Annapurna Base Camp Trek

Itinerary & costs · 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**

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

Ready to book or have a question?

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

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