

Annapurna Base Trek – Into the Heart of the Himalayas

Overview:

The Annapurna Base Camp (ABC) trek is one of the most popular trekking routes in Nepal, leading deep into the heart of the Annapurna Sanctuary. It is widely known for its dramatic mountain scenery, diverse landscapes, and rich cultural encounters, offering a gradual journey from lowland villages to a high-altitude amphitheater surrounded by Himalayan giants.

The trek begins from Phedi near Pokhara, where a steep initial climb takes you through terraced farmland, stone-paved trails, and small hillside settlements. As the route gains elevation, it enters dense forests of rhododendron and bamboo, with river crossings and stone staircases marking the transition into the mid-hills. Along the way, trekkers pass traditional Gurung villages that offer a glimpse into local mountain life and culture.

As the journey continues, the trail follows the Modi Khola valley toward Chhomrong, the main gateway into the Annapurna Sanctuary. Beyond Chhomrong, the terrain becomes increasingly remote and alpine, with forested ridges, glacial rivers, and rugged stone paths guiding the ascent. The landscape gradually opens up into a vast natural amphitheater, with increasingly close views of Annapurna I, Machhapuchhre, Hiunchuli, and surrounding peaks.

The trek culminates at Annapurna Base Camp at 4,130m, where a breathtaking 360-degree panorama of snow-covered mountains unfolds. The combination of towering peaks, glacier-carved terrain, and the silence of the high Himalayas makes it a truly unforgettable destination. Standing in the heart of the sanctuary, surrounded by giant Himalayan walls, offers a rare sense of scale, serenity, and accomplishment that stays long after the journey ends.

Quick facts:

Cost: USD per Person

Destinations: Pokhara / Chhomrong / Machhapuchhre Base Camp / Annapurna Base Camp / Jhinu

Duration: 13 Days

Trek starting point: Phedi

Trek ending point: New Bridge

Grade: Moderate

Transportation: tourist coach / private vehicle

Accommodation: tea house, tourist standard hotel in Kathmandu

Max altitude: 4,130 m

Activities: Hiking, trekking, & sightseeing

Best seasons: March, April, May, October, September and November

Please do not forget to carry the following items with you:

- Passport size Photos
- Torchlight / Headlight
- Warm cap
- Sunglass and sun-cream
- Sleeping bag (light weight)
- Trekking sticks
- Dry fruits and chocolates
- Down jacket
- Backpack (No luggage or hand carry)
- Trekking trousers
- Trekking shoes (No any converse and Vans shoes)

PROGRAM ITINERARY

□ **Day 1: Arrive at Kathmandu / Meet and Greet**

Arrival at Tribhuvan International Airport. Our Staff member meets you and transfers you to the hotel.

Overnight at the hotel

□ **Day 2: Kathmandu Sightseeing and preparation for trekking**

Morning wake-up and breakfast in the hotel

Our guide will meet you at your hotel and brief you about the upcoming trek. He will guide you through all the formalities and necessary paperwork required for the trek.

After that, we then do a sightseeing tour in Kathmandu Valley of famous UNESCO world heritage sites like Boudhanath, one of the largest Stupas in the world; Swayambhunath, a famous monkey temple; and Pashupatinath, a sacred Hindu temple complex. Apart from Sightseeing, we also get a TIMS card and permits for our trekking on this day. In the evening, we do initial preparation for the trek.

Overnight at the hotel

□ **Day 3: Drive from Kathmandu to Pokhara (822 m) | 6 – 8 hours drive**

After an early breakfast, we depart from Kathmandu and begin our scenic drive to Pokhara, Nepal's beautiful lakeside city nestled beneath the Annapurna range. The journey follows the winding Prithvi Highway alongside the Trishuli and Marshyangdi Rivers, offering ever-changing views of terraced hillsides, rural settlements, lush forests, and river valleys. Along the way, we pass through bustling market towns and picturesque countryside, providing a glimpse into everyday life in rural Nepal. Lunch will be served at a local restaurant en route. As we approach Pokhara, the landscape opens up to reveal stunning views of the surrounding mountains, including the Annapurna and Machhapuchhre (Fishtail) peaks on clear days. Upon arrival in Pokhara (822m) in the late afternoon, you can relax by the tranquil Phewa Lake and enjoy the peaceful atmosphere of this charming city.

Overnight stay at a hotel.

□ **Day 4: Drive to Phedi and Trek to Tolka (1,790 m): Walking Distance | 10 – 12 km | 5 – 6 hours**

After breakfast, we depart from Pokhara on a short scenic drive to Phedi (1,130m), the gateway to the lower Annapurna region. From Phedi, the trek begins with a gradual ascent through terraced farmlands, traditional Gurung settlements, and subtropical forests. The trail passes through the picturesque village of Dhampus, renowned for its rich cultural heritage and outstanding mountain panoramas. Throughout the day, trekkers are rewarded with spectacular views of Machhapuchhre (Fishtail), Annapurna South, and Hiunchuli, while gaining a fascinating insight into the rural lifestyle of the Himalayan foothills.

Continuing along a scenic ridgeline, the trail traverses mixed forests and charming countryside before reaching the peaceful village of Tolka (1,790m). Covering approximately 10–12 km in 5 – 6 hours of walking, today's trek offers an excellent introduction to the Annapurna trekking experience, combining cultural encounters, diverse landscapes, and magnificent Himalayan scenery. Upon arrival, enjoy the tranquil mountain atmosphere and stunning surroundings before settling into a comfortable teahouse for the evening.
Overnight stay at a teahouse.

▮ **Day 5: Trek from Tolka to Chhomrong (2,170 m): Walking Distance | 9 – 11 km | 5 – 6 hours**

Leaving Tolka (1,790m) behind, today's trail leads through a diverse landscape of rhododendron forests, terraced farmlands, and traditional Gurung villages. The route descends gently to Landruk before crossing the Modi Khola and ascending through scenic hillside settlements. Along the way, trekkers are rewarded with outstanding views of Annapurna South, Hiunchuli, and the iconic Machhapuchhre (Fishtail), while gaining insight into the daily life and culture of the local mountain communities.

The trail then continues with a steady climb to Chhomrong (2,170m), the last major settlement on the approach to the Annapurna Sanctuary. Covering approximately 9–11 km in 5–6 hours of walking, today's journey combines cultural encounters, varied terrain, and spectacular Himalayan scenery. Upon arrival, enjoy panoramic mountain views from this picturesque village before settling into a comfortable teahouse and preparing for the adventure ahead.
Overnight stay at a teahouse.

▮ **Day 6: Trek from Chhomrong to Himalaya (2,920 m): Walking Distance | 10 – 12 km | 6 – 7 hours**

Departing from Chhomrong (2,170m), the trail descends via a long stone staircase to Chhomrong Khola before climbing through dense bamboo and rhododendron forests to Sinuwa. From here, the route gradually enters the heart of the Annapurna Sanctuary, traversing lush woodland, cascading streams, and narrow valley sections beneath towering Himalayan peaks. As the day progresses, the landscape becomes increasingly alpine, offering a dramatic contrast to the cultivated hillsides left behind. Lunch will be served at a teahouse along the route, typically in Bamboo or Dovan.

Continuing through the Modi Khola valley, the trail passes through Bamboo and Dovan before reaching Himalaya (2,920m), a small settlement surrounded by steep forested slopes and spectacular mountain scenery. Covering approximately 10–12 km in 6–7 hours of walking, today's trek marks a significant transition from the lower villages into the remote wilderness of the Annapurna Sanctuary. Upon arrival, enjoy the peaceful atmosphere of this secluded mountain outpost and prepare for the higher-altitude trekking days ahead.
Overnight stay at a teahouse.

▮ **Day 7: Trek from Himalaya to Machhapuchhre Base Camp (3,700 m):**

Walking Distance | 5 – 6 km | 3 – 4 hours

Continuing from Himalaya (2,920m), today's route ascends deeper into the upper Modi Khola valley, where the terrain gradually transforms from lush woodland into a rugged alpine landscape. The trail passes through Hinku Cave and Deurali, offering increasingly dramatic scenery as towering cliffs close in and Machhapuchhre (Fishtail) dominates the skyline. The journey becomes more remote and atmospheric with every step, as the valley opens toward the high Himalayas. Lunch will be served at a teahouse en route, typically in Deurali.

From Deurali, the path continues into the sacred basin of the Annapurna Sanctuary, leading to Machhapuchhre Base Camp (3,700m). Covering approximately 5–6 km in 3–4 hours of trekking, today's ascent delivers a remarkable transition into a high-altitude amphitheater surrounded by Annapurna I, Hiunchuli, and Machhapuchhre. Upon arrival, enjoy the breathtaking panoramic views and the serene glacial environment of this iconic mountain basin.

Overnight stay at a teahouse.

▮ **Day 8: Trek to Annapurna Base Camp and Explore (4,130 m): Walking**

Distance | 3 – 4 km | 1.5 – 2.5 hours

An early departure from Machhapuchhre Base Camp (3,700m) leads us deeper into the heart of the Annapurna Sanctuary, following a gentle ascent across a broad glacial basin. Encircled by a dramatic amphitheater of towering Himalayan peaks, the route offers uninterrupted views of Machhapuchhre, Hiunchuli, and the majestic Annapurna range. As the valley opens further, the landscape becomes increasingly vast and striking, defined by snow-covered ridgelines and glacial terrain that signal our approach to one of the most iconic high-altitude destinations in the Himalayas.

Continuing along this remarkable route, we arrive at Annapurna Base Camp (4,130m), the ultimate destination of the trek and the heart of the Annapurna Sanctuary. Covering approximately 3–4 km in 1.5–2.5 hours of trekking, today's journey is short in distance yet exceptionally rewarding in experience. Upon arrival, take time to explore the base camp, enjoy the serene high-altitude atmosphere, and capture unforgettable moments in this extraordinary natural setting.

Overnight stay at a teahouse.

▮ **Day 9: Trek from Annapurna Base Camp to Bamboo: Walking Distance | 12 – 15 km | 6 – 8 hours**

Today we will wake early at Annapurna Base Camp (4,130m) to catch the sunrise, when the first light slowly touches Annapurna I, Hiunchuli, and Machhapuchhre, turning the entire sanctuary from shadow into soft gold. The air is cold and still, and the mountains gradually reveal themselves as the valley comes alive.

After breakfast, we begin the descent, retracing our steps past Machhapuchhre Base Camp and down through Deurali and Himalaya. The high alpine landscape slowly fades into forest, with the terrain shifting from rocky ground to rhododendron and bamboo as the air grows warmer and thicker.

The trek from ABC to Bamboo covers around 12 to 15 km and takes approximately 6 to 8 hours. We continue along the Modi Khola valley until we reach Bamboo, a quiet forest settlement, ideal for rest after a long descent. Overnight stay at a teahouse.

▮ **Day 10: Trek from Bamboo to Jhinu (Hot spring) (1,780 m): Walking**
Distance | 9 – 11 km | 5 – 6 hours

Starting from Bamboo (2,310m), the trail climbs steadily through dense bamboo and rhododendron forest toward Sinuwa. From Sinuwa, we drop down long stone steps to the Chhomrong Khola suspension bridge, then push up a short but demanding ascent to Upper Chhomrong, a common lunch stop with wide views of the Annapurna range. Beyond Chhomrong, the path continues its long descent through stone staircases and terraced hillsides until we reach Jhinu Danda (1,780m). The trek covers around 9 to 11 km and takes approximately 5 to 6 hours depending on pace and breaks.

From Jhinu, we walk down to the natural hot springs by the river, about 20–25 minutes below the village, where we relax and recover after the day's trek. Overnight stay at a teahouse.

▮ **Day 11: Trek to New Bridge and Drive to Pokhara (822 m) | 4 – 6 hours**

The journey from Jhinu Danda to Pokhara (822m) begins with a short downhill trek of about 45 minutes to 1 hour, reaching Siwai or New Bridge, the nearest road-access points. From here, a vehicle is taken to continue the drive toward Pokhara.

The road from Siwai to Nayapul is rough and typically requires a jeep or 4WD vehicle. After Nayapul, the route improves as it joins the main highway, offering a smoother drive through river valleys and hillside settlements toward Pokhara.

The full drive from Siwai to Pokhara usually takes around 4.5 to 6 hours, depending on road conditions and traffic. An early morning start is recommended to avoid delays, with possible stops for tea or meals along the way in towns such as Nayapul or Lumle before arriving in Pokhara by afternoon or early evening.

Overnight stay at a hotel.

▮ **Day 12: Drive from Pokhara to Kathmandu (1,440 m)| 6 – 8 hours**

After breakfast in Pokhara, we begin our drive back to Kathmandu in a tourist coach, marking the final leg of the journey. The road follows the scenic Prithvi Highway, winding alongside rivers, terraced hillsides, and small roadside settlements that reflect everyday life in rural Nepal. Along the way, we pass through bustling highway towns and enjoy changing views of green valleys and distant hills.

We stop en route for lunch at a local restaurant before continuing towards the capital. As we approach Kathmandu, the landscape gradually becomes more urban, signaling our return to the city after days spent in the Himalayas. Upon arrival in Kathmandu, we transfer to the hotel. The rest of the day is free for rest, last-minute shopping, or exploring the city at leisure.

Overnight stay at a hotel.

Alternatively: You can take a domestic flight from Pokhara to Kathmandu, which takes approximately 30 minutes. The one way flight costs around USD per person. We can also assist in arranging and reserving the flight for you. Please let us know if you would like us to proceed.

▯ **Day 13: Farewell and Final Departure**

After breakfast, depending on your flight schedule, we will transfer you to Tribhuvan International Airport for your final departure. Our team will assist with your departure arrangements, ensuring a smooth and comfortable transfer. This marks the end of your journey in Nepal, with memories of the Himalayas, warm local hospitality, and an unforgettable trekking experience to take home.

We sincerely thank you for traveling with us and hope to welcome you again for another unforgettable adventure in the Himalayas.

What's Included:

- ☒ Airport Pick-up and drop Service
- ☒ Hotel Accommodation in Kathmandu (twin sharing basis) with breakfast
- ☒ Hotel Accommodation in Pokhara (twin sharing basis) with breakfast
- ☒ Guided Tour of Kathmandu valley with an experienced tour guide
- ☒ Sightseeing charges and Entry fees
- ☒ Accommodation during the trek (teahouse / guesthouse / homestay)
- ☒ All meals during the trek (Breakfast, Lunch, Dinner)
- ☒ Transportation (tourist coach / local bus / private vehicle)
- ☒ Experienced licensed English-speaking trekking guide
- ☒ Local government Entry Permit of Rs. 2000 (started in 2018)
- ☒ Insurance of the Guide and Porter
- ☒ Annapurna Conservation Area Permit
- ☒ TIMS (Trekking Information Management System) Trekking Permit Card
- ☒ Medical kits carried by the guide
- ☒ All necessary paper works, office service charge and all Government Taxes

Optional Add-Ons:

- ☒ Porter (cost: 20 USD per day, carries 15 – 20 kg load. Porter's accommodation, transport and meal is paid by the company)
- ☒ Down jacket, all-season sleeping bag, duffel bag and trekking map (in case you don't have your own. Down jacket, sleeping bag and duffel bag must be returned after completion of the trip).

What's Excluded:

- ☒ Travel insurance (Mandatory: Should include emergency evacuation coverage while trekking up to 5500+ m)
- ☒ International airfare and Visa costs (you can get Visa upon arrival at the airport)
- ☒ Domestic flight POK – KTM
- ☒ Personal interest items or gears
- ☒ Tips to guide / driver / porter
- ☒ Lunch and dinner in Kathmandu and Pokhara
- ☒ Extra night accommodation in Kathmandu and Pokhara in case of early arrival, late departure, and early return from the mountain (due to any reason) than the scheduled itinerary
- ☒ Beverage and Drink Items / Other Extra facilities like hot shower during trek
- ☒ Any other expenses which are not mentioned in "What's Included" section

Important note:

This note represents the most current information for this itinerary and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control. We do our best to provide you the best available services but at the same time ask for your understanding to be flexible, in case of unpredictable conditions.

Thank you for choosing Trekadviser, Nepal as your travel partner. We wish you a very pleasant stay in Nepal.