of the Marshyangdi River to Ngadi. Then, you will bypass the ascending trail of Bahun Dada, gearing towards the Marsayangdi River. En route, you will pass by a river overlooking the verdant valley. You will also encounter numerous traditional Buddhist houses along the way.

Then, you will drive through the oak, fir, and pine forest to arrive at Chame. It is a relatively short drive of around an hour. Chame is a charming settlement of the Gurung people. Once you arrive at the village, you will get a glimpse of Annapurna II, Annapurna IV, Lamjung Himal, etc, at a distance. You may explore the place and dip in a famous hot spring near the Marsayangdi River. You will stay overnight in Chame.

Destination:	**Accommodation**	**Altitude:**
55km Drive (Av. 4hr)	Four Season Hotel or Similar category	(2710m./8943ft.)

Meals
Breakfast, Lunch, Dinner

Day 3: Trek to Upper Pisang

After breakfast at Chame, you will head towards Pisang. The trail will pass by an apple orchard and oak forest before reaching Dhukur Pokhari. From Dhukur Pokhari, you can witness the magnificent views of Pisang Peak, Annapurna IV, and Pangdi Danda (1500m). Similarly, you will pass by mules carrying loads on the path.

Further, you will head north to Lower Pisang and arrive at Upper Pisang, where you will rest for the night. You will see numerous traditional houses in Upper Pisang village. Almost all the residents follow Buddhism, so you will see many prayer flags throughout the village. Likewise, it is common to see older residents wearing traditional attire and praying beads. In the evening, visit the local monastery to observe the monks chanting their soothing evening prayers.

Destination:	**Accommodation**	**Altitude:**
14km Uphill hike (Av. 6hr)	Mandala Hotel or Similar category	(3400m./11220ft.)

Meals
Breakfast, Lunch, Dinner

Day 4: Trek to Manang

You will leave for Manang through Ngawal early in the morning. The trails from Pisang to Manang include a vivid view of the giant mountains. The trek starts with an easy ascent until reaching the hill's peak. Enjoy the dramatic views of the picturesque valleys along with the view of the majestic mountains such as Annapurna II, Annapurna III (7555m), Gangapurna (7454m), Pisang Peak, Chulu (6583m), and Tilicho (7132m).

Following the descent trail, you head to the village of Braga, where you may spend some time in Braga Monastery. The monastery has an impressive collection of statues and thangkas. Then, you will leave Bagra, following the dusty trail route. Along the trail, you will also see numerous temples, magnificent Mani walls, prayer flags, and chortens. After reaching Manang, you may observe several monasteries. You will rest overnight in Manang.

Destination:	**Accommodation**	**Altitude:**
16km Uphill hike (Av. 6hr)	Tilicho Hotel or Similar category	(3500m./11550ft.)

Meals
Breakfast, Lunch, Dinner

Day 5: Acclimatization - Explore around

As you ascend to higher elevations from here onwards, you must acclimatize. Thus, on this day, you spend the day acclimatizing to the surroundings. You will explore Manang, a Tibetan settlement of around 500 houses with an appealing view of beautiful mountains such as Chulu Peaks and Gangapurna. It is essential to stay active while acclimatizing.

From Manang village, you can observe the best sunrise and sunset views. Likewise, you can hike towards the spectacular ridge closer to Gangapurna glacier, following the trail to the cave just above the village. There are several hiking spots near the village. You can also explore the village around you and learn about the Gurung community, their culture, traditions, and customs. You will return to Manag and stay overnight.

Destination:	**Accommodation**	**Altitude:**
Excursion around	Tilicho Hotel or Similar category	(3500m./11550ft.)

Meals
Breakfast, Lunch, Dinner

Day 6: Trek to Ledar

You will begin your trek after breakfast at Manang. On this day, you will trek toward Yak Kharka via Batase Danda. The trail offers vivid views of mountains like Annapurna II, Gangapurna, Tilicho, and Chulu Peaks. It is an uphill ascent on uneven terrain, and you will follow the route of the dry terrain alongside the juniper forests.

After hiking for about four hours, you will reach the small village of Yak Kharka. Upon reaching the village, you can take short walks in the evening. You can see herds of yak, blue sheep, and Himalayan tahr grazing on pastures and bushes. Most of the teahouses in the village are former yak herders' encampments. You will continue walk to Ledar. Stay overnight in Ledar.

Destination:	**Accommodation**	**Altitude:**
10km Uphill hike (Av. 4hrs)	Dhading Laxmi lodge or similar category	(4110m./13563ft.)

Meals
Breakfast, Lunch, Dinner

Day 7: Trek to Thorong Phedi

Today is a big day of the trek. After breakfast, you will leave for High Camp, following the route from Yak Kharka via Leder and Throng Phedi. The trek starts with a gradual climb towards Ledar, where you see stunning views of Annapurna II, Gangapurna, and Tilicho and a closer look at Chulu peaks.

The trail gets riskier as you approach Throng Phedi. You must walk cautiously on a gravel route, following the edge of an isolated hillside. Gradually, you will ascend further through the barren and windy terrain and reach Throng Phedi. Sheer cliffs surround the village. You will spend the night in Thorong Phedi. The trail becomes more challenging from here onwards.

Destination:	**Accommodation**	**Altitude:**
7km Uphill hike	Thorong Phedi Base Camp	(4400m./14520ft.)
(Av. 4hr)	Lodge or Similar category	

Meals
Breakfast, Lunch, Dinner

Day 8: Trek to Muktinath via Thorong La Pass

After an early breakfast at Thorong Phedi, you will leave for Muktinath, one of the holiest places in Nepal. The hike on this day is long and challenging, as you will trek along the winding paths. You will reach the first ridge. Then, you will continue on the narrow path to the mind-blowing glacial pond. Trekking further, you will reach Thorong La Pass (5416m).

As you get closer to Thorong La Pass, colorful prayer flags and chortens adorn the snow-covered trails. The pass offers breathtaking views of Mt. Damodar, Bhrikuti Peaks, and Mt. Dhaulagiri. Likewise, you can see the hills and surrounding landscapes of Mustang. Then, you will descend through the rough trails. The dusty and gravel trail leads you towards Muktinath. You will stay overnight in Muktinath.

Destination:	**Accommodation**	**Altitude:**
15km Downhill hike (Av. 10hr)	Town House or Similar category	(3800m./12540ft.)

Meals
Breakfast, Lunch, Dinner

Day 9: Trek to Kagbeni

Early in the morning, you will visit the holy Muktinath temple. It is a sacred site for Hindu and Buddhist people alike. Pilgrims from Nepal and India crowd the temple during Hindu festivals. You will return to your lodge after paying your respects in the Muktinath temple. You will have your breakfast while enjoying the beautiful views in Muktinath. Then, you will leave for Kagbeni.

Throughout the journey, you will follow the gradual inclination and the route of desert-like landscapes, with cool air blowing at your face. The trails are relatively easy to walk on, but the wind picks up the speed in the afternoon. You may get caught up in small sandstorms. Following the juniper and pine forests, you will reach Kagbeni. The village has numerous old historical buildings, stupas, prayer wheels, and age-old architecture. You will spend your night in Kagbeni.

Destination:	**Accommodation**	**Altitude:**
7km Down hike (Av. 3hr)	Hotel Nilgiri or Yac Mac Donald	(2810m./9273ft.)

Meals
Breakfast, Lunch, Dinner

Day 10: Trek to Marpha

After breakfast, you will begin your trek from Kagbeni to Marpha. The trail includes a couple of hours of gradual declination. You will also trek alongside the Kaligandaki River. The scenery mainly consists of semi-arid landscapes, and the trail is mostly gravel and dusty. En route, you will traverse several villages like Ekle Bhatti, Jomsom, and Syang.

After trekking for about four hours, you will reach Marpha, where you will see many organic apple gardens full of apple trees. Also known as the Apple capital, the village has numerous traditional houses and structures. After reaching the village, you can spend extra time strolling around or visiting the apple orchards. Likewise, you can also try some local apple brandy in the evening. You will stay at Marpha for the night.

Destination:	**Accommodation**	**Altitude:**
13km Downhill hike (Av. 5hr)	Hotel Paradise or Similar category	(2665m./ 8794ft.)

Meals
Breakfast, Lunch, Dinner

Day 11: Drive to Tatopani/ Natural hot spring

After breakfast, you will leave for the famous hot spring spot, Tatopani. On this day, you will take a jeep drive. You will drive towards Ghasa, followed by the scenic view of mountains such as Mt. Dhaulagiri, Mt. Nilgiri, Mt. Annapurna, and others. There is a checkpoint right as you reach Ghasa. Similarly, the desert-like scenery slowly changes into sub-tropical forests and highland meadows. You can also feel a shift in the temperature as you head towards Tatopani.

After driving for an hour, you will reach Kopchepani. As you continue driving alongside the Kali Gandaki valley, you will reach Tatopani. The term Tatopani translates into “hot water” in Nepalese language. The village is famous for its healing hot springs. After reaching the village, you can dip into the hot springs and rejuvenate yourself.

Destination:	**Accommodation**	**Altitude:**
30km Drive (Av. 5hr)	Hotel Dhaulagiri or Hotel Natural Spring	(1100m./3630 ft.)

Meals
Breakfast, Lunch, Dinner

Day 12: Trek to Ghorepani

After relaxing at Tatopani, you will continue with your trek. The trek destination for the day is towards Ghorepani, taking an uphill trail via Ghara and Sikha. You will start a trek by crossing the suspension bridge over the Kaligandaki River. Then, you will ascend for some time until the view opens up to picturesque terraced fields. Similarly, you will also come across traditional settlements where mainly Ghorkali families reside.

You will walk alongside the terraced fields and dense rhododendron forests until you reach Chitre. You can witness numerous flora and fauna along the way. The trail slowly starts to ascend as you get closer to Ghorepani. The village of Ghorepani is an idyllic Magar settlement that offers gorgeous mountain views. You will relax in the evening while enjoying the magnificent Annapurna and Dhaulagiri ranges.

Destination:	**Accommodation**	**Altitude:**
18km Downhill hike (Av. 7hr)	Hotel Super View or Similar category	(2800m./ 9240ft.)

Meals
Breakfast, Lunch, Dinner

Day 13: Early morning excursion to Poon Hill Viewpoint & trek to Tadapani

You will wake up early and take a little excursion to Pook Hill View Tower (3210m). It is one of the best viewpoints in the Annapurna region. It takes an hour’s hike from Ghorepani to hike to Poon Hill. Similarly, the stone-paved path goes right through the forests of rhododendrons, oaks, and firs. You will witness stunning mountain vistas like Annapurna I, Annapurna South, Machhapuchhre, Dhaulagiri, and Nilgiri turn golden with the gorgeous sunrise.

After spending some memorable moments at Poon Hill, you will head back to the lodge and have breakfast. After that, you will trek straight towards Tadapani. The trail again goes through dense rhododendron woods as you pass by small villages in Deurali and Banthanti. You will rest overnight in Tadapani.

Destination:	**Accommodation**	**Altitude:**
13km Uphill hike (Av. 6hr)	Hotel Grand View or Similar category	(2650m./8745 ft.)

Meals
Breakfast, Lunch, Dinner

Day 14: Trek to Sinuwa

After breakfast at Tadapani, you will leave for Sinuwa. The trail includes walking through the shaded forest and declining towards the river, following a few ups and downs. You will trek past the luscious green forests to picturesque hillside paddy fields. All along the way, the stunning mountain vistas will accompany you.

Then, you will reach Chhomrong village by passing through terraced fields. You can enjoy pleasing views of mountains like Annapurna and Machhapuchhre. As you continue the trek, you will walk into the rhododendron forest. Likewise, the trail begins to descend steeply from Chhomong to Modi River. After some time, you will cross a suspension bridge and ascend to Sinuwa. Your trek for the day will end once you reach Sinuwa.

Destination:	**Accommodation**	**Altitude:**
16km uphill hike (Av. 6hr)	Hill Top or Similar category	(2200m./7260ft.)

Meals
Breakfast, Lunch, Dinner

Day 15: Trek to Deurali

After breakfast at Sinuwa, you will trek towards Bamboo to reach Deurali village. You will walk through the Bamboo forest, followed by the rhododendron forest. As you keep ascending, the path opens up to picturesque valleys. From Bamboo Village, you will head towards Dovan.

The trail from Dovan follows the Modi River and passes several suspension bridges, waterfalls, and steep cliffs. Likewise, the terrain gets rougher as you get closer to Deurali. The trek lasts around 6 hours. Upon reaching Deurali, you can relish the mountain views and serene atmosphere. Head out to explore the nearby areas in the evening and call it a day.

Destination:	**Accommodation**	**Altitude:**
15km Uphill hike (Av. 6hr)	Hotel Panoram Point or Similar category	(3160m./10428 ft.)

Meals
Breakfast, Lunch, Dinner

Day 16: Trek to Annapurna Base Camp via Machhapuchhre Base Camp

Today is another big day as you head towards Annapurna Base Camp (4130 m) via Machhapuchhre Base Camp (3700 m). First, you climb towards the Hinku Cave, following a narrow gorge along the Modi River glacier. Then, you walk through a lush forest and several glaciers. Then, you reach the flat land of Machhapuchhre Base Camp. Here, you can capture astonishing views of the Machhapuchhre and Annapurna ranges.

After resting, you will follow the brief but steep trail towards Annapurna Base Camp, passing through the moraines. Continuing, you will reach placid glaciers close to Annapurna Base Camp. Upon reaching the base camp, the magnificent views of Mt. Annapurna, Machhapuchhre, and many more will greet you. Similarly, you can also see colorful prayer flags and chortens. Tonight, you will camp out at the Base Camp.

Destination:	**Accommodation**	**Altitude:**
8km Uphill hike (Av. 5hr)	Annapurna Sanctuary Lodge or Similar category	(4120m./13596ft.)

Meals
Breakfast, Lunch, Dinner

Day 17: Trek to Bamboo

Today, you will wake up early to catch a great sunrise view above the Annapurna range. It is one of the most glorious sunrises you can witness. The golden sun rising amid the snow-capped mountains is truly a sight. You will also explore the Annapurna Sanctuary.

After breakfast, you will retrace your steps back to Bamboo. Views of Mt. Annapurna I and Mt. Machhapuchhre accompany you throughout the trek. You will pass by the Hinku cave, Deurali, and Modi Khola to reach Bamboo Village. The village sits amid dense bamboo forests and cliffs. You will rest at Bamboo for the day.

Destination:	**Accommodation**	**Altitude:**
18km Downhill hike (Av. 7hr)	Trekking Guest House or Similar category	(2300m./7590ft.)

Meals
Breakfast, Lunch, Dinner

Day 18: Trek to Jhinu Danda

After breakfast at Bamboo, you will head towards the Jhinu Danda. The trail mainly descends towards Chhomrong. Similarly, it goes alongside the Modi River and the rhododendron and oak forests. En route, you will also capture epic views of the Machhapuchhre range and cascading waterfalls.

Following the trail of the dense verdant, you will finally arrive at Jhinu Danda. The small village is famous for its natural hot water springs. It is a short 20 to 30-minute walk from the village to get to the hot springs by the Modi River. The lusciously green hills surround the hot spring. You can dip and relax your tired body in the serene atmosphere. Then, you will return to Jhinu Danda. You will stay for the night.

Destination:	**Accommodation**	**Altitude:**
15km Downhill hike (Av. 6hr)	Hotel Park Himalaya or Similar category	(1600m./5280ft.)

Meals
Breakfast, Lunch, Dinner

Day 19: Trek to Samrung and then drive to Pokhara

After breakfast, you will head towards Samrung. Samrung is the ending point of the trek. The trek is relatively short and takes around two and a half hours. Likewise, the trail mostly descends through fields and villages.

From Samrung, you will take a jeep and head towards Nayapul. You will have a scenic drive on a Baglung Highway towards Pokhara. Along the way, you will pass by small villages, shops, and terrace fields. You can spend your evening strolling around Pokhara and relaxing by the lakeside. There are plenty of restaurants and pubs around Pokhara. You can enjoy Pokhara's nightlife on the last day of your trek.

Destination:
20min Hike to Samrung - 70km drive to Pokhara (Av. 2:30hr)

Accommodation
Hotel Kausi

Altitude:
(820m./2706ft.)

Meals
Breakfast

Day 20: Drive to Kathmandu

After a lovely breakfast amidst the warmth of the beautiful lakeside, you will hop on a tourist bus back to Kathmandu. You will leave early for a scenic drive to Kathmandu via the Prithvi Highway. The winding road first goes alongside the Marsyangdi River and then the Trishuli River. The bus passes through green hills and countryside.

The trek package ends upon reaching Kathmandu. You can rest for some time and then head to Thamel to shop for souvenirs. You can also choose to fly from Pokhara to Kathmandu. However, our package does not include the flight cost; you must pay the price yourself.

Destination:
200km Drive to Kathmandu (Av. 6hr)

Altitude:
(1295m./4273ft.)

Meals
Breakfast

What's Included

- Pick Up at Tribhuwan International Airport and Transfer to Hotel in Kathmandu.
- One night hotel accommodation (Hotel Kausi) in Pokhara.
- Lodge (Twin share basis) accommodation during the trekking.
- All meals (Breakfast, Lunch, Dinner) during the trek.
- One highly experienced, first aid trained, fluent English speaking, friendly and government authorized trekking guide
- 1 Porter per 2 Trekkers and keep luggage weight under 10kg per person.
- Guide/ Porter’s food, accommodation, salary, insurance, transportation and equipments.
- Overland transportation as per mentioned in itinerary.
- Annapurna conservation area project (ACAP) and necessary permits .
- A trekking map, duffle bag, Oxygen saturation check up everyday, Trekking completion certificate and company T-shirt etc.
- Government tax and service charge etc.
- Assistance for Emergency Rescue Evacuation.
- Public Liability Insurance.

What's Not included

- Hotel accommodation and meals in Kathmandu.
- Hard and soft table drinks such as tea/coffee, coke, fanta, mineral water, beer, desert, battery charge, hot shower, laundry, phone bill and bar bill.
- Personal Travel insurance.
- Tips for guide and porters. (Highly suggested).

Trekking Gear List

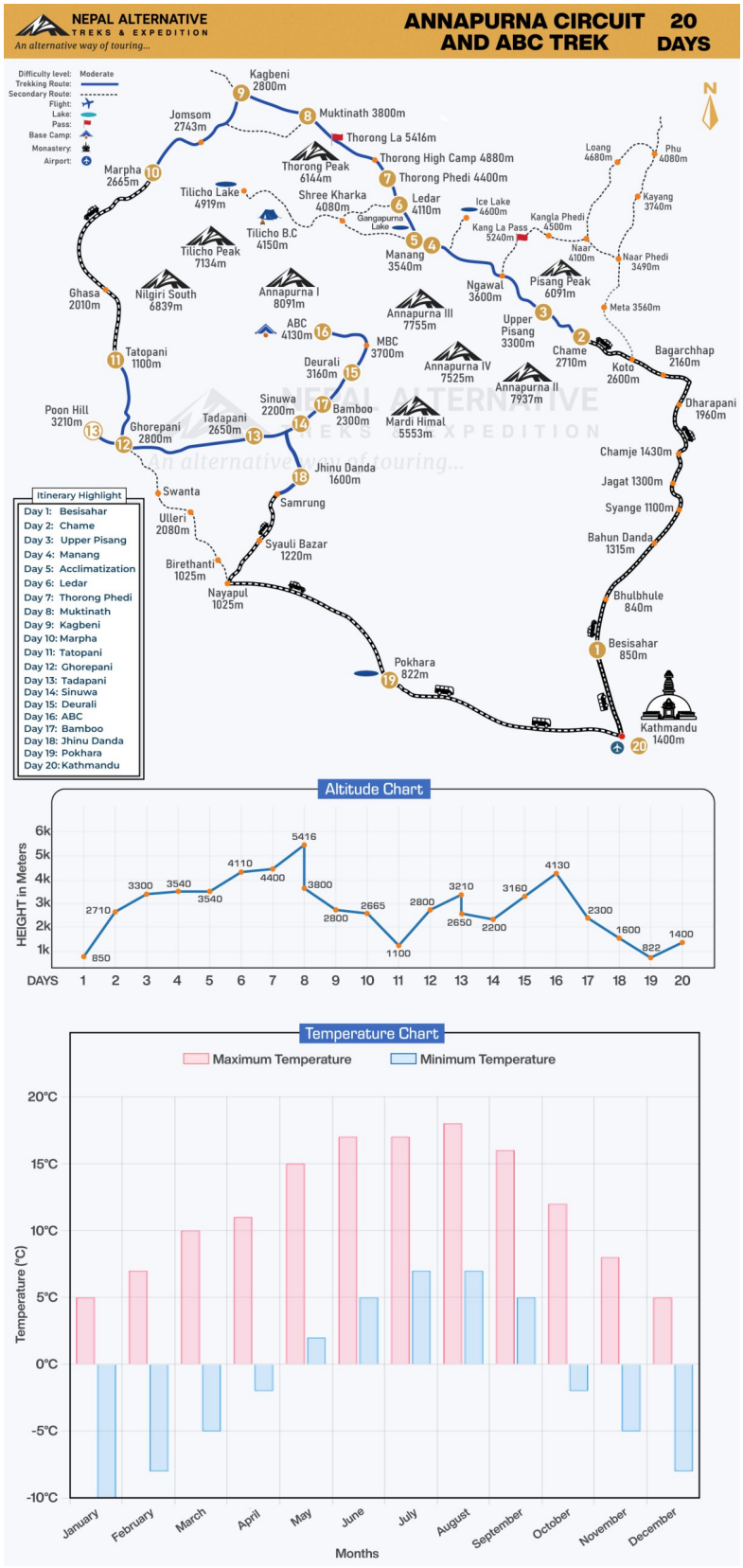
Gear List

It is always best for trekkers to pack light but smart. Trekking with a heavy backpack is physically draining and can result in injuries. You can hire a porter to carry your belongings, but the maximum weight limit per person is 9 to 10 kg. Nepal Alternative Treks provides a porter for our customers, i.e., one porter for every two trekkers. Therefore, remember the weight limit while packing.

While shopping for trek equipment and gear, we suggest you invest in high-quality ones. But if you have a limited budget, you can rent gear. There are plenty of rental shops around Thamel, Kathmandu.

Gears required for the trek vary depending on destination and season. A comprehensive list of gear for all activities is listed on our dedicated page of Trekking Gear List

Annapurna Circuit and ABC Trek Map



Additional Trip Information

The difficulty of Annapurna Circuit and ABC Trek

The 20 Days Annapurna Circuit Trek with Annapurna Base Camp is moderately challenging. The trail has steep ascending and descending sections with rugged and rough terrain. Due to the geographical conditions of the place, it can be challenging to walk through rough terrain. The duration is lengthy, and each day during the trek, you will have to walk 6 to 8 hours on average. So, trekkers must have a good level of physical fitness.

Similarly, if you trek above 3000 meters altitude, there is a risk of altitude sickness. As you ascend rapidly and descend at different elevations, your body can have problems with acclimatization. As you go higher, the weather becomes unpredictable, adding to the trek's difficulty. There is also a lack of facilities and infrastructure. The trek can be physically and mentally strenuous for trekkers. However, with proper preparation and determination, you can conquer the harsh terrains and high altitude of the 20-day Annapurna Circuit Trek with Annapurna Base Camp.

Best time for Annapurna Circuit and ABC Trek

Annapurna Circuit and ABC Trekking are available throughout the year, but the best times to visit the trek are autumn and spring. Both seasons have the best weather and temperatures for trekking into the Himalayas of Nepal, making them also peak trekking seasons. The precipitation level is relatively low, so the trails are dry and in good condition for trekking. Moreover, the visibility is excellent for observing the stunning mountain vistas and landscapes.

The average temperature ranges between 15 and 25 degrees Celsius, ideal for a comfortable trekking experience. Spring is also the best time for naturalists, botanists, and zoologists, as the flora and fauna are the most active at these times. During spring, you can witness the entire rhododendron forests and Himalayan wildflowers bloom in different hues of color. Likewise, the biggest Nepalese festivals fall in autumn. Thus, you can enjoy the region in a festive atmosphere.

Beginning of the Trek

Nepal Alternative Treks representatives will pick you up at the Tribhuvan International Airport, Kathmandu. They will have a play card with your name on it. After airport pickup, they will transfer you to your hotel. We will hold a small meeting in the evening and introduce you to your guide. We will provide information for the trek and also do an equipment check.

How to start Annapurna Circuit and Annapurna Base Camp Trek

Our guides will pick you up early in the morning. After breakfast, you will take a tourist bus or jeep (transportation as per your itinerary) and head towards Besi Sahar. We will drive on the Prithvi Highway towards the north, passing by Dumre.

The drive from Kathmandu to Besi Sahar takes 6 to 7 hours, depending on road conditions and traffic. The small town of Besi Sahar is 175 km (109 miles) west of the capital city. We will stay overnight at Besi Sahar and drive to Chame the following day. It is a short drive of around 4 hours, passing by the verdant valley and traditional Buddhist houses. We will rest for the day at Chame.

Your trek will start from Chame to Upper Pisang. You will gradually ascend through apple orchard trails and a luscious green oak forest. From here onwards, your thrilling adventure into the mystical land of Annapurna will begin.

How is the accomodation facility in Annapurna Circuit and ABC Trek

Our 20-day Annapurna Circuit Trek with Annapurna Base Camp includes all lodging facilities except Kathmandu. It includes one night’s accommodation in Pokhara and during the trek. Your accommodation during the trek will be at a lodge on a twin-share basis. Remember that the trekking route is in rural areas of Nepal, so there are no fancy hotels.

You will stay in lodges at Besi Sahar, Chame, Upper Pisang, Manang (for two nights), Yak Kharka, Thorong Phedi, Muktinath, Kagbeni, Marpha, Tatopani, Ghorepani, Tadapani, Sinuwa, Dueurali, Bamboo, and Jhinu Danda. You will also spend a night at Annapurna Base Camp.

Note: Our package does not include accommodation in Kathmandu.

The Meals (Include Breakfast, Lunch, and Dinner)

During our 20-day Annapurna Circuit Trek with Annapurna Base Camp, we provide three meals (breakfast, lunch, and dinner) per day. Our meals will include high-carb, protein, and nutrient-rich foods, energizing you for the trek. The lodging prepares the food fresh and hygienically. Moreover, they source the ingredients locally.

The meal will consist of traditional Nepalese food and Indian and Western cuisine. The menu will get more straightforward as you ascend to higher elevations. The menus can include the following:

Breakfast: Bread (Tibetan or chapati), jam, butter, pancakes, eggs, oatmeal, cornflakes, muesli, porridge, fruits, vegetables, hot drinks (teas and coffees), etc.

Lunch: Dal Bhat, vegetables, noodles, momo, thukpa, pasta, pizza, sandwiches, french fries, thenduk, stews, soups, etc.

Dinner: Dal Bhat, bread (Tibetan or chapati), noodles, salad, curries, soups, stews, pasta, sandwiches, momo, french fries, dessert (rice pudding, pies), alcoholic beverages, etc.

We suggest you drink plenty of liquid, especially lemon tea, hot lemon, ginger tea, green tea, and garlic soup. These are beneficial for minimizing the risk of altitude sickness. It is best not to consume meat or dairy products during the trek as they may be unhealthy. Also, avoid consuming alcohol, caffeine, and hot chocolate drinks at higher elevations.

Note: Our package does not include meals in Kathmandu, soft drinks, tea or coffee, or alcoholic beverages, except for standard meals.

What permits are required in Annapurna Circuit and ABC Trek?

You will require a TIMS card and an ACAP for the Annapurna Circuit and ABC Trekking. You can obtain the permits in Kathmandu or Pokhara through a registered trekking agency.

TIMS Card

To trek in Nepal, all trekkers must obtain the TIMS (Trekkers Information Management System) card. When applying for the card, you must provide your personal details, trek itinerary, and

emergency contact number.

The costs for a TIMS card are as follows:

- **SAARC nationals for individuals:** NPR 600
- **Non-SAARC nationals for individuals:** NPR 1000
- **SAARC nationals for groups:** NPR 300
- **Non-SAARC nationals for groups:** NPR 2000

ACAP

The trails of Annapurna Circuit and Annapurna Base Camp lie in the Annapurna Conservation Area. Hence, trekkers must take an Annapurna Conservation Area Entry Permit (ACAP).

The costs for ACAP are as follows:

- **SAARC nationals:** NPR 1000
- **Non-SAARC nationals:** NPR 3000

Note: Children below 10 years are free

Fitness and experience requirements For this trek

Trekkers must have a good fitness level to do the 20-day Annapurna Circuit Trek with Annapurna Base Camp. The moderately challenging route requires you to walk 6 to 8 hours while on the trek. Moreover, the rough trails with steep ascends and descends make the trek more difficult.

Similarly, high altitude can lead to falling prey to altitude sickness. The thinning oxygen level in the atmosphere can lead to trekkers experiencing symptoms of altitude sickness. These symptoms include headache, fatigue, nausea, difficulty breathing, shortness of breath, etc. The symptoms can range from mild to severe. Prompt action is necessary to deal with the symptoms, which can even be fatal.

The trek’s highest point, Thorong La Pass, is also the most challenging part to conquer. You will have to climb on a snow-covered, steep trail, and the high wind can make the climb even more difficult. Similarly, descending from the pass is equally tricky. The trail to Annapurna Base Camp is relatively easier but nonetheless physically demanding.

The trek takes you into the remote parts of the Annapurna region. There are some even pathways, but for the majority of the trek, you will be walking on uneven trails. As you ascend to a higher altitude, the weather also becomes unpredictable. However, there is no need for prior trek experience. There is also no need for technical skills, but you must be ready to face unforeseen situations while on the trek. Likewise, physical and mental preparation is crucial. With proper preparation, even novice trekkers can join the trek.

Undertaking exercises and training before the trek can greatly aid in making the whole experience less strenuous and more comfortable. Jogging, running, hiking, swimming, and other cardiovascular exercises can help increase physical stamina and endurance. Also, trekkers will need mental resilience, determination, and a positive attitude.

Consult your healthcare professionals and travel agency if you have medical conditions or illnesses before booking the trek.

Travel insurance

Despite proper preparation and precautions, the 20-day Annapurna Circuit Trek with Annapurna Base Camp has potential risks. It is a high-altitude trek that takes trekkers into remote areas. The rough trails with steep and narrow sections are not the only risky parts of the trek. There is also a high risk of altitude sickness, unpredictable weather, and other unforeseen events while on the trek.

Travel insurance is mandatory, and you must provide a copy of your policy certificate to your travel agency. The insurance must cover a high altitude of up to 6000 meters and medical and emergency expenses, including helicopter rescue and evacuation.

We will use your insurance certificate and document to arrange immediate rescue operations and medical treatment in an emergency. Therefore, before taking the insurance, ensure the policy covers everything stated above.

Our tours and packages do not include personal travel insurance, but travel insurance is mandatory. So, you must have trekking insurance.

Note: The trip may be canceled if you cannot provide the travel insurance documents. However, although we do not sell insurance policies, we can connect you with reliable insurance companies.

Climate and weather

The climate and weather of the Annapurna Circuit Trek with Annapurna Base Camp can vary significantly depending on the season. The weather patterns and climatic zones also play a crucial part. Although the trek in the Annapurna region is doable throughout the year, choosing the right time helps enhance the trek experience.

You will pass from subtropical lower regions to the alpine zone during the trek. Therefore, despite the seasons, the varied landscapes and altitude notably affect the weather and climate.

As you ascend to higher elevations, the temperature drops and the weather changes rapidly. Higher valleys also become windy and cooler in the afternoon. Many trekkers succumb to altitude sickness when their bodies cannot adjust to the changes.

The climate and weather in spring and autumn are usually moderate. However, summer coincides with the monsoon season and receives heavy rainfall. There is a high risk of landslides and poor visibility. Meanwhile, the Annapurna Base Camp temperature can drop to -20 degrees in winter. The extreme cold and weather make it an extremely demanding trek.

Therefore, it is crucial to select the right time for trekking. Select the right time according to your preference and the one you feel comfortable in. The temperature between the regions can vary, so pack accordingly. Also, prepare for sudden weather changes. Always check the weather forecast before embarking on your journey.

Safety and Security

The 20-Day Annapurna Circuit Trek with Annapurna Base Camp has challenges, so many trekkers might question whether it is safe. Well, we would like to assure you that the trek is completely safe. The trails are well-defined and in good condition. Following your guide’s instructions and taking all the proper precautions, you can complete the trek successfully.

Take a look at a few safety and security tips for the trek:

- Understand altitude sickness and its symptoms.
- Ascend gradually and acclimatize properly to let your body adjust to the changes.

- Drink plenty of liquid and stay hydrated. However, avoid excessive intake of caffeine and alcoholic beverages.
- Hire an experienced and licensed guide who is proficient in your language.
- Always follow your guide’s instructions and guidance. If you experience any discomfort or problem, immediately let them know.
- Check the weather forecast and prepare for unexpected weather changes. Also, prepare proper trek equipment and rain gear.
- While on the trek, eat a nutritious, high-carb, and protein-rich diet. You can also carry energy bars and snacks. If you have any dietary restrictions, let your agency know beforehand.
- If you have medical issues, consult your healthcare professionals before booking the trek. You should also let your trekking agency know about your issues.
- Exercise and train for the trek at least a month or two before. It helps to improve physical strength, stamina, and coordination and reduces the risk of injury while on the trek.

We value the security and safety of our visitors. Therefore, we properly check every path before departure. You don’t need to worry; rest assured. Leave everything to us and focus on enjoying your time. Also, we take proper care of your belongings.

Acclimatization

During high-altitude treks like our 20-day Annapurna Circuit Trek with Annapurna Base Camp, it is crucial to take an acclimatization or rest day. Acclimatization helps your body adjust to the growing elevations, surroundings, and temperature. Likewise, it minimizes the risk of altitude sickness.

We will take an acclimatization day at Manang, which is 3,500 meters. Staying active on this day is essential as it allows our body to cope with the high elevation. There is a saying, “Climb high, sleep low,” which we will follow. We will explore around and take short hikes.

Our guides have extensive first-aid training and carry first-aid kits, including oximeters, to monitor the oxygen level in the blood. So, if you experience discomfort, let your guide know immediately. They will take prompt action to ensure your safety.

Fitness Level and Health

Annapurna Circuit Trek with Annapurna Base Camp is physically demanding. Although it is a moderate trek, the terrain varies, with steep ascents and descents. You will trek from subtropical landscapes to alpine zones and semi-arid ones.

You will begin your trek from Chame (2710 m) and reach an elevation of 5416 meters at Thorong La Pass. Similarly, the Annapurna Base Camp sits at 4130 meters. On average, you will trek for 6 to 8 hours each day. The sudden weather change and high wind at higher elevations make the trek even more arduous.

To tackle the challenges, trekkers must have a good fitness level. You do not need prior experience but must prepare physically and mentally. Exercises such as running, jogging, swimming, etc., can help enhance your physical strength and stamina. Researching the route and familiarizing yourself with the trek can prepare you mentally. You need determination and a positive attitude for the trek.

Trekking Group/Single

Nepal Alternative Treks can make any arrangements, whether a private trek or in a group. We also offer group discounts, so the bigger the group, the more discounts you will be eligible for. We provide highly experienced, registered, and fluent English-speaking guides for single or group trekking. They are adept at giving first aid, so you are safe. Also, we provide a porter (one porter for two persons) and an assistant guide for a large group.

Discuss about Typical Trek Day

While on trek, your day will begin early. Each day, you will experience something unique, and the scenery keeps changing as you climb to higher altitudes and descend to lower regions. You will traverse charming and traditional settlements that reflect the region’s unique culture and traditions.

Along the way, your guide will provide valuable insights and historical information about the places you pass by. If you have any questions, you can ask them, and they can provide more information and facts. Your porter will carry your heavy luggage. Thus, you can bring your

valuables and essentials in a small backpack.

We will make a gradual ascent. Hence, you can trek at your own pace while enjoying the scenery and taking photographs. The locals are friendly and welcoming. If you trek in peak season (spring or autumn), the trails are bustling with fellow trekkers. It is not uncommon to greet one another with friendly “Namaste” as you pass by fellow trekkers or locals en route.

Your trek usually begins around 7 or 8 AM after breakfast, but the departure time can vary depending on the destination. Then, you will have lunch around midday and take an hour’s rest. After reaching your destination, you can refresh yourself and explore. You will have your dinner around 7 PM. Your guide will give you the next day’s briefing. Then, you can retire for the night.

Communication During Trek

There is a lack of infrastructure along Annapurna Circuit and Annapurna Base Camp routes. However, accommodations usually have WiFi/internet services. You can get access to the service by paying an extra charge. You will have no problem contacting your family and friends during the trek. However, the internet is not suitable for data-extensive work.

You can also get a local SIM card at the airport and around Kathmandu and Pokhara. The phone signal is usually good. You can take a data pack to connect to the internet service. However, connectivity can get poor as you ascend to higher elevations.

Extra Personal Expenses

You must carry sufficient Nepalese rupees during the trek. Our packages cover accommodation, meals, and transportation during the trek. The package does not cover visa fees and travel insurance. However, trekkers must bear all the other expenses, such as soft drinks, beverages (tea, coffee, alcohol), extra charges (internet, laundry, charging electronic devices, heating facilities, etc.), crew tips, etc. The accommodations and shops only take cash for payment.

Electricity and Water in Trek

The trek takes you into remote and high-altitude areas, but there is an electricity facility. All the accommodations have electricity or solar panels. So, charging facilities are available throughout

the region, but you must pay an extra charge.

Many local shops and eateries sell bottled water, but some areas do not allow them. So, it is best that you carry your water bottle. You can fill them with boiled or filtered water. You can also bring water purification tablets or a portable filter. Refrain from drinking directly from a water source like streams or rivers despite it looking clean. It can carry water-borne illness.

Passport and Visa

All foreign travelers except those from India will require a visa to travel and trek in Nepal. You can get the visa on arrival at the Tribhuvan International Airport, Kathmandu. Similarly, if you are traveling by land, you can get the visa at the immigration checkpoints at the Nepal border.

You will need a valid passport with a date before expiry of at least six months and a passport-size photo. You can pay the visa fees in American Dollars and other major currencies such as pounds, euros, etc. However, the land border will only take USD or Nepalese currencies. You should bring enough USD with you for the visa and cover your stay in the country.

The costs for a visa can vary depending on the duration of your stay. The costs are as follows:

- **15 days visa:** USD 30
- **30 days visa:** USD 50
- **90 days visa:** USD 125

Note: Children under ten will get a free visa.

China and SAARC nations, which include Bhutan, Bangladesh, Pakistan, the Maldives, and Sri Lanka, will receive free visas.

Nationals from Afghanistan, Iraq, Palestine, Nigeria, Zimbabwe, Ghana, Somalia, Ethiopia, Swaziland, Cameroon, and Liberia should contact the Nepal Embassy in their home or neighboring country. They may not get a visa upon arrival in Kathmandu.

Money Exchange

The local currency is Nepalese Rupees (NPR or Rs). The conversion rate can vary, but usually, USD 1 equals NPR 130. Only Indian rupee notes of 100 and 2000 are legal in Nepal.

You can easily exchange the currencies at local money exchange centers and banks. You can also exchange currency at the airport. Similarly, some hotels also exchange small amounts of currencies. The exchange centers display the day’s rate openly to the public. It is also a green flag that they are legal.

Likewise, ATMs are only available in the city areas such as Kathmandu and Pokhara. You can only withdraw NPR 35000 with a foreign card; the processing fee is NPR 500. Banks and financial institutions charge 4% or more for money exchanges.

It is best to exchange your money before you embark on the trek. There are exchange centers in Pokhara, but you will not find any on the trek route. There are also no ATMs on the route. Travelers’ cheques are also valid, but the bank process can be tiring, and there is a high commission rate. Also, the shops and accommodations on the trek route only accept cash for payment.

Need a private date?

The given rates are per person with guaranteed departure schedules. If the given dates are inappropriate for you, please contact us to request new dates. We will gladly personalize the itinerary and schedule of the trip to fit your needs.

Book a private date

Last-Minute Booking

If you are looking for last-minute bookings for the Annapurna Circuit Trek with Annapurna Base Camp or any other trek packages, Nepal Alternative Treks can help you. We provide last-minute bookings and pre-bookings without any hidden charges. You can simply contact us 24 hours before your scheduled departure date for the trek and leave everything to us. We will make all the arrangements for the trek before your departure.

The last-minute trek package booking will include all the facilities and services in the standard package. Similarly, there will be no additional charges for extra services and customization. Note that we will not be responsible for delays or changes due to factors beyond our control, such as bad weather, flight delays, accommodation availability, etc.

However, we will do our best to ensure a smooth trekking experience. For additional information or inquiries, contact us via phone (+977-9851130491) or email (info@nepalalternativetreks.com).

How much luggage can I bring to the Trek?

The luggage limit per trekkers is 9 to 10 kg. We provide porter service for our trekkers. One porter will carry the luggage of two trekkers, i.e., 18 to 20 kg of weight. We suggest you pack light and only bring what is necessary for the trek. Bring a small backpack to carry your valuables and documents during the trek.

Annapurna Circuit Trek and Annapurna Base Camp Trek Safety

Your safety is our utmost priority. So, here at Nepal Alternative Treks, we strive to offer you the best and safest trek experience. All our guides have a Nepal Government license and extensive first-aid training. Our crew carries standard gear, equipment, and first aid tools during the trek. Our guides will trek alongside you all the time for your safety.

Before embarking on the journey, our trek leader, usually your guide, will brief you. Similarly, you should follow their instructions and guidance while on the trek. If you feel ill or uncomfortable, you should tell your guide immediately. They will immediately take action to ensure your safety.

Similarly, if you succumb to altitude sickness, your guide will have the decision-making authority. Based on your symptoms, they can continue the trek or descend to lower elevations. In an emergency, we may have to perform a swift rescue operation or helicopter evacuation. We do not cut corners and ensure you are safe during the trek.

Booking and Payment Process

Nepal Alternative Trek is a leading government-registered trekking company providing services since 2008. Our team members have over 21 years of experience in the field, and we offer more than 300 trips across Nepal and Bhutan. More than 1500 tourists have joined us in the Nepal exploration.

We assure our clients of fair prices and flexibility, so you can trust us for your dream trip. You can fill out the booking application form and mail it to us. There is no need for an initial deposit, and you can cancel your booking if you change your mind. There will be no cancellation fee. After completing the whole procedure, you can provide us with the remaining documents and the total cost of the trip.

You can pay using methods such as bank transfer and online payment, such as credit card, master card, visa card, American Express, etc., without any surcharge.

Trip Extension

If you want to extend your stay in Nepal after your trip is over, do not worry. We can arrange that for you. We can organize tours such as the Kathmandu Valley tour, the Chitwan Jungle Safari, one-day tours, or another trek. Similarly, we can also arrange activities like paragliding, bungee jumping, and more.

Feedback

After completing the trek, we hope you will provide feedback. Your feedback is valuable to us. It will help us make our future tours and services even better and motivate us to continue providing our best services to future clients. We will hold a farewell dinner after arriving in Kathmandu. You can share your feedback with us at that time!

Useful Information

Our 20-day Annapurna Circuit Trek with Annapurna Base Camp has a fixed departure date. However, we can customize it to match your schedule and preferences.

Our team of experienced experts has carefully created itineraries. Changes are unlikely except for factors beyond our control. These can include bad weather, unavailability of accommodations, route blockage or inaccessibility, political instability, etc. They can cause delays or alternations to the original itinerary. Nepal Alternative Treks will not be responsible for the changes at such times.

If unforeseen events occur during the trek, your guide will make the decision. Rest assured, they will make the best decision in the best interest of the whole group.

Comparison and Similarities Between Annapurna Circuit and ABC Trekking

	Annapurna Circuit	Annapurna Base Camp
Trek Distance	160 km to 230 km	110 km
Trek Duration	12 to 22 days	7 to 12 days
Maximum Altitude	5416 meters	4130 meters
Difficulty Level	Strenuous	Moderate
Best Time For Visit	Spring and Autumn	Spring and Autumn

Benefits of Trekking

Trekking is a popular outdoor activity that involves walking long distances into mountains and remote regions. Hiking is shorter than trekking; one can do it in a day. Most people enjoy trekking as it allows them to explore raw nature and remote landscapes. The trails usually go through dense woodlands, settlements, and mountainous terrains. It offers a unique experience and escape from daily life.

However, the scenery and tranquil atmosphere are not the only benefits of trekking. Take a look at the different benefits of trekking:

- Improves your physical fitness and stamina.
- Relieves you from stress and worries.
- Connection with nature and spirituality.
- Self-awareness and mental well-being.
- Shared experience and social interaction.
- Cultural understanding and immersion.

Frequently Asked Questions

Is this trek safe for tourists?

Yes, This trekking is safe for tourists. This area has not been affected by the earthquake in 2015. Also, there is no burst of epidemics or viral diseases or covid-19 . The country is politically stable. However, sudden non-violent protests and occasional strikes are frequent. They usually do not have much impact on tourists, but it is better to avoid leaving hotels on such days. We also recommend you to keep yourself updated with the local news.

The government and other respective bodies are continuously are trying to facilitate accessible communication, comfortable and safe internal travel, proper healthcare facility, and services of accommodation in different trekking trails for tourists.

What are the physical fitness and other criteria required for this trek ?

Although it is a moderate trek, some of the days, trails pass through the steep lanes with climbs and ascents that can be demanding and tiresome, so it is beneficial for all travelers to exercise daily from a month before their trip. This helps the body get accustomed to the physical work required during the journey.

Participants with pre-existing medical conditions such as heart, lung, and blood disease should inform us before booking the trek and are advised to seek medical advice or consent from their doctors before the trek.

When is the best season for this trek ?

The best season to trek in Annapurna Circuit and ABC is during autumn (September to November) as the weather is stable, dry, and clear. Also, the atmosphere is merry during these seasons, as autumn is the major festive season of the country. Another favorable season for trekking is during spring (March to May) as the trails become more vibrant and pleasing with the blooming of different wildflowers and Rhododendrons. The days are clear and perfect for trekking.

December to February is the coldest time of the year. From June to August, the region experiences the summer season. Humidity increases along with the temperature. Hence, the monsoon starts, which makes the skies cloudy, and the roads muddy and slippery. There are chances of flooding and landslides throughout the country as well.

Is Travel Insurance compulsorily required to trek in this route ? Does your company pay for the Travel Insurance of guides and porters?

While booking a trek with us, we do require you to have travel insurance that must cover medical and emergency helicopter rescue with evacuation expenses at 5500m. altitude for trekking members. You should provide the insurance documents before you depart for the trek.

If you do not or cannot find an appropriate insurance policy, we will assist you with one. It will help you in potential altitude sickness and unforeseen events due to sudden weather changes.

Yes, we do pay for the insurance policy of our team members. Nepal Alternative Treks fund the expenses for insurance of all of its members along with their meals, salary, lodging, transportation, and other necessary equipment.

What is Acute Mountain Sickness? What happens if we fall sick?

As you ascend, the atmospheric pressure decreases. Hence, the amount of oxygen available also decreases. When your body is unable to acclimatize adequately to a rapid decrease in oxygen volume, altitude sickness occurs. Its symptoms are nausea, vomiting, headache, lack of appetite, exhaustion, muscle aches, rapid pulse even at rest (+/- 120 beats per minute), and insomnia.

To avoid AMS, our itineraries include acclimatization days in between. You should walk at a slow and steady pace, eat enough carbohydrates, and drink plenty of water. You could eat chocolates and toffee while walking and avoid alcohol and smoking.

Our guides are well-trained to handle emergencies like AMS and other sicknesses. They know how to use an oxygen meter to monitor blood oxygen saturation levels at high altitudes. They can facilitate you with other medical kits (First Aid) and health check-up as per necessity.

If you happen to have symptoms of AMS or the feeling of being sick, you have to report it to your guide immediately. You must not ascend any further, take rest, and take medicines like acetazolamide or Diamox. If symptoms persist, you must descend to a lower altitude and visit a doctor immediately. If the condition seems to worsen, we shall coordinate with your insurance company for helicopter evacuation.

Can we change money along the trek ? Can we pay by credit card or foreign currency ?

You can change money in Manang and Jomsom but you may not get a good rate as Kathmandu. We recommend you to change money at Thamel. Credit card and foreign currency are not accepted along the route. You will find cash machines (ATM) in Jomsom and Manang but you are better to take enough cash from Kathmandu.

What is the weight limit for porters ?

Usually, we arrange one porter for two trekkers, and one porter carries weights up to 20 kilograms. Hence, each trekker’s luggage should weigh only up to 10 kilograms. However, if your essentials weigh more than that, we can provide you a personal porter with some additional costs.

What kind of food will be provided during this trek?

Our package includes three meals per day, breakfast, lunch, and dinner. Dinner and lunch include the authentic Nepali Daal-Bhat (rice and lentils) along with seasonal vegetables, spinach, and pickle. If you do not like it, you can choose any item from the wide range of menu offered by the lodges.

Tea houses and lodges serve Nepalese, Asian, and Continental food, and even pizzas. The food is prepared hygienically, but the taste of western food might not meet your expectations as there are minimal resources available. We usually suggest eating vegetarian food to avoid falling ill. We ensure hygienic food and clean kitchen to avoid food poison and enough nutrition and immunity needed for the mountain walk.

How can drinking water be managed in the mountain ?

Bottled plastic water is readily available along route at USD 1 per liter except for ABC route above Chhommrong is banned plastic bottles. So, we recommend you carry your own water bottles. You can fill them up with filtered water wherever possible and purify it using chlorine or iodine. We shall provide water, purification drops, and tablets. You can fill up safe drinking water stationed in Annapurna Conservation Area.

How long will we have to hike each day during the trek?

An average day of trekking involves around 4 to 6 hours of hiking, including breaks for meals as needed. The average distance covered depends on the terrain and altitude, but ranges from 10 to 15 kilometers on average.

Along the way, you will have many chances for photography and other personal interests such as bird watching and discovering local areas of interest like natural springs, hot water ponds, and even exploring flora and fauna.

What are the documents that we need to bring for this trek ?

You need to submit the following documents that should be sent via email :

- A copy of passport,
- Passport-sized photos,
- Flight details,
- Copy of travel insurance (it has to cover Heli rescue and medical evacuation) and other documents required to claim it.

What are the accommodation arrangements during the trek?

In this trekking trail, the accommodation options are teahouses and lodges only. Nepal Alternative Treks generally manages your accommodation in best available teahouses or lodges that provide single or double rooms, mostly in dormitory-style. The bed has a mattress, pillow, and blanket. Very few teahouses offer a room with a heater, and the blanket provided by the teahouse alone will not be enough to withstand the cold. So, it would be better to carry a warm sleeping bag. You can buy or hire one at the rental shops in Kathmandu.

What kind of toilet facilities are there? Will we be able to take a shower in Mountain regions?

Lodges and teahouses in this trekking route have excellent infrastructure and are likely to have western-style toilets, and sometimes even attached toilets. Finding toilet paper is costly in these areas, so we advise you to carry plenty of your own.

If you need to use the toilet while trekking, we will try to find the nearest lodge, if possible; otherwise, you will have to manage it somewhere in the forests. Please respect the environment by placing the used toilet paper in a plastic bag so that you can dispose of it later.

Usually, Nepal Alternative Treks arranges accommodation with proper shower facilities. Please understand that it becomes difficult to arrange running showers and hot water facilities as the altitude increases. So, in remote mountainous regions, showers cost some extra money.

Can we hire trekking gears in Kathmandu?

Yes, there are plenty of shops around Thamel that sell as well as rent all the necessary gear for trekking. These shops have great varieties of goods ranging based on their brand as well as price. We will help you with buying or hiring all the necessary equipment.

Is it possible to recharge batteries and electronics during the trek ?

Nowadays, all kinds of facilities, including recharging batteries and electronics, are available in this route and also have electricity and recharging facilities available for a minimal service charge.

Also, note that the Nepalese plugs are of Type D, and the voltage is about 220-240 V. So, make sure that your devices are chargeable. Otherwise, you shall require adapters and voltage stabilizers.

Is it possible to communicate with friends and family back home while on trek ?

There are mobile networks, internet data, and Wi-Fi available in some parts of this region, and you can connect to your friends and family back home.

For mobile network and internet data, you will require a Nepalese SIM-Card. If you wish to buy a Nepalese SIM-Card, we will assist you in getting it. You can buy a SIM-Card from local distributors easily with some fees. We recommend **Namaste** SIM to have better network coverage and 4G data uses.

What if the guide/porter leaves alone on the trail?

Guides and porters will always walk together with you, but, sometimes in case if there is no communication available to reserve lodge in advance, your porter may have to go ahead to book a room in an excellent lodge for the night. Our guides /porters will not leave you behind otherwise.

If by any chance such a circumstance occurs, you have to contact us immediately. We will then connect to our guides/porters and get back to you. We assure you.

What is the weather and temperature like we can expect during the trek?

The temperature could range around and above 25 degrees Celsius in summers and decrease below -20 degrees Celsius in winters. During autumn and spring, temperature ranges around 10 to 20 degrees Celsius, making it suitable for trekking purposes.

Cancellation Policy

We understand that plans can change willy-nilly. However it is our responsibility to ensure fairness and transparency among our customers regarding our cancellation policy. So we kindly request all travelers to carefully review the cancellation and refund policy before confirming their trip.

After your trip starts, we cannot provide a refund for any voluntary withdrawal, cancellation, or early departure by the traveler. This means ***the full amount paid to us will not be***

refunded after the trip has begun. Likewise, if during the trip, any services such as accommodation, sightseeing, meals, transportation, etc. included in the itinerary/trip are not used by the customer, no refunds or reuse will be provided to whatever portion remains unused on the trip.

Also, please note that ***last-minute cancellations are non-refundable.*** You have to understand that many trip arrangements such as accommodation, transportation, permits, guides, and operational logistics are confirmed and pre-booked. Thus, cancellations made at the last minute create non-recoverable costs for the company and so do for our clients. In addition, cancellations made shortly before the departure date or after the trip has started will be considered as last-minute cancellations and will not be eligible for any refund.

Still, the company will use their discretion in setting the conditions for the refunds, therefore, few of the conditions mentioned are subject to change. The company holds every right to cancel the trips booked by the customers before it is guaranteed to run or an official agreement is signed. A trip is guaranteed to run once it has two fully paid travelers unless minimum numbers state otherwise.

Unfortunate circumstances such as unforeseen natural disaster, canceled flights, strike, industrial action, wars, riots, quarantine, government intervention, weather, the deteriorating health condition of a group member, etc. could lead to cancellation of trips. In such cases, the customer can either ask to get back the 90% of the total trip cost paid to the company (13% Government Tax will be deducted) or reuse the cost in an alternative trip with the same price, immediately, in the following season of the same year.

The company will require a written notice in case of any cancellation. Please ensure the date of the trip cancellation is the date on which the written cancellation is received by the company. If you cancel the trip anytime prior to the departure date of the actual trip, 90% of the total cost is reusable for a year or refund.

Trip Amendment

First and foremost, please note that all the amendment conditions are applied to the trips listed on this site only. Below are a few notes to take about the amendment fees in case of any changes during, while, or after the booking:

If the company receives a request on the booking amendments at least 60 days prior to the trip, a total of USD 50/person is charged to the customer. However, if the customer’s request for a booking amendment in less than 60 days before the trip departure, then the charges will be as per the cancellation policy mentioned above. In case of any changes in the price of the trip during the procedure of booking and the amendments, the new cost will be applied to the trips. Please note that these changes might not be applied by the company, but can be levied upon the company by the third parties i.e. the hotels or the service providers working with the company.

Any changes, amendments, or additions in aggregation to the trips you have booked, for example, hotels, transfers, additional days, etc. will account for no additional fee.

Health Conditions

Nepal Alternative Treks places the highest priority on the safety and well-being of all travelers. We need to ensure the traveler’s well-being and health condition at the time of booking. While travelers can participate without medical documentation, those with chronic illnesses or long-term medical conditions must obtain a doctor’s consent before joining the trip. This is to ensure their health is not badly affected during the adventure and that they can safely enjoy the journey.

The company will not be responsible for any type of mishaps and will not bear the medical and evacuation expenses on behalf of the participant. Therefore, we request our clients to consult their doctors for a thorough checkup and vaccination before booking a trip with us. In addition, clients with specific health needs or concerns should inform the Company in advance. This allows us to provide guidance and, if required, arrange additional services to make the trip safer and more comfortable. If needed, clients may also request additional services related to the length of the trip or stay in the country of travel.

Weather and other unfavorable conditions

Clients should be well aware of the unpredictability of the weather conditions in the mountainous regions. The unfortunate weather conditions, especially in the Everest, Jomsom, and Kanchenjunga regions, can sometimes lead to unfavorable circumstances that include delay or cancellation of flights. The Company will cover the expenses of accommodations and

food in the departing location until the arrangement of flights is done. However, the Company holds every right to reroute the original trip or transports which will be in favor of the situation without any addition in the cost. Please note that the company will not be responsible for any missed international flights, losses caused by Altitude Sickness, or any other unpredictable circumstances, and the participants will have to pay all the charges incurred. Nonetheless, the Company will connect and assist you to make the necessary alternative arrangements, but, the additional charge will be covered by the customers themselves.

Regardless of stating every condition and information about the trips on the website and brochures of the Company, we will not be responsible for the unforeseeable situations that may arise before or during the trips. The Company will, however, try its level best to give prior notice about it and take alternate strategies to deal with it. These booking conditions may only be waived in special circumstances, and in writing, by a letter from the Chief of the Company. Note that all the legal agreements set up and signed between the client and the Company shall be subjected to and governed by the Nepalese law.

Note: All the Terms and Conditions mentioned are prepared as per the laws of the Government of Nepal and is governed by them. Therefore, only the head of the Company gets to intervene and holds the authority to make any amendments.

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