

# ANNAPURNA BASE CAMP TREK: 10 DAYS

Cost per person: \$950

## Description

Annapurna Base Camp Trek is one of the most beautiful treks on earth that takes you through different climates, diverse landscapes, and culturally enriching villages. From the Annapurna Base Camp, you can witness the stunning views of Fishtail, Hiunchuli, Annapurna Massif, Dhaulagiri, Tilicho, Pisang, Pungda Danda, in addition to numerous other peaks. Along the way, you will be visiting the famous Poon Hill viewpoint and relaxing in the natural hot water pool at Jhinu Danda.

## Trip Information

- Duration:** 10days
- Activities:** Trekking
- Arrival City:** Kathmandu
- Departure City:** Pokhara
- Best Season:** Winter
- Max Altitude:** 4,130 meters (13,550 feet)

## Gallery



## Itinerary

### **Day 1: Drive to Pokhara (820m / 2,690 ) west of the Kathmandu Valley**

After an early breakfast, we take a tourist bus (probably a 6-7 hours journey) to Pokhara. On our way, we can see the picturesque Trishuli and Marsyangdi rivers along the green, Rocky Mountains, rivers connecting each other, and small springs. Pokhara is a beautiful valley known for several lakes - including Phewa and Begnas, and it sits on the laps of Annapurna (8,091m), Machapuchare (6,993m), Dhaulagiri (8,169m), Manaslu (8,156m), and Lamjung Himal (6,983m). Pokhara is a tourist paradise with all modern amenities providing all comforts. We encourage you to explore Pokhara to experience different cultures and visit various centers of attractions.

### **Day 2: Drive From Pokhara to Nayapul /Birethan /Tikhedhunga (1,570m). Trek to Ulleri (1,540m / 5,050 )**

After a nourishing breakfast on the banks of Phewa Lake, we take a short drive through the beautiful landscapes and head to Tikhedhunga. The road is quite gentle and passes through Nayapul and then Birethan . While on the road, you will see stunning terraced farms along the Bhurungdi Khola. After Birethan , it is an offroad drive that takes us to Tikhedhunga. The hike starts at Tikhedhunga passes through Sudame and Hile villages, and ends at Ulleri (2073 meters). You will be hiking for about three hours.

### **Day 3: Trek from Ulleri (1,540m / 5,050 ) to Ghorepani (2,860m / 9,385 )**

Today's trek will be exciting as the trail slowly ascends. From the path, you can savor the views of Annapurna, Machhapuchhre, and Hiunchuli snow peaks. As we walk through the rhododendron forest, we can see several wild animals, refreshing springs, and rivers. The path then leads us to Ghorepani, which is a spectacular settlement that lies on a ridgeline. The views of the Himalayas from this village are breathtaking allowing heavenly sights of Dhaulagiri I, II, III, IV, V, Tukuiche, Dhampus, Nilgiri, Annapurna South, Barah Sikhar, Machhapuchhre (commonly known as Fishtail).

### **Day 4: Early morning hike to Poon Hill viewpoint (3,210m / 10,525 ) , then trek to Tadapani (2,630m) / Chuile (2,309m)**

If you love sunrises, today is your day. Early in the morning, before sunrise, we ascend Poon Hill just in time to view the sunrise on the Himalayas. From Poon Hill, you can see dawn breaking at more than 32 Annapurna ranges along with Dhaulagiri, Nilgiri, and Machhapuchhre mountains. Poon Hill is a famous spot for photography, so we will make the most of our visit to Poon Hill by clicking pictures to our hearts' content. After spending time on Poon Hill, we descend to our lodge, have our breakfast, and start the trek to Tadapani (2,630m / 8,630 ). But to reach Tadapani, we will be passing through Deurali (2960m) and Bandhanu . If we arrive early at Tadapani, we will trek a little further to Chuile Village.

### **Day 5: Trek from Tadapani (2,630m) / Chuile (2,309m) to Chomrong (2,165m)/ Sinuwa (2,340m)**

Today's trek will slightly differ based on where we stayed last night. If at Tadapani, we will have our breakfast, and continue our journey to Chomrong (2,165m / 7,105 ), passing Chuile on the way. At first, we pass the beautiful Ghandruk Village and then take a steep descent to the Kimron River before reaching Chomrong. From the way, you will see mind-blowing views of Annapurna South and Fishtail. Chomrong village lies on the lap of the mighty Annapurna massif and is a popular overnight spot for those ascending to Annapurna Base Camp. However, if we stayed at Chuile last night, we stop at Sinuwa to spend the night.

### **Day 6: Trek from Chomrong (2,165m)/ Sinuwa (2,340m) to Himalaya (2,890m)/Deurali (3,174m)**

Today's trek is going to be a bit longer. It also differs a bit based on your previous night's stay. If you stayed at Chomrong, you will follow the trail down to Chomrong Khola on steep stones, but then the path ascends through the bamboo, oak, and rhododendron forests to reach Sinuwa. However, if you spent the night at Sinuwa, the trek starts from Sinuwa. You will get to enjoy the views of Machhapuchhre and Annapurna snowcaps from the route. The way passes Khuldigar village, descends to Bamboo Lodge settlements, and ascends to Himalaya (2,890 m / 9,425 ). If you start the trek from Sinuwa, you will stay at Deurali for the night.

### **Day 7: Trek from Himalaya (2,890m) / Deurali (3,174m) to ABC (4,130m / 13,550 ) via Machhapuchhare Base Camp**

If we spent the last night in Himalaya, we will follow a route through the narrow gorge along the Modi Khola Glacier Valley, past more forests. We will also be passing a large overhanging rock known as Hinku Cave and the lodges of Deurali before making it to the entryway of the Annapurna Sanctuary, which ultimately takes us to ABC. However, if we slept at Deurali, the trek starts from Deurali itself. Throughout the day, we will be walking close to the Annapurna glaciers. On our way, Machhapuchhre Base Camp offers us a stunning panoramic view of the surrounding mountains. However, we continue our journey northwest to eventually reach ABC. From ABC, we get a 360-degree view of Hiunchuli, Annapurna South to Annapurna I (8,097m/26,566 ), and Khangsar Kang, Gangapurna, Annapurna III, and Machhapuchhare. Today's trek takes you close to several huge mountains - including Annapurna Massif (Annapurna I-IV), Dhaulagiri, Machhapuchhre, Manaslu, Gangapurna, Tilicho Peak, Pisang Peak, Paungda Danda, and numerous other peaks ranging from 6000 to 8000m in elevation. This might be the day, which you will never forget in your entire life due to the sheer beauty of the snow-capped mountains that surround you. We will spend the night at the Base Camp.

### **Day 8: Trek from ABC (4,130m / 13,550 ) to Bamboo (2,350m / 7,700 )**

After leaving our footprints on ABC, it is time to climb down. We will take a path that takes us out of the Annapurna Sanctuary and out of the Modi River Valley. Eventually, we will make it to our serene stopover point called Bamboo (2,350m / 7,700 ) - our destination for the day.

**Day 9: Trek from Bamboo (2,350m / 7,700 ) to Jhinu Danda (1,780m / 6,393 ) and nearby natural hot springs**

After a long journey from ABC to Bamboo last day, we continue our way towards Jhinu Danda. First, we take a path that takes us down to Kimrong Khola and then ascends through the serene rhododendron, bamboo, and oak forests, eventually reaching Jhinu Danda. Jhinu Danda consistently attracts thousands of visitors each year as an excellent place famous for its soothing natural hot springs, where we will also let our tired muscles relax. From the hot springs, you can enjoy the views of rhododendron forest and lush vegetation.

**Day 10: Trek from Jhinu Danda (1,780m / 6,393 ) to Siwa/Ghandruk Phedi (1,150m / 3,770 ) and drive to Pokhara (820m) via Nayapul**

We have reached our final day on the trekking trails. After leaving Jhinu Danda, we follow the plain dust road along the right of Modi Khola. This part of the trek forms the most relaxing walk of the entire trip. After trekking for about three hours, we will reach Siwa/Ghandruk Phedi, where we will bid goodbye to the trails and drive through the picturesque countryside to Pokhara. We will be spending the night at Pokhara. Tour ends. Self-me to relax & extend stay in Pokhara or proceed to next destination on other day. Like Royal Chitwan National Park or Lumbini.

**Equipment**

**Equipment Item**

No description available.

**Cost Inclusion**

- Arrival and Departure by private vehicle.
- Flight ticket Kathmandu to Pokhara 1 pax 100% Free

- 1 night hotel in one of the best hotel in Pokhara with Pool
- Three meals a day during the Trek (Breakfast, Lunch, and Dinner)
- Accommoda on in Tea House during the Trekking.
- Trekking Guide and a porter (sharing by two clients) with Insurance, food, and accommoda ons.
- First Aid kit.
- Trekking permit (Conserva on fee)
- Tims card (Trekking informa on management system) is like a permit.
- Trekking equipment like sleeping bag, down jacket, trekking s ck, rain poncho.
- All needed official fee.
- Company service charge
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## Cost Exclusion

- Interna onal Flight cket
- Your travel insurance.
- Nepal Visa fee (US\$ 40 for 30 days and US\$ 25 for 15 days you should get a visa open on your arrival)
- Any kind of drink, (like Tea, coffee, drinking water, so drink, hard drink etc)
- Items of personal expenses like hot shower, ba ery charge, telephone, Porters, etc.
- Tips for Guide and Porters Related Trips
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## Frequently Asked Questions

### 1. What is the best time to do the Annapurna Base Camp Trek?

The best seasons for the Annapurna Base Camp Trek are Autumn (September to November) and Spring (March to May). During these times, the weather is stable, skies are clear, and the temperatures are moderate, making for ideal trekking conditions.

### 2. How difficult is the Annapurna Base Camp Trek?

The trek is moderate in difficulty. It requires a reasonable level of fitness as it involves walking 5-7 hours a day, sometimes on steep paths and at altitudes of up to 4,130 meters (13,550 feet). However, it is achievable for those who are reasonably fit and have experience with day hikes or moderate treks.

### **3. Is there Wi-Fi or mobile network coverage on the trek?**

There is limited mobile network coverage and Wi-Fi available at tea houses in certain areas, but the speed and reliability can vary. Be prepared for some sections of the trek where you may not have access to either. Expect to disconnect during parts of the trek for a more immersive experience.

### **4. Can I do the Annapurna Base Camp Trek if I have no prior trekking experience?**

Yes, the trek is doable for beginners if you have a moderate level of fitness. Many first-time trekkers complete the trek successfully with proper preparation and a steady pace. It's also helpful to train before the trek, especially for endurance.

### **5. What are the risks of altitude sickness?**

Altitude sickness can occur at higher altitudes (above 3,000 meters), so it's essential to ascend gradually, stay hydrated, and avoid overexertion. It's recommended to take rest days as needed and follow your guide's advice. Symptoms include headaches, dizziness, and shortness of breath.

## **Map**

