

Annapurna Base Camp Trek 7 Days



Introduction

The most popular trek in Nepal **Annapurna Base Camp Trek 7 days** starts from Pokhara and end at the south base camp of Mt. [Annapurna I 8091m](#). The base camp of Annapurna is situated between of Mt. Fishtail, Mt. Hiunchuli and Annapurna itself. The trek starts after one and half hour jeep ride to Kyamu through Modi river. The trekking continues after lunch through the terracing field, beautiful Gurung village and snowy Himalayan peak view to the north. The trail passes through the bamboo and rhododendron forest, rocky trails and above the tree line. The trekking is a mixed up of cultural people, flora and fauna, Himalayan birds and animal and snowy towering peaks. The lower villages of Annapurna Base Camp Trek 7 days have comfortable guest house for accommodation whereas MBC and ABC has limited guest houses. In a peak season, you may have to share a room with other tourist or even sleep in a dining room. Generally, the lower villages offer room with attached bathroom but the upper village has only sharing bathroom. Some villages offer even a WIFI facilities whereas the upper village has no good reception to a local cell phone as well as. For your convenient, our trekking guide will book the room to the next day by calling. The Annapurna Base Camp trek will have a full blossom of Rhododendron in

spring and snow fun in the winter. The rainy season could have a continuous rain and flood land slide as well as. The maximum elevation of ABC is 4100m. Some trekkers feel difficulty breathing and some may suffer by Acute Mountain Sickness. The gentle ideas to avoid the mountain sickness are (I) drink enough water (II) trek slowly (III) stay warm (IV) take enough rest (V) if you start heaving problem, go down soon as possible. If you have any allergy, health problem, you are advised to consult your physician before you go to trek. October and November/ March and April are the best months. You will require to obtain an Annapurna Conservation permit and Trekkers Management card which we can help you. We will require your passport details and photograph to proceed the trekking permit before you arrive in Nepal. **Note:** -If you have limited time, you can fly back by Heli from base camp but you have to inform us in advance to manage the flight on time. -We have a peace and quiet [hotel in Kathmandu](#) with downtown and Himalayan view.

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 Jeep/ Tourist bus

Itinerary Details

Day 01: Arrive in Nepal

We will be waiting at Nepal airport upon your arrival. Transfer to hotel and after refresh, take an easy evening. We will prepare a typical Nepali dinner and after dinner, night rest.

- Arrival pick up by private car/van.
- Taken care by our representative
- Dinner at Hotel/ restaurant
- Night rest at hotel Green Eco Resort (or on request)

Note: if your time permit, we will organize an evening tour to Boudhanath to see a butter lamp lighting. It would be an amazing and inspiring time in the evening, Buddhist people walk around the great stupa.

Day 02: Drive to Pokhara

Take an early breakfast at the hotel in Kathmandu. Your guide will be waiting to take you to the tourist bus park. Drive (6hr) to Pokhara and check in to Hotel. There will have few stop for tea/ coffee, breakfast and toilet. Take an easy evening around the lakeside. After dinner, night rest at Hotel.

- Breakfast at hotel in Kathmandu
- Drive to Pokhara by regular tourist bus
- Taken care by trekking guide

- Night rest at the hotel in Pokhara near lakeside.

Note: If you want to save time, you can take a domestic flight to Pokhara. We can arrange the domestic flight.

Day 03: Drive to Kimche and trek to Ghandruk 2020m

Take breakfast at the Hotel in Pokhara. Your trekking guide will be waiting with jeep (7:30 am) and drive (2:30hr) Kimche village. On the way at Birethanti, register your permit to ABC trek. After lunch in Kimche, trek to Ghandruk village. Check in to guesthouse and evening free to stroll around. Enjoy your night in this guesthouse.

- Drive to Kimche by private jeep
- Taken care by trekking guide and porter
- lunch and dinner will be served from restaurant/ local guest house
- Night rest at the local guest house

Note: There is WIFI, electricity charging and hotel shower service with extra charge.

Day 04: Trek to Sinuwa 2340m

Enjoy the breakfast at your guest house and trek to Sinuwa. It will be about 6-7 hours trek. The trail from Ghandruk to Kimrong Danda is slowly up. From Kimrong Danda, you will trek down to Kimrong Khola. Again climb up to Chomrong, it is nice a big village. From this village, you will trek down to the river and will climb again to Sinuwa. If the weather is nice, you will have nice Mountain View, overnight at Lodge.

Note: There is WIFI, electricity charging and hotel shower service with additional charge. The reception could be weak or interrupted.

Day 05: Trek to Deurali 3231m:

The trail is mostly uphill and jungle walk. It takes 6-7 hours walk. You will pass Bamboo, Dovan, and Himalaya during the trek. Deurali is a small village with few guest houses. It has a tiny view of Mt. Fishtail from Deurali. Deurali is located 3200m, overnight at Lodge. Night rest at the guesthouse.

- Taken care by trekking guide and porter
- Breakfast, lunch, and dinner will be served from restaurant/ local guest house
- Night rest at the local guest house

Note: There is WIFI, electricity charging and hotel shower service with extra charge. The reception may not be good enough. As you are already above 3000m, you may feel little headache, tiredness or sleepless.

Day 06: Trek to Annapurna Base Camp 4110m:

This is the final destination to your trekking. Trek (5hr) 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 at 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.

- Taken care by trekking guide and porter
- Breakfast, lunch, and dinner will be served from restaurant/ local guest house
- Night rest at the local guest house

Note: You will be passing to Machhapuchare Base Camp to ABC. If you feel tired or [mountain sickness](#) you may stop over night at MBC and the following day morning hike to ABC and return. there will be no internet services. And also not advise to take shower as you could catch a cold.

Day 07: Trek to Bamboo 2300m:

Have a beautiful morning with stunning Annapurna panorama and sunrise. Take enough pictures and after breakfast start trek back.

- Taken care by trekking guide and porter
- Breakfast, lunch, and dinner will be served from restaurant/ local guest house
- Night rest at the local guest house

Note: There is WIFI service available in the guest house.

Day 08: Trek to Jhinu Danda 1700m:

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

- Taken care by trekking guide and porter
- Breakfast, lunch, and dinner will be served from restaurant/ local guest house
- Night rest at the local guest house

Note: There is WIFI service available in the guest house.

Day 09: Trek back to Nayapul and drive back to Pokhara:

We can enjoy a final downhill trail through the 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 the hotel. Free in the evening. Night rest at Hotel after the dinner.

- Taken care by trekking guide and porter
- Breakfast, lunch will be served from restaurant/ local guest house
- Drive back by private jeep.
- Night rest at Hotel near lakeside.

Day 10: Return to Kathmandu

Wake up early morning and check out (7:00 am) from the hotel. Drive (7:30 am) to tourist bus park drive (approx 6hr) to Kathmandu. Transfer to Hotel. Take an easy evening. Night rest at Hotel.

- Transfer by regular tourist bus
- Over night at Hotel
- Taken care by trekking guide

Note: There will be 3 stops for breakfast, lunch and toilet break.

Day Dayn 11: Final departure to home

Take an easy morning. Breakfast will be served at Hotel. After breakfast, depart to international airport for the final departure. Sweet home.

- Breakfast at hotel
- Drop to airport by private car/ van

Note: If your return flight schedule is later in the evening, we will organize a small tour or take you downtown for shopping or etc. We can manage later check out for your convenience.

Cost Includes :

- Arrival and departure transfer from Nepal airport
- 2 Night hotel accommodation in Kathmandu and 2 Night in Pokhara on BB twin sharing.
- Guided sightseeing in Kathmandu
- Tourist bus transfer to Pokhara and return
- Guest House accommodations in trekking on twin sharing
- Breakfast, lunch, and dinner from the local guesthouse 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 client's personal effects)
- Private transfer to the trek starting point (Siwai) and return to Pokhara.
- 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 the guide.
- All the government tax and our (AATE) service charges.

- Pre-briefing about trekking
- If the number of trekkers is more than 5 we will provide an assistant trekking guide.

Cost Excludes :

- International flight and Nepal visa
- Meal in the city (Kathmandu and in Pokhara)
- Personal [trekking equipment](#)
- 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.