Annapurna Base Camp Trek

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Trip Summary

Package: Annapurna Base Camp Trek

Total Days: 15 days

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DAY 1

Arrival, transfer to hotel

A Taleju Adventure representative will pick you up from the Tribhuwan International Airport in Kathmandu and drop you off at our Taleju Boutique Hotel or any 3-star rated hotel. After a short rest, you can visit Taleju Adventure's office to discuss more about the trek. Alternatively, you can have a discussion at your hotel. Overnight in Kathmandu.

DAY 2

Trekking preparation day, Heritage sightseeing

After short introduction with our tour guide, you will be having a tour to Kathmandu UNESCO world heritage sites with our tour guide. First visit would be to Pashupatinath Temple (Nepal's biggest Hindu temple). It is also a place for dead body cremation for Hindu community. Then we drive to Bouddhanath Stupa, one of the most revered and biggest Stupa of Nepal. It was damaged by 2015 earthquake but now completely repaired.

Then after we drive to Swyambhunath Stupa, popularly known as "monkey temple". This stupa is on the small hill where you can see the entire Kathmandu valley. Last visit would be to Patan Durbar Square, an "Ancient Royal Palace". Inside the square you can see different Hindu temples, among which Krishna Temple is very popular. Besides, you can study the Newari architecture, arts and culture. Overnight in Kathmandu.

DAY 3

Drive to Pokhara (827m/2,700ft): 6-7 hours

After breakfast, we drive to Pokhara -210 Km/5-6 hrs. While on the way, you can enjoy the beautiful terrace farms, raging Trisuli River and little shops by the side of road. You will also have an option to visit Manakamana Temple (Hindu goddess of willing). It is a temple with one of the manifestations of Hindu Goddess Bhagwati. Bhagwati is believed to have the power to fulfill your wish. You have to take cable car to reach the temple and it is 2.8 Km long and takes 12min to reach. After return, we will continue our travel to Pokhara. Overnight in Pokhara.

DAY 4

Drive to Nayapul and trek to Ulleri (2,020m/6,725ft), 1 hr drive and 4 hrs walk

After breakfast at our hotel, we drive to Nayapul, the starting point of our trek. Upon arrival, we take a short break for tea and final trek preparations before setting off on foot. We begin by walking through a small Gurung village toward Birethanti, the first checkpoint of the trek. After presenting our trekking permits, we continue along a dusty, unpaved road toward Hille, where we stop for lunch. From Hille, the trail becomes more challenging as we begin climbing over 4,000 stone steps. The path takes us through charming villages and birch forests. After more than three hours of steady uphill trekking, we arrive at Ulleri (2,020m), where we spend the night.

DAY 5

Ulleri to Ghorepani (2,850m/9,350ft). 5-6 hrs walk

After breakfast, we continue our trek toward Ghorepani. The trail involves a steady uphill climb along stone steps, leading us through beautiful rhododendron and oak forests. As we walk through the forest, we cross charming bridges and pass waterfalls, stopping occasionally for a tea break. Eventually, we arrive in Ghorepani, one of the most popular and lively villages in the Annapurna region. Here, you'll find local foods and handmade products crafted by the villagers. During the peak trekking season, the entire area is often blanketed in snow, adding to its beauty. Overnight in Ghorepani.

DAY 6

Poon hill hike and trek to Tadapani (2540m/8332ft), 6-7 hrs walk

To catch the stunning sunrise over the Himalayas, we begin our day with an early morning climb up the steep trail to Poon Hill (3,210m/10,529ft), one of the most popular trekking destinations in the Annapurna region. From the viewpoint, we are treated to breathtaking panoramas of Mustang, Pokhara, and more than 20 towering peaks, including close-up views of the Annapurna and Dhaulagiri ranges. The snow-capped summits shine brightly in the early morning light. After capturing some photographs, we descend back to Ghorepani for breakfast. Later, we head east, climbing a nearby ridge before descending through beautiful rhododendron forests. We pass by magnificent waterfalls and eventually reach Tadapani, where we spend the night.

DAY 7

Tadapani to Chhomrong (2,210m/7,249 ft), 5-6 hrs walk

Today's trek leads us downhill through beautiful rhododendron forests. We hike for about 5 to 6 hours, crossing several hills and navigating a series of stone steps with both ascents and descents. After a challenging but scenic journey, we arrive at Chomrong, a charming village inhabited by the Gurung community. Overnight in Chomrong.

DAY 8

Chhomrong to Dovan (2580m/8460ft): 6 hrs trek

After having breakfast at the lodge, we begin our trek toward Dovan, passing through the village of Sinuwa along the way. Sinuwa is a Gurung community village that offers beautiful views of Mt. Annapurna and the well-known Ghandruk village. We continue our journey following the Modi River, trekking through serene bamboo, rhododendron, and oak forests. We stop at Bamboo for lunch and some rest. From there, it's about an hour and a half walk to reach Dovan. We spend the night in Dovan.

DAY 9

Dovan to Deurali (3230m/10,595ft): 4 hrs trek

Today's trek takes us from 2,520 meters to 3,200 meters, so it's natural to feel a bit fatigued along the way. The trail involves a steady ascent with steep stone steps and large rocks to navigate. We pass through Himalaya and the Hinku Cave, where we stop for lunch and a short rest. After the break, we continue our climb until we reach Deurali. Overnight in Deurali.

DAY 10

Deurali to Annapurna Base Camp (4,130m/13,545ft) via Machhapuchre Base Camp: 5-6 hrs trek

Today is one of the most important and memorable days of our trek, as we ascend more than 1,000 meters from Deurali to reach ABC. After trekking through beautiful birch forests, we will reach our first stop, Machhapuchhre Base Camp where we pause for lunch while enjoying breathtaking views of Mt. Machhapuchhre (Fishtail). We spend some time here soaking in the panoramic mountain scenery before continuing along the trail toward ABC.

As we approach our destination, the views become even more spectacular, with Annapurna I, Annapurna South, and several other towering peaks coming into full view. It's a 360 degree view of the majestic Himalayas. Overnight in ABC.

DAY 11

Annapurna Base Camp to Bamboo (2310m/7575ft): 6 hrs trek

We wake up early in the morning to witness the stunning sunrise over Mt. Annapurna. With a warm cup of tea or coffee in hand, we take in the breathtaking views and capture some unforgettable photos and videos. After enjoying this magical moment, we have breakfast at the hotel and begin our descent. Following the same trail we took on the way up, we trek downhill and eventually reach Bamboo. Overnight at Bamboo.

DAY 12

Bamboo to Jhinu Dada (1760m/5770 ft): 6 hrs trek

From Bamboo, we continue our trek with a steady downhill walk to Chhomrong, where we stop for lunch. Afterward, we descend further along a stone-step trail to reach Jhinu Danda. In the afternoon, we have time to relax and enjoy the natural hot springs located near the banks of the Modi Khola River.

After resting at our lodge in Jhinu Danda, we take a short 30-minute walk downhill to the hot springs. Soaking in the warm waters is a perfect way to relieve the fatigue and soreness from our trek—it's a peaceful, rejuvenating experience. We spend about an hour at the hot springs before heading back to the lodge. Overnight in Jhinu Danda.

DAY 13

Jhinu Dada to Pokhara, 3 hr drive

On the final day of our ABC trek, we enjoy a scenic walk through rolling hills and stone-stepped trails. Along the way, we cross the iconic "New Bridge," one of the most well-known suspension bridges in the Annapurna region.

After a short walk, we board a local jeep from Jhinu Danda Jeep Station to Pokhara. Upon check-in at hotel, have a well deserved rest and enjoy the evening along the bank of Fewa Lake. Overnight in Pokhara.

DAY 14

Pokhara - Kathmandu 6 hour

We depart for Kathmandu early in the morning, traveling in a comfortable tourist bus along the scenic Prithvi Highway. As we drive, we are treated to beautiful views, with the river on our left and towering hills on the right. In the evening, we gather for a farewell dinner, where you'll have the chance to share your experiences from the ABC trek. Overnight in Kathmandu.

DAY 15

Final departure

Our adventure in Nepal comes to an end today! A Taleju Adventure representative will escort you to the airport approximately 3 hours before your scheduled flight. On your way home, you have plenty of time to plan your next adventure in the wonderful country of Nepal.