

Annapurna Base Camp Trek

Duration: 14 Days Days

Max Altitude: 4,090 m

Destination: Nepal

Trip Grade: Moderate

Best Season: Autumn, Spring

Trip Highlights

Highlights of Annapurna Base Camp Trek

- Drive from Kathmandu to Pokhara and continue to Nayapul Pul, enjoying breathtaking sceneries.
- Spend a night in a beautiful Ghorepani village surrounded by snow-capped mountains and rhododendron forests.
- Hike to **Poon Hill to witness gorgeous sunrise** with the backdrop of western Himalayan mountains Trek through remote mountain villages and lush green forests.
- Come across a range of flora and fauna along the trail.
- Observe the daily lifestyle, culture, and traditions of the locals.
- Explore Annapurna Base Camp, the base of Mt. Annapurna (the tenth highest mountain in the world).
- Enjoy a natural hot spring in Jhinu Danda.
- Himalayan mountains like Annapurna Range, Mt. Dhaulagiri, Mt. Gangapurna, Mt. Hiunchuli, Mt. Machhapuchhre, and many others decorate the entire trail.

Trip Overview

Annapurna Base Camp Trek is an adventurous venture in the Himalayas, precisely in the mid-western Himalayan mountains. This trek is known for its exceptional landscapes, phenomenal views of snow-capped mountains, rich biodiversity, and vibrant cultural heritage. The trail moves along with dense forests and beautiful remote mountain villages. One of the main highlights of Annapurna Base Camp Trekking is the lap of the world's tenth highest mountain, Annapurna Base Camp.

Also known as Annapurna Sanctuary Trek, this trek goes through the Annapurna

Conservative Area, which is home to numerous species of birds and wildlife. If you are lucky, you might get to see rare birds and animals on the way. Moreover, the Annapurna Base Camp Trek is a paradise for biologists. Witnessing surreal landscapes, you will gradually ascend to the base camp. Throughout the trek, you get accompanied by giant mountains like Annapurna Range (8,091 m), Mt. Dhaulagiri (8,167 m), Mt. Gangapurna (7,455 m), Khangsar Kang (7,399 m), Mt. Hiunchuli (6,441 m), Mt. Fishtail (6,993 m), and so on.

While passing by the villages, you can see the daily lifestyle of the locals, their culture, and their practices. Annapurna region is resided by people from several different communities like Gurung, Magar, etc. All of these communities have distinct values, norms, language, and traditions. You will get to visit old monasteries, temples, and stupas on the route.

Ghorepani is one of the most famous and beautiful villages in the Annapurna region. Spending a night here, you hike to Poon Hill, a famous viewpoint to see gorgeous sunrise and scenery. While returning, you will come across natural hot springs at Jhinu Danda, where you can spend time relaxing your sore muscles.

As Annapurna Base Camp Trek 11 Days is loved by trekkers throughout the globe, the trail gets crowded in the peak season. Still, you will get ample time to unwind your mind and enjoy the soothing Himalayan environment. Read below to know more in detail about this once-in-a-lifetime journey. You can also contact us anytime if you have any queries related to the trek.

Annapurna base camp trek permit and cost

Annapurna Base Camp Trek explores one of the conservative areas of Nepal, which requires permits from the government of Nepal to enter. To go on this trek, you have to get TIMS Card (Trekking Information Management Systems) and ACAP (Annapurna Conservation Area Permit). You can get these permits from Pokhara or Nayapul (starting point of the trek).

Note: Both of these permits are valid for single entry only. You cannot get any refund or transfer to other people.

There are two types of TIMS Cards. If you are a single trekker, then you will get a green TIMS card. Similarly, if you are trekking in the group, then you will get a blue TIMS card. Read below to know the charges of the TIMS card and ACAP permit.

Annapurna base camp trek altitude

The Annapurna Base Camp Trek begins from Nayapul situated at 2,070 meters, and gradually takes you to Annapurna Base Camp, located at 4,130 meters. This is the highest point on Annapurna Base Camp Trek 14 Days. Likewise, during the trek, you ascend to a famous viewpoint called Poon Hill, which is at 3,210 meters. The Annapurna Base Camp Trek gains moderate altitude compared to other famous treks like Annapurna Circuit Trek or Everest Base Camp Trek. Still, the chances of

altitude sickness are always there if the itinerary is not properly planned. Altitude sickness or Acute Mountain Sickness happens because of a sudden drastic change in altitude. And, if not treated effectively on time, then it can be life-threatening.

We have designed our Annapurna Base Camp trek itinerary, maintaining the altitude gap from one place to another as well as adding ample rest days. Headache, dizziness, loss of appetite, shortness of breath, and insomnia are the symptoms of altitude sickness. If you feel like you are suffering from these symptoms, then drop down to a lower altitude as soon as you can and take a few rest days before deciding either to continue the journey or return back.

Annapurna base camp trek best time

The best time to go on a venture to Annapurna Base Camp Trek is in spring and autumn. These two are the peak seasons to explore the Annapurna region. The weather is usually stable during this time of the year, which is essential for a successful trek. Likewise, the climate is mostly moderate, and the views are phenomenal. The vegetations are also at their peak, and you will get to become part of vibrant festivals.

Annapurna base camp trek in spring

In Nepal, spring includes months from March to May. In these two months, hundreds of trekkers trek all around the Annapurna region, including the Annapurna Base Camp trek. The mild climate and freshly covered snowy mountains make the journey exceptional. The days are warm, with chilly mornings and nights. The lower region is warmer than the upper region. The average temperature during **Annapurna base camp trek temperatures in April** range from around 10 °C to 0 °C. Especially during April, the route gets covered with several colorful rhododendrons, lush green vegetation, and other floras.

Annapurna base camp trek in autumn

September, October, and November are the months that fall under autumn in Nepal. This is the second-best time in the year to traverse ABC. The fresh earthy smell just after the end of the monsoon is spread throughout the trail, which makes the journey soothing. Even though you will be trekking along with many other trekkers, the journey will be soothing, and there will be many my-time for you to unwind & relax.

Crisp sun over your head chilled mild wind, and low precipitation creates a wonderful scenario for the trek. The views are great. The average temperature ranges around 20 °C in the daytime and 5 °C during the night. The best part of trekking in autumn is that you get to witness and become part of the biggest festivals like Dashain, Tihar, Chhat, etc.

Annapurna base camp trek in monsoon season

July to August includes both summer and monsoon in Nepal. Even though summer is the best among all the seasons to trek in the Himalayas, the monsoon ruins the journey with heavy rainfall and unclear views. Trekking in these months requires careful planning, and yet, a successful trek is not guaranteed. These are the least favorite months of ours to go on the Annapurna Base Camp trek. The trail also gets slippery and full of bugs. The temperature ranges between 5 °C to 23 °C.

Annapurna base camp trek accommodation

In Kathmandu and Pokhara, we will book a three-star hotel or a tourist standard hotel (as per your budget). During our Annapurna base camp trek for 14 days, you stay overnight in the lodge. We will book you the best possible accommodations along the way. Even the best lodge offers basic service, and as the elevation increases, the service gets limited.

You can choose a twin-sharing room or a single room at your convenience. Single rooms are a little more expensive than shared rooms. The washroom can be either private or shared. The rooms are generally small with few pieces of furniture, good enough to spend a night.

Annapurna base camp trek agency

Choosing a trustworthy and reliable trekking agency is very important for the best experience during the trek. Every company has its vision and values. Go through the [Annapurna base camp trek company](#) about us page and learn as much as you can about them before booking any trip.

We, the team of My Everest Trip are professional trekkers and climbers, running all sorts of adventurous journeys in the Himalayas. We are transparent and clear regarding our values and management. Providing the best and safe experience for our guests while running sustainable trips is our main goal.

Along with that, we also pay equal attention to our team members (office team, guide, porter, and business partners) and make sure they are growing along with us. Similarly, We also contribute immensely to support the locals of the remote mountain region.

Annapurna base camp trek cost (ABC Trek Cost)

You can do Annapurna Base Camp Trek on a budget either by going solo or cutting off the facilities during the journey. Trekking alone is not a good option if you are trekking for the first time in the Himalayas. Even, we highly recommend getting a trekking company to experienced trekkers to arrange the trek for you. While trekking with a trekking agency, you can traverse freely. The guide will not only show you the trail, but also inform you about the region, culture, and

locals.

The second option is limiting the facilities you will have during the trek. The accommodation gets very basic along with limited services and meal options. We also organize budget-friendly treks for our guests who need them. Get in touch with us, and share your requirements and budget. We will design the best Annapurna Base Camp budget-friendly trek for you. Annapurna Base Camp Trek costs anywhere from USD 800 to USD 1,200 for a 12-13 days trip. The package cost includes all the permits needed to enter monuments and the Annapurna region for trekking. Likewise, the Annapurna Base Camp Trek package cost also includes things like accommodation, meals, guide, porter, ground transportation as per the itinerary, and a one-way flight to Kathmandu-Pokhara or Pokhara-Kathmandu. Other things like travel insurance for the visitor, visa charge, personal expenses, expenses for equipment, etc are not included in the package cost. You can check our cost includes and exclude section to know in detail about the services you will get paying package cost.

The distance of Annapurna base camp trek

Annapurna Base Camp Trek explores around 115 km. Each day, you will cover approximately 10 to 20 km. Depending upon your stamina, you will be walking 4 to 5 hours at a minimum of 6 to 7 hours at maximum. There will be a few days when you might have to walk 1-2 hours extra to reach the destination.

The difficulty of the Annapurna base camp trek

Annapurna Base Camp Trekking is a popular trek, therefore the trail is full of trekkers from all around the world. To be more precise, the route is rocky and steep at some point. If you are trekking in the winter season, the trail can get quite challenging because of snow, but on the other hand, the trail will be less crowded. If you are an experienced trekker, then Annapurna Base Camp Trek will not be too difficult for you.

During the trek, you will be traversing a remote region of Nepal, where the essential infrastructures are also underdeveloped. Likewise, the available services are basic, and as you will touch the Annapurna Base Camp, the region will get more secluded. Adjusting to surroundings like this can be difficult for some trekkers. However, with us, you will get full support, the best possible facilities, and a friendly guide to make the journey pleasant.

Annapurna base camp trek map with Guide

We provide an online Annapurna base camp trek map that follows our Annapurna base camp trek itinerary. We also provide a map for a tailor-made Annapurna base camp trek, if you have opted for it. Through the map, you can see the flow of the trail, highlighted views, and villages for the night stop.

You can also get a hard copy of this map to carry along the trek. We highly

suggest you go through the Annapurna base camp trek map before joining it to get an overview of the trail and ask your queries with your guide (if you get any).

Annapurna base camp trek clothing

Below is the list of things you will need during the trek. We also offer a printable checklist for **Annapurna Base Camp Trek packing** while traveling with us.

Annapurna base camp trek itinerary

Annapurna base camp trek begins with your arrival at Tribhuvan International Airport in Kathmandu. The next day, you will take an amazing drive to Pokhara. Spending a night here, you drive to the starting point of the trek, Nayapul, and continue trekking along the bank of Burundi Khola to reach Tikhedhunga. The trail from here ascends to the beautiful Ghorepani village via Ulleri and Banthanti. Before leaving Ghorepani village, you hike up to Poon Hill to witness breath-taking sunrise. Later, drop down to Tadapani trekking through forests of rhododendron.

From Tadapani, the trail descends steeply to Kimrung Khola, and crossing a suspension bridge, you climb to Chhomrong. Further, you walk through fine villages like Bamboo, Dovan, Himalayas, Deurali to reach Annapurna Base Camp. After spending some time at the ABC, you follow the same path and descend to Jhinu Danda via Deurali. Jhinu Danda is famous for its natural hot spring. Take time and enjoy the hot spring before leaving for Pothana, from where you drop down to Phedi and drive back to Pokhara.

We believe in leaving only our footprints behind!

Detailed Itinerary

Day 01: Arrival in Kathmandu [1,300m/4,264 ft] 0/N at 3 Star Hotel.

You will arrive at Tribhuvan International Airport, Kathmandu, where you will be met by our friendly staff and transferred to your hotel. Here you can relax after your journey or use the evening to explore the capital. 0/N at the hotel. **Included: Accommodation, Dinner.**

Day 02: Drive/Flight to Pokhara.0/N at 3 Star Hotel.

Today you have a choice of travel. You can either take the scenic route or drive to Pokhara (6-7 hours) through the terraced rice fields, taking in the Trishuli and Marsayangdi Rivers, and lush green hills. Or you can take a quick 20-minute flight. Whichever option you choose you shall be greeted by the famous Phewa lake and can spend the day relaxing by the lakeside. 0/N at a hotel. **Included: Accommodation, Breakfast.**

Day 03: Drive to Nayapul and trek to Tikhedunga [1,560m/5,116ft] 5 to 6 hours. 0/N at Tea House.

From Pokhara, we will drive for 1.5 hours to Nayapul. Once there we will trek through Birethanti and Ramghai, along the bank of Burundi Khola, to Tikhedunga. This nice easy warm-up trek will be particularly popular for nature lovers and bird enthusiasts. **Included: Accommodation, Breakfast, Lunch, and Dinner.**

Day 04: Tikhedunga to Ghorepani [2,860m/9,380ft] 7 to 8 hours. 0/N at Tea House.

After a walk up the stone steps that lead to Ulleri, we will take a break at Banthanti. Then we will trek for 6-7 hours through beautiful oak and rhododendron-filled forests until we reach Ghorepani. 0/N in the lodge. **Included: Accommodation, Breakfast, Lunch, and Dinner.**

Day 05: Ghorepani to Tadapani [2,630m/8,626ft] 7 to 8 hours. 0/N at Tea House.

We will take an early morning walk to Poonhill to watch the stunning sunrise, and witness the panoramic view of the mountains in the Annapurna Range, including Mt. Dhaulagiri (8167m), Mt. Annapurna (8091m), and Mt. Machhapuchhre (6993m). After a break back at the lodge, we will trek through a trail of rhododendron forests to reach Tadapani. 0/N in the lodge. **Included: Accommodation, Breakfast, Lunch, and Dinner.**

Day 06: Tadapani to Chhomrong [2,170m/7,176ft] 6 to 7 hours. 0/N at Tea House.

We will begin our day by descending through the forest and walking down a steep hill to Kimrung Khola. We will then cross the suspension bridge then takes us on our walk to Gurjung. The trail then ascends up to Chhomrong– the gateway to the Annapurna Sanctuary – inhabited by the Gurung community. 0/N in the lodge. **Included: Accommodation, Breakfast, Lunch, and Dinner.**

Day 07: Chhomrong to Himalaya [2,902m/9,577ft] 6 to 7 hours. 0/N at Tea House.

On day 7 we trek down stone stairs, cross Chhomrong Khola, and climb up to Sinuwa – a nice, easy walk through forests adorned with orchids and ferns. Then we descend more stairs to Bamboo and then onto Dovan before finally approaching the great Himalayas. 0/N in the lodge. **Included: Accommodation, Breakfast, Lunch, and Dinner.**

Day 08: Himalaya to Annapurna Base camp [4,130m/13,546ft] 6 to 7 hour. 0/N at Tea House

Begin the day by ascending to Deurali. Climb the ancient stone stairs that lead you towards the scenic White Mountains, onto Machhapuchhre Base Camp, and then up to Annapurna Base Camp. Here you will see a 360-degree mountain view, including the giant Annapurna I (8091m), Annapurna South (7219m), Machhapuchhre (6997m), and several other magnificent peaks. 0/N in the lodge. **Included: Accommodation, Breakfast, Lunch, and Dinner**

Day 09: Annapurna Base Camp to Bamboo [2,310m/7,576ft] 7 to 8 hours. 0/N at Tea House.

Start by trekking down to Machhapuchhre Base Camp where you can enjoy more stunning views of the mountains in the Annapurna Range, including Machhapuchhre (6993m), Lamjung Himal (6983m), Annapurna I (8091m), Annapurna II (7937m), and

Annapurna III (7555m). Then trace through Deurali and Himalaya back to Bamboo. O/N in the lodge. **Included: Accommodation, Breakfast, Lunch, and Dinner.**

Day 10: Bamboo to Jhinu Danda [5838 ft, 1780m] 7 to 8 hours. O/N at Tea House.

An exciting start to the day, that has us ascending through a wild jungle to Sinuwa, heading down to Chhomrong Khola, and climbing more stairs to Upper Chhomrong. Then we go down to Jhinu Danda where your efforts will be rewarded with a relaxing bath in the natural hot springs. O/N in the lodge. **Included: Accommodation, Breakfast, Lunch, and Dinner.**

Day 11: Jhinu Danda to Pothana [6199 ft, 1890m] 7 to 8 hours. O/N at Tea House

Begin the day by crossing the suspension bridge over the Modi River to reach Landruk. Then walk through the magnificent Oak Forest to Tolkha and finally finish the day with a 3-hour walk to Pothana. O/N in the lodge. **Included: Accommodation, Breakfast, Lunch, and Dinner.**

Day 12: Pothana to Pokhara [2690 ft, 1400m] 3 hours .O/N at 3 Star Hotel.

It begins with a challenging trek through varied terrain to Dhampus. Once in Dhampus, you will walk past crop fields and traditional houses to reach Phedi. From here you can rest as we drive back to Pokhara, where you can enjoy the evening in one of the most relaxing spots in the country. **Included: Accommodation, Breakfast, and Lunch.**

Day 13: Drive/Flight to Kathmandu .O/N at 3 Star Hotel.

Whether you choose to drive or fly back to Kathmandu, you will be transferred to your hotel and are free to enjoy the last day of your trip to the heart of the capital. **Included: Accommodation, Breakfast, and Dinner**

Day 14: Final Day

On your last day, we will drop you off at the airport to make sure you make your flight with plenty of time and wonderful memories. **Included: Breakfast**

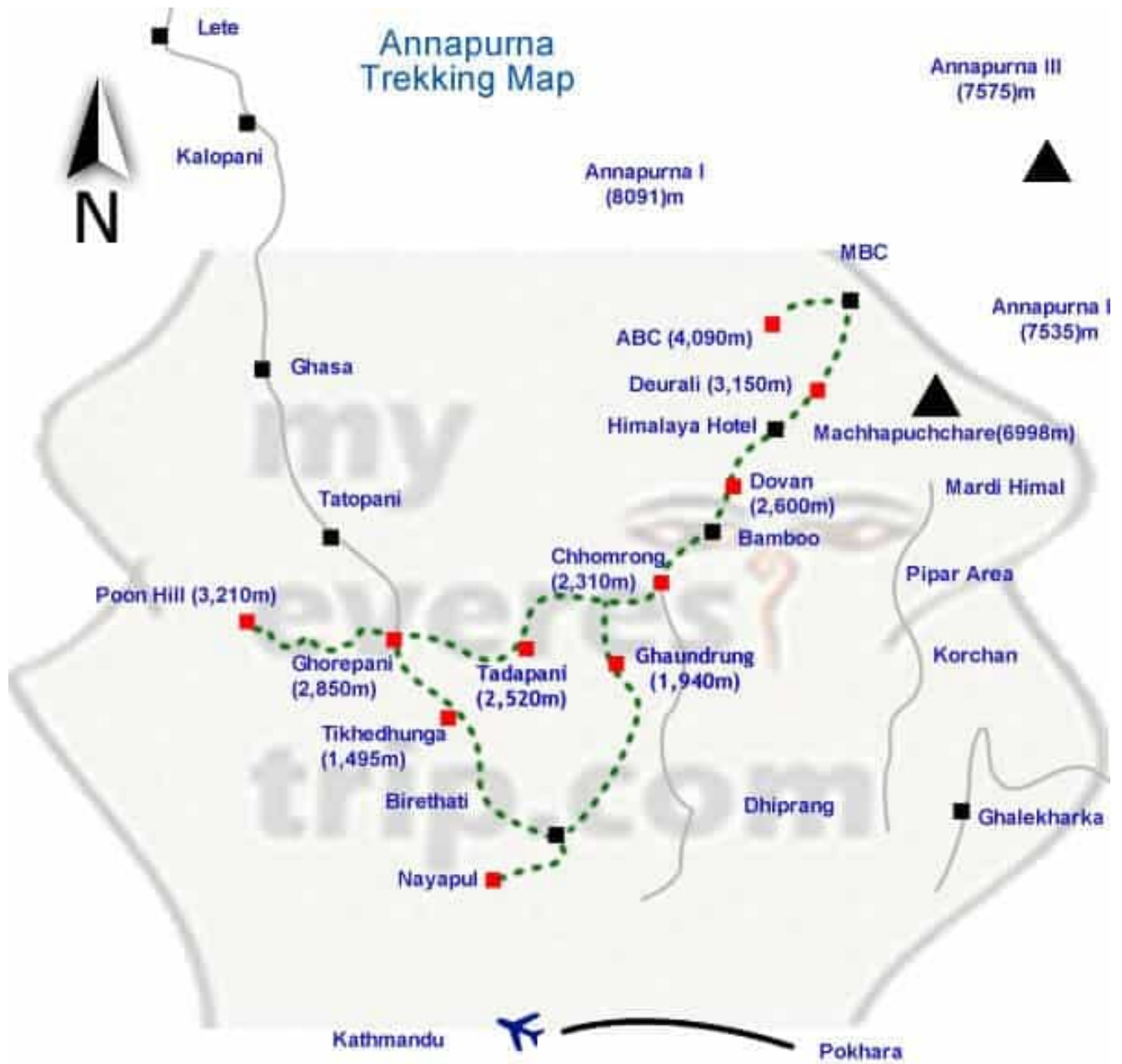
What's included

- Airport/hotel pick up and drop off by private car
- Two nights 3-star hotel in Kathmandu / Pokhara Bed and Breakfast plan
- Meals on full board (breakfast, lunch, and dinner) in whole trekking
- Kathmandu – Pokhara – Kathmandu By tourist bus or up to your request
- Trekking map
- An experienced Government license holder guide
- Trekking porter/Sherpa who will carry your bags during the trekking
- Insurance, salary, equipment's, transportation, local tax for guide and porter
- Group medical supplies (first aid kit will be available)
- All necessary paper works and national park entry permits
- Travel and rescue arrangement
- TIMS (Trekker's Information Management System)
- All government taxes and tourist service charge

What's not included

- Meals in Kathmandu before and after trekking
- Your travel insurance (Rescue)
- Tips for trekking staff and driver
- Drinks (hot, cold and alcoholic)
- Personal shopping and laundry etc
- Personal trekking equipment

Trip Map



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