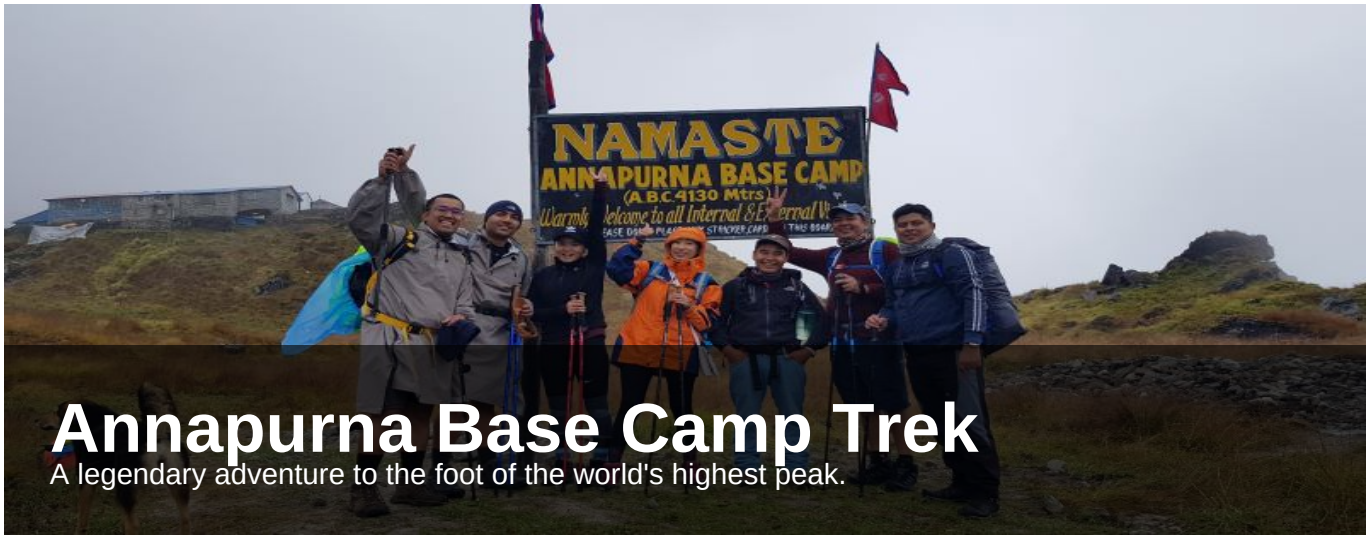

Annapurna Base Camp Trek

A legendary adventure to the foot of the world's highest peak.

Trekking at a Glance

DURATION	MAX ALTITUDE	TRIP GRADE	BEST TIME
11 Days	4,130m	Medium	Feb-May & Oct-Dec

ACCOMMODATION

Tea house / Lodge

THE OVERVIEW

Annapurna Base Camp Trekking is one of the most popular trekking experiences in the Annapurna region of Nepal. There are several trekking destinations in this region, and among them, Annapurna Base Camp is one of the most popular choices for travelers. This trek was established in 1972 and officially opened for trekkers. Since then, thousands of people have completed this trek. The word “Annapurna” means “full of crops,” symbolizing prosperity and natural richness. The major attractions of this trek include the diverse landscapes of Nepal, ranging from lush forests to high mountain terrain. Along the trail, you can experience many...

DAILY ITINERARY

11 DAY TREK SCHEDULE

01

Kathamandu to pokhara by tourist bus

After breakfast, drive from Kathmandu to Pokhara by tourist bus, which takes around 6–7 hours. During the journey, enjoy scenic views of rivers, hills, terraced farmlands, and local villages. Upon arrival in Pokhara, transfer to your hotel and relax. In the evening, you can explore the lakeside area. Overnight stay at hotel.

ALT: 820m

02

Pokhara to Phedi by car and treks to Dampus.

After breakfast, drive from Pokhara to Phedi and begin your trek to Dampus. The trail passes through beautiful villages, terraced fields, and forests. Dampus is a scenic village offering great views of the Annapurna range and surrounding hills. Overnight stay at lodge.

ALT: 1,650m HIKE: 4–5 hours MEAL: Breakfast, Lunch, Dinner

03

Dampus to Landruk

Trek from Dampus to Landruk through forest trails and traditional settlements. Enjoy beautiful landscapes and cultural experiences along the way. Landruk is a charming village with great mountain views. Overnight stay at lodge.

ALT: 1,565m HIKE: 5–6 hours MEAL: Breakfast, Lunch, Dinner

04

Landruk to Chhomrung

Today's trek takes you to Chhomrung, a beautiful Gurung village. The trail includes both uphill and downhill sections with stunning views of Annapurna South and Machhapuchhre. Chhomrung is the gateway to Annapurna Base Camp. Overnight stay at lodge.

ALT: 2,170m HIKE: 5–6 hours MEAL: Breakfast, Lunch, Dinner

05

Chhomrung to Dovan

Descend to Chhomrung Khola and then climb up through bamboo and rhododendron forests towards Dovan. The trail offers peaceful surroundings and beautiful natural scenery. Overnight stay at lodge.

ALT: 2,870m HIKE: 5–6 hours MEAL: Breakfast, Lunch, Dinner

06

Dovan to MBC

Continue trekking through dense forests and alpine landscapes to reach Machhapuchhre Base Camp (MBC). As you gain altitude, enjoy stunning views of surrounding mountains. Overnight stay at lodge.

ALT: 3,700m HIKE: 5–6 hours MEAL: Breakfast, Lunch, Dinner

07

MBC to ABC

Today is the main highlight of the trek. Trek to Annapurna Base Camp (4,130m) and enjoy breathtaking panoramic views of Annapurna I, Annapurna South, Hiunchuli, and Machhapuchhre. After spending time at the base camp, descend back to Himalaya for overnight stay.

ALT: 4,130m HIKE: 6–7 hours MEAL: Breakfast, Lunch, Dinner

08

Himalaya to Chhomrung

Descend through forests and scenic trails back to Chhomrung. Enjoy changing landscapes as you move to lower altitude. Overnight stay at lodge.

ALT: 2,170m HIKE: 5–6 hours MEAL: Breakfast, Lunch, Dinner

09

Chhomrung to Gandruk

Trek to Gandruk, a traditional Gurung village known for its rich culture and mountain views. Explore the village and interact with locals. Overnight stay at lodge.

ALT: 1,940m HIKE: 5–6 hours MEAL: Breakfast, Lunch, Dinner

10

Gandruk to Pokhara by jeep or bus and Pokhara city sightseeing.

Drive from Gandruk to Pokhara by jeep or bus. After arrival, enjoy sightseeing around Pokhara including lakeside area. Overnight stay at hotel.

ALT: 820m MEAL: Breakfast

11

Pokhara to Kathmandu by Tourist bus

Drive back to Kathmandu by tourist bus, enjoying scenic landscapes along the way. Upon arrival, transfer to your hotel or airport for departure.

ALT: 1,400m MEAL: Breakfast

END OF SERVICES

What's Included

- Airport pickup and drop-off services
- Airport transfer
- Three meals a day (Breakfast, Lunch, and Dinner) during the trek
- Tea and coffee
- Two nights hotel in Kathmandu with breakfast
- Trekking lodge accommodation during the trek
- All necessary trekking permits
- Transportation by private vehicle or tourist bus
- English-speaking guide with salary, food, drinks, accommodation, transport, and insurance
- A strong and helpful porter with proper equipment (one porter for two people)
- Medical supplies (first aid kit available)
- Government taxes and official expenses
- Assistant guide for groups above 6 people

What's Not Included

- International flights
- Lunch and dinner while in Kathmandu
- Nepal entry visa fee
- Personal expenses
- Drinking water, soft drinks, and alcoholic beverages
- Battery charging and hot shower during the trek in teahouses
- Personal trekking equipment
- Emergency evacuation (helicopter rescue)
- Any costs arising due to itinerary changes (landslides, weather, political issues, strikes, etc.)
- Horse rental and additional porters
- Tips for guide, porter, and driver (tipping is expected)

CERTIFIED & AUTHORIZED AGENCY

TAAN NMA NTB NEPAL GOVERNMENT

Ready for the adventure?

Contact our travel specialists to customize your trek experience or book your spot today.

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