High Route Adventure Pvt Ltd.

Email: info@highrouteadventure.com
Phone: +977 9851058664
Website: www.highrouteadventure.com

1. Short Annapurna Base Camp Trek

2. Overview

The Short Annapurna Base Camp Trek is one of the most popular short treks in Nepal, offering stunning Himalayan views, cultural villages, and the Annapurna Sanctuary experience in just a few days of trekking. This…

3. Itinerary

Day 01: Arrive at Kathmandu airport and Transfer to hotel

Altitude: 1350 m | Stay: Hotel

Upon landing at Tribhuvan International Airport in Kathmandu, you will be warmly greeted by one of our representatives. They will assist you with your luggage and transfer you to your hotel in comfort. Since there are no scheduled activities for the day, you're free to relax and recover from your journey or explore the nearby streets at your own pace. Overnight stay at a hotel in Kathmandu. Annapurna Base Camp Trekking Team

Day 02: Fly to Pokhara, drive to Kilu via Nayapul, then trek to Ghandruk.

Altitude: 1940m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

Flight Duration: 25 minutes **Drive Duration:** 1.5 hours **Note:** First significant uphill section Early in the morning, you will be taken to the airport for your flight to Pokhara, which takes about 25 minutes. Upon arriving in Pokhara, you will drive to Nayapul and then continue toward Kilyu, which will take around 1.5 hours. The drive is pleasant and offers a brief glimpse of the region's countryside. From Kilyu, you will start your first trek toward Ghandruk, one of the most well-known Gurung villages in the region. Once we reach Ghandruk, we will check in to the tea house, take a time to refresh, and then visit the Gurung Museum located in the heart of the village. The museum showcases traditional Gurung clothing, tools, weapons, and cultural artifacts that tell the story of this ancient Himalayan community. It is one of the most authentic cultural experiences along the ABC trekking route. Overnight stay at the guesthouse at Ghandruk. Nayapul to Ghandruk

Day 03: Trek from Ghandruk to Chhomrong

Altitude: 2170 m | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Note: Includes ups and downs Today, you will have a lovely, nature-filled trek to the village of Chhomrong. The village is the gateway to the Annapurna Sanctuary. Likewise, the trek offers wonderful views of the Annapurna Mountains, and the terrain is blessed with peaceful woodlands home to many beautiful birds and wildlife. The trail is mostly up-and-downhill and isn't arduous. Overnight stay at the guesthouse in Chhomrong. Ghandruk to Chhomrong

Day 04: Trek from Chhomrong to Himalayan Hotel

Altitude: 2920 m | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Note: Steep descent + strong uphill sections From Chhomrong, you will be entering the Annapurna Sanctuary- a protected area that is home to many endangered species of animals and birds. The trail from Chhomrong descends

towards Chhomrong Khola, which you will cross via a suspension bridge, often decorated with colorful prayer flags. Further on, the trail climbs out of the valley and ascends to Khuldi. From here, the path is a descent along the steep, slippery stone staircase that enters thick bamboo groves toward Dovan. Overnight stay at the Himalayan Hotel.
Chhomrong to Himalayan Hotel

Day 05: Trek from Himalayan Hotel to Annapurna Base Camp

Altitude: 4130 m | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Note: Highest ascent day (important AMS risk section) The climb to the Annapurna Base Camp takes a few hours from the location of the Himalayan Hotel. Descending from a ridge above the hotel, the pat branches out towards lush meadows with large pastureland. You will reach the Machhapuchhre Base Camp midway through the trail, which offers a grand view of Mt. Machhapuchhre (6993 m) itself. Finally, eventually, you will reach the Annapurna South Base Camp, from where majestic panoramic views of the snow-capped peaks magnificently rise around like a naturally formed amphitheater. Overnight stay at the Annapurna Base Camp.
Annapurna Base Camp - 4,130 meters (13,550 feet)

Day 06: Trekking from Annapurna Base Camp to Bamboo

Altitude: 2310 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

Note: Long descent (easier breathing, tough on knees) From the base camp, you will follow a small levied path through the valley once again towards the village, creatively named Bamboo. Along the way, rows of beautifully sleek and emerald bamboo groves and rhododendron woods ornament the landscape, as well as the sight of the mountains that serrate the skyline. The path is leveled and has a downward slant for the most part, but it isn't too difficult. Overnight stay at the guesthouse at Bamboo. Annapurna Base Camp to Bamboo

Day 07: Trek from Bamboo to Jhinu Danda

Altitude: 1780 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

Notes: Includes river valley descent + suspension bridges From Bamboo, you will follow a gradually descending path toward one of the famous settlements of the region- Jhinu Danda. The small village is situated amid high-rising cliffs and harbors a natural hot spring that is located right beside the fast-raging river. The hot spring is said to have natural healing properties, and you can relax in the hot water pool, relieving your muscles and body. Overnight stay at the guesthouse at Jhinu Danda. Bamboo to Jhinu Danda

Day 08: Trek from Jhinu Danda to Siwai and drive to Pokhara

Altitude: 820 m | Meals: Breakfast | Lunch | Stay: Hotel

Drive Duration: 1.5 hours **Note:** Trek ends, drive to the city comfort From Jhinu, you do short and easy 3-4 hours of trek toward the Siwai and from here you will take a ride to Pokhara. Overnight stay at the Hotel in Pokhara lake side. Pokhara Lakeside We strongly recommend keeping at least one buffer day in Pokhara after completing the trek before your international departure. The Kathmandu–Pokhara flight and the Pokhara–Kathmandu road journey (or return flight) can both experience delays due to weather, especially during the shoulder seasons. A buffer day also gives you time to explore Pokhara's Lakeside, enjoy a well-earned rest, or go paragliding without the stress of a tight schedule. **Dinner on arrival in Pokhara is at your own expense.**

Day 09: Drive back to Kathmandu

Altitude: 1350 m | Meals: Breakfast | Dinner | Stay: Hotel

(Optional 25-minute flight available) You can have a drive back to Kathmandu. Upon returning to Kathmandu, you will be transferred to your Hotel. In the evening, let's have a farewell dinner at a Nepali tropical restaurant with a cultural

program. Overnight stay at the hotel in Kathmandu. Drive to Kathmandu **Note: For those who want to avoid road transportation, they can take a flight from Pokhara International Airport at an additional Cost.**

Day 10: Farewell

Altitude: 1350m Meals: Breakfast

Airport Transfer: 20–30 minutes
Approximately three hours before your scheduled flight, you will be transferred to the airport for your departure.

5. Cost Includes

Domestic and International Airport Pickup and Drop-off Services:

- International airport pick-up
- International airport Drop service in a private vehicle on the final departure

Accommodation Service

- Two nights 3-star Hotel in Kathmandu (Twin Sharing, BB plan)
- One night 3-star hotel in Pokhara (Twin Sharing, BB plan)
- Six nights best available clean and comfortable teahouse accommodation during the trek

Trekking Permits

- Annapurna Conservation Area Project Permit (ACAP)

Food Services

- 8 times of Breakfast (Local and Continental Choice)
- 7 times of Lunch (Simple and Light Lunch in Teahouse)
- 7 times of Dinner (Veg and Non-Veg Meals from the Local Tea House)
- Welcome & Farewell dinner in Kathmandu
- Breakfast in Kathmandu & Pokhara

Guide & Porter Services

- English- speaking government- licensed guide
- Local Sherpa for carrying Luggage (up to 20 kg Max, 2 trekkers: 1 porter)
- All Meals for the guide & porter
- Insurances for guide & porter
- Well-paid salary as per Government rates
- A first-aid kit box carried by the team leader

Transportation & Others

- Flight ticket from Kathmandu to Pokhara

- From Pokhara to Kathmandu transport by standard tourist bus (A private vehicle will be arranged upon your request)
- All ground transportation on a comfortable private vehicle as per the itinerary(from Pokhara-Kilu-Pokhara)
- Down jacket and sleeping bag(to be returned after trek completion)
- The HRA Brand Duffle Bag for the Trip, HRA T-shirt, and Baseball cap
- Trekking Maps
- Trip achievement certificate
- All local and Government taxes, Administrative charges

6. Cost Excludes

- Nepalese Visa fee
- International airfare to and from Kathmandu
- Lunch and dinner in Kathmandu
- Extra night accommodation in Kathmandu and Pokhara in case of early arrival, late departure, and early return from the mountain(due to any reason) than the scheduled itinerary
- Travel and rescue insurance
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.)
- Tips for guide, porter

7. Equipment / Packing List

Packing smart is essential for a safe and comfortable trek to Short Annapurna Base Camp Trek. Below is a suggested packing list that balances warmth, weather protection, and comfort while keeping your backpack light.

Clothing

- Moisture-wicking base layers (2–3 sets)
- Insulated jacket (down or synthetic)
- Waterproof and windproof outer shell (jacket and pants)
- Fleece or warm mid-layer
- Trekking pants (lightweight and quick-drying)
- Thermal underwear for cold nights
- T-shirts (preferably quick-dry)
- Lightweight gloves and insulated gloves
- Warm hat and sun cap
- Buff or neck gaiter
- Comfortable underwear and sports bras
- Warm socks (3–4 pairs)

Footwear

- Well-broken-in trekking boots (water-resistant)
- Lightweight shoes or sandals (for evenings)
- Warm socks (wool blend recommended)

Backpack & Gear

- Medium-sized backpack (30–40L) with rain cover
- Sleeping bag (rated for -10°C or lower)
- Trekking poles (collapsible)
- Headlamp with extra batteries
- Water bottles or hydration bladder (2L capacity)
- Sunglasses (UV protection)
- Quick-dry towel
- Small daypack (optional for side hikes or porters)

Personal Items & Toiletries

- Sunscreen and lip balm (SPF 30+)
- Hand sanitizer and wet wipes
- Personal toiletries (toothbrush, toothpaste, etc.)
- Toilet paper and biodegradable soap
- Basic first aid kit (include altitude sickness medicine if prescribed)
- Water purification tablets or filter

Documents & Essentials

- Passport and photocopies
- Travel insurance details (with trekking coverage)
- Trekking permits (TIMS and ACAP)
- Local currency (small denominations)
- Travel adapter and charging cable
- Snacks (energy bars, dry fruits, etc.)

Optional Items

- Lightweight crampons (during winter months)
- Gaiters (for snow or muddy trails)
- Journal or book
- Power bank
- Camera or action cam

Tip: Try to keep your bag under 10–12 kg if using a porter, and carry only daily essentials in your daypack. Worth reading: Packing list for trekking in Nepal