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1. Annapurna Base Camp Trek

2. Overview

The Annapurna Base Camp Trek is a 13-day journey into the heart of the Annapurna Sanctuary. It takes you to the Annapurna Base Camp and Machhapuchhre Base Camp, surrounded by scenic mountain views. The highest…

3. Itinerary

Day 01: Arrival at Kathmandu and trekking preparation

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

You may visit Kathmandu at any moment. An airport official will greet you when you arrive at Tribhuvan International Airport. He will help you get to your hotel. There are no scheduled activities for the day, so you can check into your hotel and rest. The guide will also give you an overview of tomorrow's trekking trip. Overnight stay at a hotel in Kathmandu. Annapurna Base Camp welcome

Day 02: Drive from Kathmandu to Pokhara

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

Today, you will be driving to Pokhara- the tourist hub of Nepal and the region's commercial center. Pokhara is situated beside the pristine Phewa Lake and is also situated close to the Annapurna Mountains. From Kathmandu, you will be driving through the winding roads along the Trishuli Gorge towards Pokhara. As you approach Pokhara, you can get your first view of the Annapurna Mountains. Overnight stay at the Hotel in Pokhara. Flight to Pokhara

Day 03: Drive to Nayapul and trek to Tikhedhunga

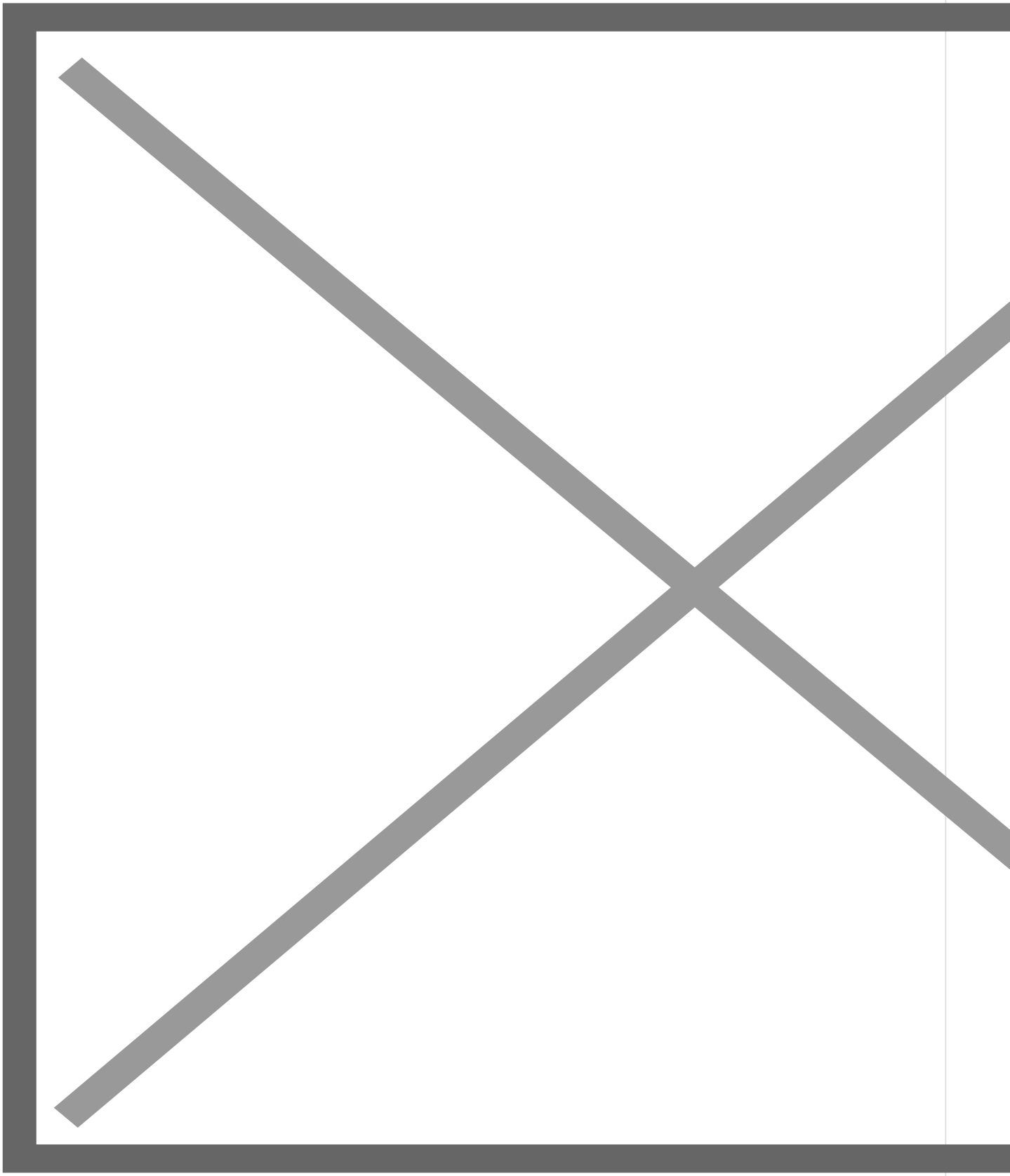
Altitude: 1570 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

From Pokhara, you will take a short drive towards Nayapul via the Baglung Highway, going around high hills covered in pine trees. From Nayapul, you will then begin your trek to Tikhedhunga, following a path through the thick woodlands. You will also pass through the small settlement of Birethanti along the way to reach Tikhedhunga. Overnight stay at the guesthouse at Tikhedhunga. Drive to Nayapul

Day 04: Trek from Tikhedhunga to Ghorepani

Altitude: 2840 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

The trekking trail looms on ahead into the woods from Tikhedhunga and disappears into the dense trees. Moreover, the path gradually turns steep. Approximately two hours from Tikhedhunga lays the village of Ulleri- situated amidst rolling green terrace farms. Further still is the settlement of Banthanti. Finally, after the stretch of dirt roads and distant farmlands, the path reaches Ghorepani. Views of peaks in Dhaulagiri, Annapurna, and Hiunchuli ranges from here are quite amazing. Overnight stay at the guesthouse at Ghorepani.



Day 05: Hike from Ghorepani to Poon Hill Viewpoint and Trek to Tadapani

Altitude: 2620 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

Situated above the ridge from Ghorepani lays one of the most famous vantage points of the region- Poon Hill. Early in the morning, you will visit Poon Hill, trekking along a steep ridge. Poon Hill presents panoramic views of the entire Mount Annapurna massif and many of its surrounding and neighboring peaks dramatically. After spending time in

Poon Hill taking in the view, you will head back down to Ghorepani, have breakfast and then trek on towards Tadapani. Overnight stay at the guesthouse at Tadapani. Poon hill view point

Day 06: Trek Tadapani to Chhomrong

Altitude: 2140 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

The trekking trail passes through thick rhododendrons and bamboo groves, pine and cedar woodlands, taking you to Chhomrong. Along the journey, you can enjoy the singing of the Himalayan cicadas in the woods and the peaceful ambiance the Himalayas project down onto the valley. Occasionally, you may come across mule caravans and local village people going about their day. Overnight stay at the guesthouse at Chhomrong. Chhomrong

Day 07: Trek from Chhomrong to Himalayan Hotel

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

From Chhomrong, you will follow the trail that drops down the ravine towards Chhomrong Khola. From the river, the trail picks up altitude and traverses through the juniper-laden terrain towards the settlement of Khuldighar. Today's trek is a constant up-and-downhill journey before reaching Dovan. Continue to the path picks up a certain altitude as it trails up the valley. The Himalayan bamboos cover the path, providing shade and uplifting the natural feel of the whole journey to finally reach at Himalayan hotel. Overnight stay at the guesthouse at the Himalayan Hotel. Pajenhyam Baraha Temple **Note: You are now entering the Himalayan Baraha region, part of the Annapurna Base Camp Trek. The Pajenhyam Baraha Temple, a revered site of sacred faith and belief, has long been considered a religious seat in this area. It is recognized as a shakti pitha, believed to offer protection against natural calamities and unforeseen accidents. Carrying meat products within this area is strictly prohibited, as ancient legends warn of great misfortune if such items are brought here. We respectfully ask that you avoid littering, unnecessary noise, and other disruptive activities in this sacred space.**

Day 08: Trek from Himalaya Hotel to Annapurna Base Camp

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

From the Himalayan Hotel, Along the way, you will also pass by the Hinku Cave before reaching Deurali. You will follow the pathway towards the Annapurna Sanctuary, where the Machhapuchhre Base Camp is located. The base camp of Machhapuchhre isn't exactly a base camp in practicality because the mountain is considered sacred and is not allowed to be climbed. Through the Annapurna Sanctuary, you will go, following the path that is surrounded by tall cliffs on all sides. Further, two hours from the sanctuary is the Annapurna Base Camp from where the views of the neighboring mountain peaks are magnificent. Overnight stay at the ABC. Annapurna Base Camp

Day 09: Trek from Annapurna Base Camp to Bamboo

Altitude: 2345 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

From the Annapurna Base Camp, the pathway back towards the lowland villages goes through the sanctuary and delves down the valley towards the Modi River. You will traverse the trail as it winds down the terrain, enjoying the landscape and the looming mountains. Finally, you will reach the village of bamboo. Overnight stay at the guesthouse at Bamboo. Bamboo

Day 10: Trek from Bamboo to Jhinu Danda

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

The path that leads towards Jhinu Danda is rocky and steep, but once you reach the valley floor, it becomes level again. Nestled between jarring cliffs and thick woods beside the river, Jhinu Danda is one of the best places to relax, as the village harbors a natural hot spring that is believed to have natural healing properties. After reaching Jhinu, you

have a dip in the hot spring and relax, enjoying the environment and the local hospitality. Overnight stay at the guesthouse at Jhinu Danda. Bamboo to Jhinu Danda

Day 11: Trek from Jhinu Danda to Nayapul, then drive back to Pokhara

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

Drive duration: 1.5 to 2 hours Following the leveled trail from Jhinu, you will reach the village of Siwar, going through the cliff-flanked settlements and farms. Nayapul is situated just a mile further from Siwar. From Nayapul, you will then drive back to Pokhara. Here, you can rest and enjoy the lively Lakeside. Overnight stay at the Hotel in Pokhara. Phewa Lake **Traveller's note:** However, if you would like to extend your holiday, we can help arrange an additional stay in Pokhara at your own expense.

Day 12: Drive to Kathmandu by Tourist Bus

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

Bidding the Annapurna Mountains goodbye, you will then drive back to Kathmandu, following the same highway as before. Upon reaching the city, you will be dropped off at the Hotel. Overnight stay at the Hotel in Kathmandu. Pokhara to Kathmandu

Day 13: Departure

Altitude: 1350 m | Meals: Breakfast

You will be dropped off at the airport around three hours before your scheduled departure time.

5. Cost Includes

Domestic and International Airport Pickup and Drop-off Services:

- International airport pick-up Service in a private
- 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)
- Two nights 3- star Hotel in Pokhara (Twin Sharing, BB plan)
- Eight nights best available clean and comfortable teahouse accommodation during the trek

Trekking Permits

- Annapurna Conservation Area Project Permit (ACAP)
- Trekkers' informational Management Systems Card (TIMS)

Food Services

- 9 times of Breakfast (Local and Continental Choice)
- 9 times of Lunch (Simple and Light Lunch in Teahouse)
- 8 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 porter 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

- From Kathmandu to Pokhara transport by standard Tourist bus (A private vehicle will be arranged upon your request)
- 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-Nayapul-Pokhara)
- Down jacket and sleeping bag(to be returned after trek completion)
- The HRA Brand Duffle Bag for the Trip, Company 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 and porter

7. Equipment / Packing List

Planning your adventure to the Annapurna Base Camp? Here's a complete packing checklist to help you prepare for the journey ahead. This guide includes both essential trekking gear and additional recommended items.? **Pro Tip:** Try to keep your total backpack weight under 20 **kilograms**. Only pack what you truly need - lighter is better for comfort and altitude trekking!

? Essential Trekking Gear Checklist

- Hiking boots (well broken-in and waterproof)

- Trekking trousers (2–3 pairs)
- Waterproof jacket and trousers
- Base layer shirts (moisture-wicking)
- Lightweight thermal gloves
- Down jacket (essential for higher altitudes)
- Underwear (4 pairs)
- Thin inner socks (4 pairs)
- Thick woolen socks (2 pairs)
- Sun hat or scarf (for sun protection)
- Snow glasses or sunglasses (UV protected)
- Trekking poles
- Water bottle (1 liter minimum)
- Small wash towel
- Headlamp (with spare batteries)
- Plastic bags (to keep your gear dry inside the bag)
- Small padlock (for locking your trek bag)
- Hand sanitizer or hand wash
- Basic First Aid Kit (include altitude sickness tablets)
- Sun protection lotion (with high SPF)
- Lip balm with SPF
- Duffle bag or kit bag (for carrying your gear; porters usually carry this)

? Additional Recommended Items

- Beanie or headband (for warmth)
- Neck gaiter or scarf (for wind and dust protection)
- Rain jacket or umbrella (especially in spring or post-monsoon)
- Swiss army knife (multi-use tool)
- Energy snacks or bars
- Travel-size toiletries
- Notebook and pen (to document your journey)
- Power bank (for charging devices)

Read more: Packing List For Annapurna base camp trek