



## Global Footprints Trek Information Form

Destination	Nepal		
Name of Trek	Annapurna Base Camp Trek	Number of Days	6
Logistics	Description of availability and who will provide.		
Provider	Eastern Light Trek, Lakeside-6, Pokhara, Nepal. <a href="mailto:info@easternlighttrek.com">info@easternlighttrek.com</a> +977-61-463303		
Guides	1 guide per 8 clients.		
Porters	1 porter for 2 people, carry overnight kit, sleeping bags etc		
Accommodation	Teahouses, with facilities		
Food	Cooked in Teahouses		
Other costs e.g. Park fees, permits	Tips for guides/porters		
Extra equipment needed	leaders carry safety kit, rope, karabiner, sling, kisu, blizzard bag, medical kits		
Any further notes	Park entrance fees included in trek package		
Maps (scale, accuracy)	Clearly defined route, local knowledge and map		
Guidebooks/other useful sources of information	In trekking/travel books for Nepal Trail is a well-used popular route, with many tourists trekking up/down each day		
<b>Trek Description</b>			
Area and location	Annapurna Base Camp		
Start point and access	Pokhara		
End point and details on how to return to town	Pokhara		
Day	<b>Route Description/Information</b>		
Day 1	Daily Route	Today is the first day of your trek. Pick up from your Pokhara hotel and drive to Landruk village. Then trek to Chomrong (2,100m). Today you will walk for about 2hrs only. If the day remains clear, you will have good views of mountains like Annapurna South, Himchuli, Annapurna III, Fishtail, and many more. Stay overnight in the teahouse	Highest Altitude: 2,100m
			Sleeping Altitude: 2,100m Chomrong

	Daily Casevac/ Exit route	Return to Landruk then 4x4 vehicles back down to Pokhara, 3 hours away. There are also helipads at Chomrong, Bamboo, Deurali, MBC and ABC for emergency evacuation by helicopter if needed. Its then a 20/25min flight to Pokhara, where there is CIWEC private hospital.
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Day 2	Daily Route	Today we wake up early and observe the amazing views of the surrounding mountains. Then after having a light breakfast, you will start the trek to Himalaya (2,920m) which will take about 6 to 7 hours to complete. The trail heads downhill through the village with over 1,000 steps to the river. Cross the suspension bridge and walk uphill and across the side of the valley to a well-earned resting spot of Sinuwa. Then trek through the jungle vegetation, on the way through Bamboo, and Dovan. Stay overnight at the teahouse in himalaya	Highest Altitude: 2,920 m
			Sleeping Altitude: 2,920 m Himalaya
	Daily Casevac/ Exit route	Return to Landruk, then 4x4 vehicles back down to Pokhara, 3 hours away. There are also helipads at Chomrong, Bamboo, Deurali, MBC and ABC for emergency evacuation by helicopter if needed. Its then a 20/25min flight to Pokhara, where there is CIWEC private hospital.	
Day 3		Today is the most awaited day of the trek when you will reach Annapurna Base Camp, the destination of our trek. Base Camp is located at an altitude of 4,130m. It will take 5 to 6 hours to reach Annapurna Base Camp from Himalaya. You will also reach Machhapuchhre Base Camp from where you will have the majestic view of mountains like Machhapuchhre (Fishtail), Annapurna South, Annapurna III, Himchuli, Gandharva Chuli, Glacier Dom, Gangapurna, and many more named and unnamed peaks. From here, you will continue to Annapurna Base Camp. Hopefully, you will be able to have the best sunset view ever. Here you will stay at a teahouse	Highest Altitude: 4,130 m
			Sleeping Altitude: 4,130 m Annapurna Base Camp (ABC)
	Daily Casevac/ Exit route	Return to Landruk, then 4x4 vehicles back down to Pokhara, 3 hours away. There are also helipads at Chomrong, Bamboo, Deurali, MBC and ABC for emergency evacuation by helicopter if needed. Its then a 20/25min flight to Pokhara, where there is CIWEC private hospital.	
Day 4		This day with an early wake-up, you will have a beautiful Himalayan view of Annapurna I, Tent Peak, Annapurna South, Barahi Shikhar, Himchuli, and Gandharvachuli. After having a relaxing breakfast, we will start trekking to Bamboo (2,340m) from the base camp via Machhapuchhre Base Camp. It will take 6 to 7 hours to reach Bamboo from Annapurna Base Camp. Stay overnight at teahouse.	Highest Altitude: 4,100 m
			Sleeping Altitude: 2,340 m Bamboo

	Daily Casevac/ Exit route	Return to Landruk, then 4x4 vehicles back down to Pokhara, 3 hours away. There are also helipads at Chomrong, Bamboo, Deurali, MBC and ABC for emergency evacuation by helicopter if needed. Its then a 20/25min flight to Pokhara, where there is CIWEC private hospital.	
Day 5		On this day, waking early in the morning is followed by having a light breakfast. Then the trek for the day starts. You will trek from Bamboo to Chinu via Sinuwa and Chomrong. This will take about 6 hours of walking. Overnight stay at teahouse in Chinu. Relax in the natural hot springs of Jhinudanda (30min walk)	Highest Altitude: 2,340m
			Sleeping Altitude: 1,780m Chinu
	Daily Casevac/ Exit route	Return to Landruk, then 4x4 vehicles back down to Pokhara, 3 hours away. There are also helipads at Chomrong, Bamboo, Deurali, MBC and ABC for emergency evacuation by helicopter if needed. Its then a 20/25min flight to Pokhara, where there is CIWEC private hospital.	
Day 6		Trek From Chinu across the suspension bridge to Landruk (30mins): Private bus to Nayapul:45mins. Then take another private bus to Pokhara; 2hrs Arrive in Pokhara for a well-earned rest.	Highest Altitude: 1,780m Chinu
			Sleeping Altitude: Pokhara
	Daily Casevac/ Exit route	Return to Landruk then 4x4 vehicles back down to Pokhara, 3 hours away. There are also helipads at Chomrong, Bamboo, Deurali, MBC and ABC for emergency evacuation by helicopter if needed. Its then a 20/25min flight to Pokhara, where there is CIWEC private hospital.	
Altitude/illness Plan of Action		GF leader will monitor each individual team member on their medical conditions, fitness, AMS signs and general wellbeing. Each case will be looked at separately depending on the severity of the signs and symptoms and past medical conditions. An appropriate plan of action will be discussed with the link teachers and local guides.	
Insurance		Global Footprints has public liability Insurance through Global footprints also take out Premier Travel insurance for each individual which covers you for (Main points) £10 million in Emergency medical and associated expenses, including search and rescue, dental and an in-patient benefit payment. It also covers personal possessions up to £1,500 and all activities undertaken	
Risk Assessment		The ABC trek has been fully risk assessed by Global Footprints. The trek is regularly reviewed and updated. It is vital that the GF leader undertakes ongoing, dynamic risk assessments in the field considering the local conditions at the time.	