Annapurna Base Camp Trek

Trip information · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**16 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**4130m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 1,790 per person**

Trip overview

The Annapurna Base Camp Trek is one of Nepal's most iconic and rewarding Himalayan journeys, offering a perfect blend of dramatic mountain scenery, diverse landscapes, and rich cultural experiences. This classic trek leads travelers into the heart of the Annapurna Sanctuary, a natural amphitheater surrounded by towering Himalayan peaks.

The journey is suitable for trekkers with moderate fitness and provides an unforgettable experience of walking through traditional villages, lush forests, and high alpine valleys. The ultimate highlight is reaching Annapurna Base Camp (4,130 m), where trekkers are surrounded by massive snow-covered peaks, including Annapurna I, Machhapuchhre, Hiunchuli, and Annapurna South. This trek is widely regarded as one of the most beautiful short-to-medium Himalayan adventures in Nepal.

Geography and Landscape

The Annapurna Base Camp Trek is located in the Annapurna region within Annapurna Conservation Area, the largest protected area in Nepal. The trek typically begins from Nayapul, Jhinu Danda, or nearby trailheads accessible from Pokhara.

The landscape is extremely diverse, making it one of the most scenic trekking routes in the Himalayas. Lower sections of the trail pass through terraced farmland, subtropical forests, and riverside settlements. As the elevation increases, the environment transitions into dense rhododendron, oak, and bamboo forests filled with waterfalls, suspension bridges, and wildlife.

Further along the trail, trekkers enter alpine terrain where vegetation becomes sparse and the mountains dominate the horizon. The final approach to Annapurna Base Camp is through the Modi Khola valley, leading into a vast glacial basin surrounded by towering Himalayan walls. The amphitheater-like setting of the sanctuary is one of the most dramatic natural landscapes in the world.

Key stops along the route include Chhomrong, Bamboo, Deurali, and Machhapuchhre Base Camp, each offering unique scenery and mountain perspectives before reaching the final destination at Annapurna Base Camp.

Climate and Best Time to Trek

The best seasons for the Annapurna Base Camp Trek are spring (March–May) and autumn

(September–November). These periods offer stable weather, clear skies, and excellent mountain visibility.

Spring is especially beautiful due to blooming rhododendron forests, which add vibrant colors to the trekking trails. Autumn provides crystal-clear views and comfortable temperatures after the monsoon season, making it the most popular trekking period.

Winter (December–February) is colder, especially at higher elevations, but still offers clear mountain views and quieter trails for experienced trekkers. The monsoon season (June–August) is less favorable due to heavy rainfall, slippery paths, and limited visibility.

Overall, autumn is considered the best time for optimal trekking conditions and panoramic Himalayan views.

People and Culture

The Annapurna Base Camp Trek passes through villages inhabited mainly by Gurung and Magar communities, known for their warm hospitality, traditional lifestyles, and strong connection to the Himalayas.

Villages such as Chhomrong, Ghandruk, and Landruk offer insight into rural mountain life, with stone-built houses, terraced fields, prayer flags, and traditional farming practices. Among them, Ghandruk is one of the most culturally rich villages, featuring museums, traditional clothing, and views of surrounding peaks.

Trekkers experience authentic Nepali mountain culture throughout the journey, interacting with local families and staying in teahouses run by villagers. The influence of Hindu and Buddhist traditions is visible in daily life, rituals, and local architecture.

The combination of breathtaking scenery, cultural richness, and accessible adventure makes the Annapurna Base Camp Trek one of the most popular and unforgettable trekking experiences in Nepal.

Highlights

- Panoramic Himalayan views – Annapurna I, Annapurna South, Hiunchuli & Machhapuchhre
- Diverse landscapes – forests, meadows, and high alpine terrain
- Cultural villages – Ghandruk, Chomrong, and Deurali experiences Ghandruk
- Machhapuchhre Base Camp – close views of sacred Fishtail Mountain Machhapuchhre Base Camp
- Annapurna Base Camp (4,130m) – main destination in Annapurna Base Camp
- Hot springs at Jhinu Danda – natural relaxation spot
- Comfortable teahouses – warm lodging, meals, and basic amenities
- Scenic Himalayan trekking experience – immersive mountain adventure

Day-by-day itinerary

Day 1 : Arrival in Kathmandu (1,400m)

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Dinner

Upon your arrival at Tribhuvan International Airport, you'll be warmly greeted by your representative or guide holding a signboard with your name. You'll then be transferred to your hotel in Thamel, the

cultural and tourist heart of Kathmandu, known for its vibrant atmosphere, trekking shops, and heritage restaurants.In the evening, attend a trek briefing and orientation with your guide to discuss the route, check your gear, and finalize any last-minute details.

Day 2 : Trek Preparation and Permit Arrangements in Kathmandu (1,400m)

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast

Today is reserved for trek preparation and permit processing. Our team will arrange the necessary permits, including the Annapurna Conservation Area Permit (ACAP) and TIMS card. You can use the day to purchase or rent any missing trekking equipment, exchange currency, and prepare for the journey ahead.

You may also explore some of Kathmandu's cultural landmarks such as Swayambhunath, Boudhanath Stupa, or Pashupatinath Temple.

Day 3 : Fly or Drive to Pokhara (820m)

Altitude: 820m

Stay: Hotel · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Travel Duration: 25-minute flight or 6–7 hours drive

After breakfast, travel to Pokhara. Enjoy stunning Himalayan views during the flight or scenic countryside landscapes during the drive. Upon arrival, check into your hotel and enjoy a relaxing evening by Phewa Lake.

Day 4 : Drive to Nayapul (1,070m) and Trek to Tikhedhunga (1,540m)

Altitude: 1,540m

Walk: 4–5 hours · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Drive Duration: 1.5–2 hours

Begin the trek from Nayapul through terraced fields, riverside trails, and traditional villages before reaching Tikhedhunga.

Day 5 : Trek to Ghorepani (2,860m)

Altitude: 2,860m

Walk: 6–7 hours · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Start the day with the famous stone staircase climb to Ulleri, a traditional Magar village that offers your first impressive views of the Annapurna range. Continue through dense rhododendron and oak forests, passing Banthanti and Nangethanti before arriving at Ghorepani, a lively mountain settlement known for its panoramic Himalayan scenery.

Day 6 : Hike to Poon Hill (3,210m) and Trek to Tadapani (2,630m)

Altitude: 3,210m (Highest Point) / 2,630m (Overnight)

Walk: 6–7 hours · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Wake before dawn for a hike to Poon Hill, one of Nepal's most celebrated viewpoints. Witness a spectacular sunrise over Dhaulagiri, Annapurna I, Annapurna South, and Machapuchare. After breakfast, continue through beautiful rhododendron forests and ridgeline trails to Tadapani.

Day 7 : Trek to Chhomrong (2,170m)

Altitude: 2,170m

Walk: 5–6 hours · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Today's trail descends through forests and terraced fields before crossing Kimrong Khola. A steady ascent leads to Chhomrong, a picturesque Gurung village nestled beneath the towering peaks of Annapurna South and Machapuchare. Enjoy stunning mountain views and local hospitality.

Day 8 : Trek to Bamboo (2,310m)

Altitude: 2,310m

Walk: 5–6 hours · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Descend the stone steps to Chhomrong Khola and then climb through lush forests of bamboo, oak, and rhododendron. Passing through Sinuwa, the trail follows a tranquil route surrounded by waterfalls and dense vegetation before reaching Bamboo.

Day 9 : Trek to Himalaya (2,920m)

Altitude: 2,920m

Walk: 4–5 hours · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Continue ascending through cool forests rich with moss, ferns, and bamboo. Pass Dovan and enter the higher section of the Annapurna Sanctuary. The valley narrows dramatically with steep cliffs towering overhead before reaching Himalaya.

Day 10 : Trek to Annapurna Base Camp (4,130m)

Altitude: 4,130m

Walk: 6–7 hours · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

One of the most memorable days of the trek. Walk past Hinku Cave and Machapuchare Base Camp before entering the magnificent Annapurna Sanctuary. Surrounded by glaciers and giant Himalayan peaks, arrive at Annapurna Base Camp, the heart of the Annapurna region.

Day 11 : Trek to Dovan (2,600m)

Altitude: 2,600m

Walk: 6–7 hours · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Enjoy an unforgettable sunrise over Annapurna I before beginning the descent. Retrace your route through Machapuchare Base Camp, Deurali, and Himalaya. Continue through alpine landscapes and forest trails to Dovan.

Day 12 : Trek to Jhinu Danda (1,780m)

Altitude: 1,780m

Walk: 6 hours · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Continue descending through Bamboo and Sinuwa before reaching Chhomrong. From here, descend to Jhinu Danda, famous for its natural hot springs beside the Modi Khola River. Relax and soothe tired muscles after several days of trekking.

Day 13 : Trek to Ghandruk (1,940m)

Altitude: 1,940m

Walk: 5–6 hours · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Cross a suspension bridge and follow a scenic trail through forests and terraced hillsides to Ghandruk, one of the largest and most beautiful Gurung villages in Nepal. Explore traditional stone houses, local culture, and enjoy excellent views of the Annapurna range.

Day 14 : Drive to Pokhara (820m)

Altitude: 820m

Stay: Hotel · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Travel Duration: 3–4 hours

After breakfast, drive back to Pokhara through picturesque mountain roads. The afternoon is free to relax around Phewa Lake, explore the lakeside market, enjoy a boat ride, or visit the World Peace Pagoda.

Day 15 : Fly or Drive to Kathmandu (1,400m)

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Travel Duration: 25-minute flight or 6–7 hours drive

Return to Kathmandu by air or road. Upon arrival, enjoy free time for souvenir shopping, sightseeing, or visiting cultural landmarks such as Pashupatinath Temple, Boudhanath Stupa, and Kathmandu Durbar Square.

Day 16 : Final Departure

Altitude: 1,400m

Walk: No trekking · Visit: Nepal · Meals: Breakfast

After breakfast, transfer to the airport for your onward international flight. Depart Nepal with unforgettable memories of the Annapurna Base Camp trek, spectacular Himalayan landscapes, and the rich culture of the Annapurna region.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.

- Day 1 · Arrival in Kathmandu · 1,400 m · day 21°C / night 10°C
- Day 2 · Trek Preparation and Permit Arrangements in Kathmandu · 1,400 m · day 21°C / night 10°C
- Day 3 · Fly or Drive to Pokhara · 820 m · day 24°C / night 14°C
- Day 4 · Drive to Nayapul and Trek to Tikhedhunga · 1,540 m · day 20°C / night 10°C
- Day 5 · Trek to Ghorepani · 2,860 m · day 13°C / night 1°C
- Day 6 · Hike to Poon Hill and Trek to Tadapani · 3,210 m · day 12°C / night -1°C
- Day 7 · Trek to Chhomrong · 2,170 m · day 17°C / night 5°C
- Day 8 · Trek to Bamboo · 2,310 m · day 16°C / night 5°C
- Day 9 · Trek to Himalaya · 2,920 m · day 13°C / night 1°C
- Day 10 · Trek to Annapurna Base Camp · 4,130 m · day 7°C / night -7°C
- Day 11 · Trek to Dovan · 2,600 m · day 15°C / night 3°C
- Day 12 · Trek to Jhinu Danda · 1,780 m · day 19°C / night 8°C
- Day 13 · Trek to Ghandruk · 1,940 m · day 18°C / night 7°C

- Day 14 · Drive to Pokhara · 820 m · day 24°C / night 14°C
- Day 15 · Fly or Drive to Kathmandu · 1,400 m · day 21°C / night 10°C
- Day 16 · Final Departure · 1,400 m · day 21°C / night 10°C

What's included

1. Transportations

- Private/tourist vehicles for airport pickup and drop-off in Kathmandu.
- Private/tourist vehicles transfer as per itinerary to access the trailheads.

2. Accommodation & Meals

- 3 Nights 3 star hotel in Kathmandu with bed & breakfast basis.
- 1 Night 3 star hotel in Pokhara with bed & breakfast basis.
- All Meals (breakfast, lunch & dinner with tea & coffee) during the trekking Period.

3. Permits

- Annapurna Conservation Area Project (ACAP) permits.
- Trekkers' Information Management System (TIMS) permits.

4. Guide & Staff

- Professional and experience License holder trekking guide salary & insurance.
- Porter salary, equipments & insurance.
- First aid medical kit for emergency support.

Not included

1. International Flights

- Airfare from your home country to Nepal (Tribhuvan International Airport, Kathmandu).
- Return airfare from Nepal (Tribhuvan International Airport, Kathmandu) to your home country.

2. Visa Fees

- Nepal entry visa fee for entering Nepal (available on arrival at Tribhuvan International Airport, Kathmandu, or through a Nepalese embassy).

3. Travel Insurance (Mandatory)

- Comprehensive travel insurance covering high-altitude trekking, emergency medical treatment, helicopter evacuation, trip cancellation, and other unforeseen circumstances.

4. Personal Expenses

- Tips, gifts, and souvenirs for trekking guides and porters.
- Personal trekking equipment and gear.
- Charges for lodge Wi-Fi, hot showers, battery charging, and laundry services.

5. Meals & Beverages

- Lunch and dinner in Kathmandu, Pokhara, and other locations where accommodation is provided in 3-star category hotels.
- Soft drinks, bottled water, alcoholic beverages, and snacks consumed during meals

Dates & prices

- 02 Mar 2027 – 17 Mar 2027 · USD 1,790 · Available
- 16 Mar 2027 – 31 Mar 2027 · USD 1,790 · Available
- 06 Apr 2027 – 21 Apr 2027 · USD 1,790 · Available
- 20 Apr 2027 – 05 May 2027 · USD 1,790 · Available
- 04 May 2027 – 19 May 2027 · USD 1,790 · Available

Best time to visit

Best months: March–April and October–November. October and November offer crystal-clear views of Annapurna and Machhapuchhre; March to May is warm with blooming rhododendron forests. Lower Annapurna treks such as Poon Hill are possible in winter, while Thorong La and high passes may close after heavy snow.

What to bring — packing checklist

Clothing

- [ ] Moisture-wicking base layers (top and bottom)
- [ ] Fleece or light insulated mid-layer
- [ ] Down jacket (–10 °C rated for high trails)
- [ ] Waterproof, breathable shell jacket and trousers
- [ ] 2–3 trekking shirts and 2 pairs of trekking trousers
- [ ] Warm hat, sun hat or cap and buff
- [ ] Light liner gloves and warm insulated gloves
- [ ] Underwear and sports bras

Footwear

- [ ] Broken-in waterproof trekking boots with ankle support
- [ ] Camp shoes or sandals for teahouse evenings
- [ ] Hiking socks (4–5 pairs) and warm wool socks for nights

Equipment

- [ ] Daypack 30–35 L with rain cover
- [ ] Sleeping bag rated to –10 °C (we can provide one)
- [ ] Trekking poles
- [ ] Sunglasses with UV protection
- [ ] Duffel bag for the porter (provided by Nord Extreme)

Health & personal

- [ ] Personal medication and a small first-aid kit
- [ ] Altitude medicine (Diamox) after consulting your doctor
- [ ] Water bottles or a 2–3 L hydration bladder, purification tablets or filter

- [ ] Sunscreen SPF 50, lip balm with SPF
- [ ] Hand sanitiser, wet wipes, quick-dry towel
- [ ] Headlamp with spare batteries, power bank

Documents & money

- [ ] Passport valid for 6+ months, plus copies
- [ ] Travel insurance policy (covering helicopter evacuation)
- [ ] 4 passport photos for permits
- [ ] Cash in USD / Nepali rupees for tips, snacks and extras
- [ ] Credit or debit card

Down jackets and sleeping bags can also be rented in Kathmandu.

Essential information

Accommodation

Accommodation is provided in well-established teahouses and mountain lodges along the entire route.

Lower villages such as Nayapul, Ghandruk, Chhomrong, and Sinuwa offer relatively comfortable lodges with good facilities. As the trail ascends toward Deurali and Annapurna Base Camp, accommodation becomes more basic due to high altitude and remote conditions.

Rooms are typically twin-sharing with simple bedding and shared bathroom facilities.

Meals

A full-board meal system (Breakfast, Lunch, and Dinner) is available throughout the trek. Meals are freshly prepared and designed to support high-energy trekking in mountain conditions.

Typical menu options include:

- Traditional Dal Bhat set meals
- Noodles, pasta, and fried rice
- Soups, potatoes, and seasonal vegetables
- Eggs, pancakes, and Tibetan bread
- Tea, coffee, and hot beverages

Food variety remains good along the entire route due to its popularity.

Difficulty & Physical Requirements

The Annapurna Base Camp Trek is classified as moderate, suitable for trekkers with a reasonable fitness level.

Daily trekking ranges from 5 to 7 hours, with steady ascent, stone steps, and some steep sections, especially around Chhomrong and Machhapuchhre Base Camp.

No technical climbing skills are required.

Permits

Required permits include:

- Annapurna Conservation Area Permit (ACAP)
- TIMS Card (Trekkers' Information Management System)

All permits are arranged by the trekking operator.

Best Season

- Spring (March–May): Rhododendron blooms, clear skies, and pleasant temperatures
- Autumn (September–November): Best visibility and stable trekking conditions
- Winter (December–February): Cold but less crowded and scenic
- Monsoon (June–August): Not recommended due to rain, landslides, and leeches

Transportation & Access

The trek usually begins with a drive from Pokhara to Nayapul or Siwai, followed by trekking through traditional villages and forest trails.

Pokhara serves as the main gateway city, accessible by flight or road from Kathmandu.

Safety & Acclimatization

Although the maximum altitude is moderate compared to high expeditions, proper pacing and hydration are important.

Key considerations include:

- Gradual ascent through forest and village trails
- Proper rest stops at Chhomrong and Deurali
- Staying hydrated and maintaining steady walking pace
- Guides ensure safety, navigation, and emergency support when needed.

Travel Insurance

Recommended travel insurance should include:

- Trekking coverage up to at least 4,500m
- Emergency medical treatment
- Helicopter evacuation coverage
- Trip cancellation and accident protection

Additional information

Guide & Porter Services

Licensed guides provide navigation support, safety management, and cultural interpretation throughout the trek.

Porters are available to carry luggage, allowing trekkers to enjoy the journey with a light daypack.

Cultural & Natural Highlights

The Annapurna Base Camp Trek is known for its dramatic scenery and cultural richness:

- Amphitheater-like views from Annapurna Base Camp
- Close-up views of Annapurna I, Machhapuchhre, and Hiunchuli
- Traditional Gurung villages such as Ghandruk
- Dense rhododendron and bamboo forests

- Machhapuchhre Base Camp (gateway to ABC)
- Sunrise and sunset over snow-covered Himalayan peaks
- Diverse landscapes from subtropical to alpine zones

Essential Equipment

Recommended trekking gear includes:

- Comfortable trekking boots
- Layered clothing system
- Warm down jacket for high altitude
- Waterproof jacket and trousers
- Gloves, hat, buff, and sunglasses
- Trekking poles
- Daypack (30–40L)
- Basic first aid kit and personal medication

Communication & Connectivity

Mobile network coverage is available in most lower and mid sections of the route but becomes weaker near higher camps like Deurali and Annapurna Base Camp.

Wi-Fi is available in some teahouses at lower elevations, but connectivity is limited in high mountain areas.

Why Choose the Annapurna Base Camp Trek?

This trek is one of Nepal's most rewarding classic Himalayan journeys:

- Direct access to the heart of the Annapurna Sanctuary
- Close panoramic views of Annapurna I and Machhapuchhre
- Moderate difficulty suitable for most trekkers
- Rich cultural experience in Gurung villages
- Diverse landscapes from forests to glaciers
- Well-developed teahouse infrastructure
- Easy access from Pokhara
- One of the most iconic treks in Nepal

Frequently asked questions

How difficult is the Annapurna Base Camp Trek?

The Annapurna Base Camp Trek is graded Moderate — suitable for most active travellers. Expect 5–7 hours of walking on most days on mountain trails with plenty of ascents and descents. Regular cardio training — hiking, running, cycling or stair climbing — for 6–8 weeks before departure makes the trip far more enjoyable.

What is the best time for the Annapurna Base Camp Trek?

For the Annapurna region the best months are March–April and October–November. October and November offer crystal-clear views of Annapurna and Machhapuchhre; March to May is warm with blooming rhododendron forests. Lower Annapurna treks such as Poon Hill are possible in winter, while Thorong La and high passes may close after heavy snow.

What permits do I need for the Annapurna Base Camp Trek?

You need the Annapurna Conservation Area Permit (ACAP) and the trekkers' TIMS card. Nord Extreme arranges every permit for you before the trip starts — check the "Includes" section above for exactly what is covered in the price. Just bring your passport and a few passport-size photos.

What is the accommodation like on the Annapurna Base Camp Trek?

In Kathmandu you stay in a comfortable hotel; on the trail we use the best available family-run teahouses and lodges with twin-share rooms, shared or attached bathrooms and a warm dining room. Upgrades to luxury lodges are possible on popular routes such as Everest and Annapurna.

Can I book the Annapurna Base Camp Trek as a private trip or join a group?

Both. You can join one of the fixed departures listed under "Dates & Prices", or book a private trip for just you, your family or friends on any date. Solo travellers are welcome — you will always have your own licensed guide.

Do I need travel insurance for the Annapurna Base Camp Trek?

Yes, travel insurance is compulsory. It must cover medical treatment and emergency helicopter evacuation up to the trip's highest altitude, plus trip cancellation. Please send us your policy details before departure.

What should I pack for the Annapurna Base Camp Trek?

See the "What to bring" checklist on this page for the full list. The essentials are broken-in boots, warm layers, a down jacket, a waterproof shell, sun protection and a daypack. Down jackets and sleeping bags can be rented cheaply in Kathmandu, and a porter carries your main bag (up to 10–12 kg).

Ready to book or have a question?

Trip page:
https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/annapurna-base-camp-trek/

Contact our team in Kathmandu: sonam@nordextreme.com · +977 9851078748 · delightful-orange-chimpanzee.tarevirjungleresort.com