



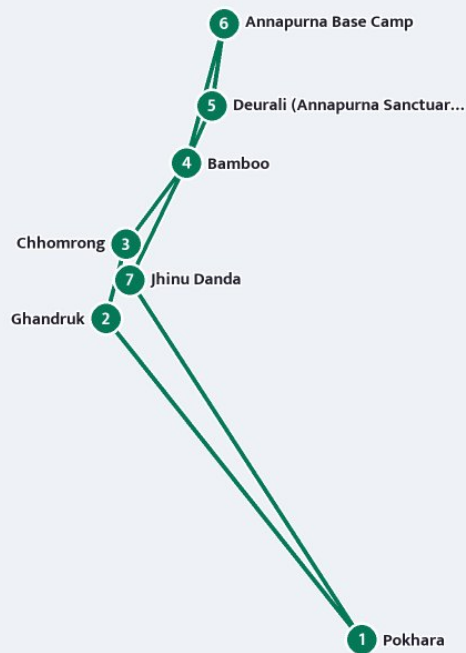
Annapurna Base Camp Trek

Trek into the heart of the Annapurna Sanctuary, a glacial amphitheatre ringed by peaks of 6,000 to 8,000 metres. Starting from the lakeside city of Pokhara, this 11-day trek climbs through Gurung villages, terraced fields and bamboo and rhododendron forests, past the sacred Machhapuchhre (Fishtail) to Annapurna Base Camp at 4,130 m. On the way back, soak your legs in the natural hot springs at Jhinu Danda.

DURATION	DIFFICULTY	MAX ALTITUDE	GROUP SIZE
11 days	Challenging	4,130 m	1–12

HIGHLIGHTS

- Sunrise at Annapurna Base Camp (4,130 m)
- Close-up views of Machhapuchhre (Fishtail)
- Traditional Gurung villages of Ghandruk and Chhomrong
- Natural hot springs at Jhinu Danda
- Rhododendron forests in bloom in spring
- Relaxed days in lakeside Pokhara



AT A GLANCE

1. Hotel in Kathmandu	1 night	6. Teahouse in Deurali	1 night
2. Hotel in Pokhara	1 night	7. Teahouse at Annapurna Base Camp	1 night
3. Teahouse in Ghandruk	1 night	8. Teahouse in Bamboo	1 night
4. Teahouse in Chhomrong	1 night	9. Teahouse in Jhinu Danda	1 night
5. Teahouse in Bamboo	1 night	10. Hotel in Pokhara	1 night

Highest night: 4,130 m

DAY BY DAY

1 Arrive in Kathmandu (1,400 m)

We meet you at the airport and transfer you to your hotel. Trek briefing and gear check in the evening.

1,400 m · Meals: Dinner · Overnight: Hotel in Kathmandu

2 Drive to Pokhara (822 m)

A scenic 6–7 hour drive along the Trishuli and Marsyangdi rivers to Pokhara (or a 25-minute flight at extra cost). Evening stroll along Phewa Lake.

822 m · Meals: Breakfast · Overnight: Hotel in Pokhara

3

Drive to Kimche, trek to Ghandruk (1,940 m)

A two-hour drive takes you to the trailhead. A short walk brings you to Ghandruk, one of Nepal's most beautiful Gurung villages, with views of Annapurna South and Fishtail.

1,940 m · 2.5 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Ghandruk

4

Trek to Chhomrong (2,170 m)

Climb to Komrong Danda, descend to Kimrong Khola and climb again to Chhomrong, the gateway to the Annapurna Sanctuary.

2,170 m · 6 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Chhomrong

5

Trek to Bamboo (2,310 m)

Down a long stone staircase to the Chhomrong Khola, then up through Sinuwa into thick bamboo and rhododendron forest.

2,310 m · 5 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Bamboo

6

Trek to Deurali (3,230 m)

Follow the Modi Khola gorge past Dovan and Himalaya Hotel, with waterfalls and the cliffs of Hinku Cave along the way.

3,230 m · 5 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Deurali

7

Trek to Annapurna Base Camp (4,130 m)

Climb into the sanctuary to Machhapuchhre Base Camp (3,700 m) and on to Annapurna Base Camp, surrounded by Annapurna I, Annapurna South, Hiunchuli and Gangapurna.

4,130 m · 5 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse at Annapurna Base Camp

8

Sunrise at base camp, trek to Bamboo (2,310 m)

Watch the first light turn the peaks gold, then descend the way you came, back into the forest at Bamboo.

4,130 m · 7 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Bamboo

9

Trek to Jhinu Danda (1,780 m)

Climb back to Chhomrong and descend to Jhinu Danda, where a short walk leads to natural hot springs by the river.

1,780 m · 6 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Jhinu Danda

10

Trek to Siwai, drive to Pokhara

A short, easy walk to Siwai and a drive back to Pokhara. Afternoon free to relax by the lake.

822 m · 2 h walking · Meals: Breakfast, Lunch · Overnight: Hotel in Pokhara

Return to Kathmandu, departure

Drive or fly back to Kathmandu and transfer to the airport, or extend your stay with us.

1,400 m · Meals: Breakfast

WHAT'S INCLUDED

Included

- Airport pick-up and drop-off in a private vehicle
- Hotel nights in Kathmandu/Pokhara on a twin-share basis with breakfast
- Teahouse (lodge) accommodation on the trek, twin share
- Breakfast, lunch and dinner every day on the trek
- Government-licensed, English-speaking trekking guide
- Porter service (one porter for two trekkers, up to 20 kg)
- Wages, meals, lodging and insurance for guide and porters
- All national park or conservation area permits and local fees
- Ground transport and domestic flights as per the itinerary
- Down jacket and sleeping bag on loan for the trek
- First-aid kit and pulse oximeter carried by your guide
- Farewell dinner with the Tripnep team

Not included

- International flights and Nepal visa fee
- Travel insurance with high-altitude helicopter rescue cover (required)
- Lunch and dinner in Kathmandu and Pokhara
- Hot showers, Wi-Fi, battery charging and drinks in teahouses
- Tips for your guide and porter
- Extra nights caused by weather, flight delays or leaving the trek early

GOOD TO KNOW

Permits

You need the Annapurna Conservation Area Project (ACAP) permit. It is included and arranged by us.

Accommodation and food

On the trek you stay in local teahouses: simple, clean lodges with twin rooms and shared bathrooms in the higher villages. Meals are freshly cooked, from dal bhat to pasta and soups. In Kathmandu and Pokhara you stay in comfortable tourist-class hotels.

Fitness and health

A good level of fitness makes the trek much more enjoyable. Tell us about any medical conditions when you book, so your guide is prepared. Drink plenty of water, walk at a steady pace and avoid alcohol at altitude.

Payment

Send a booking request with your preferred date. We confirm availability within 24 hours and send you the payment details with your confirmation. Your place is secured once the deposit is received; the balance is due before the trip starts.

QUESTIONS TRAVELLERS ASK

Is the Annapurna Base Camp trek suitable for beginners?

Yes, for fit beginners. The trail has many stone steps up and down, so leg strength matters more than experience. The maximum altitude of 4,130 m is reached gradually.

Is there avalanche risk on the ABC trail?

Between Deurali and Machhapuchhre Base Camp there is avalanche risk in late winter and after heavy snowfall. Our guides check local conditions every day and will wait or reroute when needed.

Do I need previous trekking experience?

No technical experience is needed, but you should be fit enough to walk 5–7 hours a day for several days in a row. We recommend regular hiking, running or cycling for 6–8 weeks before your trip.

When is the best time to trek in Nepal?

Spring (March–May) and autumn (late September–November) bring the clearest views and stable weather. Winter (December–February) is quieter and colder; the monsoon (June–August) brings rain and cloud, but some valleys stay pleasant.

How do you deal with altitude sickness?

Our itineraries follow a gradual ascent with acclimatisation days. Your guide checks how you feel and your oxygen level every day, carries a first-aid kit, and will turn around or arrange evacuation if needed. Your safety always comes before reaching the top.

Is travel insurance required?

Yes. Your policy must cover trekking up to the maximum altitude of your trek, including emergency helicopter evacuation and medical treatment. Please send us your policy details before departure.

Can I trek privately or on my own dates?

Yes. Every trek can run as a private trip on the date you choose, for solo travellers, couples, families and groups. Ask us if you would like to add extra days, upgrade hotels or combine treks.

Dates, prices and booking

tripnep.io/tours/annapurna-base-camp-trek

Questions? hello@tripnep.io