



TREKKING

# Annapurna Base Camp.

See the world's most majestic mountains up close.

The 67km trek to Annapurna Base Camp is a classic Himalayan adventure. Challenging yet manageable, this remarkable journey allows you to walk among some of the world's most magnificent peaks and get up close to an 8,000-meter giant. Along the way, you'll immerse yourself in Nepalese culture, uncovering the essence of these extraordinary mountains. As Himalayan experts, Nepal New Generation is the perfect choice to lead you on this adventure.

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## Overview

COUNTRY	DURATION	GRADE
NEPAL	12 DAYS	GRADE B
MAX ALTITUDE	WALKING PER DAY	BEST SEASON
4130 M 13550 FT	APPROX 4 - 6 HOURS	SPRING / AUTUMN



## Annapurna Base Camp Trek

The Nepal New Generation Annapurna Base Camp Trek is meticulously planned by our leaders and their carefully selected guiding team. This 12-day adventure begins in Kathmandu, where we explore the shrines, temples, and lively bazaars. We then drive to Pokhara, the gateway to the Annapurna region, passing through some of the world's most breathtaking landscapes. Starting our trek in Tikhedunga, we journey through Poon Hill and Duerali, reaching Annapurna Base Camp at 4,130m on day 10. Our return route includes a refreshing stop at Jinhu Hot Springs, perfect for rejuvenating tired legs.

Throughout the trek, you'll enjoy stunning views of Annapurna and Machapuchare. The latter, believed to be the abode of the Hindu God Shiva, remains one of the highest unclimbed peaks due to the Nepalese government's prohibition on summiting it. In 1957, a British expedition came within 150m of the peak but turned back to honor a promise to the King of Nepal. It hasn't been climbed since.

As a fully Nepalese-run operation, Nepal New Generation offers unique insights into the Annapurna region's stunning scenery and rich culture. Most of our guiding team members are native to the Himalayas, providing perspectives that other operators might miss.

Our team's Nepalese heritage not only enriches your experience but also enhances safety. We know these trails intimately, including all evacuation routes. We speak the local language, ensuring smooth operations without misunderstandings. Our long history in the region allows us to manage every aspect of our treks in-house, avoiding reliance on third parties.

Moreover, our guiding team consists of record-breaking mountaineers with extensive training in high-altitude rescue techniques. Combined with our deep knowledge of the Annapurna region, this ensures you're in the safest hands for this extraordinary adventure.



## Itinerary

This well-established itinerary is backed by decades of mountaineering experience. However, as with all adventurous activities, unforeseen circumstances may require Nepal New Generation to make adjustments, sometimes on short notice. While we strive to follow the published schedule, we appreciate your patience if weather or other natural events necessitate changes.

DAY 01

ARRIVAL IN TRIBHUVAN INTERNATIONAL AIRPORT,  
KATHMANDU; TRANSFER TO HOTEL AND TRIP PREPARATION

DAY 02

FLY TO POKHARA AND DRIVE TO SYAULI BAZZAR AND TREK TO  
GHANDRUK

DAY 03

TREK FROM GHANDRUK TO CHHOMRONG

DAY 04

TREK FROM CHHOMRONG TO DOVAN

DAY 05

TREK FROM DOVAN TO MACCHAPUCHRE BASE CAMP (MBC)

DAY 06

TREK FROM MACCHAPUCHRE BASE CAMP (MBC) TO  
ANNAPURNA BASE CAMP (ABC); EXPLORE ANNAPURNA  
SOUTH BASECAMP

DAY 07

EARLY MORNING SUNRISE VIEW ON ANNAPURNA RANGE  
AND TREK BACK TO BAMBOO

DAY 08

TREK FROM BAMBOO TO JHINU DANDA; VISIT JHINU DANDA  
HOT SPRING

DAY 09

TREK FROM JHINU DANDA TO SIWAI AND DRIVE BACK TO  
POKHARA; TRANSFER TO HOTEL

DAY 10

LEISURE DAY IN POKHARA; SIGHTSEEING IN POKHARA CITY

DAY 11

FLY BACK TO KATHMANDU AND TRANSFER TO HOTEL; FREE  
DAY

DAY 12

FINAL DEPARTURE



## What's included

At Nepal New Generation, we thoroughly vet our hotel, travel, and accommodation partners and use the finest mountaineering equipment to ensure the highest safety standards. Your booking includes the following:

### **INCLUDED**

Arrival and Departure transfers

Accommodation: 3 nights at a prestige Hotel in Kathmandu on bed & breakfast basis and 2 nights at standard Hotel in Pokhara

Welcome Dinner: One Welcome Dinner in Kathmandu with the Office's Staffs

Permits: Annapurna Conservation Area permit, TIMS card and all government fees

Insurance: Insurance for all involved Nepalese staffs during

Member transportation: All members and staff required transportation.

Member Luggage: Up to 15 Kg per member for personal baggage during the trek carrying by porters

Lodging & Food: Food 3 meals a day (BDL; including tea and coffee) along with accessible accommodation at Hotel/Lodge during the trek

Drinking: 2 liters of boiled water to carry on thermos per day per member

Guide: Local government licensed Guide (English speaking) during the trek and sight-seeing in Kathmandu valley

Porter: Porters (2 trekkers: 1 porter) during the trek

Staff Salary and allowance

Comprehensive Medical kit

### **NOT INCLUDED**

International airfare to/from Kathmandu

Nepal entry Visa fee

Extra night in Kathmandu: Extra nights' accommodation in Kathmandu. In case of early arrival or late departure, early return from Trekking (due to any reason) than the scheduled itinerary

Personal Expenses (e.g., laundry, telephone, beverages, etc.)

Tips and gratuities

Insurance: Travel and High-Altitude Insurance / Accident / Medical/ emergency evacuation

Personal Expenses: Telephone, Internet, Laundry, any Alcoholic beverages, Personal equipment and shopping

Any other item not listed in "Price Includes" section



## Requirements

Trekking at high altitudes demands significant physical effort—you will need excellent cardiovascular fitness and thorough preparation. When you sign up, we'll request key performance data and review your past experience. We will then collaborate with you to create a tailored training program, ensuring you have the best chance of success..

If there are gaps in your abilities and experience, we can discuss potential opportunities and/or provide a training support plan. This may include recommending preliminary climbs in the months and years leading up to the expedition, ensuring you are well-prepared to achieve your objective.

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## Equipment

The adventurous activities undertaken by Nepal New Generation will require the purchase of specialist equipment. Please see below the full kit list for this expedition:

### CHECKLIST

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|---|---|
| <input type="checkbox"/> HIKING SHOES FOR THE TREK TO BASE CAMP WITH ANKLE PROTECTION   | <input type="checkbox"/> INSULATED DOWN JACKET WITH HOOD: (FILL POWER 800) OR EQUIVALENT TO RAB'S ELECTRON JACKET |
| <input type="checkbox"/> BOOTIES: OPTIONAL, DOWN IS BEST.   | <input type="checkbox"/> SKINTIGHT PANTS: LADIES CAN WEAR THIS DURING THE TREK                                    |
| <input type="checkbox"/> BRIDGEDALE SUMMIT SOCKS OR EQUIVALENT: 6 PAIRS   | <input type="checkbox"/> WARM HAT: SYNTHETIC OR WOOL HAT (SKI HAT)  |
| <input type="checkbox"/> BRIDGEDALE LINER SOCKS OR EQUIVALENT: 3 PAIRS  | <input type="checkbox"/> SUNHAT: TO SHADE YOUR FACE/NECK FROM THE SUN ON A HOT DAY                                |
| <input type="checkbox"/> 2 MERINO BASE LAYERS: TOP AND BOTTOM   | <input type="checkbox"/> BUFF: TO PROTECT YOUR NECK/FACE FROM THE SUN   |
| <input type="checkbox"/> 1 MID-LAYER TOP: BREATHABLE  | <input type="checkbox"/> GLACIER GLASSES: FULL PROTECTION WITH SIDE COVERS OR WRAP AROUND                         |
| <input type="checkbox"/> UNDERWEAR  | <input type="checkbox"/> LIGHTWEIGHT SYNTHETIC LINER GLOVES: FOR WEARING ON A HOT DAY; 2 PAIRS                    |
| <input type="checkbox"/> LIGHTWEIGHT NYLON PANTS: 1 PAIR  | <input type="checkbox"/> SOFTSHELL GLOVES: TO WEAR FOR MODERATE COLD/WIND   |
| <input type="checkbox"/> SOFT SHELL JACKET WITH HOODY: TO BE WORN OVER OTHER LAYERS   | <input type="checkbox"/> SHELL GLOVE WITH INSULATED LINER: TO WEAR FOR SEVERE COLD / STRONG WIND                  |
| <input type="checkbox"/> SOFT SHELL GUIDE PANTS: VERY BREATHABLE AND WATER REPELLENT  | <input type="checkbox"/> TREKKING BACKPACK: TO CARRY ON THE TREK TO BASE CAMP. SIMPLE AND LIGHT.                  |
| <input type="checkbox"/> HARD SHELL JACKET WITH HOOD: A WATERPROOF AND BREATHABLE SHELL JACKET                                | <input type="checkbox"/> SLEEPING BAG: RATED TO AT LEAST -20°C. GOOSE DOWN OR SYNTHETIC                           |
| <input type="checkbox"/> HARD SHELL PANTS: WATERPROOF AND BREATHABLE SHELL PANTS; BIG ENOUGH TO WEAR OVER YOUR GUIDE TROUSERS |   |
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- COMPRESSION STUFF SACKS: 3 LARGE ONES; FOR CAMERA: BRING EXTRA BATTERIES AND MEMORY CARDS
- PERSONAL SOLAR CHARGING SYSTEM (OPTIONAL BUT RECOMMENDED)
- TRAVEL CLOTHES: FOR DAYS IN THE COUNTRY
- DUFFEL BAGS (2) WITH LOCKS: TO TRANSPORT EQUIPMENT
- LUXURY GADGETS: KINDLE, I PAD, SMARTPHONE, ETC
- REDUCING THE VOLUME OF THE SLEEPING BAG, DOWN PARKA, ETC., IN YOUR PACK.
- TREKKING POLES WITH SNOW BASKETS: ADJUSTABLE POLES
- HEAD TORCH
- SUNSCREEN: SPF 50 OR ABOVE
- LIP BALM WITH SUNBLOCK
- WATER BOTTLES: 1 WIDE MOUTH BOTTLES WITH 1 LITRE CAPACITY
- THERMOS: 1 LITRE (BUY A GOOD ONE TO KEEP YOUR WATER WARM FOR LONGER HOURS)
- TOILETRY BAG: INCLUDE TOILET PAPER AND HAND SANITIZER AND A SMALL TOWEL
- PENKNIFE OR MULTI-TOOL (OPTIONAL)
- CAMERA: BRING EXTRA BATTERIES AND MEMORY CARDS
- PERSONAL SOLAR CHARGING SYSTEM (OPTIONAL BUT RECOMMENDED)
- TRAVEL CLOTHES: FOR DAYS IN THE COUNTRY
- SNACK FOOD: PLEASE BRING A FEW DAYS OF YOUR FAVOURITE CLIMBING SNACK FOOD SUCH AS BARS, GELS, NUTS, BEEF JERKY, ETC. A VARIETY OF SALTY AND SWEET IS GOOD
- SMALL PERSONAL FIRST AID KIT: INCLUDE ATHLETIC TAPE, BAND-AID'S, IBUPROFEN, BLISTER CARE\*\*\*, PERSONAL MEDICATIONS, ETC
- MEDICATIONS AND PRESCRIPTIONS: BRING ANTIBIOTICS (AZITHROMYCIN, ETC.), AND ALTITUDE MEDICINE SUCH AS DIAMOX AND DEXAMETHASONE



## Payment

You may pay your deposit and balance using any lawful means. If sending money by electronic bank transfer then you will be responsible for covering the cost of the fees associated with the transfer, so that the company receives the full amount shown on your invoice, in the denomination shown on your invoice.

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## Cancellation

In case the client decides to cancel their trip, at any time between booking and the time of the trip, some deduction will be made to the advance amount. This is due to the company's obligation to pay a certain amount for personnel and resources while booking them.

The following cancellations charges will apply if you decide to cancel the booking:

- Cancellations made 90 days or before are entitled to full deposit return if it has been paid in advance. 90 days passing will incur in loss of 30 percent of the deposit paid.
- Cancellations made 60 days prior to the departure date will incur a loss of 50 percent of the deposit paid.
- Cancellations made 45 days before the departure date will incur a loss of the full deposit and are subject to a 30 percent fee of total trip cost.
- Cancellations made 30 days or less before the departure date will incur a loss of 100 percent of the total trip cost.

NB: All refund requests must be made in writing and be received in our office within the notice period stated above.

For all cancellations, the company must be notified in writing. Acceptable means of communication include letter and email.



## Bookings

For expedition dates, price and all latest information

[WWW.newgenerationtrek.com/package/annapurna-base-camp-trek](http://WWW.newgenerationtrek.com/package/annapurna-base-camp-trek)