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1. Annapurna Base Camp Trek From Pokhara

2. Overview

The Annapurna Base Camp Trek 5 Days is a short Himalayan trek in Nepal. It begins and ends near Pokhara, the gateway to the Annapurna region. The route lies within the Annapurna Conservation Area, home…

3. Itinerary

Day 1: Drive to Samrung/Jhinu Danda, Trek to Chhomrong

Altitude: 2170 meters | Meals: lunch | Dinner | Stay: Teahouse

After an early breakfast, drive from Pokhara to Samrung or Jhinu Danda. The journey takes 2.5 to 4 hours through scenic hills and terraced fields. You'll pass traditional villages, waterfalls, and the Modi Khola river.

Upon arrival, enjoy lunch before starting your trek. Cross the Jhinu Suspension Bridge over the Modi Khola. Follow the trail through lush bamboo and rhododendron forests. This path leads to the beautiful Gurung village of Chhomrong. Here, you'll get your first close-up views of Machhapuchhre and Annapurna South.

Arrive at Chhomrong by late afternoon and check into a teahouse. Enjoy a freshly prepared dinner and relax for the night. Rest well as you prepare to trek deeper into the Annapurna Sanctuary tomorrow.

Pokhara To Sinuwa Drive

Day 2: Trek from Chhomrong to Himalaya

Altitude: 2920 meters | Meals: B,L,D | Stay: Teahouse

After breakfast at the teahouse, continue trekking deeper into the Annapurna Conservation Area. The trail begins with a steep descent from Chhomrong, followed by a climb up to Sinuwa. From here, follow a peaceful trail through dense forests of rhododendron, oak, and bamboo. The route passes small settlements like Bamboo and Dovan. The rushing Modi Khola river flows beside the trail throughout the day. Along the way, enjoy waterfalls and moss-covered cliffs. Keep an eye out for Himalayan wildlife and birds.

After lunch en route, the trail continues climbing gradually through the forest toward Himalaya. The valley narrows and the surrounding cliffs grow steeper as you approach. Mountain scenery becomes more dramatic with every step, offering a preview of the alpine landscape ahead.

Upon arrival, check into your teahouse and settle in. Enjoy a warm dinner and rest for the night. Prepare yourself for the continued journey toward Annapurna Base Camp tomorrow.

Let me know if you'd like me to draft the following day (Himalaya to Deurali/ABC) to keep the itinerary flowing correctly, since I moved Deurali out of this day.

Chhomrong to Himalayan Hotel

Day 3: Trek from Deurali to Annapurna Base Camp via MBC

Altitude: 4130 meters | Meals: B,L,D | Stay: Teahouse

After an early breakfast, leave Deurali and continue trekking. Open alpine terrain replaces the forests you passed earlier. The trail climbs gently past glacial moraine and alpine meadows. You'll reach Machhapuchhre Base Camp (3,700 m) for a well-earned rest. Here, enjoy breathtaking close-up views of Fishtail Peak. Annapurna South, Hiunchuli, and Gangapurna also come into view. From Machhapuchhre Base Camp, continue into the spectacular Annapurna Sanctuary. This natural basin is surrounded by towering Himalayan peaks. Many rise above 7,000 and 8,000 meters into the sky. Arrive at Annapurna Base Camp (4,130 m) by early afternoon. Take in the unforgettable 360-degree mountain panorama around you. Annapurna I dominates the skyline from this vantage point. Settle into your teahouse for dinner afterward. Enjoy an overnight stay at the heart of the Annapurna Himalayas.
Welcome to Annapurna Base Camp

Day 4: Sunrise at ABC, Descend to Bamboo

Altitude: 2310 meters | Meals: B,L,D | Stay: Teahouse

Wake up before dawn to witness a spectacular sunrise over Annapurna Base Camp (4,130 m) as the first rays of sunlight illuminate Annapurna I (8,091 m), Machhapuchhre, Hiunchuli, and the surrounding Himalayan peaks. After enjoying breakfast with unforgettable mountain views, begin your descent through the Annapurna Sanctuary, retracing the trail via Machhapuchhre Base Camp (MBC) and Deurali. Continue downhill through alpine landscapes before re-entering the lush rhododendron and bamboo forests, passing Himalaya, Dovan, and Bamboo. As you lose elevation, the air becomes warmer and breathing noticeably easier. Arrive at Bamboo or Upper Sinuwa by late afternoon, where you'll enjoy dinner and an overnight stay at a comfortable teahouse. Sunrise at ABC during ABC TREK 5 Days

Day 5: Trek to Jhinu Danda, Drive Back to Pokhara

Altitude: 822 meters | Meals: B,L

After breakfast, begin your final day of trekking with a scenic descent through lush forests, charming villages, and terraced fields toward Jhinu Danda. If time permits, you can take a short walk to the nearby natural hot springs beside the Modi Khola, where a relaxing soak is the perfect way to ease tired muscles after several days of trekking in the Himalayas. Continue the short walk to Samrung (Siwai), where your private vehicle will be waiting. Enjoy a scenic 3-hour drive back to Pokhara, passing rivers, traditional villages, and rolling hills before arriving at Lakeside. Your memorable 5-Day Annapurna Base Camp Trek concludes with the rest of the day free to relax or explore Pokhara at your own pace. ABC trek 5 Days Ends at Pokhara

5. Cost Includes

Hotel Transfers

- Private pick-up and drop-off at your hotel.

4 Nights Accommodation in Mountain Teahouses

- Twin-sharing rooms in local teahouses along the trail.

Guide for 5 Days

- Licensed, English-speaking local guide — salary, insurance, meals, and lodging all covered.

Annapurna Conservation Area Permit

- We arrange this entry permit for you - no paperwork on your side.

TIMS Card (Trekkers' Information Management System)

- We handle this required trekking document on your behalf.

Hotel to Trekking Point and Back by Private Jeep

- Ground transport as listed in the itinerary.

Duffel Bag for Porter (if you decide to have a porter)

- A sturdy branded HRA duffel bag to keep your gear safe with the porter.

4 x Breakfast, 5 x Lunch, and 4 x Dinner While on the Trek

- Three meals a day, chosen from the teahouse menus during the trek.

6. Cost Excludes

- Flights to/from Nepal, and any domestic flights not mentioned in the itinerary.
- Visa fees paid on arrival at Kathmandu airport.
- Insurance covering medical treatment, emergency evacuation, and trip cancellation.
- Personal Trekking Gear
- Any additional accommodation outside the fixed itinerary dates.
- Breakfast, lunch, and dinner while in Pokhara before or after the trek.
- Hot Showers, Wi-Fi, and Battery Charging on the Trek
- Porter(USD 25 per day)
- Tips for Guide and Porter
- Snacks, bottled water, bar bills, laundry, and other personal costs during the trek

7. Equipment / Packing List

Packing List for ABC Trek 5 Days

- **Documents & Essentials:** Passport & photos, trekking permits (arranged by us), travel insurance, cash (NPR)
- **Clothing:** Moisture-wicking t-shirts, fleece jacket, down jacket (rentable), waterproof outer jacket, trekking pants, thermal leggings, waterproof trousers
- **Footwear:** Trekking boots, camp shoes/sandals, wool socks (4–5 pairs)
- **Head & Hands:** Warm hat, sun hat, gloves, buff/neck gaiter, sunglasses
- **Sleeping & Comfort:** Sleeping bag (rentable), trekking poles
- **Health & Hygiene:** First-aid kit, altitude sickness medication (consult doctor), personal medication, sunscreen & lip balm
- **Electronics:** Power bank, travel adapter, camera (optional),
- **Toiletries:** Toilet paper, hand sanitizer, wet wipes, toothbrush & toothpaste, quick-dry towel
- **Miscellaneous:** Daypack (30–40L), duffel bag (provided by us), snacks, earplugs