HIMAL TREK
NEPAL

Annapurna Base Camp

Trip Facts

Difficulty Medium	**Max Altitude** 4,130m/13,550ft	**Accommodation** Standard Hotels (Pokhara / Kathmandu) & Tea houses (Trek)	**Meals** 3 meals a day (Breakfast, Lunch, Dinner)
Activity Trekking	**Best Season** Autumn (Sept–Nov) & Spring (Mar–May)	**Start / End Point**	**Duration** 12-13 Days

Trip Overview

The Annapurna Base Camp Trek (popularly known as the ABC Trek) is one of the world's most iconic and deeply rewarding high-altitude walking adventures [ABC Trek]. Easily accessible via a short drive or flight from Pokhara, this moderate-grade loop sits entirely within the protected boundaries of the Annapurna Conservation Area Project (ACAP) [ABC Trek]. It is the perfect choice for hikers who want to stand at the foot of an 8,000-meter peak without facing the extreme, grueling altitudes found on other base camp expeditions.

Spanning a round-trip distance of 110 to 115 km (70 miles), this trail formats perfectly into a 7-to-11-day itinerary for your clients. The route begins through low-altitude terraced rice paddies, traditional Gurung and Magar villages, and dense subtropical bamboo forests. As you climb along the Modi Khola river gorge, the forest opens into the majestic Annapurna Sanctuary—a massive glacial amphitheater ringed entirely by a sheer wall of snow-capped mountains [ABC Trek].

The journey culminates at Annapurna Base Camp sitting at 4,130 meters (13,551 feet) above sea level, offering a dramatic 360-degree panoramic view of the fearsome south face of Annapurna I (8,091m) and the sacred, unclimbed peak of Machhapuchhre (Fishtail) [ABC Trek]. Supported by highly developed, cozy local teahouses and featuring a relaxing natural hot spring stop at Jhinu Danda, this classic package offers an unparalleled balance of alpine challenge, natural beauty, and local cultural immersion.

Trip Itinerary

Day 1 - Arrival in Kathmandu & Welcome Briefing

Difficulty	**Max altitude** 1,400m/4,593ft	**Accommodation** Hotel	**Meals**

Day 2 - Journey to Scenic Pokhara & Free Exploration Day

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Difficulty	Max altitude 822m/2,697ft	Accommodation	Meals

Day 3 - Drive to Ulleri (Himal Trek Shortcut) & Trek to Ghorepani

Difficulty	Max altitude 2,840m/9,318ft	Accommodation	Meals

Day 4 - Morning Hike to Poon Hill & Ridge Trek to Tadapani

Difficulty	Max altitude 3,210m/10,531ft	Accommodation lodge	Meals breakfast

Day 5 - Trek from Tadapani to Cultural Chhomrong Village

Difficulty 5–6 hours trekking	Max altitude 2,170m/7,119ft	Accommodation	Meals

Day 6 - Trek from Chhomrong to Dovan

Difficulty 5–6 hours trekking	Max altitude 2,600m/8,530ft	Accommodation	Meals

Day 7 - Trek from Dovan to Deurali (Above the Tree Line)

Difficulty 4–5 hours trekking	Max altitude 3,230m/10,597ft	Accommodation	Meals

Day 8 - Acclimatization Stage: Deurali to Machhapuchhre Base Camp (MBC)

Difficulty 3–4 hours trekking	Max altitude 3,700m/12,139ft	Accommodation	Meals

Day 9 - Sunrise at Annapurna Base Camp (ABC) & Long Descent to Bamboo

Difficulty 7–8 hours trekking total	Max altitude 4,130m/13,550ft	Accommodation	Meals

Day 10 - Trek from Bamboo back to Jhinu Danda Hot Springs

Difficulty 5–6 hours trekking	Max altitude 2,170m/7,119ft	Accommodation	Meals

Day 11 - Trek to Siwai & Private Drive Back to Pokhara

Difficulty	Max altitude 822m/2,697ft	Accommodation	Meals

Day 12 - Travel Back from Pokhara to Kathmandu

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Difficulty	Max altitude	Accommodation	Meals
	1,400m/4,593ft		

Day 13 - Final Departure from Nepal

Cost Includes & Excludes

Includes:

- 2 nights accommodations during Kathmandu stay in twin sharing basis.
- 2 nights accommodations during Pokhara stay in twin sharing basis.
- Internal ground transfer from/to Kathmandu & Pokhara by Tourist Bus.
- Required Permits & Fees: 1. Annapurna conservation Park Entry Permit. 2. TIMS (Trekkers' Information Management Systems) card if applicable.
- Accommodation Along the Trail: 1. Standard twin-sharing rooms in local tea houses or mountain lodges for 8 nights.
- 6. Trekking Support Staff: 1. Salary, insurance, food, accommodation, and equipment for a licensed English-speaking guide. 2. Salary, insurance, food, and accommodation for porters (typically 1 porter shared between 2 trekkers, carrying up to 20–25kg total).
- 7. Meals on the Trek: 1. Full board meals: 3 meals a day (Breakfast, Lunch, Dinner) chosen from the tea house menu. 2. Post-dinner hot beverages (tea or coffee) or a cup of hot water.
- Safety Gear: 1. First-aid kit carried by the guide, including an oximeter to monitor oxygen levels daily.

Excludes:

- International Travel Costs: 1. International airfare to and from Kathmandu. 2. Nepal Tourist Visa fee (payable in cash USD upon arrival at Tribhuvan International Airport).
- Single supplementary fee.
- Internal flight transfer. 1. Round-trip domestic flights between Kathmandu and Pokhara. 2. Airport transfers via private vehicle in Kathmandu and Pokhara.
- Travel and Emergency Insurance: 1. Mandatory: Travel insurance that explicitly covers emergency helicopter evacuation up to 6,000 meters (most basic plans cap out at 3,000m).
- Meals before & after trek in Kathmandu & Pokhara and extra stay in Kathmandu/Pokhara hotels other than mentioned above: 1. Hotel up-gradation might cost extra depending on your request.
- Trail Luxuries & Services (Tea house Add-on): 1. Hot Showers: Gas or solar-heated showers cost between $3 to $7 USD per shower (prices increase with altitude). 2. Device Charging: Power banks, phones, and camera battery charging cost $2 to $5 USD per full charge. 3. Wi-Fi / Connectivity: AirLED or Everest Link Wi-Fi prepaid cards cost roughly $5 to $10 USD for a set amount of data. 4. Drinking Water: Bottled water costs $1 to $4 USD per bottle (it is highly recommended to bring water purification tablets/filters instead).
- Personal Trekking Gear: 1. Down jackets, sleeping bags, hiking boots, trekking poles, and backpacks (though sleeping bags and jackets can be rented cheaply in Kathmandu for around $1 to $2 a day).
- Beverages & Snacks: 1. Alcoholic drinks (beer, spirits), specialty coffees, soft drinks, and bakery items at trail cafes.
- Tips & Gratitude: 1. Tipping guides and porters is custom and highly expected. The industry standard is roughly 10% to 15% of your total trek cost, pooled together by the group and handed out on the final evening.

Gears & Equipment

Teahouse Lodging
Expect basic, cozy tea houses with twin sharing beds, communal dining spaces, and shared bathrooms carefully vetted by our team.

Internet and Wi-Fi
Available in most lower-elevation villages for a small fee, but connection becomes unreliable and slow at higher altitudes.

Charging Devices
Electricity is accessible at most teahouses, though hosts usually charge a fee per device higher up the trail.

Water Availability
Safe drinking water is available via boiled water from teahouses, water purification tablets, or UV filters; buying plastic bottles is discouraged.

FAQs

Best Time to Visit
October to November offers the clearest skies and best mountain views, while March to April brings beautiful blooming rhododendrons.

Trek Duration
Routes range from short 3-day hikes (like Poon Hill) to epic 12-to-22-day journeys (like the full Annapurna Circuit).

Required Permits
Trekkers need the ACAP Permit and a TIMS Card, both of which Himal Trek Nepal handles completely for our clients.

Solo Trekking Rules
Nepal restricts solo trekking in most mountain regions; our agency provides licensed, experienced guides to ensure full legal compliance and safety.