

Annapurna Base Camp Trek 7 Days



Introduction

Annapurna Base Camp Trek 7 Days is just amazing to lost in the giant Himalayan sanctuary and to inspire yourself. A healthy trekking to Annapurna Base Camp at an altitude 4100m would change you towards positive thought like you won a lifetime adventure competition. Annapurna Base Camp is surrounded by Annapurna I 8091m, fishtail 6993m, Annapurna south 7219m, Hiunchuli 6441m, Tent peak 5663m, Mardi Himal 5588. Annapurna Base Camp trek can be combined with [Ghorepani Poon Hill trekking](#) and [Annapurna Circuit trekking](#) as well as. ABC trekking can be done all round the year.

Trip Facts

Trip Duration	7 Days
Trip Grade:	Moderate
Best Season	March-may, Oct - November
Per Day Hiking:	5-6 hr

Elevation	4100m
Accommodation	Guest House
Transportation	Private local Jeep

Itinerary Details

Day 01: Drive to Kimche & trek to Chmrong 2170:

Your guide will pick you up from your hotel and drive to Kimche by jeep. Take a short break with tea or coffee and after trek to Ghandruk where we will stop for lunch. Trek down to Kimring Khola crossing the large suspension bridge. After the bridge, we climb to the small village. After a while the trail climbs a little, continuing along the terraces to join the main Ghandrung - Chomrong route. Chomrong itself is a beautiful village, typically Gurung in style, situated in the lap mountain. Overnight in the lodge.

Driving time: approx. 2 hours (around 46 kms)

Trekking time: approx. 5 hours

Heights: Chmrong 2170

Overnight: Mountain local lodge.

Meal included: BLD from local lodge menu

Taken care: Trekking guide and porter

Day 02: Trek to Dovan 2430m:

Cross Chhomrong Khola before climbing steeply through a rhododendron forest, up the west bank of the Modi Khola. Have a lunch break at Bamboo and continue to Dovan Overnight at the lodge and rest.

Trekking time: approx. 6 hours

Overnight: Mountain lodge.

Meal included: BLD from local lodge menu

Taken care: Trekking guide and porter

Day 03: Trek to Deurali 3231m:

Trek to Deurali 3231m: This is not a hard day as you arrive above 300m. Trek starts as other days, You can also have some rest at Himalaya Hotel (2873m) here we stop to stretch our legs and take a tea break. After taking rest we ascend to Hinko(3139m), a short path to Deurali(3231m)

Trekking time: approx. 4 hours

Overnight: Mountain local lodge.

Meal included: BLD from local lodge menu

Taken care: Trekking guide and porter

Day 04: Trek to Annapurna Base Camp 4110m:



Trek to Annapurna Base Camp 4110m: This is a little hard day as the last part is steep hiking until ABC. This area is also called the Annapurna Sanctuary since it is totally surrounded by Mountain: Annapuran I, Annapurna South, Hiunchuli and Fishtail.

Trekking time: approx. 5 hours

Overnight: Mountain lodge.

Meal included: Breakfast, Lunch and d

Meal included: BLD from local lodge menu

Taken care: Trekking guide and porter

Day 05: Trek to Bamboo 2300m:

The trail descends all the way down the same path through terraced fields and the forests for 6 hours to reach Bamboo village.

Trekking time: approx. 6 hours

Overnight: Mountain local lodge.

Meal included: BLD from local lodge menu

Taken care: Trekking guide and porter

Day 06: Trek to Jhinu Danda 1700m:

After breakfast, we descend down hill trail to Jhinu Danda. Jhinu Danda offers a natural hot spring. Enjoy the hot spring for refreshing. Over night in the lodge. Lunch will serve on the way and dinner at the lodge

Trekking time: approx. 5 hours

Overnight: Mountain local lodge.

Meal included: BLD from local lodge menu

Taken care: Trekking guide and porter

Day 07: Trek back to Nayapul and drive back to Pokhara:

We can enjoy a final down hill trail through forest, terraced fields and villages for about 5 hours to Nayapul. From here we drive for about 1 hour back to Pokhara and transfer to hotel where our trek ends.

Trekking time: approx. 5 hours

Driving time: approx 1 ½ hours

Accommodation: Hotel in the lake side.

Meal included: Breakfast, Lunch from local lodge

Cost Includes :

- All meals (breakfast, lunch and dinner) whilst on the trek from local lodge menu.
- Lodge accommodations in trekking on twin sharing (bathroom outside)
- Trekking permit (ACAP and TIMS)
- Guide and Porters (one porter per two persons is provided to carry the clients personal effects)
- Tourist bus to and from Pokhara. Or Flight to and from Pokhara
- Private transfer to and from the trekking start point.
- Duffle bag, Sleeping bag, Trekking pole in trekking (on request)
- Insurance for the trekking staff. (insurance as per state law)
- All the government tax and our (AATE) service charges.
- First Aid medical kit with guide.

Cost Excludes :

- Extra Hotel, meal and sightseeing, entrance in Kathmandu and Pokhara.
- Transport to and from Pokhara
- Personal trekking equipment (including sleeping bag and stick or etc)
- International flight and visa fees
- Your travel insurance (for travel, cancellation, accident, health, emergency evacuation and loss of life, theft of or damage to personal effects).
- Tips and gratuities (crew frequently receives some recognition for good service)
- Costs arising from unforeseen events outside the control of AATE.
- Personal expenses such as alcoholic beverages, soft drinks, mineral water, monuments entrance fees, postage, laundry, video, camera, phone, etc.
- All other services not included in the "cost includes" section above.