

NORTH ABC TREK (4190 M)

Explore, ascend, and reach new heights with our expert-guided mountaineering expeditions.

COUNTRY

Nepal

ACTIVITY

Trekking

ACCOMMODATION

Hotel/Lodge/Tent

WALKING

4-6 Hours

MAX ALTITUDE

4,190

m

DURATION

12

Days

DIFFICULTY

Moderate

Difficult

GROUP SIZE

5

People

Expedition Overview

This journey offers a deep immersion into local culture and the natural beauty of the Annapurna Conservation Area, a sanctuary for rare wildlife like the Himalayan Thar and snow leopards. Reaching an elevation of 4,130 meters, the trek culminates in a spectacular amphitheater of peaks, providing unrivaled views of Annapurna I and Machhapuchare.

Designed for those with a sense of adventure but limited by a tight schedule, this 12-day expedition is a condensed version of longer regional treks. While the terrain involves crossing suspension bridges and traversing remote valleys, the moderate difficulty level makes it achievable for anyone with steady fitness. To ensure the best visibility and stable weather, the ideal seasons for this trek are the spring months of March and April or the autumn window between September and October.

INCLUDES

- **1. ARRIVAL AND DEPARTURE** – Airport - Hotel transfers – Airport (Pick Up and Drop), by private vehicle.
- **2. HOTEL ACCOMMODATION IN KATHMANDU** – 4 nights hotel in Kathmandu (5-star category) - single room on bed and breakfast plan.
- **3. WELCOME DINNER** – One Welcome Dinner in a tourist standard restaurant in KATHMANDU with office staff.
- **4. CARGO CLEARANCE** – Assistance for cargo clearance in Nepal's customs, clearance cost is subject to a charge.
- **5. PERMIT** – All necessary paper works: Annapurna Conservation Area permit, TIMS permit & conservation entry fee.
- **6. INSURANCE** – Medical & Emergency rescue Insurance for all involved Nepalese staff during the trek.
- **7. DUFFLE BAG** – One 120L 14 Peaks duffle bag (caps/neck warmer).
- **8. MEMBER TRANSPORTATION** – (Domestic Flight) Fly from Kathmandu – Pokhara and while returning Pokhara - Kathmandu, as per itinerary.
- **9. MEMBER LUGGAGE** – Up to 15 Kg per member for personal baggage during the trek to be carried by porters/yaks.
- **10. FOOD AND LODGING** – 3 meals a day (BLD; including tea and coffee) along with accessible accommodation at Hotel/Lodge during the trek.
- **11. DRINKING** – Per day 2 Liters of boiled water per member to carry on the thermos.
- **12. PORTER** – Porters (1 porter:2 trekkers) during the trek.
- **13. WEATHER FORECAST** – Weather forecast report during the entire trekking.
- **14. GUIDE** – Local government licensed Guide (English speaking) during the trek and sightseeing in Kathmandu valley.

EXCLUDES

- **1. AIR FARE** – International flight airfare (from and to Kathmandu).
- **2. NEPAL ENTRY VISA FEE** – Nepalese Visa fee is \$50 USD for 30 Days.

- **3. LUNCH & DINNER** – Lunch & dinner during the stay in Kathmandu (also in case of early return from trekking than the scheduled itinerary).
- **4. EXTRA NIGHT IN KATHMANDU** – Extra nights' accommodation in Kathmandu. In case of early arrival or late departure, early return from trekking, or domestic flight cancellation (due to any other reason) than the scheduled itinerary.
- **5. INSURANCE POLICY** – Insurance covering both medical and high-altitude evacuation costs (for the trip cancellation, interruption, high-altitude rescue & air evacuation, medical treatment, repatriation, etc.) *Mandatory (Send us a copy of your insurance policy- before your arrival.)
- **6. PERSONAL EXPENSES** – Telephone calls, internet, toiletries, battery recharge, hot shower, laundry, soft drinks, beers, and any alcoholic beverages (during the trek and in Kathmandu but we will have soft drinks for members at base camp).
- **7. TOILETRIES** – Soaps, shampoos, toilet and tissue papers, toothpaste, and other items used to keep yourself clean.
- **8. FILMING** – Special filming, camera, and Drone permit fee.
- **9. INTERNET SERVICE** – Not included during the trek and the trekking.
- **10. TIPS** – Calculate some tips for guide minimum 250 USD & 100\$ for porters.

Trip Itinerary

Days	Program	Meals	Accommodation	Description
1	Arrival in Kathmandu & Transfer to the Hotel (1,400m)	-	Hotel	
2	Fly from Kathmandu to Pokhara and transfer to the hotel	B/L	Hotel	
3	Drive from Pokhara to Tatopani (1190m) by Jeep: 4-5 hrs	B/L/D	Lodge	
4	Drive from Tatopani to Humkhola by Jeep and trek to Sadhi Kharka (3180m) - Camping	B/L/D	Tea House	
5	Trek from Sadhi Kharka to Bhusket Mela (3650m) - Camping	B/L/D	Tea House	
6	Trek from Bhusket Mela to Annapurna 1 North Basecamp (4190m) - Camping	B/L/D	Tea House	
7	Trek from Basecamp to Sandhi Kharka - Camping	B/L/D	Tea House	
8	Trek from Sadhi Kharka to Humkhola and drive from Humkhola to Tatopani	B/L/D	Lodge	
9	Drive from Tatopani to Pokhara & transfer to the hotel	B/L	Hotel	
10	Fly from Pokhara to Kathmandu	B	Hotel	
11	Sightseeing around Kathmandu valley and stay at hotel.	B	Hotel	
12	Transfer to International Airport for final departure	B	-	

Trekking Gear List

Travel Documents

Valid Passport Debit/Credit Card PP Size Photos(4 Pieces)
Insurance Paper/Certificate

Medicine / First Aid Kits

Paracetamole

Upper Body

Thermal Base Layer Fleece Jacket Gore Tex Jacket
Warm Jacket Wind Proof Jacket Down Jacket Cotton T-Shirt

Lower Body

Trowser Bottom Base Layer Fleece Trouser Gore Tex Pant
Heavy Weight Pant Mid Weight Pant Trekking Pant
Under Wear Down Pant Gaiters for Trekking Boots
Climbing Boot -6000m Normal Socks Summit Socks
Trekking Shoes Thermal Bottom Base Layer Trekking Pants

Foot Wear

Summit Boot - 8000m Sport Shoes

Hand

Thin Fleece Gloves Wind Stopper Gloves Heavy Gloves(Guide)
Summit Gloves

Head

Sun Cap Desert Cap Fleece Hat/Warm Hat Neck Gaiter

Eating & Drinking

Water bottle Thermos

Bag Packs

Rucksack 35L-50L Duffle Bag Dry Bags

Miscellaneous

Trekking Pole Pocket Knife Nail Cutter Umbrella/Rain Coat
Hot Water Bag Pee Bottle Tenacious Tape Repair
Altimeter Watch Satellite Phone(Optional) GPS Tracker
Power Bank Camera