

Annapurna Base Camp



The Annapurna Base Camp Trek is one of Nepal’s most popular and scenic trekking adventures, ideal for trekkers seeking moderate difficulty, rich culture and stunning Himalayan views. Located in the heart of the Annapurna Conservation Area, the trek takes you to an altitude of 4,130 meters (13,550 feet) at the foot of Mount Annapurna I—the 10th highest peak in the world.

This classic trek begins with a short drive from Pokhara to Nayapul and passes through charming villages like Ulleri, Ghorepani, Chhomrong and Sinuwa.

Along the trail, you’ll walk through terraced farmlands, rhododendron forests, and river valleys, eventually reaching the breathtaking Annapurna Sanctuary surrounded by towering snow-capped peaks.

Trek Highlights:

- Reach Annapurna Base Camp at an altitude of 4,130 meters (13,550 feet).
- Walk through diverse landscapes: from lowland villages to high alpine scenery.
- Breathtaking views of Annapurna South, Machapuchare (Fishtail), Hiunchuli, and Gangapurna.
- Experience rich Gurung and Magar cultures in traditional Himalayan villages.
- Enjoy natural hot springs at Jhinu Danda on the way back.

Where is Annapurna Base Camp Trek?

Annapurna Base Camp lies at an altitude of 4,130 meters (13,550 feet) in the Annapurna Conservation Area, north of Pokhara. It’s surrounded by majestic peaks including Annapurna I, Machapuchare (Fishtail), Hiunchuli, and Annapurna South.

Detailed Itinerary

Day 1: Arrival in Kathmandu

Welcome to Nepal! Upon arrival at Tribhuvan International Airport, make your way to your hotel in Kathmandu (self-transfer).

Day 2: Drive from Kathmandu to Pokhara

After breakfast, start your overland journey to Pokhara, a picturesque city nestled beside Phewa Lake. The drive offers changing landscapes—rushing rivers, green hills, terraced farmland, and glimpses of local life in rural towns. Upon arrival, check in to your hotel and enjoy your free time by the lakeside or explore the city’s peaceful surroundings.

Day 3: Drive to Nayapul & Trek to Tikhedhunga:

Begin the day with a short drive to Nayapul, the gateway to the Annapurna region. From here, your trek officially begins. Walk alongside rivers and rice fields, passing through the bustling village of Birethanti. The trail gradually climbs through small settlements and terraced hillsides before reaching Tikhedhunga, a quiet village nestled in the foothills.

Day 4: Trek from Tikhedhunga to Ghorepani

Begin your day with a challenging climb up the famous stone staircase to Ulleri, a traditional Magar village offering scenic views of the surrounding hills. As you gain elevation, the trail winds through dense rhododendron and oak forests, especially vibrant during spring bloom. Pass by small villages and teahouses before arriving at Ghorepani—a stunning hilltop village with breathtaking views of Dhaulagiri, Annapurna South, and other Himalayan peaks.



Day 5: Sunrise Hike to Poon Hill (3,210m) & Trek to Tadapani

Start your day before dawn with a short but rewarding hike to Poon Hill, one of the most popular viewpoints in the Annapurna region. From the top, witness a spectacular sunrise as golden rays illuminate peaks like Dhaulagiri (8,167m), Annapurna South, and the sacred Machhapuchhre (Fishtail).

Day 6: Trek from Tadapani to Chhomrong (2,100m)-4-5 Hours

Today’s journey begins with a descent through thick rhododendron and oak forests, offering occasional views of Annapurna South and Hiunchuli. Cross the Kimrong Khola via a suspension bridge, then begin a steady uphill climb to the traditional Gurung village of Chhomrong.

Day 7: Trek from Chhomrong to Dovan

After breakfast, start your trek by descending stone steps to cross the Chhomrong Khola suspension bridge. Then, begin a steady ascent through shaded forests toward the tranquil village of Sinuwa. Continue along the trail, winding through dense bamboo and vibrant rhododendron forests as you pass the small settlement of Bamboo.



Day 8: Trek from Dovan to Machhapuchhare Base Camp

The trail follows the Modi Khola River upstream, gradually ascending through breathtaking natural scenery. Along the route, you’ll pass the quiet settlements of Himalaya and Deurali, both nestled amid dense forests and offering stunning mountain views. The trek culminates at Machhapuchhare Base Camp, where you can take in close-up views of the majestic Fishtail Mountain and the surrounding Himalayan peaks.

Day 9: Trek from Machhapuchhare Base Camp to Annapurna Base Camp

Today’s trek is a shorter but unforgettable journey as you ascend to the Annapurna Base Camp. Surrounded by towering Himalayan giants, this spectacular spot offers panoramic views of Annapurna I, Hiunchuli, and other majestic peaks. Take time to soak in the breathtaking scenery and capture memories at one of Nepal’s most famous trekking destinations.

Day 10: Trek from Annapurna Base Camp to Bamboo (2,300m)-6-7 Hours

Start your day early to catch the spectacular sunrise over the Annapurna range at Base Camp. Afterward, begin your descent down the valley, retracing your route through Machhapuchhare Base Camp and Dovan. Continue along scenic trails through forests and riversides until you reach Bamboo, a tranquil village surrounded by lush greenery—perfect for a restful evening.

Day 11: Trek from Bamboo to Jhinu Danda (1,780m)-5-6 Hours

Today’s trek leads you through lush, green forests and charming villages as you make your way downhill toward Jhinu Danda. The peaceful surroundings and fresh mountain air provide a rejuvenating atmosphere for your journey. Upon arrival, take advantage of the natural hot springs located near the Modi River to soothe your tired muscles – a perfect way to relax and recover after several days of trekking in the Annapurna region.



Day 12: Trek from Jhinu Danda to Nayapul & Drive to Pokhara - 5-6 Hours

On the final day of your trek, descend through scenic terraced fields and quaint villages as you make your way toward Siwai or Nayapul. The trail showcases beautiful rural landscapes and offers a glimpse into traditional village life. Once you reach Nayapul, a vehicle will be ready to take you back to Pokhara.

Day 13: Drive from Pokhara to Kathmandu-7-8 Hours

After breakfast, take a scenic bus ride from Pokhara back to Kathmandu. The journey follows the picturesque Trishuli River valley, with views of terraced fields, traditional villages, and rushing rivers. Use this time to reflect on your unforgettable Annapurna trek and get ready for your next adventure in Nepal’s capital city.

Inclusions:

- Transportation: Comfortable tourist bus between Kathmandu and Pokhara, with private car or jeep transfers from Pokhara to Nayapul and back to Pokhara.
- Accommodation During Trek: Basic tea house/Hotel stays in twin-sharing rooms
- Guide Services: Professional, licensed and English-speaking trekking guide
- Porter Service: 1 porter for every 2 trekkers (carrying up to 15–20 kg combined)
- Permits: All necessary trekking permits and local entry fees
- First Aid Kit: Basic first aid supplies carried by the guide
- Support Staff Costs: Guide and porter wages, food, accommodation, and insurance
- Government Taxes: All applicable government and local taxes



Exclusions:

- Nepal Visa Fees (obtainable upon arrival at Kathmandu airport)
- International Flights to and from Nepal
- Meals on Trek: Breakfast, lunch and dinner with tea/coffee during trekking days
- Accommodation in Kathmandu before and after the trek (unless stated in package)
- Personal Expenses: Snacks, beverages, extra drinks, hot showers, battery charging, Wi-Fi, and laundry

- Travel Insurance: Must include emergency medical evacuation coverage
- Trekking Gear: Sleeping bag, trekking poles, and personal equipment (available for rent)
- Tips for Guide and Porter (customary but not mandatory)
- Extra Costs Due to Delays: Changes caused by weather, strikes, road blockages, or any unforeseen circumstances

Best time for the Annapurna Base Camp Trek

The best time to trek to Annapurna Base Camp is during the Spring (March to May) and Autumn (September to November) seasons. These months offer the most pleasant weather, clear skies, and stunning views of the Annapurna and Machapuchare ranges.

Spring is ideal for witnessing colorful rhododendron forests in bloom and mild temperatures, making the trek more enjoyable. Autumn, on the other hand, provides the clearest mountain views after the monsoon, along with stable weather and excellent visibility.

While winter (December to February) is colder, it is still possible to trek with proper gear and preparation. Monsoon (June to August) is the least recommended time due to heavy rain, slippery trails, and leeches.

For the best trekking experience, choose spring or autumn for the Annapurna Base Camp Trek, ensuring both safety and the most breathtaking Himalayan scenery.



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