Annapurna Base Camp Trek

DURATION: 12 DAYS

Trip Facts

Group Size 1 - 10 Persons

Trip Grade Easy

Accommodation Hotel / Guest House

Max Height 4131 Metres

Start From Kathmandu

End At Kathmandu

Transportation Bus / Car / Jeep

Duration 12 Days

Meals included Breakfast, Lunch & Dinner Days

Best season:
March - May, September - November

Trip Overview

The Annapurna Base Camp Trek is an immensely popular adventure destination located in the western part of the Annapurna Himalaya Range. It offers breathtaking Himalayan views and diverse landscapes. The trek typically 7–10 days and is most enjoyable during spring and autumn, with 6-7 hours of walking required daily. **Expect to immerse yourself in unique cultural** experiences, engage with local communities, and explore traditional villages. The best times to visit Annapurna Base Camp are undeniably in the spring or autumn. This moderately challenging trek provides various accommodation and food options, as well as necessary permits and potential challenges. Moreover, the trek showcases diverse flora and fauna, including the elusive snow leopards and charming red pandas.

However, it's important to note that the increasing tourism may disrupt the natural behaviors of these animals, potentially adding stress to their populations. Visitors should wholeheartedly respect the animals, maintain a safe distance, and refrain from feeding or touching them. By following these guidelines, trekkers can help preserve the natural habitat and wildlife of **the Annapurna region for future generations** to enjoy. Additionally, being mindful of waste management and practicing Leave No Trace principles can further minimize the impact on the environment during the trek.

MOUNT ADVENTURE HOLIDAYS

Trip Itinerary

Day 1 Kathmandu - Pokhara (822 m)

7 Hrs | Breakfast, Lunch & Dinner | Hotel | Bus | 822 m

We will drive to Pokhara from Kathmandu, covering about 200km in 7 hours. about 7 hours covering 200 km.

Day 2 Pokhara - Ulleri (2050 m)

6 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 2050 m

Breakfast at hotel in Pokhara and drive to Nayapul by private jeep or local bus for about one and half hours, where the trek starts to Tikhedunga. We will hike for 3-4 hours, crossing the suspension bridge at the bottom of Tikhedunga having the beautiful village scenery which looks green everywhere.

Day 3 Ulleri - Ghorepani (2875 m)

6 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 2875 m

The name Ghorepani in Nepali means ‘horse-water’ due to it being an important campsite for traders before it became a trekker’s stop. Ghorepani is an interesting place with small shops and stalls for selling local products and crafts. The town has two parts: one in a saddle and the other a few hundred feet lower. We stop at the higher part of the Ghorepani village that offers panoramic views of the surrounding mountains including Annapurna South and Nilgiri mountains. Since Ghorepani lies quite higher than our previous stop, we begin to feel the chilly weather especially in the evenings. Overnight in Ghorepani.

Day 4 Ghorepani - Poon Hill (3210 m)- Tadapani (2610 m)

7 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 3210 m

Hike up to Poon Hill (3210m) early in the morning to enjoy panoramic views of Annapurna, Dhaulagiri and Lamjung mountains at sunrise. Descend to Ghorepani and enjoy your breakfast. Continue your downhill journey to Tadapani (2625m), traveling through rhododendron and pine forests.

Day 5 Tadapani - Chhomrong (2150 m)

5 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 2150 m

Follow the trail along the Kimrong River to Chomrong (2020m). Enjoy amazing views of Annapurna South and Hiunchuli Peak as well as the majestic Machapuchare Mountain.

Day 6 Chomrong - Dovan (2500 m)

6 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 2500 m

The journey from Chomrong to Dovan comprises both uphill and downhill trails that travel through thick rhododendron forests and descend down steep stone steps at places.

Day 7 Dovan - Deurali (3200 m) / Machhapuchhre Base Camp (3700 m)

4 - 6 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 3700 m

Head for Deurali (3200m) or Machapuchare Base Camp (3700m). Hike through rhododendron and bamboo forests.

Day 8 Annapurna Base Camp (4131 m)

2 - 4 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 4131 m

Time to ascend to the highest point of the trek. Muster all your energy and start your journey to Annapurna Base Camp. Located at an altitude of 4131m above sea level, the base camp is the starting point for those out there to conquer the tenth highest mountain in the world that is also among the most dangerous. Be surrounded by the mighty Himalayas. Enjoy a spectacular view of mountains like Annapurna I (8091m), Annapurna South (7219m), Barah Shikhar (7800m) and Machapuchare.

Day 9 Annapurna Base Camp - Bamboo (2310 m)

7 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 2310 m

Time to return Trek to Bamboo, a picturesque village along the route, and stay there overnight.

Day 10 Bamboo - Jhinu (1780 m)

6 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 1780 m

Hike down to Chhomrong enjoying lovely views of Annapurna South and other mountains. Descend to Jhinu, where you can enjoy swimming/bathing in a hot spring.

Day 11 Jhinu - Siwai (1530 m) & drive back to Pokhara

8 Hrs | Breakfast, Lunch & Dinner | Hotel | Walking & Jeep | 1530 m

Start your day early. Walk downhill and cross the Kimrong River once again. Continue your journey until you have reached Siwai, where you will find a bus or a jeep that will take you to Pokhara.

Day 12 Pokhara - Kathmandu (1400 m)

7 Hrs | Breakfast, Lunch & Dinner | Hotel | Bus | 1400 m

Drive to Kathmandu from Pokhara by tourist bus.

Cost Includes

- Sleeping bags and down jackets for the trek (should be refuded after the trek).
- 3 times meals during the trek.
- Hotel pick up and drop.
- Kathmandu to Pokhara and Pokhara to Kathmadu via tourist bus.

- Pokhara to Beraythathi via private jeep/car and sewai to Pokhara via sharing transportation(bus or jeep).
- 2nights accomodation in kathmandu.
- Experienced english speaking lincensed guide.
- 2nights accomodation in Pokhara.
- Accomodation during the trek.
- Tims and permits for the trek.
- All governmetal taxes.
- first aid kits.
- Trekking maps.

Cost Excludes

- Nepalese visa fee.
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, Beverage bills, shower, etc.)
- Travel and rescue insurance.
- Tips for guide(s), porter(s) and driver
- Excess baggage charges (if you have more than 10 kg of luggage, a cargo charge is around $1.5 per kg)
- OPTIONAL ADDONS (Available during check-out)
- Porter
- 1 hour Mountain flight

Trip Map