Annapurna Base Camp Trek

Nepal / Annapurna Region | Trekking package



Your journey at a glance

Duration: 14 days

Trip grade: Moderate

Maximum altitude: 4230 m

Best season: September–December & March–May

Group size: 1 - 20

Route: Kathmandu - Kathmandu

Price from: USD 1,500.00 per adult

Accommodation: Deluxe hotels in Kathmandu and Pokhara; tea-house lodges during the trek.

Transportation: Kathmandu–Pokhara return flights, ground transfers between Pokhara, Nayapul and the trekking route, and local road transfers as listed.

Meals: All meals (breakfast, lunch and dinner) during the trek; other meals as specified.

Package overview

Annapurna Base Camp Trek is a popular moderate trekking trail in Nepal’s Annapurna region. The Annapurna area lies east of the great gorge cut through the Himalayas by the Kali Gandaki River. The Annapurna massif, with glaciers on its western and northwestern slopes, is among the striking mountain ranges of the Himalayas.
The trail passes beautifully situated villages and pastureland, with Himalayan scenery and views of the Annapurna range. The supplied overview describes the valley floor and high mountain setting as offering camping spots in good weather, and identifies the Annapurnas as a highly regarded walking destination.

Day-by-day itinerary

Day 1 - Arrival in Kathmandu

Arrive at Kathmandu airport and transfer to the hotel (1,350 m). Attend the trekking briefing in the evening, followed by a welcome dinner at a Nepalese cultural restaurant.

Meals: Dinner
Accommodation: Hotel
Altitude: 1,350 m

Day 2 - Fly to Pokhara and trek to Tikhedhunga

After breakfast, fly from Kathmandu to Pokhara, enjoying views of the Langtang, Ganesh Himal, Manaslu, Annapurna and Dhaulagiri ranges. Drive 42 km to Nayapul and trek via Birethanti, Burundi Khola, Sudame, Mathathati and Hille to Tikhedhunga (1,540 m).

Meals: Breakfast
Accommodation: Lodge
Altitude: 1,540 m
Travel time: Kathmandu–Pokhara flight; 42 km drive to Nayapul
Walking / trekking: About 3 hours

Day 3 - Trek from Tikhedhunga to Ghorepani

Descend briefly to the river, then climb towards Ulleri, a Magar and Gurung settlement. Continue through rhododendron forest via Nangethati to Ghorepani (2,850 m).

Meals: Breakfast, Lunch and Dinner
Accommodation: Lodge

Altitude: 2,850 m
Walking / trekking: About 6 hours

Day 4 - Trek from Ghorepani to Tadapani via Poon Hill

Climb early to Poon Hill (3,210 m) for sunrise views of Dhaulagiri, Annapurna I, Machhapuchhre, Hiunchuli, Nilgiri and Annapurna South. Return to Ghorepani for breakfast and continue to Tadapani (2,660 m).

Meals: Breakfast, Lunch and Dinner
Accommodation: Lodge
Altitude: 3,210 m at Poon Hill
Walking / trekking: About 5 hours

Day 5 - Trek from Tadapani to Chhomrung

Descend through rhododendron forest to Kimrung Khola, then climb to the Gurung village of Chhomrung (2,170 m).

Meals: Breakfast, Lunch and Dinner
Accommodation: Lodge
Altitude: 2,170 m
Walking / trekking: About 4 hours

Day 6 - Trek from Chhomrung to Himalaya Hotel

Descend stone steps to Chhomrung Khola, climb to Sinuwa and continue through rhododendron forest towards Kuldi, Bamboo and Dovan before reaching Himalaya Hotel (2,920 m). The route passes several avalanche chutes.

Meals: Breakfast, Lunch and Dinner
Accommodation: Lodge
Altitude: 2,920 m
Walking / trekking: About 6 hours

Day 7 - Trek from Himalaya Hotel to Machhapuchhre Base Camp

Continue via Hinko (3,100 m) and Deurali to Machhapuchhre Base Camp (3,700 m).

Meals: Breakfast, Lunch and Dinner
Accommodation: Lodge

Altitude: 3,700 m
Walking / trekking: About 4 hours

Day 8 - Trek from Machhapuchhre Base Camp to Annapurna Base Camp

Climb to Annapurna Base Camp. The supplied itinerary gives 4,230 m in the day heading and also refers to 4,130 m in the description. The walk is best started early, before clouds develop.

Meals: Breakfast, Lunch and Dinner
Accommodation: Lodge
Altitude: 4,230 m / 4,130 m as stated
Walking / trekking: About 2–3 hours

Notes: Source lists both 4,230 m and 4,130 m for Annapurna Base Camp; package maximum altitude uses the higher stated figure.

Day 9 - Trek from Annapurna Base Camp to Dovan

Enjoy the early-morning sunrise view from Annapurna Base Camp, then descend via Deurali and Himalaya Hotel to Dovan (2,600 m).

Meals: Breakfast, Lunch and Dinner
Accommodation: Lodge
Altitude: 2,600 m
Walking / trekking: About 5 hours

Day 10 - Trek from Dovan to Chhomrung

Trek via Bamboo and Sinuwa, descend to Chhomrung Khola and climb the stone steps to Chhomrung village.

Meals: Breakfast, Lunch and Dinner
Accommodation: Lodge
Altitude: 2,170 m
Walking / trekking: About 5 hours

Day 11 - Trek from Chhomrung to Ghandruk

Leave the upper Modi Khola valley, descend to Kimrung Khola and climb through rhododendron forest to Ghandruk. Explore the Gurung village, monasteries, chortens and prayer flags.

Meals: Breakfast, Lunch and Dinner

Accommodation: Lodge
Altitude: 1,990 m
Walking / trekking: About 4 hours

Day 12 - Trek from Ghandruk to Pokhara

Descend towards Birethanti and Nayapul, then drive to Pokhara. Overnight at a hotel in Pokhara.

Meals: Breakfast, Lunch and Dinner
Accommodation: Hotel in Pokhara
Altitude: 900 m
Travel time: About 2 hours drive
Walking / trekking: About 3 hours

Day 13 - Fly to Kathmandu

After breakfast, fly to Kathmandu (1,350 m), transfer to the hotel and organize a half-day visit to Pashupatinath and Boudhanath. Farewell dinner in the evening.

Meals: Breakfast
Accommodation: Hotel in Kathmandu
Altitude: 1,350 m
Travel time: Pokhara–Kathmandu flight

Day 14 - Departure

After breakfast, transfer for departure. The trip concludes.

Meals: Breakfast

What is included

- Arrival and departure transfers.

- Two nights of deluxe hotel accommodation in Kathmandu and one night in Pokhara, on a twin-sharing bed-and-breakfast basis.

- Kathmandu–Pokhara–Kathmandu flight tickets.

- All required transportation.

- Best available lodge accommodation during the trek.

- All meals (lunch, dinner and breakfast) during the trek.

- Government-licensed trekking guide.

- Required porter services and staff wages.

- Insurance and required permits.

What is excluded

- Tips.

- Beverages.

- Lunch and dinner in Kathmandu and Pokhara.

- Travel and medical insurance.

- Extra services.

Plan your journey

Prices, itinerary and availability may change. Contact our team to confirm travel dates, inclusions and final pricing.

https://ojhaholidays.com.np/package/annapurna-base-camp-trek