

Annapurna Base Camp Trek

ascendhikes@gmail.com
[+977 9803667776](tel:+9779803667776)



Annapurna Base Camp Trek

URL: <https://ascendhikes.com/package/annapurna-base-camp-trek/>

Trip Code

2026A

Start / End Point

Kathmandu / Kathmandu

Duration

14

Max. Altitude

4,130 m

Nature Of Trek

lodge to lodge

Best Season

October and November or April and May

Activity Per Day

5-7 hrs

Transportation

tourist bus

Per Person From

USD 1,075

Group Size

2 - 14

Trip Difficulty

Moderate

Accommodation

Guest house

BLD

Breakfast, Lunch and Dinner

Annapurna trek Nepal

The Annapurna Base Camp Trek is an adventure excursion. This trek offers a singular combination of beautiful mountain panoramas, cultural experiences, and natural beauty. The trek past picturesque towns, terraced farms, and dense rhododendron forests leading to Annapurna trek. A panoramic view of snow-capped peaks will greet you as you climb. Traditional Gurung and Magar settlements are passed through during the journey. Where you may fully experience the culture and hospitality of the area in Annapurna.

A fascinating excursion that brings you right into the heart of the Annapurna Sanctuary is the Annapurna Base Camp Trek. Views of the Annapurna Massif, which includes peaks like Machapuchare, Hiunchuli, and Annapurna I, are expansive from the trek. At lower levels, the journey offers a subtropical climate, but at higher altitudes, it offers an alpine setting. Immersion in local customs, rituals, and hospitality can be experienced through cultural contacts with Gurung and Magar communities, as well as traditional villages. This short route takes you to 825 meters above sea level when you arrive in Pokhara, check into a hotel, drive to Sauli Bazar, and then hike to Ghandruk.

The highlight of reaching [Annapurna Base Camp Trek](#) is, situated at an altitude of 4,130 m. Here, you'll be surrounded by towering mountains. The iconic Annapurna I (8,091 meters) and its neighboring peaks. The sense of awe & accomplishment stand amidst the majestic Himalayas is truly unforgettable. The way of Annapurna, you'll also reach the Machhapuchhre Base Camp too. The trail to base camps takes you through ever-changing landscapes. Alpine forests to rocky moraines. Providing a diverse & immersive trekking experience.

Throughout the Annapurna Base Camp trek, rewarded with stunning vistas. From sunrise views over the snow-capped peaks to the surreal beauty of the Annapurna Sanctuary, nature's grandeur will leave you in awe. The tranquility and serenity of the mountains create a sense of peace. And harmony that can only be found in these remote corners of the world.

Annapurna Base Camp Trek considered moderately. The challenging, requiring a good level of stamina. However, with proper acclimatization, pacing, and the support of experienced guides, this trek is accessible to trekkers of various experience levels.

Warm meals and connections with other trekkers from across the world can be had while on the trail. When you return from the journey, you won't just have wonderful recollections of the stunning scenery; you'll also have a deeper understanding of the Himalayas' magnificence and majesty, as well as the tenacious people who [live here too](#).

Annapurna Base Camp Trek Details

The Annapurna Base Camp Treks start from different place according to your vacation of time in Nepal Himalayas. Here we are planning a trek for 12 Days Start from Kathmandu to ending to Kathmandu for the Annapurna BC trek. We are flexible for the program as according to your holiday.

From Kathmandu start early in the morning with private jeep to Pokhara driving about 7-8 hours depending on road conditions. Stay in Pokhara in hotel. From the Next morning start to drive to Hile and trekking start to Ulleri until trek ending point Jhino, every day you have to trek about 6-9 hours depending on your itinerary.

From the Jhino Danda driving to Pokhara, Pokhara is touristic second biggest city after Kathmandu. If you have time you May stay in Pokhara another day to explore the beautiful city. You can do more activities in Pokhara city like boating, paragliding, sunrise views and many more...

After Pokhara, drive back to Kathmandu about 200km 7-8 hours by tourist bus in Prithvi Highway and in the evening meet with Ascend Hikes representative for the farewell dinner and you can share our services and your trekking experience with us. In the late evening, you have to sleep, and the next morning is your flight back to home, so, give the flight details to us and us (Ascend Hikes) drive to you on the Airport for the final departure.

Itinerary for Annapurna Base Camp:

The Annapurna Base Camp Treks begin at different points around the Nepal Himalayas, depending on your holiday time. We are organizing a 12-day Annapurna BC trip that will begin in Kathmandu and finish in Kathmandu. We are flexible for the program based on your holiday.

Day 01: Arrival in Kathmandu

Arrive in Kathmandu, the capital city of Nepal. Spend the day exploring the vibrant streets of Thamel and making any necessary preparations for the trek. Overnight stay in Kathmandu

Meals:

Breakfast

Accommodation:

Hotel

Day 02: Kathmandu to Pokhara

Take a scenic drive or a short domestic flight from Kathmandu to Pokhara, the gateway to the Annapurna region. Enjoy the rest of the day exploring the beautiful lakeside city. Overnight stay in Pokhara.

Drive Distance

200km

Drive Duration

7-8 hrs.

Highest Altitude:

800m

Meals:

Breakfast and Lunch

Accommodation:

Hotel in Pokhara

Day 03: Pokhara to Nayapul and Trek to Tikhedhunga (1,540 meters / 5,052

feet)

Drive from Pokhara to Nayapul (about 1.5 hours) and begin the trek. The trail follows the Modi Khola river, passing through Birethanti, and then ascends to Tikhedhunga. Overnight stay in Tikhedhunga.

Drive Distance

45km

Drive Duration

2 hours

Highest Altitude:

1,540 m

Meals:

Breakfast, Lunch and Dinner

Accommodation:

guest house

Day 04: Tikhedhunga to Ghorepani (2,860 meters / 9,383 feet)

Start the day with a steep ascent up the Ulleri Steps. The trail continues through rhododendron forests and villages, bringing you to the village of Ghorepani. Overnight stay in Ghorepani.

Trek Distance:

15km

Trek Duration

5-6hrs

Highest Altitude:

2,860 m

Meals:

BLD

Attraction of the Day:

beautiful mountains

Accommodation:

guest house

Day 05: Ghorepani to Poon Hill (3,210 meters / 10,532 feet) and Tadapani (2,630 meters / 8,628 feet)

Early morning hike to Poon Hill to witness a breathtaking sunrise over the Annapurna and Dhaulagiri Mountain ranges. After enjoying the panoramic views, return to Ghorepani and continue trekking to Tadapani. Overnight stay in Tadapani.

Highest Altitude:

2,630 m

Meals:

BLD

Accommodation:

guest house

Day 06: Tadapani to Chhomrong (2,170 meters / 7,120 feet)

Descend through forests and cross suspension bridges over rivers. The trail passes through beautiful villages and brings you to Chhomrong, a Gurung village with stunning mountain views. Overnight stay in Chhomrong.

Highest Altitude:

2,170 m

Meals:

BLD

Accommodation:

Lodge

Day 07: Chhomrong to Bamboo (2,310 meters / 7,576 feet)

Descend steeply through stone steps to cross the Chhomrong Khola river and then ascend through forests to reach Bamboo. Overnight stay in Bamboo.

Highest Altitude:

2,310 m

Meals:

BLD

Accommodation:

Lodge

Day 08: Bamboo to Deurali (3,230 meters / 10,597 feet)

Continue the trek through bamboo and rhododendron forests, gradually ascending to Deurali. This area offers beautiful views of the surrounding mountains. Overnight stay in Deurali.

Highest Altitude:

3,230 m

Meals:

BLD

Accommodation:

Lodge

Day 09: Deurali to Annapurna Base Camp (4,130 meters / 13,550 feet)

Trek through the picturesque Machhapuchhre Base Camp and enter the Annapurna Sanctuary. The trail opens up to reveal the spectacular Annapurna range as you reach Annapurna Base Camp. Overnight stay at Annapurna Base Camp.

Highest Altitude:

4,130 m

Meals:

BLD

Accommodation:

Lodge

Day 10: Annapurna Base Camp to Bamboo

Wake up early to enjoy sunrise views over the mountains from Annapurna Base Camp. After breakfast, begin the descent and retrace your steps back to Bamboo. Overnight stay in Bamboo.

Meals:

BLD

Accommodation:

Lodge

Day 11: Bamboo to Jhinu Danda (1,780 meters / 5,839 feet)

Descend further down the trail, passing through the village of Chhomrong. Continue to Jhinu Danda, where you can relax and enjoy natural hot springs. Overnight stay in Jhinu Danda.

Highest Altitude:

1,780 m

Meals:

BLD

Accommodation:

Lodge

Day 12: Jhinu Danda to Nayapul and Return to Pokhara

Descend to Nayapul, passing through beautiful, terraced fields and villages. From Nayapul, drive back to Pokhara. Spend the rest of the day in Pokhara, relaxing or exploring its attractions. Overnight stay in Pokhara.

Meals:

BLD

Accommodation:

Lodge

Day 13: Pokhara to Kathmandu Drive or fly back to Kathmandu from Pokhara

Spend the day exploring Kathmandu's cultural and historical sites or shopping for souvenirs. Overnight

stay in Kathmandu.

Drive Distance

200km

Drive Duration

7-8 hrs

Meals:

BL

Day 14: Departure from Kathmandu

Depart from Kathmandu, or you can extend your stay and explore more of Nepal's wonders.

Cost Includes

- **Airport Pick up and drop.**
- **All the accommodation and meal (3 times a day with one main course) during the trek.**
- **All the official expenses and paperwork (like Permit for peak climbing).**
- **All the transportations.**
- **Government license holder Ascend Hikes Experience English speaking Guide.**
- **A Porter for 2 Trekkers and Maximum 20 Kg weight of Luggage.**
- **All the Government Taxes.**
- **All the Insurance of Guide and Porters.**
- **Farwell dinner in Kathmandu.**

Cost Excludes

- **Travel Insurance and Entry visa fees.**
- **International Flight tickets.**
- **All trekking gear and others expenses.**
- **Hot & cold, Bar and Beverages bills, like hot water, tea, coffee, etc.**
- **All the accommodation and food before and after Trekking.**
- **Excess Baggage charge.**
- **Personal expenses: wi-fi, Battery charge etc...**
- **Staff tips**
- **All others things are Exclude which is not in the list of Include.**

Group Discounts Available

No. of Persons	Price per Person
1 - 1	USD 1,655
2 - 2	USD 1,199
3 - 3	USD 1,075
4 - 4	USD 999
5 - 5	USD 955
6 - 6	USD 899

Altitude sickness and Prevention

Above the 3000meters altitude, should be get altitude sickness in the Himalayas. There are no boundary, who will get altitude sickness. Any one - any time can get altitude symptoms. It's depending on how you can adjust the environment.

How to know getting altitude sickness?

- **Some major symptoms of Altitude sickness.**
- **Less apatite and tiredness.**
- **Short breath and can't sleep at night.**
- **Headache and dizziness**
- **Vomiting and whole body cold.**

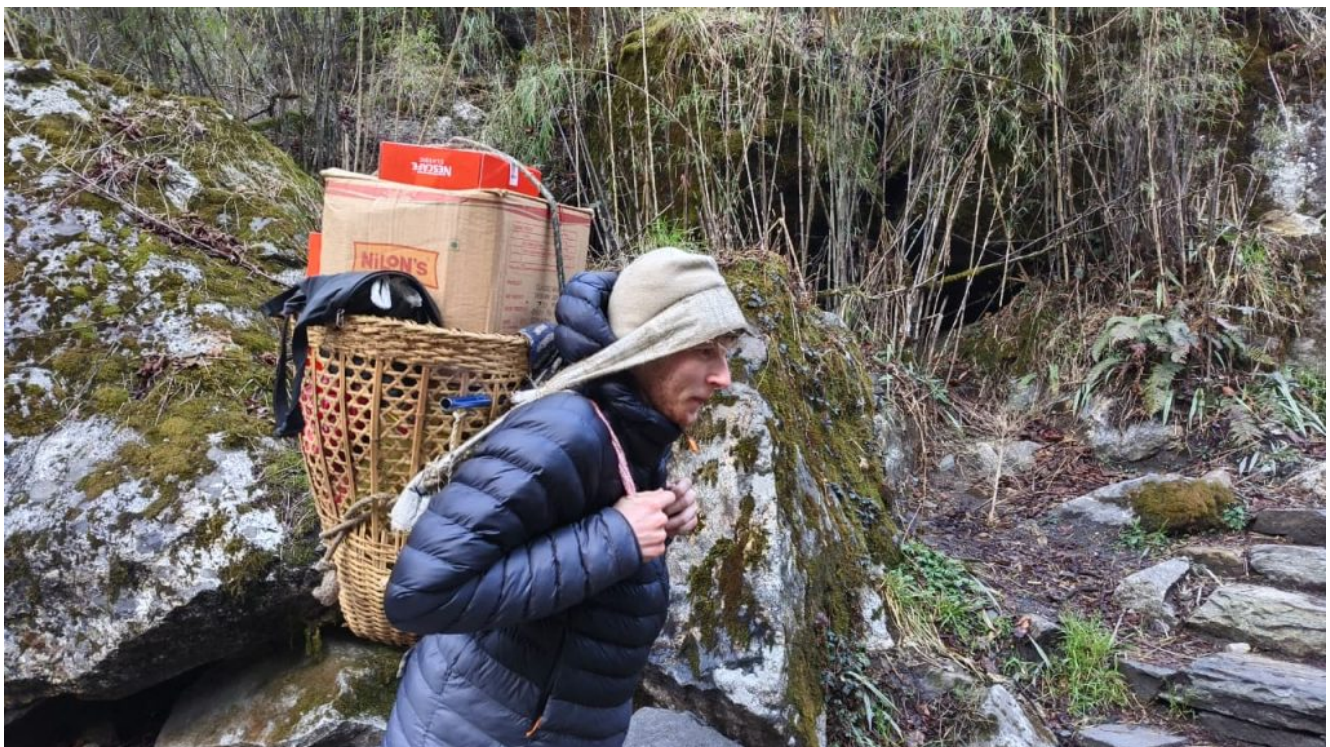
How to prevention altitude sickness?

- **Some step to avoid altitude sickness,**
- **Walk slowly where you are above 2500 meters altitude.**
- **Drink enough water (3-4 liters) recommend.**
- **Stop drinking alcohol and smoke.**
- **Eat plenty and hygienic food, instead of junk food.**
- **Don't sleep at daytime.**
- **Pack a Diamox for the emergency case.**
- **And walk in high and sleep at low elevation.**

Useful Information

- **Visa Requirements:** Most travelers to Nepal require a visa to enter the country. You can obtain a tourist visa upon arrival at the Tribhuvan International Airport in Kathmandu or apply for it in advance at the Nepalese embassy or consulate in your home country.

- **Travel Insurance:** It is highly recommended to have travel insurance that covers high-altitude trekking and climbing activities. Make sure your insurance policy includes emergency medical evacuation, as well as coverage for trip cancellation, lost luggage, and other potential incidents.
- **Flights to Lukla:** The journey to Island Peak typically begins with a flight from Kathmandu to Lukla, the nearest airport to the Everest region. Flights to Lukla are operated by domestic airlines and are subject to weather conditions. It's advisable to book your flights in advance and be prepared for possible schedule changes or delays.
- **Accommodation in Kathmandu:** In Kathmandu, you'll find a wide range of accommodation options, ranging from budget guesthouses to luxury hotels. Thamel is a popular area for tourists and offers a variety of hotels, restaurants, and shops.
- **Local Currency and Expenses:** The local currency in Nepal is the Nepalese Rupee (NPR). It's recommended to carry some cash for small expenses, as credit cards may not be widely accepted in remote areas. ATMs are available in Kathmandu, but they may be limited in other locations. It's also advisable to carry small denomination USD bills as they can be easily exchanged.
- **Communication and Internet:** Most major towns and trekking routes in Nepal have access to mobile networks and internet services. Local SIM cards can be purchased in Kathmandu for better connectivity during your stay. However, keep in mind that the availability of network coverage and internet speeds may vary in remote mountainous areas.
- **Health and Vaccinations:** Prior to your trip, consult with a healthcare professional or travel clinic for up-to-date information on recommended vaccinations and health precautions for Nepal. Common vaccinations include those for hepatitis A and B, typhoid, tetanus, and influenza. It's also important to bring any necessary medications and a basic first aid kit.
- **Responsible Trekking:** Practice responsible and sustainable trekking by respecting local customs and traditions, preserving the environment, and supporting local communities. Carry out any trash you generate, use designated teahouses or lodges for accommodation, and hire local guides and porters to contribute to the local economy.



Equipments

Clothing:

- Moisture-wicking base layer (tops and bottoms)
- Insulating mid-layer (fleece jacket or down jacket)
- Waterproof and windproof outer shell jacket
- Waterproof and windproof pants
- Trekking pants (convertible pants are convenient)
- T-shirts or hiking shirts
- Thermal or woolen socks
- Hiking boots (broken in and comfortable)
- Camp shoes or sandals
- Warm hat or beanie
- Sun hat or cap
- Gloves (insulated and waterproof)
- Sunglasses with UV protection

Equipment:

- Backpack (40-50 liters) for carrying personal items
- Sleeping bag (warm and suitable for low temperatures)
- Trekking poles (helpful for stability and reducing strain on knees)
- Headlamp or flashlight (with extra batteries)
- Water bottle or hydration system
- Durable plastic bags or dry sacks (to protect your gear from rain)
- Trekking towel
- Personal toiletries (toothbrush, toothpaste, biodegradable soap, etc.)
- Sunscreen and lip balm (with high SPF)
- Insect repellent
- Basic first aid kit (band-aids, antiseptic cream, blister treatment, etc.)
- Medications (personal prescriptions, pain relievers, altitude sickness medication, etc.)
- Camera or smartphone for capturing memories
- Power bank or spare batteries for electronic devices
- Trekking map or guidebook
- Cash (Nepalese rupees) for expenses, tips, and emergencies
- Passport, permits, and important documents (keep them in a waterproof bag)

Frequently Asked Questions

How difficult is the Annapurna Base Camp Trek?

The Annapurna Base Camp Trek is considered a moderately challenging trek. It involves a combination of ascending and descending trails, with some steep sections and uneven terrain. A good level of fitness and stamina is recommended, but it is achievable for most people with proper preparation and

acclimatization.

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

The best time to undertake the Annapurna Base Camp Trek is during the spring (March to May) and autumn (September to November) seasons. These months offer stable weather conditions, clear skies, and moderate temperatures. The views of the mountains are usually excellent during these times. However, the trek can be done throughout the year, excluding the monsoon season (June to August) when heavy rainfall can make the trails muddy and slippery.

Do I need a guide for the Annapurna Base Camp Trek?

While it is not mandatory to have a guide for the Annapurna Base Camp Trek, it is highly recommended, especially for those with limited trekking experience or unfamiliarity with the region. A guide can provide valuable assistance in navigation, ensure your safety, and offer insights into the local culture and environment. They can also help with logistics and communication with local communities.

What permits are required for the trek?

Two permits are required for the Annapurna Base Camp Trek: the Annapurna Conservation Area Permit (ACAP) and the Trekkers' Information Management System (TIMS) card. These permits can be obtained in Kathmandu or Pokhara. Your trekking agency or guide can assist you in obtaining these permits.

What kind of accommodation is available during the trek?

Along the trekking route, there are teahouses and lodges that provide basic accommodation facilities. The rooms are usually small and basic, with twin beds or dormitory-style arrangements. The teahouses also serve meals, offering a variety of local and international dishes. It's advisable to carry a sleeping bag for extra warmth and comfort, although blankets are often provided.

Is altitude sickness a concern on this trek?

Altitude sickness can be a concern during the Annapurna Base Camp Trek, as the highest point, Annapurna Base Camp, is located at an altitude of 4,130 meters (13,550 feet). It's important to acclimatize properly, ascend gradually, and listen to your body. Adequate rest, hydration, and awareness of symptoms of altitude sickness are essential. If symptoms worsen, it's best to descend to a lower altitude and seek medical assistance if needed.

What should I pack for the trek?

Some essential items to pack for the Annapurna Base Camp Trek include sturdy trekking boots, comfortable clothing layers for varying temperatures, a warm jacket or fleece, a waterproof and windproof outer shell, a hat, gloves, sunglasses, a daypack, a water bottle or hydration system, a headlamp or flashlight, a sleeping bag, toiletries, a first aid kit, and necessary medications. It's also advisable to carry a map or guidebook, a camera, and some extra cash for emergencies or additional expenses.

Are there ATMs or places to exchange currency along the trekking route?

It's recommended to carry enough Nepalese rupees (NPR) in cash for the trek as ATMs and currency exchange facilities are limited along the trail. In Kathmandu or Pokhara, you'll find more options for currency exchange or ATM withdrawals.

Is it possible to customize the Annapurna Base Camp Trek itinerary?

Yes, the itinerary can be customized according to your preferences and time constraints. You can discuss your requirements with your trekking agency or guide, who can help tailor the trek to suit your needs.

Address

Ascend Hikes Pvt Ltd.

Address: [Budhanilkantha-12, Kathmandu Nepal](#)