

Annapurna Base Camp Trek 7 Days



Introduction

Annapurna Base Camp Trek 7 Days is the most popular trek in Nepal. It takes you to the sanctuary of Himalaya in a short period of time with different landscape. It starts from low land follow the Modi river, continue through the gorges, rocky and steep hike, lush green forest and finally above tree line (from Machhapuchare Base Camp). The trek starts after an hour drive to Nayapul 1070m and the final destination Annapurna Base Camp is 4130m. It has a spectacular view of Annapurna I (8091 m), Annapurna South (7219 m), Machapuchhre (6993 m) and Hiunchuli (6441 m). Annapurna Base Camp Trekking region has well-equipped guest houses along the way including delicious Nepali Dal Bhat and continental menu. Most of the lodges offer paid WIFI, hot shower and a bar services as well as. The upper villages Machhepuchare Base Camp and Annapurna Base Camp has limited lodges and difficult to find a private room in a busy season. You may have to share the room with other trekkers. Although **Annapurna Base Camp Trek 7 Days** remain open all round the year but it could be closed due to the heavy snow fall in a deep winter. There may have risk of avalanche in between Himalaya Hotel to Machhapuchare Base Camp in winter season. The spring would fully blossom of rhododendron flower

which would be amazing. While returning from trek, The Jhinu Dada can be the best place to stop over and enjoy a natural hot spring for a life time experience. This trek can be combined with [Ghorepani Poon Hill trekking](#) and [Annapurna Circuit trekking](#) as well as.

Trip Facts

Trip Duration	7 Days
Trip Grade:	Moderate
Best Season	March-may, Oct - November
Per Day Hiking:	5-6 hr
Elevation	4100m
Accomodation	Guest House
Transportation	Private local Jeep

Itinerary Details

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

Your guide will pick you up (approx 7:30 am) from your hotel and drive to Siwai by private jeep. On the way there is a ACAP check post where you have to register your permit. Continue drive along the Modi river to Siwai. Take a lunch here and hike to Chmrong. Chomrong a beautiful village, typically Gurung in style, situated in the lap mountain. Chmrong is the gateway to MBC and ABC. It has a tiny overlooking view to Annapurna. There are a nice guest house with WI-FI services. Enjoy your night at this village.

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

Trekking time: approx. 5-6 hours

Heights: Chmrong 2170

Taken care: Trekking guide and porter

WIFI: paid wifi is available at the guest house or use your data pack intet (Rs100-200 for a day).

Hot shower: Hot shoer is available with extra paid (not recommended to take a shower in winter)

Day 02: Trek to Dovan 2430m:

Take a mountain breakfsat (7:00 am) at your guest house. Pack your gear and start trek crossing the 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. Dovan have few guest houses with electricity and WI-FI services but reception to the internet is very poor.

Trekking time: approx. 5-6 hours

Heights: Dovan2430m

Taken care: Trekking guide and porter

WIFI: paid wifi is available but not good signal. Sometimes it works and some time it dose not

Hot shower: normally no hot water for shower.

Day 03: Trek to Deurali 3231m:

Trek to Deurali 3231m which is a small village with few guest houses on the way to ABC. This is not a

hard day as you arrive above 3000m. 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). It has a tiny view of Mt. Fishtail from Deurali. Night rest at guesthouse.

Trekking time: approx. 5-6 hours

Heights: Deurali 3231m

Taken care: Trekking guide and porter

WIFI: NORMALLY no WIFI in this area.

Hot shower: normally no hot water for shower

Day 04: Trek to Annapurna Base Camp 4110m:



Trek to Annapurna Base Camp 4110m is not a long in distance but because of high altitude it will take time to arrive. You have to push a bit to arrive to Machhapuchare Base Camp. You will have a fantastic view from MBC already and continue till ABC. There are only 4 lodges at Annapurna Base Camp. It is also known as Annapurna Sanctuary as it is totally surrounded by Mountain: Annapurna I, Annapurna South, Hiunchuli and Fishtail.

Trekking time: approx. 4-5 hours

Heights: ABC 4130m

Taken care: Trekking guide and porter

WIFI: no WIFI here

Hot shower: Normally no hot water for shower.

Day 05: Trek to Bamboo 2300m:

Enjoy the stunning view of Annapurna panorama and sunrise. After breakfast trek starts to return following the same trail.

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 :

- Local Guest House accommodations in trekking on twin sharing (bathroom outside)
- Breakfast, lunch and dinner from the local guest house menu with tea coffee.
- Trekking permit (Annapurna Conservation Area Permit ACAP and Trekkers Information Management System TIMS).
- English speaking trekking guide and Porters (one porter per two persons is provided to carry the clients personal effects)
- Private transfer to trek starting point (Siwai) and ending point.
- Duffle bag, Sleeping bag, Trekking map, Trekking pole in trekking (on request)
- Insurance for the trekking staff. (insurance as per state law)
- First Aid medical kit with guide.
- All the government tax and our (AATE) service charges.
- Pre briefing about trekking (if possible in Kathmandu)
- If the number of trekkers are more than 5 we will provide a assistant trekking guide.

Cost Excludes :

- Transport to and from Pokhara
- Personal [trekking equipment](#)
- 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.