Annapurna Base Camp Trek – 14 Days

Annapurna Base Camp Trek: Journey into the Heart of the Himalayas

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The Annapurna Base Camp Trek is widely considered one of the greatest mountain journeys on the planet. It offers a stunning look into remote Himalayan villages, vibrant local traditions, and dramatic landscapes. Along the way, the scenery constantly shifts beneath your feet. Initially, you start walking through green, terraced farmlands and rushing waterfalls. Afterwards, you will climb up through thick bamboo groves and towering rhododendron forests. Endorsed by the Nepal Tourism Board as a premier Himalayan route, this adventure shares its majestic mountain realm with classic sister journeys like the Ghorepani Poon Hill Trek. The trail ultimately leads into a breathtaking natural amphitheater enclosed by massive snow-capped peaks at 4,130 meters, making it an unforgettable experience for every climber.

Key Highlights of the Trek

- The Annapurna Sanctuary: Step right into a massive 360-degree basin surrounded by giant peaks, including Annapurna I and the striking, fishtail-shaped summit of Machhapuchhre.
- Authentic Local Culture: Wander through traditional Gurung and Magar villages like Ghandruk and Chhomrong, where you can experience genuine hospitality and classic stone-paved mountain architecture.
- Vibrant Nature: Cross thrilling suspension bridges over roaring rivers and walk through

mountain paths bursting with bright red and pink rhododendron blooms during the spring.

- Natural Hot Springs: Finish your trek with a well-earned soak in the soothing thermal hot springs at Jhinu Danda on your way back down.

How Difficult is the Trek?

This trek is rated as a moderate adventure, meaning it is very doable for anyone with a decent level of physical fitness and a good attitude. You do not need any prior climbing or mountaineering experience. On average, you will be walking for about 5 to 7 hours a day over uneven stone steps and dirt paths. Although mountain weather can get chilly at higher altitudes, you are never on your own. Instead, our professional, licensed local guides are right there with you to set a comfortable pace, keep you safe, and handle all the details.

When is the Best Time to Go?

- Spring (March to May): Ideal for warmer daytime temperatures, clear days, and hillsides covered in blooming flowers.
- Autumn (September to November): The peak season for trekking, featuring crisp air, stable weather, and crystal-clear views of the mountains.

Know About This Trip

- Duration: 14 Days (Kathmandu to Kathmandu)
- Trip Difficulty: Moderate (Achievable with reasonable fitness and steady pacing)
- Maximum Elevation: 4,130m / 13,550ft (Annapurna Base Camp)
- Best Seasons: Autumn (September – November) & Spring (March – May)
- Transportation: Airport transfers by private vehicle, tourist bus/private drive to trailheads, and return transit
- Accommodation: Comfortable Teahouses/Mountain Lodges on the trek & Hotels in Kathmandu
- Required Permits: ACAP (Annapurna Conservation Area Permit) & TIMS Card

Itinerary

Day 1: Arrival in Kathmandu

We will be honored to welcome you at Tribhuvan International Airport and escort you to your hotel for a comfortable overnight stay. To celebrate the beginning of your journey, we would be delighted to host you for a traditional Nepali dinner.

Day 2: Sightseeing in Kathmandu valley and trek preparation.

We would be delighted to guide you through several remarkable places in the Kathmandu Valley, including the historic Durbar Square, fascinating museums, and revered World Heritage Sites such as the Pashupatinath Temple, Bouddhanath, and Swayambhunath Stupas. Additionally, we would be pleased to assist you in preparing all the essential legal documents required for your trekking permits.

Day 3: Drive to Pokhara (220 km)

We would be delighted to accompany you on a scenic drive to Pokhara aboard a comfortable tourist bus, traveling alongside the picturesque banks of the Trishuli River. Upon arrival, we will gladly settle you into your hotel located by the serene Lakeside of Pokhara for a restful overnight stay.

Day 4: Drive to Nayapul then trek to Ulleri (1,960 m)

Following breakfast, we will enjoy a pleasant one-hour drive of approximately 50 kilometers north of Pokhara to reach Nayapul, where your walking journey begins. The trail leads you

through charming riverside villages, across a scenic stream, and over a suspension bridge before ascending to the traditional Magar settlement of Ulleri for your overnight stay.

Day 5: Trek to Ghorepani (2,800 m)

We will embark on a rewarding six-hour trek through lush, green farming landscapes, passing through charming local villages before arriving in Ghorepani. Upon arrival, we will gladly settle you into a cozy mountain lodge for a restful overnight stay.

Day 6: Trek to Poon Hill (3,210 m) then Tadapani (2,600 m)

We will begin with an early morning climb to Poon Hill to witness a breathtaking 360-degree sunrise view of magnificent snow-capped peaks, including Dhaulagiri (8,172 m), Annapurna (8,019 m), Machhapuchhre (6,997 m), and Manaslu (8,516 m). Afterward, we will descend through forested trails to Tadapani for a comfortable overnight stay at a local lodge.

Day 7: Trek to Chhomrong (2,200 m)

We will walk through tranquil forests and terraced farmlands before crossing the suspension bridge over the Kimrong River. After a few hours of pleasant walking, we will arrive at the picturesque village of Chhomorong, where you can admire traditional farming terraces and stunning mountain backdrops.

Day 8: Trek to Dovan (2,920 m)

Today, we will descend along a scenic stone staircase down to the Chhomrong Khola. Afterward, we will gently ascend through enchanting rhododendron and bamboo forests to reach Dovan for a comfortable overnight stay.

Day 9: Dovan to Annapurna Base Camp (4,130 m)

We will continue our trek toward Deurali, following a trail where the majestic views of the Annapurna Sanctuary gradually unfold before you. Along the way, we will pass by the historic Hinku Cave and walk across scenic paths surrounded by towering peaks. Upon reaching the beautiful village of Deurali at an elevation of 3,140 meters, you will have plenty of time to capture the stunning Himalayan scenery before settling in for a comfortable overnight stay at a local lodge.

Day 10: Annapurna Base Camp to Bamboo (2,310 m)

Today, we will embark on a rewarding six-hour trek back toward Bamboo. Along the way, you will have the unique opportunity to listen to the powerful sounds of the glacier grinding below. We will pause for a delightful lunch at Deurali before continuing our journey down to Bamboo, where you will enjoy a restful overnight stay at a cozy lodge.

Day 11: Trek to Jhinu Danda (1,780 m)

We will journey back through Kuldi and walk beneath the shade of the rhododendron forest before arriving in Sinwa. Afterward, we will gladly guide you down to Jhinu Danda, where you can unwind and rejuvenate with a soothing bath in the natural hot springs.

Day 12: Trek to Kyumi (1,220 m) and drive back to Pokhara (820 m)

Today, we will enjoy a pleasant three-hour trek down to Kyumi, where a private vehicle will be waiting to drive you back to Pokhara. Upon arrival, you can unwind and relax at a luxurious hotel in this beautiful lakeside city.

Day 13: Drive back to Kathmandu:

Following a truly successful and memorable journey to Annapurna Base Camp, we will provide a comfortable drive to accompany you back to Kathmandu, concluding your remarkable Himalayan adventure with us.

Day 14: Departure Day

As your unforgettable journey comes to a close, we will gladly escort you to Tribhuvan International Airport for your departure, ensuring a smooth and comfortable farewell as you begin your journey back to your hometown.

Inclusions

Airport Transfers & Accommodation Support

- Airport Pick-up & Drop-off: Private transfer from Tribhuvan International Airport to your hotel in Kathmandu upon arrival and back for your final departure.

Expert Guide & Support Crew

- Fluent English-Speaking Guides: Professional, licensed sightseeing guides for Kathmandu city tours and experienced trekking guides for the trail.
- Sherpas & Porters: Dedicated trekking guides, Sherpas, and porters to safely carry all personal gear and group equipment (typically 1 porter shared between 2 trekkers).
- Staff Well-being: Comprehensive insurance coverage, daily allowances, and safe working conditions for all trekking staff.

Permits & Official Fees

- All Trekking Permits & Conservation Fees: National Park entry fees, Annapurna Conservation Area Permit (ACAP), and the Trekkers' Information Management System (TIMS) card.
- Cultural Site Entrance Fees: All standard entrance fees for guided sightseeing spots along the route.

Meals & Hydration on the Trek

- Full Board Meals: Fresh, hygienic breakfast, lunch, and dinner served daily throughout the entire trekking period.
- Safe Hydration & Hot Drinks: Properly boiled drinking water, regular tea, and coffee provided while on the trek.

Transportation & Flights

- Domestic Travel: All domestic bus tickets or regional flights between Kathmandu and Pokhara, including standard airport taxes.
- Trail Transport: Private or local ground transportation to and from the designated starting and ending points of the trek as applicable.

Safety & Trail Essentials

- Medical Support: Comprehensive first-aid kit carried by your guide for safety and health monitoring.

- Navigation Aid: Official trekking map provided for the route.

Special Extras & Celebrations

- Official Company T-shirt: A commemorative souvenir t-shirt from the trekking team.
- Trip Completion Certificate: A personalized certificate celebrating your successful summit at Annapurna Base Camp.
- Farewell Dinner: A special celebratory group farewell dinner hosted in Kathmandu to wrap up your adventure.

Exclusions

Meals & Beverages

- Kathmandu City Meals: Lunch and dinner during sightseeing days in Kathmandu (allowing you the flexibility to explore local restaurants).
- Extra Beverages: Bottled mineral water, cold soft drinks, alcoholic beverages, and specialty drinks during the trek (note that standard boiled water, tea, and coffee are included).

Documentation, Tickets & Fees

- International Airfare: International flights to and from Tribhuvan International Airport in Kathmandu.
- Entry Visas: Nepal entry visa fees (easily obtained upon arrival at the airport).
- Travel Insurance: Comprehensive personal travel insurance, which is mandatory and must cover high-altitude trekking and emergency evacuation.
- Monument Entry Fees: Admission tickets for cultural and historical monuments during city sightseeing days in Kathmandu and Pokhara.

Personal Gear & Trail Expenses

- Personal Equipment: Personal trekking clothing, boots, sleeping bags, and specialized

trekking gear.

- On-Trail Extras: Incidental personal expenses during the trek, such as hot showers, device battery charging, Wi-Fi access, and international telephone calls.
- Staff Gratuities: Tips and gratuities for trekking guides, porters, and local drivers.

Safety & Contingencies

- Emergency Rescue: Costs associated with emergency evacuation, rescue operations, or medical treatment.
- Unforeseen Disruptions: Additional expenses resulting from unexpected circumstances outside the agency’s control, such as adverse weather conditions, natural disasters, road blockages, flight delays, or cancellations.