

Annapurna Base Camp Trek

12 days · Moderate to challenging · Request a quote

Walk from the Annapurna foothills into the Sanctuary, with a staged ascent to Machhapuchhre Base Camp and a day visit to Annapurna Base Camp at about 4,130 m.

Overview

The Annapurna Base Camp trek follows stone village paths, rhododendron forest and the narrowing Modi Khola valley into a mountain amphitheatre. The landscape changes gradually: cultivated hills around Ghandruk give way to bamboo and forest, then open slopes below the walls of the Annapurna Sanctuary.

This 12-day outline begins and ends in Kathmandu. It includes travel through Pokhara and a walking route through Chhomrong, Bamboo, Himalaya and Deurali. Shorter upper-valley stages create time to assess the conditions and how you are feeling before continuing to Machhapuchhre Base Camp, usually shortened to MBC.

The highest visit and the highest overnight are different. The planned overnight high point is MBC at approximately 3,700 m. From there, a weather-dependent walk reaches Annapurna Base Camp at approximately 4,130 m before returning down the valley to Deurali. This approach avoids making the base-camp visit an automatic overnight at the route's highest point. It still involves altitude exposure and a substantial walking day.

Expect repeated steps and descents as well as uphill walking. The descent to Chhomrong is a long day, and the itinerary can be extended if you prefer shorter stages. Snow, avalanche conditions, swollen streams or illness may require a different plan. A mountain view or a particular turnaround point cannot be promised.

Your quotation sets out transport choices, accommodation, meals, guiding and porter arrangements, permits and any other included services. Read our [ABC guide from Pokhara](#) for a closer look at the route, then [tell us your dates and walking experience](#) so the journey can be adjusted around you.

Day-by-day itinerary

Day 1: Arrive in Kathmandu

Settle into Kathmandu and leave time to review the route, equipment and travel arrangements. Share any recent illness, previous altitude problems or concerns about long walking days before the journey begins. Airport transfers, accommodation and briefing arrangements follow your confirmed quotation.

Kathmandu → Kathmandu · No scheduled trekking · Highest visited: 1400 m · Overnight: 1400 m · Hotel · As agreed in your quotation

Day 2: Travel from Kathmandu to Pokhara

Travel west to Pokhara by the transport agreed in your quotation. A road journey often takes 7–10 hours and can take longer with traffic or road works. A flight is a different arrangement and remains subject to operations. Use the evening to prepare the walking kit and confirm the next day's roadhead.

Kathmandu → Pokhara · No scheduled trekking; road travel about 7–10 hours · Overnight: 822 m · Hotel · As agreed in your quotation

Day 3: Reach the foothills and walk to Ghandruk

Travel toward the Nayapul-Birethanti area and the currently usable lower Ghandruk access point, then begin the approach to Ghandruk. The balance of driving and walking depends on the selected roadhead. Allow time for the stone paths, village surroundings and a relaxed first evening on the trail.

Pokhara → Ghandruk · About 2–4 hours walking; 2–3 hours road travel · Highest visited: 1940 m · Overnight: 1940 m · Teahouse · As agreed in your quotation

Day 4: Cross the valley to Chhomrong

Follow village paths toward the Kimrong valley, descend and climb again to Chhomrong. This is a good introduction to the route's repeated changes in height: the overnight elevations alone do not show the effort of the day. Walk steadily and save energy for the steps on the following stages.

Ghandruk → Chhomrong · About 5–6 hours · Overnight: 2170 m · Teahouse · As agreed in your quotation

Day 5: Walk through Sinuwa to Bamboo

Descend the stone steps from Chhomrong, cross the stream and climb toward Sinuwa before continuing into forest. The route continues above the overnight elevation before descending to Bamboo. Expect a mixture of stairs, shaded trail and short undulations rather than a continuous ascent.

Chhomrong → Bamboo · About 5–6 hours · Overnight: 2310 m · Teahouse · As agreed in your quotation

Day 6: Follow the forest valley to Himalaya

Continue through the forest past Dovan toward the small lodge settlement of Himalaya. The shorter destination gives the itinerary room to gain height gradually before the upper valley. River noise, damp shaded sections and uneven footing are part of this stage; take care on wet steps and bridges.

Bamboo → Himalaya · About 3–4 hours · Highest visited: 2920 m · Overnight: 2920 m · Teahouse · As agreed in your quotation

Day 7: Continue to Deurali

Move farther into the narrowing valley toward Deurali. This is intentionally a shorter stage. Trail conditions above Himalaya and near the Sanctuary approach can be affected by snow, rockfall and avalanche exposure, so the walking line and departure time must follow the current assessment. Rest on arrival and review the next day.

Himalaya → Deurali · About 2–3 hours · Highest visited: 3230 m · Overnight: 3230 m · Teahouse · As agreed in your quotation

Day 8: Enter the upper Sanctuary at Machhapuchhre Base Camp

Walk up the open valley to Machhapuchhre Base Camp, with the mountain walls becoming more prominent as the landscape opens. The roughly 470 m sleeping-height gain is still a high-altitude stage. Keep the pace gentle and decide on the following day's base-camp visit according to weather, trail conditions and wellbeing.

Deurali → Machhapuchhre Base Camp · About 3–4 hours · Highest visited: 3700 m · Overnight: 3700 m · Teahouse · As agreed in your quotation

Day 9: Visit Annapurna Base Camp and descend to Deurali

If conditions permit, follow the upper trail to Annapurna Base Camp at approximately 4,130 m. Take time to appreciate the Sanctuary without allowing the stop to delay a sensible descent. Return past MBC and continue down to Deurali. This is a long outing; the turnaround can be brought forward whenever conditions require it.

Machhapuchhre Base Camp → Deurali · About 6–8 hours · Highest visited: 4130 m · Overnight: 3230 m · Teahouse · As agreed in your quotation

Day 10: Descend through the valley to Chhomrong

Retrace the valley through Himalaya, Dovan, Bamboo and Sinuwa. Although the day loses height overall, the final climb back into Chhomrong makes it demanding. Keep a steady pace and use breaks on the long descent. Travelers wanting shorter days can add an overnight around Bamboo or Sinuwa.

Deurali → Chhomrong · About 7–9 hours · Highest visited: 3230 m · Overnight: 2170 m · Teahouse · As agreed in your quotation

Day 11: Walk toward Jhinu and return to Pokhara

Descend toward Jhinu and the agreed vehicle meeting point. Road and bridge access determine the final walking section. Continue to Pokhara by the transport in your proposal. A hot-spring visit is an optional arrangement only if access, timing and conditions allow it; it is not assumed in the schedule.

Chhomrong → Pokhara · About 2–4 hours walking; 2–4 hours road travel · Highest visited: 2170 m · Overnight: 822 m · Hotel · As agreed in your quotation

Day 12: Return from Pokhara to Kathmandu

Return to Kathmandu by the agreed road or air arrangement. Road travel commonly fills the day, with delays possible on the main highway. The trip outline ends in Kathmandu; an international departure should have its own sensible buffer beyond this return journey.

Pokhara → Kathmandu · No scheduled trekking; road travel about 7–10 hours · Overnight: 1400 m · Hotel · As agreed in your quotation

Your quotation

The written quotation for your dates identifies included services and separate expenses. Confirm guiding, permits, transport, accommodation and meals, as well as insurance, personal costs and disruption arrangements before booking.

Practical information

Pace, altitude and conditions

Walking times are approximate moving-day ranges with normal short stops; they vary with fitness, weather and trail conditions. Above Deurali, the itinerary depends on current snow and avalanche conditions as well as individual acclimatization. The day to ABC is optional if conditions or symptoms make continuing unsuitable. Do not ascend with altitude symptoms; seek help and descend if symptoms worsen. See the [CDC altitude guidance](#) and discuss personal health questions with a qualified clinician.

Permits and the written quotation

The route lies within the Annapurna Conservation Area. The [NTNC permit service](#) and [NTB TIMS guidance](#) are the starting points for current requirements. Your proposal should identify the applicable permits, guide arrangements and charges. No service is included solely because it appears in this suggested itinerary.

Travel days and flexibility

The roadhead near Ghandruk or Jhinu may change with road works and weather. Road journey times can be much longer than advertised in poor conditions. The 12-day outline ends after the return to Kathmandu; keep additional time before an international flight and agree how disruptions or extra nights would be handled. Insurance should explicitly cover your activity, planned altitude and emergency treatment or evacuation arrangements.