Destination Unlimited Treks & Expedition Pvt. Ltd Pvt. Ltd.

Annapurna Base Camp Short Trek - 10 Days

Duration: 10 Days

Itinerary (Plan)

Day 1 Arrival in Kathmandu (1,350m) Meet and Greet at the airport.

- Time : N/A
- Max Altitude : 1350m

Accommodation: Hotel in Kathmandu

Meal: na

Arrival in Kathmandu and pick up then transfer to Hotel in Thamel area. After area Hotel check in then do necessary settlements after that free & easy your own. Meals: Your Own

Day 2 Kathmandu to Pokhara by tourist bus.

- Time : 8-9hrs
- Max Altitude : 800m

Accommodation: Hotel in Pokhara

Meal: B

Kathmandu to Pokhara by Tourist bus. takes 8-9 hours. After arrive Pokhara free & easy. Flight options always available on extra costs. Meals: Breakfast Included at Kathmandu Hotel.

Day 3 Drive to Trekking starting Point Siwai then trek to Chomrong.

- Time : 5-6 Hours
- Max Altitude : 2,170 m

Accommodation: Tea-house

Meal: BLD

POKHARA Drive to Nayapul - then more drive Siwai(bus or jeep depends on group size) 2+ hours by bus to Siwai from Pokhara. Siwai - Jhinu DANDA(hot spring) - Chomrong (walking) -start trekking 5-6 hours to Chomrong. Over night at Guest House. Meals: Full Board (Breakfast +Lunch and Dinner)

Day 4 Trekking Chomrong to Himalaya.

- Time : 5-6 hrs
- Max Altitude : 2800m

Accommodation: Tea-house

Meal: BLD

Chomrong to Himalaya. 5-6 hours. Over night at Guest house. Meals: Full Board (Breakfast +Lunch and Dinner)

Day 5 Trekking Himalaya to Deurali- MBC- ABC

- Time : 5-6hrs
- Max Altitude : 3200m

Accommodation: Tea-house

Meal: BLD

Himalaya to Deurali- MBC- ABC. 6 hours. Over night at ABC in Guesthouse. Meals: Full Board (Breakfast +Lunch and Dinner)

Day 6 Explore Annapurna Base Camp early morning then Trek to Bamboo.

- Time : 5-6hrs
- Max Altitude : 4130m

Accommodation: Tea-house

Meal: BLD

ABC - Dovan to Bamboo. 6 hours . Morning visit around the Base camp then ready for going down hill. Meals: Full Board (Breakfast +Lunch and Dinner)

Day 7 Trekking bamboo to Jhinu Danda

- Time : 4-5 hrs
- Max Altitude : 1700m

Accommodation: Tea-house

Meal: BLD

Bamboo- Jhinu Danda (hot spring) 1700m Meals: Full Board (Breakfast +Lunch and Dinner)

Day 8 Trek to Siwai- Birethanti- Nayapul-Pokhara

- Time : 5-6hrs
- Max Altitude : 1200m

Accommodation: Hotel in Pokhara

Meal: BL

Jhinu DANDA - Siwai - Nayapul- Pokhara. 5-6 hours trekking down hill. It is last day trek. Meals: (Breakfast +Lunch) Enjoy your dinner at Pokhara your own.

Day 9 Pokhara to Kathmandu by bus or flight (Optional)

- Time : 8-9 hrs
- Max Altitude : 1350m

Accommodation: Hotel in Kathmandu

Meal: B

Pokhara to Kathmandy by Tourist bus(bus) 8-9 hours. Flight option always available on extra cost. Meals: breakfast Provided. Evening Farewell dinner.

Day 10 Departure to your own destination or extend the Trip

- Time : N/A
- Max Altitude : 1350m

Accommodation: Null

Meal: B

Free & easy Kathmandu: Departure to your Own destination or extend your trip in Nepal.

Cost Include

- All airport transfers
- Drop to Nayapul and Pick up from Nayapul
- Hotel in Pokhara and Kathmandu with breakfast Included
- Farewell Dinner by Company
- Trekking Accommodation, Twin Sharing in Basic Tea-house
- English-speaking guides/ Who has excellent knowledge.
- 2 guests sharing 1 porter
- All meals(Breakfast, Lunch & Dinner) with hot tea
- Fresh Fruits after dinner every evening.
- Transportation to and from the trail head
- All necessary documents and permits for trekking
- Trekking equipment including sleeping bags

- Staff insurance, medication and equipment
- All Govt. and Local Taxes, First Aid Kit
- Beautiful T-shirts by Company
- Free Tripmap
- Special Caring
- Trekking Certificate by Destination Unlimited.

Equipment List & Gear Guide

What to Pack for the Annapurna Base Camp 10-Day Trek

Here is a list of clothing layers, footwear, backpacks, medical supplies, documents, and gear.
Clothing Layers (Layering is key):
-Moisture-wicking base layers
-Fleece or down jacket
-Waterproof shell (jacket/pants)
- Trekking pants
-Warm hat & sun hat

Footwear:

- Trekking boots
-Camp shoes/slippers
Backpacks & Bags:
-Daypack
-Duffle or large pack
-Rain cover
-Dry bags or packing cubes

Personal & Medical Supplies:

-Diamox (for AMS prevention)—consult doctor
-Basic first aid kit (blister pads, painkillers, antiseptic, band-aids)
-Personal medications
- Electrolytes or rehydration salts
-Altitude sickness symptom sheet (for self-monitoring)

Essential Gear:

- Trekking poles (foldable preferred)
-Water bottles or hydration bladder (2–3 L total capacity)
-Headlamp with extra batteries
-Sunglasses (UV-protected)
-Sunscreen & lip balm (SPF 30+)
-Quick-dry towel
-Sleeping bag (rated to -10°C / 14°F)

-Reusable bags for waste/laundry
-Power bank (charging is limited in higher altitudes)
-Toilet paper & hand sanitizer

Documents:

-Passport & visa copy
-ACAP permit & TIMS card (or digital photos)
-Passport-sized photos (for permits)
-Travel insurance (that covers trekking above 4,000 m)

Cost Exclude

- International airfares, Kathmandu sightseeing and entrance fees
- Travel/trekking insurance/ Nepal entry visa fees
- Domestic flights
- Mountain rescue charges or insurance
- Bottled drinks on trek (cold and alcoholic) and hot drinks which is not mentions above
- Lunches and dinners in Kathmandu and Pokhara
- Additional food or drink on trek in addition to three standard meals
- Personal expenses, Emergency Expenses, road blocked, snakes, desert.etc
- Which is not mention in email
- Tips(Tipping are expected)
