

Annapurna Sanctuary Trek - 13 Days

Destination: Nepal

Trip Difficulty: Easy-Moderate

Best Season: March, April, May, Aug, sep, oct, nov

Max Elevation: 4130 m

A life-changing trip to the base camp of the world's 10th highest mountain (Mt Annapurna 8091m), a typical local lifestyle, massif Annapurna, and breathtaking scenery which will admire us genuinely adventure trekking experience once in a lifetime in the land of mighty Himalayas

Annapurna Sanctuary Trek (ABC) -13 Days apparently it's one of the best treks in the whole Annapurna region also known as an ABC trek in a short form. A legendary and classical trek offers a significant untouchable Himalayas mountains view including the striking Annapurna, Dhaulagiri, and Machhapuchare ranges, present a golden opportunity to experience the authentic local culture of Gurung and Magar communities, exclusive Nepali mountain villages, renowned mountain people with a unique way of their loving and living in such places with their warm hospitality.

The full version of Annapurna Sanctuary Trek (ABC) -13 Days is particularly designed for those traveler enthuses who have a holiday with more than 10 days; it's a 13 days ABC trek with combinations of Nature and culture excursion.

13 Days guided Annapurna Sanctuary Trek (ABC) -13 Day starts from Kathmandu with an enormous cultural heritage sites tour in Kathmandu valley, the journey heads towards naturally blessed city Pokhara with a scenic drive by a tourist bus through the Prithvi highway, Upon arrival in Pokhara, enjoy the first snowy Himalayas mountain in a distant view, next day, we take a taxi to Nayapul about 1 hour 30 minutes from Pokhara. Nayapul

is in fact, the starting and ending point of the journey. Further, we will be walking through the terrace fields and immense rhododendron forests ongoing villages of Tikhedunga, Ulleri, Ghorepani, Tadapani, Chhomrong, and Himalaya and finally we reach Base Camp

Poon Hill

Poon Hill is one of the highly admired and the best viewpoints sunrises not only in the Annapurna region also among Nepal's most popular viewpoints status as it situated at an altitude of 3210 meters high above sea level, from here, you see the breath-stopping sunrise view over the Himalayas as well as witness the panoramic mountains view of Dhaulagiri, Annapurna, Fishtail, Nilgiri, Barasikh peak, Gangapurna, Himchuli, Annapurna II, Annapurna III, and many other surrounding snowy capped. The views on the Himalayas are spectacular and sound worth it.

Hot Spring – purifying the soul by natural hot water

On our Annapurna Sanctuary Trek (ABC) -13 Day presents us a great opportunity to explore the natural Hot spring on the way back to Jinu dada, where we will be refreshing and relaxing for sometimes with the dynamic views in the riverside

ABC Trek with different itineraries

Annapurna Sanctuary – ABC trek offers various itineraries which travel may opt for as per their own time frame

The Annapurna Sanctuary Trek (ABC) -13 Day takes 7 to 13 days, depending on your fitness level and selected itinerary. The Alpine Ramble officially designed the different trekking itineraries of ABC Trek considering it for all the trekkers with a long and short period of holiday trip with us on this trek. Usually, there are two different trails; one can go straight to the Annapurna Base Camp and the other takes a detour to [Ghorepani Poon Hill](https://www.alpineramble.com/ghorepani-poon-hill-trek-5-days).
(<https://www.alpineramble.com/ghorepani-poon-hill-trek-5-days>)

If you are intending to do Annapurna Base Camp Trek short on time then please our following program that might suit your needs,

Annapurna Base Camp Trek - 8 Days

(<https://www.alpineramble.com/annapurna-base-camp-trek-8-days>)

Short Annapurna base camp trek (5/6 Days)

(<https://www.alpineramble.com/short-annapurna-base-camp-trek-5-6-days>)

Annapurna Base Camp Trek - 7 Days

(<https://www.alpineramble.com/annapurna-base-camp-trek-7-days>)

Get up to 20% discount on our [Everest View Trek](https://www.alpineramble.com/everest-view-trek) (<https://www.alpineramble.com/everest-view-trek>) and [Everest Base Camp Trek - 8 Days](https://www.alpineramble.com/everest-base-camp-trek-8-days) (<https://www.alpineramble.com/everest-base-camp-trek-8-days>) ! For more information about the trek please get [in touch](https://www.alpineramble.com/contact-us.html) (<https://www.alpineramble.com/contact-us.html>) with us, we are available 24/7,
(WhatsApp: [+977 9851175531](https://www.alpineramble.com/contact-us.html))

Complimentary Benefits Of This Trek

- Free Airport transportation on arrival and departure days (We will pick you up and

drop you off)

- **Trekking equipment** such as the Sleeping bag, Down jacket, and walking poles (rental is included if needed)
- Duffle bag if required (Optional)
- **Souvenir:** Trekking route map/browser and printed ART's hiking T-shirt
- An Oximeter to measure your Oxygen and Pulse at a high altitude to find out the accurate health condition while you are trekking in the mountain.
- [WOKI TOKI \(https://en.wikipedia.org/wiki/Walkie-talkie\)](https://en.wikipedia.org/wiki/Walkie-talkie) - for communication during the trek

Highlights

- An Excursion day in Kathmandu valley
- Short Hike to Poon Hill (3210m)
- Stunning sunrise view over the majestic Himalayan Mountains of Dhaulagiri and Annapurna ranges from Poon Hill
- A scenic walk through the beautiful landscape and reach Annapurna Base Camp 4130 m
- Natural Hot Spring at Jhinu dada



Day to Day Itinerary

Day 1: Arrival in Kathmandu 1350 m/ 4428 ft and transfer to Hotel

Day 2: Full Day Kathmandu Valley sightseeing - valley tour

Day 3: Drive from Kathmandu to Pokhara 850m /2788 ft- 6/7 hrs approximately by tourist bus

Day 4: Drive Pokhara to Nayapul 1: 30 m by taxi and Trek to Tikhedunga 1510 m/3810 ft

Day 5: Trek from Nayapul to Ghorepani 2850 m/9348 ft- 5/6 hrs approximately walk.

Day 6: Trek from Ghorepani to Tadapani 2610 m/8560 ft- 4/5 hrs walk.

Day 7: Trek from Tadapani to Chhomrong 2170 m/7117 ft- 4/5 hrs walk.

Day 8: Trek from Chhomrong to Himalaya 2820 m/8828 ft- 5/6 hrs approximately walk.

Day 9: Trek from Himalaya to ABC 4130m, ABC via MBC 3700 m (MBC) 5hrs

Day 10: Trek from ABC to Bambo 2815 m/9120 ft-5/6 hrs

Day 11: Trek from to Jhinuwa Dada Hot spring 1420 m/4590 ft- 4/5 hrs

Day 12: Drive back from Pokhara to Kathmandu 6/ 7 hrs approximately by tourist bus.

Day 13: Final Departure

Cost Includes

- International Airport- Hotel- Airport pick up and drop off by private car/Jeep/ Hiace.
- **Meals** on the full-board basis (**Breakfast, Lunch, and Dinner/ the main course**) during the trek in the mountain.
- Alpine Ramble's experienced, government licensed, English speaking trekking guide.
- Accommodations hotel 2 nights in Pokhara
- All salary, food, drinks, accommodation, transport, and insurance for the guide.
- All necessary papers including Annapurna conservation area **permit** and **TIMS card** (Trekking Information Management System) fee.
- **Trekking equipment** such as the Sleeping bag, and down jacket on request (optional)
- Trekking lodges (**Tea House**) throughout the trek
- Assistant guide for the group 8 or above
- Kathmandu- Pokhara- Kathmandu by tourist bus
- Private vehicle from pokhara- Nayapul- Pokhara by taxi/ Jeep / car
- Supplementary snacks: energy bar, crackers, and cookies, etc.
- Seasonal fresh fruits desert every evening after dinner.
- Appreciation of certificate after the successful trek.
- Farewell Dinner at a typical Nepalese restaurant with traditional music and dance
- **Alpine Ramble's** complimentary free T-shirt/ route map and duffel bag (if required)
- Oximeter to measure your oxygen and Pulse level during the trek in the mountain, it's very useful for all the trekkers to be aware of the high altitude sickness.
- Compressive first aid box (Guide will carry it throughout the trek).

- **Emergency rescue** operation assistance in arranging in case of complex health condition (funded by your Travel Insurance)
- All government, Local taxes/ vat and official Expenses

Cost Excludes

- Nepal entry visa fees (you can easily issue the visa on arrival at Tribhuvan International Airport, Kathmandu). \$25 USD for 15 days Visa.
- Extra accommodation and meals behind schedule (Foods and accommodations before and after the trek)
- All kind of beverages (tea/coffee, coke, beers, water etc).
- Additional cost by out of management control due to the landscape, weather condition, illness, change of government policies, strikes, and physical condition, etc.
- Surplus luggage charges for domestic airport
- Personal expenses such as snacks, laundry, telephone, WIFI, hot shower, etc at tea houses on a trek.
- Travel insurance which has to cover emergency rescue evacuation from the high-altitude up to 5000 m.
- Personal [trekking equipment \(https://www.alpineramble.com/trekking-equipment.html\)](https://www.alpineramble.com/trekking-equipment.html) for this trek
- Tipping (expected by guide and staffs)
- Any other expenses that are not mentioned in the Price Include section of this trek.