

Annapurna Base Camp Trek : 5 Days Short Trek



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URL: <https://hillarysteptrek.com/trip/5-days-annapurna-base-camp-short-trek/>

Duration

5 Days

Per Person Cost

USD 595

Difficulty

Moderate

Group Size

1+

Best Seasons

March - May and September-4,130 meters
December

Maximum Elevation

Accommodation

Lodge

Transportation

Flight and jeep

Meals

Breakfast, Lunch and Dinner

Trip Route

Pokhara-Chomorong-MBC-ABC

Trip Highlights

- Features terraced fields, traditional Gurung villages, lush rhododendron and bamboo forests, and alpine meadows.
- Experience the rich culture and hospitality of the Gurung people.
- Reaches 4,130 meters, surrounded by majestic, snow-capped mountains.
- Offers breathtaking views at 3,700 meters on the way to ABC.
- Includes a relaxing soak in natural hot springs to soothe tired muscles.
- Accessible to trekkers with a reasonable fitness level, offering a rewarding yet manageable challenge.
- Provides basic but comfortable amenities in teahouses and lodges along the route

Trip Overview

The 5 Days Annapurna Base Camp Short Trek offers a spectacular experience in the lap of the Nepalese Himalayas. The trek begins from Pokhara and goes through paddy fields, subtropical forests, and alpine pastures with Rhododendrons. As the trail ascends, trekkers gradually immerse themselves in the splendor of the [Annapurna Sanctuary](#), surrounded by towering peaks such as Annapurna I (8,091m), Machapuchare (6,993m), and Hiunchuli (6,441m).

Throughout the trek, accommodations are provided in cozy teahouses that offer warmth and hospitality after each day's trekking. The itinerary allows the trekkers the best of both worlds—rugged and easy terrain and enough time to rest and acclimate. In addition to the stunning landscapes, cultural interactions with locals, particularly the Gurung people, add a layer of education about the indigenous mountain folk and their hospitality.

Trip Itinerary

Day 01: Drive to Syomrong and Trek to Chhomrong via Jhinu Danda

The journey begins with a 2.5-hour drive from Pokhara to Syomrong, offering scenic views of the lush countryside and distant mountain peaks. Once in Syomrong, the trek starts with trekking for 2- 3 hours to Chhomrong, passing through Jhinu Danda, famous for hot springs. This first day is a trial and an intro into the Nepalese variously mountainous scenery ranging from rice paddies to heavy forests, meeting the extended Gurung community. The day then comes to a close in the charming village of Chhomrong, which lies on a slope and offers a great view of Annapurna South and the sacred Machapuchare.

Accommodation

Lodge

Meals:

Breakfast, Lunch & Dinner

Altitude:

2170m

Day 02: Trek to Himalaya (2,900m) from Chhomrong (2,170m)

From Chhomrong, the trail descends to the Chhomrong Khola and ascends rather steeply through bamboo and rhododendron forests. The next day is devoted to the 7-hour trek, which moves deeper into the Annapurna Sanctuary; on the trail, trekkers cross the villages of Sinuwa and Bamboo. The trip continues, and there is an opportunity to see more of the forest, wildlife, and plant life. It is evening in the Himalayas, a village that lies at 2900 meters altitude on the lap of the hilltops.

Accommodation

Lodge

Meals:

Breakfast, Lunch & Dinner

Altitude:

2900m

Day 03: Trek to Annapurna Base Camp (ABC) 4130m via MBC(3700m)7-8

hrs

The third day is one of the most challenging and exciting simultaneously, as the distance to be covered will be approximately 7-8 hours. The trail gets gradually higher, passing through the Himalaya and Deurali trail up to Machapuchare Base Camp (MBC), lying at 3,700m. The scenery around MBC is fantastic, and the Machapuchare mountain peak is considered sacred. Further up from here is the route that leads to Annapurna Base Camp (ABC), which stands at 4,130m.

Time:

7-8 Hours

Accommodation

Lodge

Meals:

Breakfast, Lunch & Dinner

Altitude:

4130m

Day 04: Hike from the Annapurna Base Camp to Sinuwa: 2,340m

Thus, after sightseeing and experiencing the beauty of ABC and its tranquility, the trek starts to head back to civilization. The 8-hour journey goes back to MBC and on to Deurali, Himalaya, Bamboo, and finally, Sinuwa. The descent, which is easier on the lungs, can tax the knees; steep drop-offs require good foot placement. On your way down, the scenery continues to be elegant, with lots of trees and fresh mountain air before you wander back to the mountain's base.

Accommodation

Lodge

Meals:

Breakfast, Lunch & Dinner

Altitude:

2,340m

Day 05: Hike to Syomrong and Jeep ride back to Pokhara

The last day of the trek is usually a relatively long one of 4 to 5 hours, covering the distance from Sinuwa to Syomrong, which is the start point of the trek. The path leads you through the familiar sceneries and presents an opportunity to ponder over the experiences and the views of nature one more time. When they get to Syomrong, the two most extended treks can be covered in 5 hours by Jeep and again get dropped at Pokhara, terminating the trek. After reaching the destination, trekkers can find homely comfort in Pokhara and reflect on the adventurous journey through the Annapurna Base Camp.

Time:

4-5 hours

Accommodation

Lodge

Meals:

Breakfast, Lunch & Dinner

Altitude:

822m

Trip Includes

Accommodations

- 4 Night's Accommodations During the trek

Meals

All Standard Meals (Breakfast, Lunch & Dinner) Three times a Day.

Transportations

- Pokhara/Syomrong and Syomrong /Pokhara by Jeep

Extra

- 4 night's Lodge Accommodations During the trek
- All standard meals (Lunch, Dinner & Breakfast) During the Trek
- Pokhara/Syomrong and Syomrong /Pokhara by Jeep
- •Annapurna Conservation area Project (ACAP) permit
- Trekker's information management system (TIMS) cards
- Professional & government licensed holder English Speaking Trekking Guide
- Porter (2 trekkers: 1 porter)
- Staff costs including their salary, insurance, equipment, food and accommodation etc
- Sleeping bag
- Trekking Map
- First aid kit
- Water purification tablets safe drinking water
- Cookies and seasonal fruits Everyday
- All government and Local Taxes

Trip Excludes

- International Airfare
- Nepal entry Visa fees on arrival at Tribhuwan International Airport (15 Days \$30, 30 Days \$50, 90 Days \$125)
- All accommodation and meals in Kathmandu and Pokhara (before and after journey)
- Extra accommodation and meals in Kathmandu and Pokhara due to early return from the trek
- Travel & Health Insurance
- Emergency Helicopter Rescue Insurance

- Kathmandu/Pokhara/Kathmandu transportation
- All hard and soft table drinks such as Coke, Fanta, Beer, Water & deserts in trek
- Hot Shower/Battery Charges/International call/WIFI & Internet on trek
- Your trekking gear
- Tips for guides and porters

Additional Information

Why is the 5-Day Annapurna Base Camp Trek the Best Option?

The 5-day Annapurna Base Camp (ABC) Trek stands out as the best option for trekkers due to several key reasons:

- **Balanced Duration:** It perfectly balances time commitment and trekking experience, making it accessible to many trekkers, including those with limited vacation time.
- **Scenic Highlights:** Though it is comparatively shorter than the previous trek, it includes places like Chhomrong village, MBC, and ABC, along with the majestic views of the Himalayas like Annapurna I and Machapuchare.
- **Manageable Challenge:** The trek provides a moderate physical challenge suitable for most fitness levels, with ample time for acclimatization.
- **Infrastructure:** It follows a well-established route with reliable teahouse accommodations and dining options, ensuring comfort and convenience throughout the journey.
- **Cost-Effective:** The ABC Trek is cost-effective. It takes fewer days for accommodation, meals, and guides than the other types of tourism. It costs less than longer treks but keeps the same experience.

Accommodation and Meals Options

During the Annapurna Base Camp Short Trek, trekkers stay in teahouses. They are basic lodges with essential amenities and a homely feel. They make trekkers comfortable and able to interact with others.

Twin-sharing rooms have shared wash facilities. They are joint sleeping arrangements. But you can get a higher price for private rooms with attached wash facilities. The higher you go, the simpler the lodges get, but they are cozy accommodations after a day of hiking.

Local foods are mainly served for breakfast, including dal bhat, noodles, soups, and fried rice. Many hot drinks are convenient to have in the relatively colder climate of the mountains.

Having some money with you is recommended because these areas rarely accept card payments. In conclusion, teahouses are critical to trekking culture in Nepal. They create a platform for social interaction with other trekkers and hosts.

5 days Annapurna Base Camp Short Trek Transportation

The 5 days Annapurna Base Camp (ABC) Short Trek's transportation mainly involves road travel. It starts from Pokhara. Trekkers take a scenic 2.5-hour drive by Jeep from Pokhara to Syomrong, the trailhead.

After completing the trek, the return journey from Syomrong to Pokhara also involves a 2.5-hour Jeep ride. People prefer this mode of transportation. The terrain remains rugged and mountainous.

This makes private Jeeps a comfy and reliable option. Those starting from Kathmandu must take a 6-7 hour drive or a 30-minute flight to Pokhara. Then, they begin the journey to Syomrong.

The flights offer a quick and scenic alternative with stunning aerial views of the Himalayas. The transportation for the short ABC trek is well-organized. It ensures a smooth start and finish to the trek.

Best Time for Annapurna Base Camp Short Trek

Spring (March to May):

Autumn, also known as fall, is another season that advocates for the Annapurna Base Camp Short Trek since it is one of the most preferred seasons. These months are generally favorable because of the cool temperatures that the region experiences during those months. The temperature can be high during the day but becomes calm at night, which is suitable for trekking.

Another advantage of trekking during spring is that it is the time when rhododendrons and other wildflowers begin to bloom, brightening up the trekking routes with their beautiful colors. It is also relatively dry during this particular season, and the sky is clear; hence, trekkers can enjoy the impressive view of the Annapurna and Machapuchare peaks.

However, the expansion of these trails and teahouses is also a little crowded or full of tourists or visitors, as the case may be. However, many people find their beauty in blossoming plants and favorable climates, motivating them to elevate the trekking exercise.

Autumn (September to November):

However, another primary trekking season at Annapurna Base Camp is in autumn. This time of the year is best for trekking activities because the weather is stable, and temperatures are low post-monsoon. Most of the time, the skies are often clear; therefore, the views of the snowcapped peaks are always pristine and uninterrupted. This season also coincides with many Nepali festivals like Dashain and Tihar, which adds a bonus for the trekkers who can also get to celebrate the festivals of Nepal.

Like in spring, autumn is again considered the tourist season for trekking. Therefore, many trekkers are encountered on the trails and in teahouses. The weather is good enough, and the sky is clear, giving a beautiful view of the place's culture; this is why autumn is recommended for the trek.

Winter (December to February):

Winter trekking to Annapurna Base Camp is less famous than other seasons because of low temperatures, more precisely at higher altitudes. During these months, the region receives a clear and fresh atmosphere, and sometimes, perfect weather for sighting mountains. But it must be remembered that trekkers will have to face frigid temperatures; days will be rather chilly, and at night, the temperatures are expected to drop further and can even freeze.

Snowfall can render some parts of the trail difficult or impossible, and certain portions become inaccessible quickly. The best thing that one can find with the winter trek is that there will be less competition for accommodation on the trails and in the local teahouses. Indeed, when prepared for the winter wonderland, the place is quite picturesque and tranquil. But, one needs warm clothes and

planning.

Monsoon (June to August):

The monsoon season with heavy rain is the worst time for the trek. Doing the trails becomes challenging and risky. They will likely get muddy and slippery, causing landslides. This is because clouds often cover most mountains.

They have rain most of the time. This limits visibility. On the plus side, the terrain is green. There are flowers. It rains, so there is greenery and flowers on the trail. But leeches may be there, too.

The monsoon season also entails few people willing to trek. If you are eager to trek during this time of the year, you will get good value for your money. You will be all alone. It is OK to hike now. But it would help if you endured the rainy season.

You may need waterproof clothing, so be extra careful to avoid trail accidents. Nevertheless, greenery is one of the exciting things to anticipate when trekking during the monsoon season.

Porter and Guide in Short ABC Trek

Hiring a porter and guide for the 5-day Annapurna Base Camp (ABC) Short Trek is a great idea. It will make the experience safer and more enriching for me and those around me. It is always wise to have a guide to explain more about the place and lead you to the specific location of interest.

They also help in acquiring necessary permits and other necessary facilities and provisions. They complement your trip by giving cultural and natural information on the place of interest. Porters take up to 15-20 kg of your equipment.

This enables you to hike steep paths with minimal load and energy. It assists in making your trip a little less complicated. It also helps the local economy since it provides employment opportunities. Guards and porters are aware of the ground situation. Thus, the hike becomes much safer and offers a much broader accessibility.

This is more so for lone or altitude trekkers. They ensure that the traveling is efficient and entertaining and that one can fully appreciate the scenery and the achievement of getting to ABC.

Required permit for the 5 Days Annapurna Base Camp Short Trek

For the Annapurna Base Camp Short Trek, trekkers need two main permits:

1. **Annapurna Conservation Area Permit (ACAP):** This permit is required to enter and trek within the Annapurna Conservation Area. It helps fund conservation efforts and management of the natural resources in the region.
2. **Trekkers' Information Management System (TIMS) Card:** The TIMS card is mandatory for all trekkers in Nepal and helps maintain a record of trekkers' information and their trekking routes. It also assists in providing emergency support and ensuring trekkers' safety.

You get these permits from the Nepal Tourism Board office. They are in Kathmandu or Pokhara. You can also get them through authorized trekking agencies. It would be best if you carried these permits during the trek. Officials at checkpoints may check them.

Fitness and Preparation

Although shorter, the Annapurna Base Camp Short Trek requires good fitness due to the rugged terrain and high altitude gain. Trekkers should prepare for long hours of hiking that often involve steep ascents and descents.

Before the trek, regular cardio and strength training is recommended to build endurance and muscle strength. Running, cycling, and hiking with a weighted backpack can be particularly beneficial.

Mental preparation is also crucial. Trekking at high altitudes is tough and tiring, and proper acclimatization is essential to prevent altitude sickness. Basic gear includes sturdy trekking boots, layered clothing, a warm sleeping bag, and a good-quality backpack.

Trekking poles can also be helpful for stability on uneven terrain. Preparing adequately will ensure an enjoyable trekking experience at Annapurna Base Camp.

Trekking Insurance for the 5 Days Annapurna Base Camp Trek

You need trekking insurance for the 5-day Annapurna Base Camp (ABC) Trek. It covers many risks of high-altitude trekking. It covers medical emergencies. It also covers emergency evacuations, including helicopter rescues. It also covers trip cancellations, baggage loss, and travel delays.

When selecting insurance, ensure it covers high-altitude trekking up to 4,130 meters. You may need more than standard travel insurance. Reputable providers like World Nomads, IMG Global, and Global Rescue offer trekking-specific policies. Trekking insurance covers financial protection and peace of mind. It is a crucial part of preparing for the ABC trek.

Cost for the 5 Days Annapurna Base Camp Short Trek

The cost of the 5-day Annapurna Base Camp Short Trek includes permits for trekking in the region. It also provides teahouse lodging. It includes meals (breakfast, lunch, dinner), guides, and porters. It provides transport from Pokhara to the trek start and back. It also includes extras like snacks, drinks, and tips.

On average, the total cost ranges from USD 400 to USD 700 per person. The actual cost can vary. It depends on the trekking season, group size, and added services. These services include private transportation or better accommodations. You should budget for travel insurance, equipment rental, and personal expenses. This is wise during the trek.

FAQs of 5 Days Annapurna Base Camp Short Trek

How challenging is the trek to base camp?

Hikers consider the trek to Annapurna Base Camp moderately complex. It involves 5-7 hours of daily

walking with steep up-and-down parts. You need a good level of fitness. Trekkers must also be prepared for the challenges of high-altitude trekking.

What should I pack for the 5-day Annapurna Base Camp trek?

Pack the essentials. This includes trekking solid boots. Also, layered clothes for varying temperatures, a waterproof jacket, a good sleeping bag, a backpack, trekking poles, a first aid kit, water purification tablets, and personal toiletries. These items ensure comfort, safety, and preparedness for the trek's challenges.

Is acclimatization necessary for the 5-day trek?

Yes, acclimatization is crucial even on shorter treks. The rapid altitude gain to Annapurna Base Camp can lead to altitude sickness. Monitoring symptoms, staying hydrated, and rest days help reduce risks and ensure a safer trek.

Is it safe to trek to Annapurna Base Camp?

Yes, trekking to Annapurna Base Camp is safe. This is especially true with experienced guides and porters. They provide navigation help and local knowledge. They also respond to emergencies. They make the trail safer and more fun.

Can I trek to Annapurna Base Camp solo?

Yes, you can trek solo. But it's much safer and more accessible to hire a guide and porter. Guides offer local insights, help navigate the trail, and provide emergency assistance, ensuring a smoother and richer trekking experience.

How do I prepare physically for the Annapurna Base Camp Short Trek 5 days?

Prepare with regular cardio exercises. These include running or hiking. Strength training is also needed to build endurance. Hiking with a loaded backpack helps simulate trekking conditions. Start training 2-3 months before the trek. This will improve stamina and reduce strain during the journey.

Do I need travel insurance for the trek?

Yes, you need comprehensive travel insurance. It must cover high-altitude trekking, medical emergencies, and helicopter evacuation. This insurance provides financial protection. It covers accidents, illnesses, or unexpected events during the trek. It ensures peace of mind for trekkers.

What is the trekking distance each day?

Generally, you walk 5 to 15 kilometers (3 to 9 miles). You walk different distances each day, depending on the terrain and altitude. Trekkers should prepare to walk for up to 7 hours each day. They will have gradual acclimatization and rest breaks to manage exertion well.

Are there age restrictions or recommendations for the Annapurna Base Camp trek?

There are no strict age limits. But, trekkers should consider the trek's physical demands and altitude. Older adults and children should ask a healthcare provider for advice. They should consider walking more slowly or having shorter trekking days.

Can I extend or customize the 5-day Annapurna Base Camp trek itinerary?

Yes, agencies can customize the itinerary. They do this based on preferences and fitness levels. You can arrange extensions to nearby places like Ghorepani and Poon Hill. There are also other trails you could do in the Annapurna region. But you will need extra days and permits.

Address

Nayabazar 16, Kathmandu, Nepal