

Annapurna Base Camp Trek

14 Days Moderate Trek



Annapurna Base Camp (ABC) Trek is one of Nepal's most iconic and accessible high-altitude treks. It takes 10-14 days to complete this trek and takes you deep into the heart of the Annapurna Sanctuary – a high glacial basin surrounded by towering Himalayan giants such as Annapurna (8,091m), Machhapuchhre (Fishtail), and Hiunchuli. The route winds through rhododendron forests, terraced farmlands, Gurung and Magar villages, and eventually ascends into what has been described as “a spectacular alpine amphitheatre”.

About the Annapurna Region

Located in central Nepal, the Annapurna region offers one of the most strikingly diverse landscapes in the Himalayas – from lush lowland rice terraces to some of the world's highest peaks, including the Annapurna massif, Machhapuchhre (Fishtail), Dhaulagiri, and Nilgiri. It is home to the Annapurna Conservation Area Project (ACAP), Nepal's largest protected area and a haven for biodiversity.

The region's rich cultural fabric is woven from a mosaic of communities, each with distinct traditions, languages, and ways of life. Its blend of rugged terrain, spiritual heritage, and ecological diversity makes it one of the world's most celebrated trekking destinations.

While the 14-day trek to Annapurna Base Camp offers a deep dive into the heart of the region, there are several other trekking options in the region. Popular alternatives include the Ghorepani-Poon Hill Trek, the Mardi Himal Trek, and the Annapurna Circuit trek – each offering its own unique perspective on the region's grandeur.

TRIP OVERVIEW

- **Duration:** 14 Days
- **Difficulty:** Moderate
- **Max Elevation:** Annapurna Base Camp (4,130m)
- **Best Season:** Spring (March – May) and Autumn (September – November)

TRIP HIGHLIGHTS

- Reach Annapurna Base Camp (4,130m), a natural amphitheatre surrounded by towering Himalayan peaks.
- Enjoy diverse scenery: terraced rice paddies, rhododendron forests, glacial rivers, and snow-covered landscapes.
- Experience warm hospitality in Gurung and Magar villages like Ghandruk and Chhomrong.
- Close-up views of Annapurna I, Machhapuchhre (Fishtail), Hiunchuli, and Gangapurna.
- Trek through the Annapurna Sanctuary – a spiritual and geographical gem of the Himalayas.

OUTLINE ITINERARY

Day 1–3: Arrive in Kathmandu, explore city and transfer to Pokhara.

Day 4–5: Drive to Nayapul, trek through Ghandruk to Chhomrong.

Day 6–8: Trek through Bamboo and Deurali to Annapurna Base Camp.

Day 9–11: Return via the same route to Jhinu Danda (hot springs) and drive to Pokhara.

Day 12–14: Explore Pokhara and return to Kathmandu.

WHAT TO EXPECT

Physical Challenge: Moderate altitude and some steep ascents/descents.

Accommodation: Teahouses and lodges with basic facilities.

Food: Local meals such as dal bhat, momos, Tibetan bread, and pasta.

Weather: Mild at lower altitudes; cold and potentially snowy near ABC.

Detailed Itinerary

DAY 1: ARRIVAL IN KATHMANDU

Activities: Airport pickup, hotel transfer, rest.

Accommodation: Overnight in Hotel

DAY 2: KATHMANDU SIGHTSEEING & TREK PREPARATION

Activities: Explore Swayambhunath, Pashupatinath, or Patan Durbar Square. Gear check and permit arrangements.

Accommodation: Overnight in Hotel

DAY 3: DRIVE OR FLY TO POKHARA

Activities: 25-min flight or 6-7-hour scenic drive to Pokhara, a picturesque lakeside town, and the beginning point of our trek.

Accommodation: Overnight in Hotel

DAY 4: DRIVE TO NAYAPUL AND TREK TO GHANDRUK – 4/5 HRS

Activities: Drive 2 hours to Nayapul; trek past rice paddies and villages to reach Ghandruk. Ghandruk, a traditional Gurung village, has been described as one of the world's most beautiful villages with cobblestone pathways, scenic mountain vistas, and cultural history.

Accommodation: Teahouse in Ghandruk

DAY 5: GHANDRUK TO CHHOMRONG – 5/6 HRS

Activities: Ascend through forests and descend into the Chhomrong Khola before a final climb.

Accommodation: Teahouse in Chhomrong

DAY 6: CHHOMRONG TO BAMBOO – 4/5 HRS

Activities: Descend and cross the suspension bridge; walk through forest trails to arrive at Bamboo.

Accommodation: Teahouse in Bamboo

DAY 7: BAMBOO TO DEURALI – 4/5 HRS

Activities: Trek through dense forests with glimpses of Machhapuchhre and glacial rivers.

Accommodation: Teahouse in Deurali

DAY 8: DEURALI TO ANNAPURNA BASE CAMP – 6/7 HRS

Activities: Pass Machhapuchhre Base Camp (MBC) and gradually climb into the Annapurna Sanctuary.

Accommodation: Teahouse at Annapurna Base Camp

DAY 9: ABC TO BAMBOO – 6/7 HRS DESCENT

Activities: Early morning views at Annapurna Base Camp, then retrace steps down to Bamboo.

Accommodation: Teahouse in Bamboo

DAY 10: BAMBOO TO JHINU DANDA (1,780M) – 5/6 HRS

Activities: Trek back through Chhomrong and descend to Jhinu Danda for a hot spring soak.

Accommodation: Teahouse in Jhinu Danda

DAY 11: JHINU DANDA TO NAYAPUL AND DRIVE TO POKHARA – 6 HRS

Activities: Final day of trekking through lowland villages, drive back to Pokhara.

Accommodation: Overnight in Hotel

DAY 12: POKHARA – FREE DAY

Activities: Free day to explore Pokhara, and to indulge in several activities such as boating, or simply sit by the lake with a book.

Accommodation: Overnight in Hotel

DAY 13: FLY TO KATHMANDU

Activities: 25-minute flight back to Kathmandu, rest or optional sightseeing.

Accommodation: Overnight in Hotel

DAY 14: DEPARTURE

Activities: Transfer to Tribhuvan International Airport.

