

TREKKING

# TREKKING TO ANNAPURNA BASE CAMP

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Reach the famous Annapurna Sanctuary.



B4Experience

# NÉPAL



The Annapurna Base Camp Trek is of moderate difficulty (suitable for anyone accustomed to mountain hiking), allowing you to reach the base of an 8000-meter peak quickly and with minimal acclimatization issues.

*Voir le programme sur le web*

<https://b4experience.com/trekking-to-annapurna-base-camp>



## MOIS RECOMMANDÉS

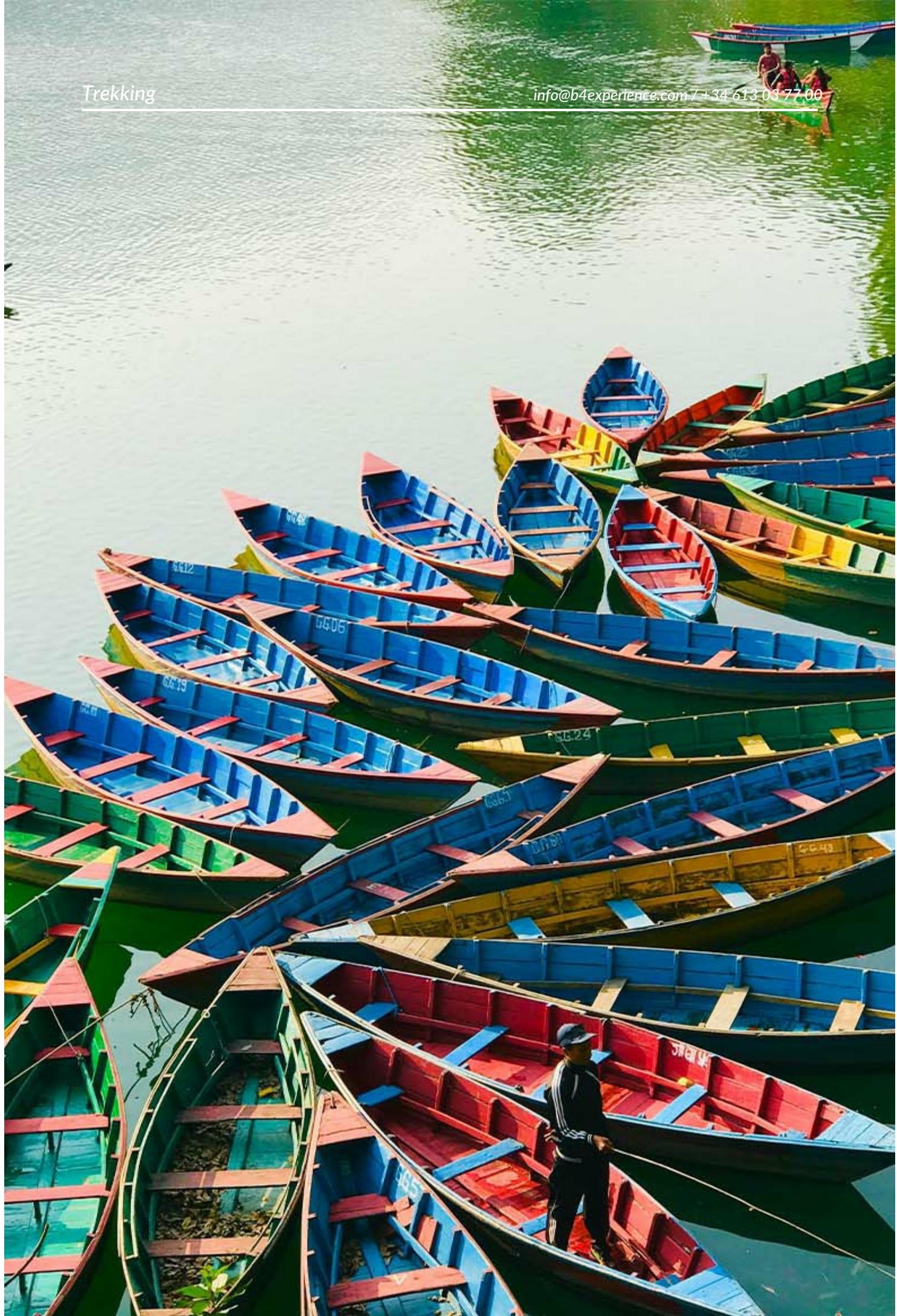
MARCH, APRIL, MAY, SEPTEMBER, OCTOBER, NOVEMBER,  
DECEMBER



## PRIX

Dès 905€ / pers.

Réductions pour groupes





# Highlights

- TOUCH A 8000M MOUNTAIN.
- MACHAPUCHARE, ONE OF THE MOST BEAUTIFUL MOUNTAINS
- REACH 4.130M ANAPURNA BC
- TREKKING OR TRAIL RUNNING IN SMALL PRIVATE GROUPS

# Groupe privé

100% personnalisable

À partir de (personnes)	Catégorie	Disponibilité	Nb. Jours	Prix/pers.
4	Standard	01 sept. 2025 - 31 déc. 2025	10	895€
2	Standard	01 sept. 2025 - 31 déc. 2025	10	945€
4	Standard	01 mars 2026 - 31 mai 2026	10	905€
2	Standard	01 mars 2026 - 31 mai 2026	10	995€
4	Standard	01 sept. 2026 - 08 déc. 2026	10	905€
2	Standard	01 sept. 2026 - 08 déc. 2026	10	995€

*Voyagez avec votre famille ou vos amis.*

*\*Contactez-nous pour vérifier la disponibilité via info@b4experience.com / +34 613 03 77 00 / www.b4experience.com*

# Groupe ouvert

*Partagez l'expérience avec d'autres voyageurs*

Catégorie	Dates	Nb. jours	Places dispo.	Point de départ	Prix / pers.
Trekking al Campo Base del Annapurna	02 avr. 2026	10	7	Katmandú	995€

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www.b4experience.com*

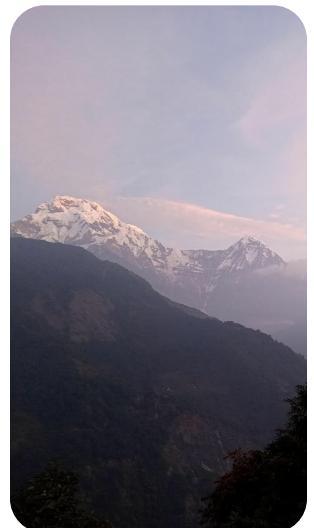


## Inclus

- Private transfer to and from the airport
- Hotel in Kathmandu (tourist class) with breakfast included (shared room)
- Bus transport from KTM to Pokhara (optional flight at additional cost)
- Accommodation in available lodges during the trekking (tea house-based trekking) (shared room)
- 3 fixed meals (breakfast, lunch, and dinner) suggested by the guide during the hike
- National park fees and TIMS fees
- An English-speaking trekking guide (Sirdar)
- Porter (one per every 2 people). Carry a maximum total weight of 20 kg, although it is recommended to carry a maximum of 8-10 kg per person
- Daily wages for Nepalese staff, food, and accommodation
- Insurance for guides and porters
- Technical advice and equipment

## Non inclus

- Flights and visas to Nepal (we can arrange them)
- Drinks during the route
- Lunch and dinner in Kathmandu and Pokhara
- Travel/medical/cancellation and rescue insurance (we can manage it)
- Expenses due to roadblocks/landslides/natural disasters/strikes
- Anything not included in the "INCLUDED" section



# Itinéraire

## DAY 1: ARRIVAL IN KATHMANDU

Arrival in Kathmandu. Transfer to the hotel. Free afternoon: you can visit the Swayambhu Stupa (Monkey Temple), wander the streets of Thamel, or enjoy your first Dal bhat dinner (the most traditional dish of Nepali cuisine).

Accommodation: 3-star hotel

## DAY 2: BUS TO POKHARA

Transfer by tourist bus to Pokhara. Free afternoon to visit Pokhara Lake. Overnight at the hotel.

Accommodation: 3-star hotel

Meal: breakfast

## DAY 3: GHANDruk- CHOMRUNG

After breakfast in Pokhara, vehicles and our trekking staff will be ready to take you to Nayapul and Kimchi; the total journey will be 3:30 h. Only a 45-minute walk will take you to Ghandruk, a Gurung village and the most beautiful village of the trip. Then we start walking along the Kimrung river, ascending through Kyimmung, the village of Taplung, and finally reaching Chomrung for the night.

Accommodation: Tea house

Meals: breakfast + lunch + dinner

## DAY 4: CHOMRONG – DOBAN

The trail descends down a stone staircase and crosses the Chomrong Khola by a hanging bridge, then ascends along the mountain flank, a rocky path through the forested area, and then reaches Khurdi Ghar. This can be a good place for lunch. The hike descends about 350 meters down stone steps through the forest to reach Bamboo Hotel. The walk then gently ascends through the forest; a stream flows from the flank to your left side. Now our final destination for the day, "Doban," is about 10 minutes away, where we will stop to spend the night.

Accommodation: Tea house

Meals: breakfast + lunch + dinner

## DAY 5: DOBAN – MACHAPUCHARE B. C. (MBC)

The trail climbs up the Modi Khola and then along a rocky path through the forests to reach a cave at Hinku. From there, you will reach Deurali and, along the riverbank, ascend slightly from Bagal, where you can observe rhododendrons. At the end of the ridge, you will stop at Machapuchare Base Camp (Fish Tail). The magnificent views of Hiunchuli, Annapurna I and III, Gangapurna, and Machapuchare mountains alone make this a great day outdoors. We will stop for the night at one of the lodges here.

Accommodation: Tea house

Meals: breakfast + lunch + dinner

## DAY 6: M.B.C.- ANNAPURNA B.C.

Today we will explore Annapurna Base Camp by climbing a hill with a moraine. After crossing three hills, the next hill will bring you to Annapurna BC (4130 m). Here you will see some incredible views of Annapurna I (8091 m). To your left, Varhha Shikar (7,647 m), Annapurna South (7,219 m), and Hiunchuli (6,441 m). Also, mountains such as Khansar Kang, Tarke Kang, Singuchuli, and behind them, you can see the triangular rock spire of Machhapuchare and the snowy peak of Annapurna III (7555 m). After so many impressive and majestic mountain views, we return by the same path to MBC and descend to Deurali. 7 to 8 hours of walking, a long hike!

Accommodation: Tea house

Meals: breakfast + lunch + dinner

## DAY 7: DEURALI – CHOMRONG

We will descend through the valley floor to the village of Chomrong.

Accommodation: Tea house

Meals: breakfast + lunch + dinner

## DAY 8: CHOMRONG – GHANDruk & A KIMCHI

We return to the end of the trek and spend the afternoon discovering the calm and beauty of Pokhara. Overnight at the hotel.

Accommodation: 3-star hotel

Meals: breakfast

## DAY 9: BUS TO KATHMANDU

We will leave early in the morning by bus to Kathmandu. Overnight at the hotel. Free afternoon: you can visit the Swayambhu Stupa (Monkey Temple), wander the streets of Thamel, or enjoy our last Dal bhat dinner.

Accommodation: 3-star hotel

Meals: breakfast + lunch

## DAY 10: RETURN

Final departure, transfer to the airport.

Meals: breakfast.

#### **Extra Services:**

All our Nepal tours can be extended and customized. These are the most popular additional services:

**Morning Everest flight:** approximately 1-hour flight to see/touch Mount Everest (we will fly only 8 km from the summit). Includes round-trip transfer to your hotel. (Departure at 5:15 a.m. and return by breakfast time).

**KTM Cultural Tour 1:** One-day tour to visit 3 UNESCO World Heritage sites: Pashupatinath Temple + Boudhanath Stupa + Bhaktapur City. (Includes cultural guide speaking English, Spanish, etc.). Additional hotel night and meals not included.

**KTM Cultural Tour 2:** One-day tour to visit 3 UNESCO World Heritage sites: Patan City + Kathmandu Durbar Square + Swayambhu Nath Stupa. (Includes cultural guide speaking English, Spanish, etc.). Additional hotel night and meals not included.

**Extra night:** One additional night in KTM (includes breakfast in shared or single room).

You can book additional services at the time of booking your trip or later.

***Payment and cancellation policy***

**Initial deposit:** To secure your spot, a 30% initial payment of the total trip price is required at the time of booking.

**Final payment:** The remaining amount, equivalent to 70% of the total, must be paid no later than 60 days before the departure date.

**Extras:** Additional trip costs such as insurance, flights, or other optional services must be paid in full at the time of booking.

**Cancellation insurance:** The client may purchase trip cancellation insurance to be able to obtain a refund of the total amount paid (according to its conditions).

The end user may cancel the booked trip, having the right to a refund of the amounts paid, except for the indicated penalties, but must also pay the Agency the amounts specified below once the trip is confirmed. If the trip does not take place due to not reaching the minimum required number of participants, the client may keep the credit for future trips or request a full refund of the booking.

**Cancellation policy 3:**

**FULL REFUND UP TO 24 HOURS AFTER PURCHASE.** Up to 60 days before the trip, 100% refund of the trip cost. Up to 45 days before the trip, 50% refund of the trip cost. For periods shorter than those described, no refund will be made of amounts already paid.

A management fee of €250 applies. Cancellation fees for already issued bookings will not be refunded. If there are other non-refundable costs already incurred, these will also not be refunded and will be deducted from the amount to be refunded.

The cancellation cost of issued flights is 100% of the amount.

## Packing List

<b>FUNCTIONAL CLOTHING</b> <ul style="list-style-type: none"><li>• Softshell jacket (windproof, water-repellent, lightweight) for normal activities or Hardshell (waterproof Gore Tex) only when very bad weather is forecast</li><li>• Light waterproof pants</li><li>• Warm jacket: down jacket or preferably primaloft (as it can withstand water)</li><li>• Light fleece</li><li>• Thermal pants and shirt for sleeping in the refuge</li><li>• Shorts and technical shirts (quick-drying)</li><li>• Swimsuits</li><li>• Underwear (cotton not recommended)</li></ul>	<b>ACCESSORIES</b> <ul style="list-style-type: none"><li>• Headlamp and battery or spare batteries</li><li>• Sunscreen, lip balm and after sun</li></ul>
	<b>EAT/DRINK</b> <ul style="list-style-type: none"><li>• Hydration system minimum 1l (Camelbag, water bottle or flexible bottle)</li><li>• Thermos (optional)</li><li>• Snacks, nuts, gels, hydration, and enough energy bars, protein bars, mixed nuts, magnesium tablets, and recovery supplements</li></ul>
	<b>TRAVEL EQUIPMENT</b> <ul style="list-style-type: none"><li>• Casual clothes</li><li>• Passport, Visa, cash, insurance documents, vaccination card</li><li>• Microfiber towel</li><li>• First aid kit and medication</li><li>• Thermal blanket</li><li>• Mobile phone and watch with route track</li><li>• Powerbank, camera, charging cables, headphones, selfie stick...</li></ul>
<b>HEAD</b> <ul style="list-style-type: none"><li>• Light running cap</li><li>• Wool hat</li><li>• Neck gaiter</li><li>• Sunglasses</li><li>• HANDS</li><li>• Thin fleece gloves</li><li>• Trekking poles</li></ul>	
<b>FEET</b> <ul style="list-style-type: none"><li>• Socks (non-cotton recommended)</li><li>• Trail running shoes or trekking boots</li><li>• Trekking sandals with heel strap (optional)</li></ul>	
<b>BACKPACKS</b> <ul style="list-style-type: none"><li>• Trail running vest or lightweight backpack</li><li>• Rain cover for backpack</li><li>• Duffle bag style canvas bag</li><li>• REFUGE GEAR</li><li>• Sleeping bag</li><li>• Ear plugs</li></ul>	

# FAQs

## **What physical and technical level is required?**

A minimum level is required to complete a mountain route with 1100m elevation gain in one day. It is not a demanding route and includes days with short walks to ensure good acclimatization and proper recovery during trekking days. During the route, we can carry a small backpack with the items we will use throughout the day. The porters will carry our backpacks to the next lodge.

## **How to organize the bag with the material the porter will carry?**

The porter carries the gear for 2 people (maximum 12kg per person). You should share one bag between every two people and give it to the porter. Ideally, it should be a duffel bag of about 80L. The other suitcase will stay at the hotel in Kathmandu.

## **Backpack during the trek**

En las zonas altas del trekking puede haber nieve o hielo, aunque no es habitual. Las condiciones pueden cambiar rápidamente, especialmente en pasos de más de 5.000 metros. Algunas personas llevan crampones de cadenas para mejorar la adherencia en superficies resbaladizas; para los trekkings no son necesarios crampones de puntas.

## **Crampons**

In the high-altitude areas of the trek, there may be snow or ice, although it is not common. Conditions can change rapidly, especially at passes over 5,000 meters. Some people use chain crampons to improve grip on slippery surfaces; point crampons are not necessary for these treks.

## **Cash**

In Kathmandu, you can usually pay by card (in restaurants, taxis, souvenir shops... it's not common). Beyond that, there will be no ATMs. It is essential to carry local currency. You can bring euros or dollars and exchange them directly for rupees at the airport or in Thamel on the day of arrival.

## **Recommended amount of cash**

It is recommended to carry a minimum of €250 in cash for expenses not included, such as drinks or meals in Kathmandu and for tips.

## **Tips**

Tips are usually given at the end of the trip (not mandatory but highly recommended), in cash (no card reader available). Guides: 5 to 10 USD per person per day. On longer treks (such as the Annapurna Circuit or Everest Base Camp), tips can increase to 10-15 USD per person per day. Porters: 3 to 5 USD per day per person. On longer or more demanding treks, consider increasing to 5-7 USD.

## **Hygiene conditions in the lodges**

As you gain altitude, accommodations become much more basic. It is recommended to bring wet wipes and a sleeping bag to avoid using the blankets.

## **Showers and hot water**

In the higher areas, hot showers are very scarce. It is VERY easy to catch a cold, which increases problems related to altitude sickness. WE RECOMMEND avoiding showers. Wet wipes are a good alternative to maintain hygiene.

## **Where will we stay?**

The first and last night we will stay at the International Guest House hotel in Kathmandu. The rest of the nights will be spent in various lodges along the route. The program offers accommodation in shared rooms. If you want a single room, please indicate this at the time of booking.

## **Altitude medication**

The routes are progressive to avoid (as much as possible) altitude sickness. Guides carry a complete first aid kit, including an oxygen saturation monitor. For medications like Edemox or similar, consult your doctor, although they are not necessary.

## **Mobile phone and SIM**

You can buy a SIM card upon arrival. Each area in Nepal has a different operator. Check with our team which one works in each area. With a top-up of 15-20 €, you'll have enough data to use WhatsApp when there is coverage. Regular calls are much more expensive.

## **Is it necessary to bring any kind of supplement or recovery aid?**

Supplements can be helpful but are not essential. It is advisable to take iron in the days prior to starting high-altitude activity. You can consult your doctor or nutritionist about this.

## **Water purification tablets**

Always buy bottled or boiled water at the lodges.

## **Mosquito repellent**

El repelente puede ser útil los primeros días, pero en las zonas altas no es necesario (prescindible).

## **Vaccination card**

No hay ninguna vacuna obligatoria para viajar a Nepal. Otras Preguntas

## **Plug adapters**

They are the same as those in Europe.

## **What are the passport and visa requirements?**

It is important to have a valid passport with at least 6 months of validity. Nepal offers visa on arrival for most countries; you can speed up the process and avoid queues on landing if you submit your application online. Upon arrival, go to the bank counter at Tribhuvan International Airport with the submission ID (confirmation page) you received when completing the Nepal visa application form. Pay the applicable fee in cash, and after payment, proceed to the immigration officer's counter with your original passport to process the visa. Regarding visas, stay updated as immigration policies often change. It is advisable to check the information close to your planned travel date. Currently, as of February 2025, the Nepal tourist visa fees are: 15 days: USD 30 30 days: USD 50 90 days: USD 125



# Contact

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