Annapurna Base Camp Trek 7- Day

Welcome to the 7-Day Annapurna Base Camp Trek

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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.

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

Itinerary

Day 1: Drive from Kathmandu to the Lakeside City of Pokhara

We invite you to depart Kathmandu for the beautiful lakeside city of Pokhara via a comfortable tourist bus, or you may kindly opt for an optional domestic flight, allowing you to spend a relaxing evening along the peaceful shores of Phewa Lake. The travel time is approximately 6 to 7 hours by bus or 30 minutes by flight. Accommodation is warmly provided at a hotel in Pokhara, and breakfast is included for your morning start.

- Elevation: 820m / 2,690ft
- Location: Pokhara
- Meals: Breakfast

Day 2: Drive to Samrung and Begin Trek Toward Sinuwa

After a pleasant morning drive from Pokhara to Samrung, you will embark on an active trek upward to Sinuwa, walking through charming terraced fields and stone-paved paths. The duration includes a 3-hour drive and a 4-hour trek. Accommodation is arranged for you at a local teahouse or mountain lodge, with breakfast, lunch, and dinner thoughtfully provided.

- Elevation: 2,310m / 7,578ft
- Location: Samrung to Sinuwa
- Meals: Breakfast, Lunch, Dinner

Day 3: Trek from Sinuwa to Deurali

Today, you will journey deeper into the serene Modi Khola river valley, gently ascending through quiet, lush bamboo and rhododendron forests toward Deurali. The walking duration is approximately 7 hours. Accommodation is provided at a welcoming local teahouse or mountain lodge, and meals consist of breakfast, lunch, and dinner.

- Elevation: 3,230m / 10,597ft
- Location: Sinuwa to Deurali
- Meals: Breakfast, Lunch, Dinner

Day 4: Trek from Deurali to Annapurna Base Camp via Machhapuchhre Base Camp

You will ascend past the tree line into striking alpine terrain, pausing at Machhapuchhre Base Camp (MBC) to enjoy panoramic mountain views before entering the magnificent Annapurna Sanctuary—a dramatic glacial amphitheater enclosed by Annapurna I, Hiunchuli, and

Gangapurna. The walking duration is 6 to 7 hours. Your overnight stay will be at a local teahouse or mountain lodge, with breakfast, lunch, and dinner served to keep you energized.

- Elevation: 4,130m / 13,550ft (Annapurna Base Camp) / 3,700m (Machhapuchhre Base Camp)
- Location: Deurali to Annapurna Base Camp via MBC
- Meals: Breakfast, Lunch, Dinner

Day 5: Trek from Annapurna Base Camp Back Down to Sinuwa

You are welcome to witness a dramatic sunrise over the high Himalayan peaks before beginning a long, steady descent retracing the route past MBC, Deurali, and Dovan down to Sinuwa. The walking duration is 7 to 8 hours. Comfortable accommodation awaits you at a local teahouse or mountain lodge, and meals include breakfast, lunch, and dinner.

- Elevation: 2,310m / 7,578ft
- Location: Annapurna Base Camp to Sinuwa
- Meals: Breakfast, Lunch, Dinner

Day 6: Trek to Samrung, Drive to Pokhara, and Fly to Kathmandu

You will complete your final trekking descent to Samrung, transfer to a private vehicle for a comfortable drive back to Pokhara, and catch a scenic domestic flight back to Kathmandu. The travel arrangement seamlessly combines trekking, a drive, and a domestic flight. Accommodation is provided at a hotel in Kathmandu, accompanied by breakfast.

- Elevation: 1,400m / 4,593ft (Kathmandu)

- Location: Sinuwa to Samrung, Pokhara, and Kathmandu
- Meals: Breakfast

Day 7: Kathmandu Cultural Sightseeing and Departure

We are pleased to conclude your expedition with a guided sightseeing tour of Kathmandu's historic cultural monuments prior to your international departure transfer. This full-day tour concludes with an airport transfer for your final departure, with breakfast provided in the morning.

- Elevation: 1,400m / 4,593ft
- Location: Kathmandu
- Meals: Breakfast

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 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.