

Annapurna Base Camp Trek: 10 Days Itinerary and Latest Insights

Url: <https://www.glorioushimalaya.com/trekking-and-hiking/annapurna-base-camp-trek/>

Duration

10

Max. Altitude

4,130m

Difficulty

Moderate

Per Person Cost

USD 650

Transport

Car/Jeep/Bus

Meals

Breakfast, Lunch, Dinner

Accommodation

Hotels & Lodges

Starts At

Kathmandu

Ends At

Kathmandu

Highlights

- Visit the world-famous Annapurna Base Camp Trek along with the Machhapuchre Base camp.
- Annapurna range, Machhapuchre, Hiunchuli, and other high peaks can be seen in a spectacular. The way from the numerous viewpoints on the trek.
- Trekking past bamboo forests, beautiful rhododendron forests, and stunning waterfalls.
- Experience the variety of wildlife at different altitudes.
- Find out how Gurung and Magar people live in the hills of the Himalayas.
- Explore traditional houses and architecture.
- Relax at the natural hot spring at Jhinu Danda.

Itinerary

Day 01: Kathmandu arrival and transfer to the hotel. (1400m)

After your arrival at Kathmandu airport, you will be picked up by our office representative and be transferred to the hotel. If your arrival is in the morning or day time, you will have free time after hotel check-in during the day.

In the evening time, our senior guide will come to meet you and give you a brief orientation about Annapurna Base Trek. After orientation, you will be transferred to a local restaurant for a welcome dinner. Overnight at the hotel including breakfast.

Accommodation

Hotel

Meals Included

Welcome Dinner

Day 02: Drive to Pokhara (850m) - 7 hrs drive

After breakfast, we leave Kathmandu at 7 am in the morning and drive towards Pokhara along the Prithivi highway. The travel to Pokhara takes about 7-8 hours. You will stop for lunch in Malekhu, which is famous for its river fish. You can also take a scenic flight from Kathmandu's domestic airport to Pokhara at an additional cost. Today's journey provides numerous possibilities to witness terraced fields, rivers, streams, verdant valleys, steep canyons, farmlands, and traditional Nepalese rural life.

We arrive at Pokhara after almost 8 hours of traveling. When you arrive in Pokhara, you will be driven to your hotel. Tonight, our representative will give you an overview of the trip. You can tour the lakeside of Pokhara and enjoy its excellent and different cuisine options, as well as the many dances and musicals that take place at night.

Driving Distance

200 KM/ 124 Miles

Elevation Lose

550 m/ 1,804 ft

Accommodation

Hotel

Meals included

Breakfast

Day 03: Drive to Nayapul and then trek to Jhinu Danda (1780m.) - 5 hrs trek

After a hot breakfast at the hotel, we take a private car to Nayapul. It is about a 1-hour drive which passes through the beautiful villages. Nayapul is the starting point of Ghorepani and Annapurna base camp trek. Upon reaching Nayapul, we start our walk via Birethanti and the trail passing through impressive villages, green forest, stunning Kempty waterfall, thrilling suspension bridge and some stone steps along the Modi River to reach Jhinu Danda.

Jhinu Danda is popular for its natural hot springs, where we can take a natural hot bath to get relaxed for our tired muscles. Furthermore, the views of Mt. South Annapurna, Hinchuli and Fishtail make your stay more blissful at Jhinu Danda.

Walking Distance

13 KM/ 8 Miles

Elevation Gain

930 m/ 3,051 ft

Accommodation

Tea house

Meals Included

Breakfast, Lunch, Dinner

Day 04: Trek to Bamboo (2310m.) - 6/7 hrs trek

Today, we walk all the steep way up to Chhomrong village. Chhomrong is the largest local settlement along the route. The trail descends on a stone staircase and crosses the Chhomrong River. Climbing further on a rocky trail (beware of the stinging nettles) we reach at Sinuwa, at a 2350m.

You descend a long, steep stone staircase into deep oak, Bamboo and rhododendron forests. It is then a short distance on a muddy trail to Bamboo Lodge (2340m.). Stay overnight at lodge.

Walking Distance

12 KM/ 7.5 Miles

Elevation Gain

550 m/ 1,804 ft

Accommodations

Tea house

Meals Included

Breakfast, Lunch Dinner

Day 05: Trek to Machhapuchhere base camp (3700m.) - 7 hrs trek

Today is a bit long day hike up to Machhapuchre base camp but we will forget all our pain because of the magnificent views of the Annapurna range including Fishtail, Hinchuli, Gangapurna, Annapurna South, Annapurna I, II. We start our walk gently by ascending through thick bamboo, rhododendron and oak forest. We cross the small bridge on the Modi Khola and continue climbing up the wide and boulder-scattered glacial valley.

The Machhapuchhre looks very different now as the vegetation is sparse of mainly upland rhododendron. We cross Modi Khola once again and after following it for a while we start climbing up to Machhapuchhre Base camp. Overnight at lodge.

Walking Distance

13.5 KM/ 8.3 Miles

Elevation Gain

1,390 m/ 4,560 ft

Accommodations

Tea house

Meals Included

Breakfast, Lunch, Dinner

Day 06: Trek to Annapurna base camp (4130m.) & back to Dovan (2540m.) - 7 hrs trek

Today we start our trek early in the morning (around 4 AM) as we can see the breathtaking view of the sunrise from the Annapurna base camp. The path follows through the alpine forest. After a short trek, you begin to approach Annapurna Base Camp (4130m.). From here, you can see the panoramic views of several peaks which are all so clear.

The views hereabouts will give you so clear pictures that will linger in your memories for as long as it takes. After reaching Annapurna base camp we will take some rest for the photos and then trek down to Dovan.

Walking Distance

16 KM/ 9.9 Miles

Elevation Gain

430 m/ 1,411 ft

Accommodations

Tea house

Meals Included

Breakfast, Lunch, Dinner

Day 07: Trek to Jhinu Danda (1780m) - 6 hrs trek

The path is descending up to Bamboo passing through forests with varieties of rhododendron, oaks and bamboo plants. After Bamboo, the trail goes steeply up to the Kuldi Ghar and now the trail is quite flat until we reach Sinuwa. We trek gradually descending to the Chomrong Khola and we go up a stone staircase which you think will never end for almost an hour till we reach Chomrong.

The last part of the trail is steeply down to Jhinudanda. From the town, you walk down for 20 minutes to reach Hot Spring at the bank of the Modi Khola. You can unwind yourself at the hot springs & pamper your body with a hot bath. Stay overnight at lodge.

Walking Distance

14 KM/ 8.6 Miles

Elevation Lose

800 m/ 2,624 ft

Accommodation

Tea house

Meals Included

Breakfast, Lunch, Dinner

Day 08: Trek to Nayapul then drive to Pokhara (850m) - 5 hrs trek

Today after breakfast, we will hike up to Nayapul and then take a jeep/car ride to reach Pokhara. The trek to Nayapul is a lovely hike as you can enjoy the views of beautiful landscapes along the trail back. We will haul up for lunch on the way.

In about 5 hours, we reach Nayapul and stop for some rest before we get onto our vehicle up to Pokhara. Nayapul to Pokhara is about a one and half hour drive. Overnight at our hotel inclusive breakfast.

Walking Distance

13 KM/ 8 Miles

Elevation Lose

910 m/ 2,985.5 ft

Accommodation

Hotel

Meals Included

Breakfast and Lunch

Day 09: Drive back to Kathmandu (1400m) - 7 hrs drive

While driving from Pokhara to Kathmandu, we head up to Damauli, Dumre, Mugling, and Kurintar where Nepal's first Cable car is operated to reach Manakamana Temple, this is a temple where most Nepalese come to have their wishes granted before leaving home or getting married.

From Naubise we climb up to Thankot, the gateway to Kathmandu and finally reach our hotel & a lovely soft warm bed.

Driving Distance

200KM/ 124 Miles

Accommodation

Hotel

Meals Included

Breakfast

Day 10: Departure from Nepal.

After breakfast and our last day in Kathmandu, our vehicle and escorts will be on standby to drop you at the international airport three hours before our scheduled flight back home.

At Glorious Adventure, meeting you has been a great honor and we pray for your Safe journey home and will reflect on the wonderful times we spent together. Bon Voyage!!! We hope to see you again someday...

Meals

Breakfast

Trip Includes

- Airport pick-ups and drop-offs by private vehicles.
- 2 nights of 3-star category twin-sharing hotel accommodations in Kathmandu city, including breakfast.
- 2 nights of deluxe twin-sharing hotel accommodations in Pokhara city inclusive of breakfast.
- 5 nights twin sharing best local lodges accommodations during the trek.

- Meals on full board during the trek. (Breakfast, Lunch and dinner)
- Serve available seasonal fruits every evening after dinner.
- 1 complimentary welcome dinner at a typical local restaurant with a cultural dance show in Kathmandu.
- Government-certified and experienced guide for the trek.
- Porters to carry your loads during the trek. (1 porter for 2 customer)
- Luxury tourist bus transport from Kathmandu to Pokhara and Pokhara to Kathmandu.
- All the essential trekking permits for the trek.
- Private car/jeep transport from and to the trekking starting point Nayapul.
- Waterproof company duffel bags and sleeping bags to use for the trek.
- First aid medicine with oximeter in an emergency case for the trek. (will be carried by our local guide)
- Emergency helicopter evacuation if you have any health issues while on the trek. (You should have travel insurance in this case)
- All government taxes and company service charges.
- Trip achievement certificate after trip completion.

Trip Exclude

- International airfares and Nepal travel visa fees. (Please bring 4 passport size photos for the visa upon your arrival at Kathmandu airport along with you.)
- Your travel insurance.
- Your personal expenses such as the use of WIFI, hot shower, battery charging, etc in the mountain regions.
- Tips to the trekking guide and porters.

Checklist

What you should bring depends largely upon where, when and how you are trekking. The main stress while trekking is on keeping warm and dry while still being lightweight. At altitudes above 3,000 meter, you will need warm clothing at all times, while at lower altitudes, you will need to keep warm only in the evenings.

And for lower altitudes, fleece jackets are adequate, while at higher altitudes down jackets are advisable.

Waterproof, windproof jackets and pants, well broken in footwear, head cover is also recommended. Good hiking shoes, a pair of sandals, sleeping bags, down jacket, sunglasses, warm woolen hiking socks, lightweight warm gloves, drinking water bottle, water purification tablets (which is highly recommended) a Swiss army knife, torchlight, sun block cream, toiletries, one quick drying towel, first aid kit and a very good route map are other things that come very handy. You also need a camera to take home memories of the trip. Please find the details trekking gear checklist below.

Trekking Gear Checklist

Head

- Bandana or headscarf, also useful for dusty conditions.
- Warm hat that covers your ears (wool or synthetic)
- Headlamp with extra batteries and bulbs.
- Sunglasses with UV protection
- Prescription sunglasses (if required)

Upper Body

- Polypropylene shirts (1 half sleeve and 2 long sleeves)
- Light and expedition weight thermal tops.
- Fleece wind-stopper jacket or pullover.
- Waterproof shell jacket (preferably breathable fabric)
- Down jacket
- Gore-Tex jacket with hood, waterproof and breathable

Hands

- 1 pair of lightweight poly-liner gloves.
- 1 pair of lightweight wool or fleece gloves.
- 1 pair of mittens, consists of 1 Gore-Tex over mitt matched with a very warm polar-fleece mitt liner (seasonal)

Lower Body

- Non-cotton underwear briefs.
- 1 pair of hiking shorts.
- 1 pair of hiking trousers.
- 1 pair of lightweight thermal bottoms (seasonal)
- 1 pair of fleece or woolen trousers
- 1 pair of waterproof shell pants, breathable fabric

Feet

- 2 pairs of thin, lightweight inner socks.
- 2 pairs of heavy poly or wool socks.
- 1 pair of hiking boots with spare laces (sturdy, soles, water resistant, ankle support, "broken in")
- 1 pair of trainer or running shoes/sandals
- Cotton socks (optional)
- Gaiters (winter only), optional, "low" ankle high version

Sleeping

- 1 sleeping bag (-20 degrees)
- Fleece sleeping bag liner (optional)

Rucksack and Travel Bags

- 1 medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carryon)
- 1 large duffel bag

- A small daypack/backpack for carrying your valuables should have good shoulder padding
- Small padlocks for duffel-kit bags
- 2 large waterproof rucksack covers (optional)

Medical

- Small, personal first-aid kit. (Simple and light)
- Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.
- Water purification tablets or water filter.
- 1 set of earplugs
- Extra pair of prescription glasses, contact lens supplies.

Practical Items

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 cigarette lighters, 1 small box of matches
- 1 compass or GPS (optional)
- 1 alarm clock/watch
- 1 digital camera with extra cards and batteries
- Large Ziplocs
- 2 water bottles (1 ltrs. each)
- 1 small folding knife
- Binoculars (optional)
- 4 large, waterproof, disposable rubbish sacks.

Toiletries

- 1 medium-sized quick-drying towel
- Toothbrush/paste (preferably biodegradable)
- Multi-purpose soap (preferably biodegradable)
- Deodorants
- Nail clippers
- Face and body moisturizer
- Female hygiene products
- Small mirror

Personal Hygiene

- Wet wipes (baby wipes)
- Tissue/toilet roll
- Anti-bacterial hand wash

Extras/Luxuries

- Reading books
- Trail map/guide book
- Journal and pen
- iPod
- Travel game i.e. chess, backgammon, scrabble, playing cards (to help you pass the time at teahouses or camps)
- 1 modest swimsuit
- Voltage converter
- Plug adapter (2 round pegs to 2 flat pegs)
- Lightweight pillowcase (in case if your teahouses do not provide you)

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