



Touch The Himalaya Treks & Expedition (P.) Ltd.

Annapurna Base Camp Trek – 10 Days

Key Notes:

- ✓ **Maximum altitude: ABC 4,130**
- ✓ **Trekking difficulty: Moderate to challenging (suitable for fit beginners too)**
- ✓ **Best time: March–May and September–December**
- ✓ **Accommodation: Tea Houses during trek, Hotel in Pokhara**

ITINERARY

Day-01: Kathmandu-Pokhara (820M)

Max. Altitude: 820m/ 2,690ft Meals: Breakfast, Accommodation: Hotel in Pokhara

Drive to Pokhara by Tourist Bus (Optional private car or flights are available). Pokhara is located about 200 km west from Kathmandu and the tourist coach takes about 7 hours to get there. The drive mostly follows along Trishuli River side enjoying the view of landscapes. At the Evening you may take short sightseeing around Pokhara city and stay overnight.

Day-02: Pokhara to Ghandruk, 4-5 hrs Drive + Trek. (1,940m / 6,364ft)

Max. Altitude: 1,940m Meals: Breakfast/Lunch/Dinner Accommodation: Guest House/Lodge

Drive: 3.5–4 hours via Nayapul & Birethanti (rough road), Trek: 1 hour

After breakfast, drive from Pokhara to Nayapul or Kimche through scenic countryside, passing terraced fields and traditional villages. From Kimche, begin a short and pleasant trek to Ghandruk, one of the most beautiful Gurung villages in the Annapurna region.

The trail gradually ascends through stone steps and charming settlements, offering beautiful views of Annapurna South, Hiunchuli, and Machhapuchhre (Fishtail). Upon arrival, explore the village, visit the Gurung Museum, and enjoy the peaceful Himalayan atmosphere.

Dinner and overnight stay at a lodge in Ghandruk.

Day-03: Trek from Ghandruk to Chhomrong, 5-6 hours. (2,170m / 7,119ft)

Max. Altitude: 2,170m, Meals: Breakfast/Lunch/Dinner, Accommodation: Guest house/ Lodge

After breakfast, begin your trek from Ghandruk towards Chhomrong. The trail descends first through stone steps and terraced fields to the Kimrong Khola, then climbs gradually through forests and small settlements. Along the way, enjoy stunning views of Annapurna South and Machhapuchhre, with beautiful landscapes of hills and valleys. After a steady ascent, arrive at Chhomrong, a charming village located at the gateway to the Annapurna Sanctuary. Dinner and overnight stay at a lodge in Chhomrong.

Day-04: Trek Chhomrong to Bamboo (2,310 m)

Max. Altitude: 2,310m, Meals: Breakfast/Lunch/Dinner, Accommodation: Guest house/ Lodge

Walking Hours: 5–6 hours

After breakfast, begin your trek from Chhomrong. The trail descends steeply on stone steps to the Chhomrong Khola, then crosses a suspension bridge before ascending gradually through dense bamboo and rhododendron forests.

The path follows the Modi Khola valley, offering a peaceful walk-through lush greenery with occasional glimpses of the surrounding hills. After a steady walk, you will reach Bamboo, a small settlement surrounded by forest. Dinner and overnight stay at a lodge in Bamboo.

Day-05: Trek from Bamboo to Deurali, 5-6 hours. (3,230m / 10,597ft)

Max. Altitude: 3,230m, Meals: Breakfast/Lunch/Dinner, Accommodation: Guest house/ Lodge

Walking Hours: 5–6 hours

Trail: Rhododendron and bamboo forest, gradual ascent, some stone steps

Overnight: Deurali

Day-06: Trek from Deurali to MBC (3,700 m) then Annapurna Base Camp (4,130 m)

Max. Altitude: 4,130m, Meals: Breakfast/Lunch/Dinner, Accommodation: Guesthouse/Lodge

Walking Hours: 6–7 hours

Trail: Glacial valley; wide-open views, moderate ascent

Overnight: Annapurna Sanctuary (ABC)

Day-07: Trek ABC to Bamboo (2,310 m)

Max. Altitude: 2,310, Meals: Breakfast/Lunch/Dinner, Accommodation: Guest House/ Lodge

Walking Hours: 6–7 hours (mostly downhill)

After a most memorable and enjoyable time at base camp within Annapurna Sanctuary retrace the journey back walking downhill back into tree lines with few short ups to reach at Bamboo for an overnight stop.

Day-08: Trek Bamboo to Chhomrong then to Jhinu Danda (1,780 m)

Max. Altitude: 1,780m/ 5,838 ft Meals: Breakfast/Lunch/Dinner Accommodation: Guest House/ Lodge

From Bamboo on leaving Modi River gorge, climb leads up to Khuldi-Ghar into the forested area, and then a short gradual walk to Sinuwa danda, from here descend to Chomrong River and then climb on steps to Chomrong for the lunch stop. After Chomrong a short climb to the top ridge and then changing our direction from here with an alternative route to reach Pokhara, a short downhill walk brings at scenic and lovely Jhinu village for an overnight stop, located on a ridge top with views of the surrounding landscapes and rolling green hills. A short descend of 25 minutes reaches you at hot-spring by the Modi River.

Day-09: Trek to Sibai 1,250m and drive to Pokhara 860 m – 4-5 hrs, then enjoy your evening in Pokhara.

Meals: Breakfast/Lunch Accommodation: Hotel in Pokhara.

Our last day of the great adventure leads to a short walk of few hours on the downhill to reach another Nayapul (New Bridge), from here on following the river downstream to reach low warmer areas at Sibai. At Sibai where our trek completes taking a drive to reach Pokhara after a great and wonderful time up in the high mountains with an adventure on Annapurna Base Camp Express Trek. where a short drive takes you back to Pokhara after a great and wonderful time up in the high mountains.

Day 10: Return to Kathmandu by Tourist Bus

Breakfast/ Accommodation: By yourself

Mode: Tourist bus / 200 Kilometer

Driving Time: 6–7 hours

Trip End: Arrival in Kathmandu



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Annapurna Base Camp Trek

DAYS
15

Legend

Difficulty Level: Moderate
Max Altitude: 4130m
Trekking Route: Secondary Route: Driving Route: Lake: Passes: Mountain: Flight:



Altitude Chart



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The cost for a 2 Pax private trip USD 592 Per person, which includes and excludes the following services:

Cost includes the following: -

✓ **Ground Transportation:**

- Airport pickup and drop-off by car if needed.
- Kathmandu- Pokhara and Pokhara- Kathmandu Transport By Tourist Bus
- Pokhara to Ghandruk, toward the trek starting point, and way back from Siding to Pokhara after the Trek by Shared Jeep.

- ✓ Two-night Hotel in Pokhara with breakfast (before and after the trek)
- ✓ All Meals (breakfast, Lunch, and dinner) during the trek as in the itinerary.
- ✓ All accommodation during trekking in Tea houses/guesthouse.
- ✓ All trekking permits & fees, (Entry Permit, Annapurna conservation permit TIMs Card).
- ✓ A Professional mountain expert Government license, English speaking Trekking guide, his food, accommodation, salary, and insurance.
- ✓ One Personal expert and strong Porter, His food, accommodation, salary, and insurance
- ✓ A comprehensive medical kit with a guide.
- ✓ All government and local taxes for Trekking.

Cost Exclude:

- ✗ Meal and accommodation in Kathmandu
- ✗ Lunch and Dinner in Pokhara
- ✗ Insurance covers medical, emergency evacuation, loss, and theft expenses.
- ✗ Drinks: any type of drinks, both alcoholic and bottled other than normal drinking water in the mountain.
- ✗ Laundry fees,
- ✗ Personal gear and expenses.
- ✗ Tips and gratitude are provided to guide and porter.

Good to Know**Trekking Gears**

Certain basic trekking equipment is essential on all routes. Here I have provided a comprehensive list of necessities, the recommended Equipment List for trekking. It is also possible to rent them in Kathmandu.

CLOTHING

Rain coat/jacket/Trouser, One Down Jacket/windproof Jacket/Trouser (heavy one)

2/3 pairs of long light trousers, Half Pants (shorts)

3/4 pairs of short-sleeved T-shirts

2 pairs of long-sleeved T-shirts, 1/2 pair of Fleece jacket/Jumper

2 pairs of Leggings, 4/5 pairs of underwear,

4/5 pairs of light shocks and 2/3 pairs of heavy (warm) shocks.

2 pairs of Gloves (one light fleece/woolen and another water proof/wind proof)

Trekking Bag (one day pack for you and a rucksack for your stuffs to give it to porter (My Company also provide Duffel bag if needed)

FOOT WEAR

Trekking boot: (one pairs), Camp shoes (1 pair)

Thick socks (4 pairs), Light socks (3 pairs), Sandals (1 pair)

OTHER EQUIPMENT

Sun glass, Sun cream, Sun Hat, Woolen hat, First aid kit, Luggage cover, Flash light. Sleeping Bag around - 15/20 degree

Have a wonderful Trek!



Madan Neupane

Trek and tour leader

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