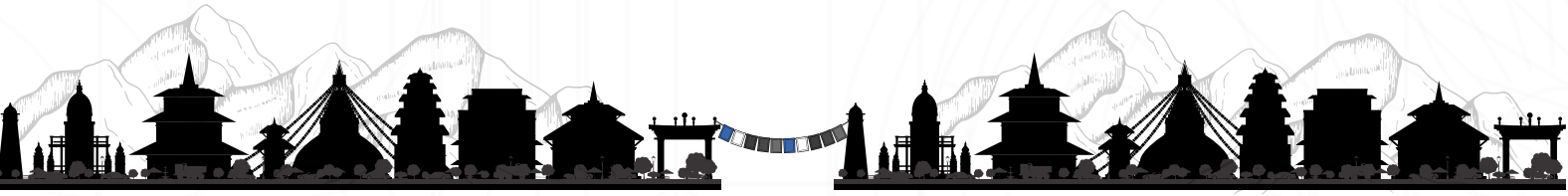


Annapurna Base Camp Trek Itinerary



Annapurna Base Camp (ABC) Trek is a classic journey in the Annapurna region that reaches up to 4,130m at the base of Mt. Annapurna. The trail passes through diverse landscapes, from lush rhododendron forests and terraced fields to high alpine meadows, offering breathtaking scenery throughout. We can see close-up panoramic views of Annapurna I, Machhapuchhre, Hiunchuli, and Gangapurna. This trek is a perfect blend of natural beauty, cultural experience, and Himalayan adventure.

Day 1: Pokhara → Ghandruk

- Duration: Drive: 4–6 hrs (approx. 55 km)
- Elevation: 1,940 m
- Trail Type: Scenic drive through villages and terraced hillsides
- Highlights: Explore traditional Gurung village of Ghandruk with stunning views of Annapurna South, Hiunchuli, and Machhapuchhre.



Day 1



Day 2



Day 2: Ghandruk → Chhomrong

- Duration: 10 km / 5–6 hrs
- Elevation: 2,170 m
- Trail Type: Gradual ascent then descent to Kimrong Khola, final climb to Chhomrong
- Highlights: Beautiful forested trail with views of Annapurna South and Machhapuchhre; lively Gurung settlement in Chhomrong.





Day 3



Day 3: Chhomrong → Bamboo

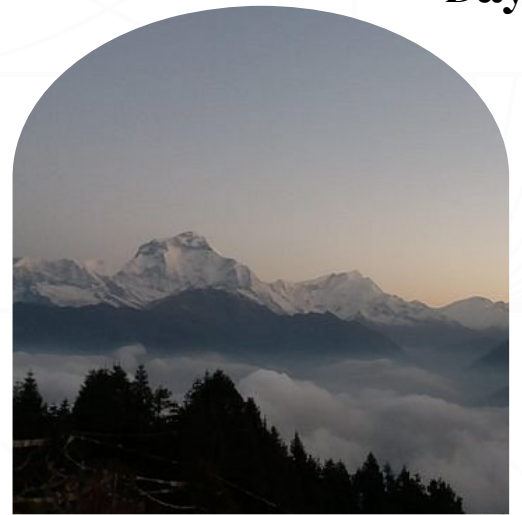
- Duration: 9 km / 5–6 hrs
- Elevation: 2,310 m
- Trail Type: Stone steps down to Chhomrong Khola, uphill through forested trails
- Highlights: Rhododendron and bamboo forests; serene and peaceful trek away from villages.



Day 4

Day 4: Bamboo → Deurali

- Duration: 10 km / 5–6 hrs
- Elevation: 3,230 m
- Trail Type: Forest and alpine transition, steady ascent
- Highlights: Waterfalls and river valleys; gradual climb with mountain views opening up.



Day 5



Day 5: Deurali → Annapurna Base Camp (via Machhapuchhre Base Camp)

- Duration: 8 km / 6–7 hrs
- Elevation: 4,130 m (ABC)
- Trail Type: Alpine landscape, gradual ascent
- Highlights: Pass Machhapuchhre Base Camp (3,700 m) before reaching ABC; surrounded by a 360° view of Annapurna I, South, Hiunchuli, Machhapuchhre, and Gangapurna.





Day 6



Day 6: ABC → Bamboo

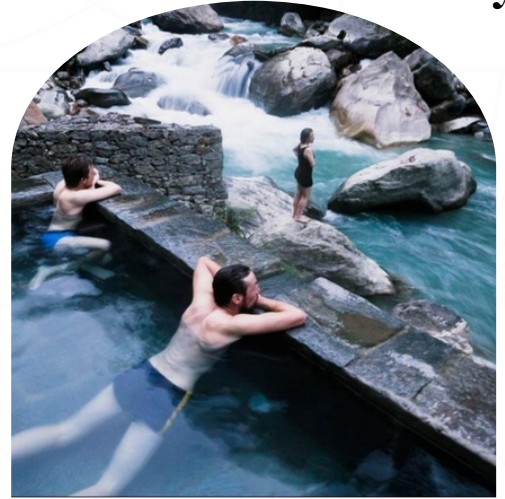
- Duration: 14 km / 6–7 hrs
- Elevation: 2,310 m
- Trail Type: Descending alpine and forest trails
- Highlights: Sunrise over Annapurna range from ABC; descend back through MBC, Deurali, and Himalaya to Bamboo.



Day 7

Day 7: Bamboo → Jhinu Danda (Hot Springs)

- Duration: 12 km / 5–6 hrs
- Elevation: 1,780 m
- Trail Type: Forest trail, descent to river, uphill climbs
- Highlights: Relax in natural hot springs by the Modi Khola at Jhinu Danda.



Day 8



Day 8: Jhinu Danda → Nayapul → Pokhara

- Duration: Hike: 10 km / 5–6 hrs | Drive: 42 km / 2 hrs
- Elevation: 820 m (Nayapul)
- Trail Type: Downhill through farmland and villages
- Highlights: Final village walk; drive back to Pokhara.



Annapurna Base Camp Trek: More Fun & Fascinating Facts

Q: Why is Annapurna Base Camp so famous?

A: It's one of the few places in the world where you can stand in the middle of a natural amphitheater surrounded by giants like Annapurna I, Machhapuchhre, and Hiunchuli.

Q: When is the best time to trek ABC?

A: Spring (March–May) for rhododendron blooms and clear skies, or autumn (Sept–Dec) for crisp mountain views and stable weather.

Q: What kind of wildlife might I spot?

A: Keep an eye out for Himalayan monals (Danphe), langurs, mountain goats, and if you're lucky, even musk deer along forest trails.

Q: What are the teahouses like on this trek?

A: Cozy family-run lodges offering varieties of meal and simple wooden rooms.

Q: Which peaks can you see from ABC?

A: Annapurna I (8,091m), Annapurna South (7,219m), Hiunchuli (6,441m), Machhapuchhre (6,993m), and Gangapurna (7,455m) all tower around you.



Fun Fact: Annapurna I was the first 8,000m peak ever climbed (in 1950), but it's also known as one of the deadliest 8,000ers — making it all the more awe-inspiring to admire safely from base camp.

