

Annapurna Base Camp Trek - 10 Days

DURATION: 10 DAYS

Trip Facts

- Duration : 10 Days
- Trip Difficulty : Moderate
- Group size : 1-20 Pax
- Transportation : Tourist Bus and Car
- Trip starting point : Nayapul
- Trip Ending point : Nayapul



Trip Overview

10-day **Annapurna Base Camp trek** is a well-known adventure that delights trekkers from around the world; it is located at an elevation of 4130 meters from sea level, where the Annapurna Base Camp serves as an entryway to the immense Mt Annapurna 8,091 meters. Which is the 10th highest peak in the globally. ABC trek assurance an unforgettable experience and attractive trekkers as they get on this eye-catching Himalayas adventure.

Annapurna Sanctuary is: breathtaking, and surrounded by magical peaks such as the **Annapurna I (8,091m)**, **Tent Peak (5,695m)**, **Gangapurna (7,445m)**, **Annapurna South (7,218m)**, **Hiunchuli and (6,443m)**, **Machhapuchhare (6,993m)**. It trek is legendary for its extraordinary height elevation varied, and assorted flora and fauna, making it an astonishing journey.

ABC trekking Route:

The trail to ABC passes through delightful villages, green forests with pine and rhododendrons, scenic rice paddies, and terraced farmlands, providing miraculous mountain views. Dip yourself in the majesty of massive mountains and gain insights into the rich Nepalese culture, traditions, and lifestyle.

The journey to ABC trek no doubt makes you feel like you are going on one of the most amazing trips in the world.

However, the **Annapurna Base Camp trip** is not exclusively about sightseeing. During the journey, you have chances to see the typical culture and traditions of racial Gurungs and Magars, etc.

Typical villages and Buddhist Monasteries:



Along the journey, you will encounter the exciting communities inhabited in **pleasant villages** during the foothills of Annapurna regions. Also, you'll come across ancient **Buddhist monasteries** and experience the serenity of their exotic traditions.

Ghandruk and Chhumrung are beautiful villages of Gurungs as well. It is rich culture and natural beauty. The Annapurna region trek is even made gorgeous; explore the small ethnic villages living in harmony. One such important village is Ghandruk gained the renown of model Gurung village in these areas. Most people live in this village of Gurung customs and have potted their unique culture and traditions. There is an old Gurung Museum where you may discover about their own culture and costumes to take photos you'll spend overnight at Ghandruk and try some local cuisines.

10-days Annapurna Base Camp Trek Itinerary 2024/2025:

The Annapurna Sanctuary trek program typically begins and ends at Nayapul. It can also be adapted as part of the Annapurna round trek, which is a longer and more wide-ranging trekking experience.

To begin your ABC trek with Poon Hill, you'll drive from the capital city of **Kathmandu to [Pokhara](#)**, where the trekking adventure starts along the trekking trail Birethanti, Ghorepani, Chhumrung follows the Modi Khola and walking through the lush green forests of bamboo, pine, and rhododendrons.

Trekking continues as you ascend; you notice the plants increasingly thinning and the pass narrow to a meager little more hundred meters wide ahead reaching the Hinku Cave.



Physical fitness level and Natural beauty:

This trek is an outstanding opportunity to moderate a difficult trip, and you need a good physical fitness level to immerse yourself in the landscape's beauty and discover the various cultures of these regions. With its royal mountains, unique culture, and traditions encounters, this trip offers a once in a lifetime your journey. Travel around the astonishment of the Annapurna region and make an unforgettable memory on the ABC trek.

Natural Hot spring at Jhinu Danda:

The **10-day Annapurna Base Camp Trekking** route covered the Jhinu Danda hot spring on the way back. It is believed that natural hot spring water has a particular curative quality for relieving skin aches and pains. It also has a religious significance, and it is claimed that taking a hot spring bath cleanses the strength. So, you can take a sudden bath in the hot spring end of your ABC trip.

Note: after the trek, you can explore the Pokhara valley, where you can visit David Falls, Gupteshor Cave, and the mountain museum also, you can go boating, it is near your Hotel, it will make more fun and if the skies are blue than, you will able to see the Annapurna range from the Phewa lake.

Trip Itinerary



Day 01: Kathmandu to pokhara 200km (830meters/2,723feet).

🕒 7/8 🍽️ Breakfast & Lunch 🏠 Hotel/Lodge/Tea House 🚌 Tourist Bus 🏔️ 830 m

Our Local trekking guide will be picked up you at your hotel to bus station, a scenic drive through the Prithivi highway from Kathmandu to pokhara, it takes 7/8 hours approximately by tourist bus. Pokhara is one of the 2nd biggest cities of Nepal and it is so beautiful and clean city, you will have leisure time to visit pokhara overnight at Hotel.

Day 02: Pokhara – Nayapul - Thikhedunga (1570meters/5,150feet)

🕒 4/5 Hours 🍽️ Breakfast/Lunch & Dinner 🏠 Hotel/Lodge/Tea House 🚶 Walking 🏔️ 1570 m

After enjoying our breakfast, an exhilarating trek to Annapurna Base camp journey begins a beautiful short and sweet drive from pokhara to Nayapul which is main trekking starting and ending point of the trek. From there, we trek towards Tikhedunga by passing through the delightful farmlands, terrace fields and an amazing village of Birethanti, Ramghai, Hile and Tikhedunga. Today will be short and easy hike that provides a magnificent views of the Himalayas sceneries overnight at Lodge.

Day 03: Thikhedhunga – Ulleri – Ghorepani (2853meters/9,360feet)

🕒 6/7 Hours 🍽️ Breakfast/Lunch & Dinner 🏠 Hotel/Lodge/Tea House 🚶 Walking 🏔️ 2853 m

Today our journey will be more exciting, first we will cross the suspension bridge, after then we will ascending to Ulleri village, Banthanti and passing through the beautiful wide landscape, lush green forest where you can see some wild animals and so many different kinds of birds, before you reach to the Ghorepani. You will enjoy with nature overnight at Lodge.

Day 04: Ghorepani – Banthanti - Tadapani (2635m/8,645feet)



🕒 6/7 Hours 🍽️ Breakfast/Lunch & Dinner 🏠 Hotel/Lodge/Tea House 🚶 Walking 🏔️ 2635 m

Early morning, we will hike up to Poon Hill (3210meters/10,531feet) it takes around 45 minutes or 1 hour from Ghorepani. The Poon Hill is one of the most famous in the Annapurna Himalayas region. From the poon Hill, if the blue sky then you will be able to see the spectacular panorama views of Mt. Dhaulagiri, Tukche Peak, Nilgiri Himal, Annapurna I, Annapurna South, Machhapuchhare and Hiuchuli and many more white snow-capped. The Annapurna I and Dhaulagiri Himal is major mountains above eight thousand meters high above from the sea level. After we enjoyed with the view we back to hotel and we will have breakfast, then we trek continue to ascending to Deaurali trek down to Banthanti, crossing the small bridge and reach to Tadapani Village overnight at Lodge.

Day 05: Tadapani - Chhomrong village (2185meters/7,168feet)

🕒 5/6 Hours 🍽️ Breakfast/Lunch & Dinner 🏠 Hotel/Lodge/Tea House 🚶 Walking 🏔️ 2185 m

Today our trek will going descending through the forest, ramble on through the pine and rhododendron forest and pray flags around the trails, we passing the delightful Gurungs Village and crossing the suspension bridge the trek continues walking to reach the Chhomrung village with the gigantic mountain view overnight at Lodge.

Day 06: Chhomrong – Dovan - Himalaya (2970/9153feetm).

🕒 6/7 Hours 🍽️ Breakfast/Lunch & Dinner 🏠 Hotel/Lodge/Tea House 🚶 Walking 🏔️ 2970 m

First part our trail will descending from where you have stayed, after crossing the suspension bridge the trail will leads ascending to Sinuwa Danda with more vista views, on the way to Bamboo, Dovan and Himalaya, you trek through the lush green forest where you can see the wild animals and beautiful water fall with magnificent Mountains view as well overnight at Lodge.

Day 07: Himalaya – MBC - ABC (4130m/13,549feet).



Himalayan
Local Guide Pvt. Ltd

🕒 5/6 Hours 🍽️ Breakfast/Lunch & Dinner 🏠 Hotel/Lodge/Tea House 🚶 Walking 🏔️ 4130 m

Today will be more an exciting; the trail will go continues along the river side, then ascending to reach the M.B.C (Machhapuchhare Base Camp). From here you can see very close-up all Himalayas ranges and Annapurna Glaciers. And our trek continuing to A.B.C (Annapurna Base Camp) is your final destinations and Goals, where we can take picture with ABC Boards and Memorials overnight at Lodge.

Day 08: ABC – Deurali – Dovan – Sinuwa (2345m/7,693feet).

🕒 7 Hours 🍽️ Breakfast/Lunch & Dinner 🏠 Hotel/Lodge/Tea House 🚶 Walking 🏔️ 2345 m

Today we will wake up early morning to see the sunrise with stunning panoramic mountains views, we will see the very close-up Annapurna South, Hiuchuli Himal, Annapurna I, Gangapurna and Machhapuchhare and other peaks and Glacier, after enjoyed with views we back to hotel and we will

have some breakfast, then we trek continue descending to M.B.C, Deaurali, Himalaya, Dovan, Bamboo and reach to Sinuwa Danda Overnight at Lodge.

Day 09: Sinuwa Danda – Chhomrong – Jhinu Danda (Hot spring) (1735m/5,692feet)

🕒 3/4 Hours 🍽️ Breakfast/Lunch & Dinner 🏠 Hotel/Lodge/Tea House 🚶 Walking 🏔️ 1735 m

From the Sinuwa Danda, the trail will be descending and cross the suspension bridge and ascending the chhumrung village. This village is one of the typical villages in the Annapurna regions. Our trail leads again descending reach to Jhinu Danda. This village has Natural Hot Spring, after leaving our luggage at room we will go to take bath in the Natural Hot Spring; we can relax there and back to hotel overnight at Lodge.

Day 10: Jhindanda – Nayapul - pokhara (830m).

🕒 6/7 Hours 🏠 Hotel 🚶 Walking/Drive 🏔️ 830 m

Today is our last journey, the trail descending to cross the suspension bridge and our trail goes to along the Modi khola River side, after the Siwai the trail goes to still descending gradually through the passing beautiful villages and reach to Nayapul then we drive back to Pokhara overnight at Hotel.



Cost Includes

- International **Airport - Hotel - Airport** Pick up and drop by private car/van/jeep / Hiace: depending on the Group Size.
- Transportation service both ways from. Kathmandu – Pokhara – Kathmandu by Tourist or local Bus.
- Pokhara – Nayapul - Pokhara by **Taxi or car**.
- A Full Board basis foods B+L+D (**lunches, dinners, and breakfasts**) Choose; by menu.
- **ACAP Permit** (Annapurna conservation area Project).
- **TIMS Card** (Trekking Information Management System).
- The HLG team is a professional, strong, and Government trained English-speaking Guide, His Salary is three times the meals, Insurance and equipment, etc.
- Strong: porters during the trek (**1 porter for 2 Clients**).
- Trekking Lodges (**Tea House / Guest House**) During the Trek.

- Assistant. Guide for group 5 or above.
- Approval of Certificate. After the successful trekking.
- Supplementary; energy bar, crackers, Cookies, Halls, etc.
- Seasonal fruit likes; Apples, Oranges, pomegranates, Blackberries, etc.
- First Aid kit box. (Guide will carry it).

Cost Excludes

- **Hard & cold drinks**, such as beer, mineral water, cock, Fanta Whisky, etc.
- Your: expenses Such as; laundry, telephone, WIFI, Hot Shower, Shopping, etc.
- **Tea and coffee** of your choice every mealtime.
- Your International airfare.
- Nepal visa fee. (15 Days -25 USD | 30 Days — 40USD |, and 90 Days — 100 USD).
- **Hotel:** in Kathmandu and Pokhara with food.
- **Trekking** Equipment.
- **Travel insurance** is just in case.
- **Tips** for Guide and porters.



Trip Map

Annapurna Base Camp trekking Route Map

