

NEPAL

Annapurna Base Camp Trek– 11 Days

Namaste and Warm Greetings from Ama Adventure - Nepal!

Please note that this itinerary is customizable and can be adjusted to meet all your requirements. If you have any questions or concerns, please do not hesitate to contact us.

Team Ama Adventure



We are thrilled to present our proposal for an unforgettable adventure: Annapurna Base Camp Trek- 11 Days.

The Annapurna Base Camp Trek (ABC) is one of the most celebrated short treks in Nepal, offering an awe-inspiring journey through a tapestry of diverse landscapes and cultures. This trek stands out for its breathtaking mountain vistas, terraced fields, charming Gurung villages, and a rich array of flora and fauna.

Our Team's

Extraordinary feats require extraordinary skills and preparation, and the safety and well-being of our

expedition members is our principal concern. When you join our accomplished teams at Ama Adventure, managed by a female team, you are in the most skillful and qualified hands in the mountains. Our real-world experience makes the crucial difference between a successful summit and an attempted one.

Our Values

Ama Adventure has been managed by a female team with combined mountaineering experience since 2009. All our personnel are from the Mountain regions of Nepal, and their care and safety are as important to us as our clients. We do not cut costs but offer competitive rates that do not compromise the safety of the members of the expedition.

We prioritize empowering women and practicing responsible tourism. We do not cater to mass tourism and take pride in the expeditions we commit to each year. We are unwavering in our obligations to provide our clients with a safe, comfortable, and experiential adventure.



Overview

The Annapurna Base Camp Trek (ABC) is one of the most celebrated short treks in Nepal, offering an awe-inspiring journey through a tapestry of diverse landscapes and cultures. This trek stands out for its breathtaking mountain vistas, terraced fields, charming Gurung villages, and a rich array of flora and fauna.

At an elevation of 4,130 meters (13,549 feet), the base camp of Mt. Annapurna, the world's 10th highest peak at 8,091 meters, marks the culmination of this extraordinary adventure. Along the way, trekkers are treated to the views of the revered Mt. Machhapuchhre (Fishtail), a mountain esteemed by the Nepalese for its exquisite beauty.

The Annapurna Base Camp Trek spans 11 days, making it one of the shorter treks to the base camp in this region. It is meticulously designed for adventurers who are constrained by time yet eager to experience the majesty of this stunning mountain's base.

This trek attracts a wide spectrum of outdoor enthusiasts, from solo female travelers to groups of adventurers exploring Nepal. For those desiring a more leisurely exploration, The Annapurna Base Camp Trek, also called the Annapurna Sanctuary Trek – 11 Days offers a deeper dive into the trekking adventure, allowing more time to soak in the natural beauty and cultural richness of the region.

Trip Overview

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Country - Nepal

Start/ End City - Kathmandu

Lodging Level - 4 Star

Meals - Breakfast, Lunch, Dinner

Trip Grade - Moderate

Maximum Altitude - 4,130 m | 13,549 ft

Attractions - Bouddhanath Stupa, Kathmandu Durbar Square, Pashupatinath Temple, Swayambhunath Stupa,

Activity- Trekking and Hiking

Styles - Active Adventures

Note:

Cost: The size of the group and the services our clients select will determine the cost of the trip. Every trip we plan has a different price because we view tourists as unique people with unique requirements and preferences. Whether you're searching for a luxurious retreat or an adventure that fits your interests and preferences, get ready for an amazing journey. Your ideal vacation will become a reality if you let us handle all the planning and details. You are free to unwind and concentrate on making lifelong memories that will be remembered without fail.

Outline Itinerary

Day 1: Kathmandu (1,300 m/ 4,264 ft)

Day 2: Fly to Pokhara; drive to Kimche & trek to Ghandruk (1,940 m/6,365 ft), Flight: 30 min Hiking: 50 min

Day 3: Ghandruk to Chhomrong (2,170 m/7,120 ft), 5-6 hrs

Day 4: Chhomrong to Bamboo (2,310 m/7,579 ft), 4-5 hrs

Day 5: Bamboo to Deurali (3,230 m/10,598 ft), 3-4 hrs

Day 6: Deurali to Annapurna Base Camp via Machhapuchhre Base Camp (4,130 m/13,551 ft), 5-6 hrs

Day 7: Annapurna Base Camp to Bamboo (2,310 m/7,579 ft), 7 - 8 hrs

Day 8: Bamboo to Jhinu Danda (1,760 m/5,775 ft), 5-6 hrs

Day 9: Trek to Mathque; drive to Pokhara (827 m/2,713 ft), 1 hour Driving: 2 hrs

Day 10: Fly / Drive to Kathmandu (1,350 m/4,429 ft), 30 Flight

Day 11: Final Departure



Inclusions

- ❖ Ground Transportation
- ❖ Accommodation in Kathmandu and during trekking
- ❖ Professional guide and assistant guide/trainee guide
- ❖ All meals during your trip (Breakfast/Lunch and Dinner)
- ❖ Welcome and farewell dinner
- ❖ Staff costs include their salary, insurance, food and accommodation
- ❖ National park Tims permits and all paper works. 10m/22p)
- ❖ Medical kits

Excludes

- ❖ Cancellations insurance

- ❖ Personal items such as toiletry, soap etc
- ❖ Snacks during trekking
- ❖ Medical and Evacuation Insurance

Note: For Your Information, International flights aren't included. Two people usually share rooms unless you request a private room. Also, you can upgrade to better hotels in the mountains and even in the cities. For your customized services, please specify during the booking process or contact our Destination & Products Specialist.

Meals

Throughout our trek, you'll savor authentic Nepalese dishes alongside international cuisines such as Tibetan, Continental, Italian, and Indian. Breakfast and dinner will be served at the tea houses or lodge menus where we stay overnight, while lunches will be provided en route to our next destination. During the trek, all meals are included. In Kathmandu, breakfast is provided, and special welcome and farewell dinners will be arranged for our guests.

Lodging

We'll be accommodated at Standard Hotel in Kathmandu, and the best available teahouses during our trek. Accommodations are based on twin sharing. For those requesting a single room, there will be an additional cost of USD 150. While we aim for rooms with attached washrooms, please note that some tea houses may only have shared washing and toilet facilities. Single rooms are readily available in

Kathmandu, Pokhara, and lower-elevation trekking areas, but availability might be limited at higher elevations.

Dates & Prices

We ensure departures on all published dates. If these dates don't align with your plans, we're happy to assist in setting a customized date. Whether you're a solo traveler, a couple, a family, or a group seeking private trips, you can tailor-make your adventure. Reach out to us for pricing details or any other queries.

Nepal Visa Information

All foreigners require a visa for entry into Nepal (except Indian nationals). It is your responsibility to obtain an entry visa. Visas can be obtained from the Nepalese embassy prior to travel or on arrival at Tribhuvan International Airport in Kathmandu and various international border crossings between Nepal and its neighbors. To make the visa process easier, have a passport-sized photograph for immigration and the correct USD cash - please bring this in your hand luggage. In addition, trips in Nepal require photos for various permits. Please bring a total of 3 passport-sized photographs.

Multiple entry 15 days US\$ 25 or equivalent convertible currency. Multiple entries 30 days US\$ 40 or

equivalent convertible currency. Multiple entries 90 days US\$ 100 or equivalent convertible currency.

The visa fee must be paid in cash. (This is payable in any major currency but not traveler's cheques) and you must have passport photos to purchase a Nepal visa on arrival at Kathmandu airport or at any Nepal entry point.

If you plan to obtain your visa in your country, you can download the application form from the website at: www.nepalimmigration.gov.np

Trekking Temperature

The day temperatures will be about 16° Celsius. At night and early in the morning it can become quite cold, with temperatures that vary from 0° to 1° Celsius.

However, depending on the weather, the temperature can drop to -5° Celsius, so you should be prepared to dress appropriately.



Physical Conditioning and Safety Tips

This trek is 5-6 hours a day. Some days we may have to walk for 9- 10 hours. Walking at a higher altitude is physically more demanding than walking at a lower altitude; However, if you are in good shape and of

average physical shape, with a positive attitude towards life and firm determination, you can complete the trek successfully.

Regular exercise and jogging is a good way to increase strength and stability. For the trek, you need to pack essential personal items, which can vary based on your preferences. Preparing for the cold weather in the Himalayas is crucial, so bring sufficient warm clothing.

During a supported trek, porters will carry heavy items, while you are responsible for carrying daily necessities like water bottles, rain gear, a camera, sun cream, and toilet paper.

Remember to pack your belongings in two separate bags for the trek. You can leave non-trek items at the hotel in Kathmandu or Pokhara and retrieve them after completing the trek. This way, you can travel light and focus on the journey ahead.

Price Includes

Accommodation

- Hotel in Kathmandu (4 Nights Shared Based and BB Plan): Twin-sharing/ double accommodation in a 4-star hotel for 2 nights in Kathmandu including breakfast (Private room accommodation can be organized at an extra cost)
- Twin-sharing guesthouse accommodation during the trek for 8 nights in the Annapurna Region with attached toilets

Meals & Drinking Water

- All standard meals during the trek (breakfast, lunch, and dinner)
- One hot drink per meal and seasonal fruits
- Farewell dinner on the final night in Nepal
- Purified drinking water throughout the trek (via water filter or purification tablets)

Transportation

- All private ground transportation during the trek

Guide & Support Staff

- Experienced first aid trained government licensed, English speaking, and locally required Ama Adventure's trekking guide
- Trainee guide during the trek for carrying luggage (1 trainee for every 2 clients)
- Additional assistant guide for groups larger than 7
- One Professional Photographer (If required)
- Porter support (1 porter per 2 trekkers)
- All staff's wages, accommodation, meals, insurance, gear, and medication

Permits & Entry Fees

- Annapurna Conservation Area Project (ACAP) permit
- TIMS (Trekkers' Information Management System) card

Health & Safety

- Comprehensive first aid kit
- Daily health checks with a pulse oximeter to monitor altitude-related symptoms

Extras & Souvenirs

- Trekking map, duffle/kit bag, sun hat, Buff (neck gaiter), and a trip completion certificate

Administrative

- All government taxes and administrative fees

Price Does Not Include

- ✗ Meals in Kathmandu - Lunch and dinner while in Kathmandu
- ✗ International airfare and airport departure tax
- ✗ Travel insurance - Must include high-altitude emergency evacuation coverage
- ✗ Alcoholic beverages, cold drinks, and bottled juices
- ✗ Tips - For trekking staff and drivers (at your discretion)
- ✗ Personal trekking gear and equipment
- ✗ Single room supplement - Available on request at an extra cost
- ✗ Any expenses not mentioned in the Price Includes section
- ✗ Nepal Entry Visa

Documents and Logistics

- Flight Information
- Photocopy of Passport
- Passport size photo for Tims and permit(4)
- Medical Insurance Card
- Valid Passport
- Cash for souvenirs, Incidental costs, and tips for staff.

ADVENTURE
Note: You can spend as much time as you like in the mountains. The above itinerary is a guideline. If you want to stay longer, we can be flexible and arrange that for you. Please also note that after the formal start of your trip, we cannot refund any amount.

Discover the adventure of a lifetime with our Everest Base Camp Trek. From the vibrant streets of Kathmandu to the serene beauty of the Himalayas, this journey promises unforgettable memories and unparalleled experiences. Trek through Sherpa villages, enjoy stunning views of iconic peaks and reach the legendary Everest Bas

Regards,

Goma Thapa

Team Leader

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