

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

[Annapurna Base Camp Trek](#) is a popular Nepali trek, offering stunning views of the Himalayas and diverse landscapes. **It takes 7–12 days** and is best during the spring and autumn. Permits include the Annapurna Conservation Area Permit and the Trekker's Information Management System card. Costs range from \$800 to \$1,500 per person. [Annapurna Base Camp trek \(8091 m\)](#) is a popular trekking destination in Nepal, offering breathtaking views of mountains like Annapurna and Machchapuchhre, beautiful natural vegetation, and cultural diversity. **Trekkers can choose the common route** or Annapurna Sanctuary for a longer trip. The moderate difficulty requires 6-7 hours of walking daily, but it is physically demanding. The best months for the trek are September, October, and **November, and March, April, and May**. Rainy seasons are not preferred, but some days in June are also favorable for exploring the beauty of ABC.

During the trek, trekkers will have the opportunity to witness stunning sunrise and sunset views over the snow-capped peaks, adding to the overall enchantment of the experience. Additionally, along the route, there are teahouses and lodges where trekkers can rest and enjoy local cuisine, providing a glimpse into the unique culture and hospitality of the Nepalese people. The trek takes you **through diverse landscapes**, from lush forests to high alpine meadows, and offers breathtaking views of snow-capped peaks. Along the way, you will have the opportunity to interact with local communities and learn about their traditions and way of life. The [Annapurna Base Camp Trek](#) is moderately challenging, requiring fitness and weather preparedness. Best for spring and autumn seasons with stable weather and clear views.

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), travelling 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 back 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 refunded after the trek).
- ✓ 3 times meals during the trek.
- ✓ Hotel pick up and drop.
- ✓ Kathmandu to Pokhara and Pokhara to Kathmandu via tourist bus.
- ✓ Pokhara to Beraythathi via private jeep/car and sewai to Pokhara via sharing transportation (bus or jeep).
- ✓ 2 nights accommodation in Kathmandu.
- ✓ Experienced English speaking licensed guide.
- ✓ 2 nights accommodation in Pokhara.
- ✓ Accommodation during the trek.
- ✓ Tims and permits for the trek.
- ✓ All government 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

