

Annapurna Base Camp Trek 7- Day

Welcome to the 7-Day Annapurna Base Camp Trek

Welcome to the ultimate Annapurna Base Camp Trek. This truly rewarding Himalayan adventure is crafted specifically for travelers. Furthermore, it lets you experience the heart of the mountains without spending weeks on the trail. First, the route winds through the protected landscapes of the Annapurna Conservation Area. Consequently, it showcases an incredible variety of ecosystems, local wildlife, and striking scenery.

Your journey begins smoothly when you transition from Kathmandu to the peaceful, lakeside city of Pokhara. After that, the path heads toward Samrung and climbs steadily into the rugged high country. Along the way, you will hike past terraced farmlands, rushing waterfalls, deep river gorges, and dense rhododendron forests. Moreover, you will meet warm, welcoming mountain communities in [Annapurna Region](#).

Finally, your experience peaks inside the legendary Annapurna Sanctuary at 4,130 meters. This destination is a massive glacial amphitheater surrounded by a wall of towering snow-capped giants. Additionally, stepping into this magnificent region allows every single traveler to truly appreciate the majestic natural beauty of Nepal. Whether you are an experienced hiker or a passionate explorer, this trek offers memories that will last a lifetime. For more preparation tips, check out [Nepal Tourism Board](#).

Key Highlights

- **The Annapurna Sanctuary:** Stand inside a magnificent natural glacial amphitheater enclosed by towering Himalayan giants, including Annapurna I and Gangapurna.
- **Cultural Immersion:** Walk through traditional mountain settlements such as Ghandruk and Chhomrong, experiencing authentic local lifestyles and warm hospitality.
- **Natural Hot Springs:** Reward your muscles along the return route with a relaxing, therapeutic soak in the natural hot springs at Jhinu Danda.
- **Scenic Diversity:** Traverse shifting landscapes ranging from subtropical terraced farmlands and dense rhododendron forests to striking high-altitude alpine terrain.



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Trip Profile

Duration: 7 Days (Kathmandu to Kathmandu)

Maximum Elevation: 4,130m / 13,550ft (Annapurna Base Camp)

Trip Difficulty: Moderate

Best Seasons: Autumn (Sept – Nov) & Spring (March – May)