Annapurna Base Camp Trek – 10 Days

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Welcome to the Annapurna Base Camp Trek. Indeed, it is a magnificent and rewarding Himalayan journey in Nepal. Specifically, it is designed for travelers seeking an immersive alpine adventure. Thus, this optimized 10-day itinerary captures the absolute best of the region within a streamlined timeframe.

Spanning the vast Annapurna Conservation Area, the journey introduces you to a rich diversity of flora and fauna. First, the expedition begins with a scenic transition from Kathmandu to the lakeside city of Pokhara. Next, the trail heads directly toward the Gurung settlement of Ghandruk. Then, it moves deeper into the Modi Khola river valley.

As you journey deeper into the mountains, the trail winds upward through terraced farmlands, cascading waterfalls, deep gorges, and dense forests. Meanwhile, you will experience the warm hospitality of traditional mountain communities. Concurrently, you will enjoy close-up views of majestic peaks like Hiunchuli (6,641 m), Machhapuchhre (6,993 m), and Annapurna South.

Ultimately, the trek culminates inside the breathtaking Annapurna Sanctuary at an altitude of 4,130 meters (13,550 feet). Here, you are enclosed by a natural amphitheater ringed by over ten towering snow-capped giants, including Annapurna I (8,091m), Gangapurna, and Machhapuchhre. Finally, along the return route, you can reward your muscles with a relaxing soak in the natural hot springs at Jhinu Danda. For more options, you can also explore our other exciting Nepal trekking packages to find your next adventure.

Trip Highlights

- Annapurna Sanctuary: Furthermore, you will stand in a massive, awe-inspiring natural

amphitheater enclosed by towering peaks, including Annapurna I (8,091m), Hiunchuli, and Gangapurna.
- Panoramic Mountain Vistas: Enjoy close-up views of iconic peaks like Machhapuchhre (Fishtail), Annapurna South, and Dhaulagiri.

- Cultural Immersion: Moreover, you can walk through traditional mountain settlements such as Ghandruk and Chhomrong, thereby experiencing authentic local lifestyles and warm hospitality.

- Natural Hot Springs: Soothe your muscles after descending from base camp with a relaxing soak in the natural hot spring pools at Jhinu Danda.
- Trek through dense bamboo and rhododendron forests teeming with unique flora and fauna within the protected Annapurna Conservation Area.

Trip Info

- Trip Duration: 10 Days (Kathmandu to Kathmandu)
- Maximum Elevation: 4,130m / 13,550ft (Annapurna Base Camp)
- Trip Difficulty: Moderate
- Best Seasons: Autumn (September to November) & Spring (March to May)
- Accommodation: Comfortable Teahouses/Mountain Lodges on the trek & Hotels in Kathmandu & Pokhara
- Required Permits: ACAP (Annapurna Conservation Area Permit) & TIMS Card
- Transportation: Private vehicle airport transfers, tourist bus or private drive to trailheads, return transit, with domestic flights available as an optional add-on.

Itinerary

Day 1: Arrival in Kathmandu (1,400m / 4,593ft)

We welcome you upon your arrival at Tribhuvan International Airport and provide a private transfer to your hotel. In the evening, you will attend a comprehensive pre-trip briefing and meet

your professional trekking guide.

Accommodation: 3/4-Star Hotel in Kathmandu

Overnight Location: Kathmandu

Day 2: Drive or Fly from Kathmandu to Pokhara (820m / 2,690ft)

Begin your journey with a scenic 6–7 hour drive through winding highway landscapes alongside rivers via tourist bus, or opt for a 30-minute domestic flight. Spend a relaxing evening by the tranquil shores of Phewa Lake.

Travel Time: 6–7 hours by bus / 30 mins by flight

Accommodation: Hotel in Pokhara

Day 3: Drive to Siwai/Nayapul and Trek to Ghandruk (1,940m / 6,364ft)

Enjoy a private vehicle transfer from Pokhara to the trailhead (approx. 1.5 to 2 hours). Begin your trek through scenic terraced farmlands and stone-paved paths leading up to Ghandruk, a picturesque and culturally rich Gurung village offering close-up views of Annapurna South, Hiunchuli, and Machhapuchhre (Fishtail).

Walking Duration: 4–5 hours

Accommodation: Local Teahouse / Mountain Lodge

Meals: Breakfast, Lunch, Dinner

Overnight Location: Ghandruk

Day 4: Trek from Ghandruk to Chhomrong (2,170m / 7,119ft)

Descend via stone steps toward the Kimrong Khola river, followed by a steady uphill climb through forested slopes and terraced fields. Arrive at Chhomrong, a vibrant village set against the backdrop of Annapurna South, providing magnificent mountain vantage points.

Walking Duration: 5–6 hours

Accommodation: Local Teahouse / Mountain Lodge

Meals: Breakfast, Lunch, Dinner

Overnight Location: Chhomrong

Day 5: Trek from Chhomrong to Bamboo or Dovan (2,310m – 2,600m)

Descend thousands of stone steps to the Chhomrong Khola, cross a suspension bridge, and climb toward Sinuwa village. Continue your journey as the trail enters deep, quiet, and lush bamboo and rhododendron forests, ultimately arriving at Dovan.

Walking Duration: 5–6 hours

Accommodation: Local Teahouse / Mountain Lodge

Meals: Breakfast, Lunch, Dinner

Overnight Location: Bamboo or Dovan

Day 6: Trek from Dovan to Deurali (3,230m / 10,597ft)

Ascend gently along the banks of the Modi River through a serene gorge where local traditions restrict meat and fish products. Pass the Himalaya Hotel and proceed carefully past designated

avalanche-prone zones before reaching Deurali for your overnight stay.

Walking Duration: 5–6 hours

Accommodation: Local Teahouse / Mountain Lodge

Meals: Breakfast, Lunch, Dinner

Overnight Location: Deurali

Day 7: Trek from Deurali to Annapurna Base Camp (4,130m / 13,550ft) via Machhapuchhre Base Camp (3,700m)

Ascend out of the tree line into striking alpine terrain. Pause at Machhapuchhre Base Camp (MBC) to enjoy a 360-degree mountain panorama before continuing your steady climb into the Annapurna Sanctuary—a majestic natural amphitheater enclosed by towering snow-capped peaks including Annapurna I (8,091m), Hiunchuli, and Gangapurna.

Walking Duration: 5–6 hours

Accommodation: Local Teahouse / Mountain Lodge

Meals: Breakfast, Lunch, Dinner

Overnight Location: Annapurna Base Camp (ABC)

Day 8: Sunrise at ABC and Trek Down to Bamboo (2,310m / 7,578ft)

Wake up early to experience a breathtaking sunrise casting golden light over the high Himalayan peaks surrounding the sanctuary. Following breakfast, begin a long, steady descent retracing your route past MBC, Deurali, and Dovan down to Bamboo.

Walking Duration: 6–7 hours

Accommodation: Local Teahouse / Mountain Lodge

Meals: Breakfast, Lunch, Dinner

Overnight Location: Bamboo

Day 9: Trek from Bamboo to Jhinu Danda (Hot Springs) & Drive to Pokhara

Ascend back to Sinuwa, descend to Chhomrong, and take a connecting path down to Jhinu Danda. Unwind and soothe your muscles with a relaxing soak in the natural hot spring pools alongside the Modi River. Afterward, meet your transport vehicle at the nearby road head for a comfortable drive back to Pokhara.

Walking Duration / Drive: 5 hours trek + 1.5–2 hours drive

Accommodation: Hotel in Pokhara

Meals: Breakfast, Lunch

Overnight Location: Pokhara

Day 10: Pokhara to Kathmandu & Departure

Enjoy a leisurely morning in Pokhara or catch your return tourist bus or flight back to Kathmandu. Upon arrival, check into your hotel, and in the evening, join us for a complimentary Farewell Dinner hosted by the company to celebrate the successful completion of your Himalayan journey.

Travel Time: 6–7 hours by bus / 30 mins by flight

Accommodation: Hotel in Kathmandu (or transfer to the airport for your final departure)

Meals: Breakfast, Farewell Dinner

Overnight Location: Kathmandu (or Final Departure)

Inclusions

- Airport Transfers: Enjoy seamless private vehicle pick-up and drop-off services for all international or domestic flights.
- Ground Transportation: All local travel and land transportation as specified in your itinerary are fully covered.
- City Accommodation: Relax in comfortable hotels in Kathmandu and Pokhara on a convenient Bed & Breakfast (B&B) basis.
- Trek Accommodation: Experience cozy and welcoming teahouse stays throughout your days on the trail.
- Trek Meals: Savor three wholesome, delicious meals (Breakfast, Lunch, and Dinner) daily while trekking.
- High-Altitude Care: Benefit from complimentary hot soup services provided for three days within high-altitude zones to keep you warm and well-hydrated.
- Professional Guide: Be led by an experienced, licensed, and knowledgeable guide for the entirety of your tour and trek.
- Assistant Guide: A dedicated assistant guide accompanies groups larger than 10 guests to ensure personalized care and attention.
- Porter Support: Enjoy reliable porter assistance maintained at a comfortable 2:1 trekker-to-porter ratio.
- Staff Welfare: We prioritize the well-being of our team by providing comprehensive insurance, meals, and lodging for all guides and porters.
- Permits & Government Fees: All necessary trekking permits, TIMS cards, local taxes, and government charges are fully managed on your behalf.
- Safety & Medical Support: A comprehensive first-aid medical kit is carried by our

trekking staff for your peace of mind and safety.

- Souvenirs & Extras: Receive a detailed trekking map to follow your route alongside a complimentary company T-shirt as a keepsake.
- Celebration & Farewell: Conclude your incredible journey with a traditional farewell dinner in Kathmandu on your final night, accompanied by an official trip completion certificate.

Exclusions

- Entry Visas: Nepal entry visa fees are separate and are conveniently payable upon arrival at the airport.
- International Flights: Airfare to and from Kathmandu, including any international airport departure taxes, is not included in the package.
- City Meals: Lunches and dinners during your stays in Kathmandu and Pokhara are excluded, allowing you to explore local culinary spots at your leisure.
- Sightseeing Fees: Entrance fees for monuments, temples, and heritage sites in Kathmandu and Pokhara are not covered.
- Travel Insurance: Comprehensive personal travel, medical, and emergency helicopter rescue insurance must be arranged independently for your safety.
- Personal Trek Expenses: Personal incidental costs during the trek—such as hot showers, electronic device charging, bar bills, laundry services, and bottled or mineral water—are excluded.
- Extra Stays: Additional hotel nights in Kathmandu or Pokhara outside of the planned itinerary are not included.
- Return Flight Ticket: The domestic flight ticket from Pokhara to Kathmandu is excluded if you prefer to fly back.
- Gratuities: Tips and tokens of appreciation for your trekking guide, assistant guide, and porters are not included and remain entirely at your discretion.