

Annapurna Base Camp Trek

URL: <https://himalayan360.com/trip/annapurna-base-camp-trek/>

Destination

Nepal Treks & Tours

Activity

Trekking

Start / End Point

Kathmandu / Kathmandu

Trip Type

Trekking in The Himalaya

Route

KTM-PKR-ABC-KTM

Duration

9

Destination

Nepal, Annapurna Region

Language

Nepal, Annapurna Region

Per Person From

USD 666

Region

Annapurna Region

Max. Altitude

4,130m/13,550ft

Group Size

2 - 20

Best Season

Feb, Mar, Apr, May, Sept, Oct, Nov & Dec

Activities

6 hrs walking

Trek Distance

67.7km/42mile

Transportation

Bus, jeep

Accommodation

Tea house

Meals

B.L.D Breakfast

Lunch

Dinner

Difficulty

Medium You need to have good physical condition and be in top form. You'll also require the right clothes for weather conditions and food items such as snacks or lunch breaks from your hiking adventure; water is essential too! This type of activity takes time, so ensure you're physically able to get enough rest before starting any trips.

Major highlights of Annapurna Base Camp Trek

You will love the Annapurna Base Camp trek because this trek offers a perfect mix of stunning mountain views, cultural experiences, adventure, and natural beauty.

- On day 1, you'll visit Pokhara, the iconic tourist hub in Nepal, and experience boating in Fewa Lake.
- You will get to witness majestic views of the Annapurna range, Mount Annapurna, Dhaulagiri, Himalchuli, Fishtail, and Nilgiri up close throughout the trail, most specifically Annapurna Base Camp.
- After all the walking, you will get to soak in the natural hot springs on the ridge of Jhinu Danda.
- You will visit the Traditional Ghandruk village, meet Gurung people, and immerse yourself in their culture and ethnicity.
- The trek takes you through landscapes from barren wildlands, lush forests, rocky ridges, glacial moraines, and snowy mountains.
- You will also visit several remote yet beautiful villages, including Chhomrong, Bamboo, Deurali, and Sinuwa.

9 days Annapurna Base Camp Trek day by day Itinerary

Day 01: Drive from Kathmandu to Pokhara

The first day of the ABC trek starts with breakfast in the Kathmandu hotel. After breakfast, we will take a bus to Pokhara. Along the way, you will see the beautiful Trishuli and Marsyangdi rivers and the green, rocky mountains. These rivers connect, and there are also small springs. After about 8 hrs of riding, we will reach Pokhara.

Pokhara is a lovely valley famous for its lakes, including Phewa and Begnas. Tall peaks including Manaslu (8,156m), Annapurna (8,091m), Lamjung Himal (6,983m, Machapuchare (6,993m), and Dhaulagiri (8,169m) surround it. Currently, Pokhara is a tourist haven with numerous modern conveniences. Once in Pokhara, you can either spend your free time resting or exploring the area. Overnight in Pokhara.

Highest Altitude:

(1,400m/ 4,593ft) Kathmandu

Accommodations:

3 Star Hotel

Day 02: Drive from Pokhara to Kimche Trek to Ghandruk

The second trek day begins early in the morning. After a delicious breakfast, we will leave Pokhara for a scenic 2-hour drive to Kimche. Along the way, enjoy views of green hills and mountains. Once we reach Nayapul (1100m), we will begin our trek to Ghandruk, starting from Kimche. The trail passes through the Modi River, traditional villages (Birethanti, Syauli Bazar, Chimring, Chane), terraced fields, and hills with the stunning Annapurna range as a backdrop.

It takes 4 to 5 hours to reach Ghandruk from Nayapul. Ghandruk village (1940 meters) in Kaski District, Nepal, offers stunning views of snow-capped mountains, including Annapurna South, Hiunchuli, and Machhapuchhre. Overnight stay at the teahouse or lodge at Ghandruk.

Distance:

2 Hours

Ascent:

318m/1,043ft

Descend:

18m/60ft

Highest Altitude:

(1940m / 6,364ft), Ghandruk

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

4.5km/3miles

Day 03: Trek from Ghandruk to Sinuwa

The third day of the trek starts with breakfast at Ghandruk. Today we will leave for Sinuwa, our next destination. It's a day of both ups and downs, starting with a gradual climb to Kimrung Danda, followed by a descent to Kimrung Khola (River). From there, we climb steadily again to reach the lively Chhomrong village. Chhomrong is one of the most developed villages on the ABC trail. Also, the view of the Annapurna range from Chhomrong is truly breathtaking.

After a short rest, we will continue on a steep downhill trail to cross the river, then start a final uphill stretch toward Sinuwa. Along the way, you'll pass through lush forests, terraced fields, and traditional Gurung settlements. The trail offers a mix of natural beauty and cultural charm, with opportunities to observe local farming practices and explore the region's unique flora and fauna. If the weather is clear, views of Annapurna South, Hiunchuli, and Machhapuchhre (Fishtail) will greet you in Sinuwa. We end the day with dinner and an overnight stay at a teahouse in Sinuwa.

Distance:

7 Hours

Ascent:

1544m/5,066ft

Descend:

1124m/3,688ft

Highest Altitude:

(2,360m/7,742ft), Sinuwa

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

13.51km / 8.3miles

Day 04: Trek from Sinuwa to Deurali

The trek starts from Sinuwa after an early breakfast. Today's trek is also going to be longer. The journey begins with a climb to Upper Sinuwa. After that, we will take a steep descent along a rocky path that leads to a peaceful place, Bamboo. We will have a short break there. After resting, we will continue on the west side of the river and follow a scenic trail that passes by small waterfalls and rich green forests.

The trail slowly climbs again, passing Hinko Cave, a large overhanging rock that once served as a natural

shelter for early trekkers. After a steady hike, we will finally arrive at Deurali, where we will spend the night. Dramatic cliffs surround the area and offer a peaceful setting with stunning mountain views, especially as the sun sets behind the peaks.

Distance:

7 Hours

Ascent:

1070m/3,510ft

Descend:

230m/755ft

Highest Altitude:

3,200m/ 10,499ft Deurali

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

12km /7.4miles

Day 05: Trek from Deurali to Annapurna Base Camp via Machhapuchchhre Base Camp

Today's trek takes us deeper into the heart of the Himalayas as we make our way to the Annapurna Base Camp. Our first stop is Machhapuchhre Base Camp (3,700m), which sits right below the stunning peak of Machhapuchhre, also known as "Fishtail" mountain because of its unique shape. From here, we are surrounded by towering peaks on all sides. This natural bowl of snow-capped giants is what's called the Annapurna Sanctuary. After a short rest and some warm tea, we continue the final two-hour trek to Annapurna Base Camp (4,130m).

As we arrive at base camp, get ready for a moment you'll never forget. Massive peaks like Annapurna I, Hiunchuli, and Machhapuchhre rise all around you. The snowy mountains shine brightly in the sun. Tonight, we stay at a teahouse here, right in the heart of the Himalayas.

Distance:

5 Hours

Ascent:

930m/3,051ft

Highest Altitude:

4,130m/13,550ft Annapurna Base Camp

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

7.5km /4.6miles

Day 06: Trek from Annapurna Base Camp to Bamboo

Now that we have reached the serene Annapurna Base and have explored the area, we must descend and retrace our steps. We will follow a path that leads us out of the Annapurna Sanctuary and the Modi River Valley. Our goal for today is to reach a quiet stop called Bamboo, which is 2,350 meters (7,700 feet) above sea level. The Bamboo is a small village with only a few teahouses and lodges. Overnight stay at either the teahouse or the lodge, depending on which is available.

Distance:

7 Hours

Ascent:

30m/98ft

Descend:

1850m/6,070ft

Highest Altitude:

4,130m/13,550ft Annapurna Base Camp

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

14km /8.6miles

Day 07: Trek from Bamboo to Jhinu Danda and nearby natural hot springs

After a long walk from Annapurna Base Camp to Bamboo the day before, today's trek is more relaxed. We start the trek by heading downhill toward Kimrong Khola, then climb gently through peaceful forests filled with rhododendron, bamboo, and oak trees. The sounds of birds and rustling leaves make this part of the trail feel calm and refreshing.

By the afternoon, we reach Jhinu Danda, a popular village known for its natural hot springs. These warm pools are just a short walk downhill from the village. They are the perfect place to soak and let your tired legs recover. Many trekkers say this is one of the best parts of the whole trip. We'll stay overnight at a teahouse in Jhinu Danda.

Distance:

7 Hours

Ascent:

510m/1,673ft

Descend:

1040m/3,412ft

Highest Altitude:

2,310m/7,579ft Bamboo

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

9.7km/6miles

Day 08: Trek from Jhinu Danda to Siwai drive to Pokhara

Today is the final day of trekking. We wake up early and eat breakfast in Jhinu Danda, after which we continue our journey back to Pokhara. We leave Jhinu Danda and walk along a dirt road beside Modi Khola. This part of the trek is the most relaxing.

After about three hours of walking, we reach Siwa/Ghandruk Phedi. We leave the trails and drive through the beautiful countryside to Pokhara. We will spend the night in Pokhara and prepare to go to Kathmandu tomorrow.

Distance:

3Hour

Ascent:

35m/115ft

Descend:

285m/935ft

Highest Altitude:

1,780m/6,393ft Jhinu Danda

Meals:

Breakfast, Lunch

Accommodations:

3 Star Hotel

Trek Distance:

6.5km/4miles

Day 09: From Pokhara drive back to Kathmandu

Today, we leave for Kathmandu early in the morning after breakfast. After reaching Kathmandu, check into your hotel and prepare for an evening celebratory dinner. Here concludes your trek to Annapurna Base Camp. We hope you had an amazing trekking experience and will join us for another trek in Nepal.

Highest Altitude:

1,400m/4,593ft Kathmandu

Meals:

Breakfast, and Dinner

Accommodations:

3 Star Hotel

Annapurna Base Camp Trek Includes/Excludes

Included in the package

- Kathmandu -Pokhara, Pokhara- Kathmandu by tourist bus
- Pokhara to Kimche Private Vehicle
- Siwai to Pokhara by sharing a local jeep
- 2 Night in Pokhara 3 Star hotel (sharing basis)
- 1 Night Kathmandu 3 start hotel (sharing basis)
- 6 night in mountain tea house lodge (sharing basis)
- **Food:** 9 Breakfast, 7 Lunch, 7 Dinner
- One guide During the trek
- ACAP permit fees.
- TIMS card fees

- Gov. and local tax and agency service charges
- Free luggage storage services in Kathmandu
- Appreciation Certificate after the successful trek
- Free consulting services before & after trek book
- Farewell dinner at the end of the trek
- Trek leader for more than 12 trekker groups
- Staff insurance, salary, equipment, food & clothing
- **MEDICAL KIT:** Comprehensive Medical kit

Excluded from the package

- Airport transfer
- International flight
- Domestic flight
- Extra night in kathmandu
- Extra night in Pokhara
- Extra night during Trekking
- Soft and hard drinks during the trip
- Porter to carry bags (2:1 Porter)
- Travel insurance that covers emergency high-altitude rescue and evacuation (compulsory)
- Personal clothing and gear and Personal expenses: shopping, snacks, boiled water, drinks, hot shower, alcohol, Wi-Fi, calls, battery charging, extra porters, etc.
- Tips for staff (it is expected)
- All other costs and expenses not listed in “including”
- **Additional cost:** Additional costs incurred due to causes beyond our control, for example weather conditions, landslides, itinerary modifications, illness, government policies change, strikes, etc.

Group Discounts Available

No. of Persons	Price per Person
2 - 2	USD 820
3 - 3	USD 755
4 - 5	USD 720
6 - 10	USD 688
11 - 20	USD 666

Annapurna Base Camp Trek FAQ's

Is the Annapurna Base Camp Trek affordable?

The Annapurna Base Camp Trek is among the budget-friendly treks, making it affordable for trekkers who plan carefully. The trek's cost depends on the season, trekking agency, duration of the trek, and other factors, which trekkers can curate themselves.

Which is the shortest route for the Annapurna Base Camp trek?

The shortest route for the Annapurna Base Camp (ABC) trek is a 5-day trek that starts and ends at Jhinu Danda. Jhinu Danda is now easily accessible from Pokhara by bus or jeep, which saves time and effort. From Jhinu Danda, the trek continues through forests and villages along the Modi River, leading to the Annapurna Sanctuary and finally the Base Camp at 4,130 meters.

When is the Annapurna Base Camp trek crowded?

Annapurna Base Camp Trek is generally crowded in Spring and Autumn, when the trekking conditions are ideal. It is more than necessary to book hotels and accommodations in advance for the Annapurna Massif base camp trek.

How much does the Annapurna Conservation Area Permit cost?

The permit cost for ACAP is NRs 3000 or USD 25. You must have the Annapurna Conservation Area Permit to visit the protected natural Annapurna region.

Which village is closest to Annapurna Base Camp?

Deurali is the closest place to the Annapurna Base Camp. It is the last settlement trekkers pass through before reaching the base camp itself. Deurali offers basic teahouses and rest spots, making it a common place to stay before the final trek to the sanctuary.

Is Annapurna Base Camp harder than Everest?

Trekkers believe Everest is more challenging than ABC. During the EBC trek, the trekkers reached above 5000m, whereas in ABC, they only reached over 4200m. The EBC trek takes about 13 to 14 days, while the ABC trek can be completed in 10 days.

What are the means of accommodation during the Annapurna Base Camp Trek?

The most common means of accommodation during the ABC trek is teahouses. You can book three-star hotels, budget lodges, and even resorts in the lower elevation. You can even camp in the barren fields during the appropriate season.

Is the Annapurna Base Camp trek the same as the Annapurna Sanctuary trek?

No ABC trek is a little shorter than the Sanctuary trek. In the ABC trek, the trekkers return after visiting Base Camp, whereas in the Sanctuary trek, they spend more time in the Annapurna region.

Is travel insurance required for the Annapurna Base Camp Trek?

Although travel insurance is not mandatory for any trekking package in Nepal, it is advisable and reliable for you to cover any medical or emergency expenses that may arise during the trek.

How long additional days does it take to reach the ABC trek via Poon Hill trek?

It takes additional 3-5 days to reach the ABC trek via Poon Hill trek. This longer route allows you to enjoy the famous sunrise view at Poon Hill and explore more villages along the way before reaching ABC. Also, you will need to walk 5 to 6 hours daily.

What is the impact of tourism on the ABC Trek?

The impact of tourism on the ABC trek can be positive and negative. While tourism brings economic benefits, it can also affect the modernization of ancient cultures and traditions that have been preserved for a long time.

What are some cultural tips for the ABC Trek?

The trekkers should always respect the cultures and traditions. You should dress modestly and ask permission before taking any photos. Always greet the people you meet and interact with them with a smile. Also, follow your trekking guide and trek leaders guidelines.

What is the best way to stay hydrated on the ABC Trek?

It's essential to stay hydrated throughout the ABC Trek. Drink plenty of water, even if you don't feel thirsty. You can also drink tea, black coffee, or energy drinks, but avoid sugary drinks and alcohol, as they can dehydrate you.

How can I contribute to the local communities on the ABC Trek?

You can contribute to the local communities by hiring members as guides, porters, or helpers. Furthermore, you can also buy souvenirs from the local shops and have meals from the teahouses, which will benefit them economically.

Why Should you choose the Annapurna Base Camp over Ghorepani?

Although the Ghorepani Trek is an equally attractive trekking destination, people often choose the Annapurna Trek over the former. There are some reasons for this. Some of the reasons for choosing the ABC trek over Ghorepani are explained below.

More Challenging and Rewarding

One of the biggest reasons to choose Annapurna Base Camp is the level of challenge. The ABC trek reaches a height of 4,130 meters, compared to 2,874 meters at Ghorepani. The trail to ABC includes longer walking days, steeper climbs, and greater altitude gain. This makes it perfect for those looking for a true trekking adventure. It pushes your stamina, but the sense of achievement is well worth it. On the other hand, Ghorepani Poon Hill is a short and easier trek. It offers great views but doesn't test your endurance like the ABC route does.

Diverse Landscapes

Another major reason for choosing the ABC trek over Ghorepani is the opportunity to see diverse landscapes. During the ABC trek, trekkers can see a diverse range of landscapes, from barren lands to lush jungles, rocky ridges, vibrant fields, glacial moraines, and snowy mountains. However, in the Ghorepani trek, the landscapes are limited in what can be seen and enjoyed.

Closer Views of the Annapurna Mountains

Ghorepani offers a beautiful sunrise view from Poon Hill, but it doesn't provide the real piece of joy, which is seeing the mountain from its closest distance. Alternatively, the Annapurna Base Camp trek takes you right into the heart of the Himalayas. At ABC, you are surrounded by massive peaks like Annapurna I, Machhapuchhre (Fishtail), Hiunchuli, and more. It feels like you are just some steps behind touching it – it's not real, though. This close-up experience is something Ghorepani simply can't match

Reach Machhapuchhre Base Camp

During the Ghorepani Trek, the trekkers won't reach Machhapuchhre Base Camp; however, during the ABC trek, they will first reach MBC before reaching the ultimate destination of the ABC. Trekkers can see some of the stunning views of the mountains from the top of MBC, which is why it is a beautiful attraction.

Annapurna Base Camp Trek difficulty

Annapurna Base Camp Trek is a moderate-level trek. For beginners, it can be among the best options for starting their trekking journey. However, the trekkers still need to be wary of certain difficulty factors. These include;

Long Duration

The ABC Trek usually lasts between 5 and 11 days. You will need to walk 6-7 hours daily. The exact length depends on your chosen route and how fast you want to go. When deciding how long to trek, consider your health and fitness. The duration affects how your body adjusts to high altitude and how it handles physical exertion. A longer trek gives you more rest days and allows for slower climbs.

High Altitude

One of the significant difficulties that ABC trekkers will likely face is the problem at higher elevations upon reaching Annapurna Base Camp. There are several difficulty factors at high altitudes, like dynamic weather, snowy trails, and the potential for altitude sickness. Even during the best time for trekking, this problem persists, making high altitude even more problematic during the off-season.

Rugged Terrain

During the trek, you will need to navigate stone steps, rocky paths, and uneven surfaces. The changing landscape requires flexibility and physical activity, especially when climbing steep areas. Some parts of the trail are narrow and winding, with occasional views of cliff edges. This can be tough for those afraid of heights or worrying about falling. You must have good balance and physical endurance to navigate the trek safely.

Is Annapurna Base Camp Trek for Beginners?

Yes. The Annapurna Base Camp (ABC) Trek is a great choice for beginners. It's one of Nepal's most beginner-friendly treks. It offers a good mix of adventure, comfort, and beautiful scenery. The trail is considered moderate. If you have basic fitness and good stamina, you can complete this trek without

needing previous trekking experience.

What makes the ABC trek ideal for first-timers is its well-paced itinerary and well-marked paths. The trek has a balanced schedule of hard and easy days. You'll gain altitude slowly and reach a high point at the base camp, which gives your body time to adjust. There are also plenty of teahouses along the way, so you don't have to carry heavy gear or camp. Plus, you'll have the chance to enjoy warm meals, cozy beds, and even a relaxing soak in the natural hot springs at Jhinu Danda. That being said, it is not limited only to beginners, as expert trekkers who prefer the Annapurna region occasionally book this trek.

Is Annapurna Base Camp Trek better than Everest Base Camp Trek?

Whether the ABC trek is better than the EBC (Everest Base Camp) trek depends on what kind of trekking experience you are looking for. Beginner-level trekkers and those who are short on time prefer to do the Base Camp trek in Annapurna since it is shorter in duration, lower in altitude (4,130 meters), and generally easier to complete. In contrast, the EBC trek is more challenging and physically demanding, but reaching the base of Mount Everest is a dream come true for many.

And when it comes to scenery, both treks are stunning, but ABC offers closer views of peaks like Annapurna I and Machhapuchhre (also known as Fishtail), and gives you the feeling of being surrounded by the mountains. EBC's iconic views include Everest, Lhotse, and Ama Dablam, though Everest itself is usually best seen from nearby viewpoints like Kala Patthar.

Furthermore, culturally, ABC offers more interaction with the local Gurung and Magar communities, while EBC introduces trekkers to the Sherpa culture of the Khumbu region. ABC is also more budget-friendly, with shorter travel times, easier access via Pokhara, and more affordable accommodation and meals. On the other hand, the EBC trek can be more expensive due to flights to Lukla and the longer trek duration.

In short, if you want a trek that balances mountain views, cultural experiences, and moderate difficulty, ABC is a great option. But if your goal is to stand at the foot of the world's tallest peak and you're ready for a tougher challenge, the EBC trek might be a better choice for you.

Preparation & Fitness for Annapurna Base Camp Trek

Trekkers in good physical shape are safer for any trek in the Himalayas. The Annapurna Base Camp Trek is not very intense, but you will still benefit from cardio and strength training. It's a good idea to start stamina-building exercises a few weeks before your trek.

Here are some simple steps to get fit and ready:

- **Cardiovascular Exercises:** To boost your heart health, add activities like running, cycling, swimming, or brisk walking to your routine.
- **Leg Strength:** To strengthen your legs, do squats, lunges, step-ups, and leg presses.
- **Core Stability:** Strengthen your core muscles with planks, sit-ups, and leg raises.
- **Flexibility:** Include stretching or yoga in your routine to improve flexibility and reduce the risk of injuries.
- **Hiking:** To mimic trekking conditions, ideally, with a loaded backpack, go on regular hikes.

Mental Fitness

Mental preparation is as important as being physically ready for the trek to Annapurna Base Camp. This journey is long and challenging, so you need mental strength and stamina. Staying positive and motivated can make a big difference. Here are ways to boost your mental strength for the Annapurna Base Camp trek:

- **Positivity:** Keep a positive attitude by setting small goals to stay motivated.
- **Managing Stress:** Use stress-relief methods like meditation, deep breathing exercises, or mindfulness.
- **Research:** Learn about the trek by reading articles, watching videos, and understanding the challenges you might face.

Best time for Annapurna Base Camp Trek

The best times to trek to Annapurna Base Camp are Spring (March, April, May, and June) and Autumn (late September, October, and November). Winter (December to February) and Monsoon (June to August) are off-season.

Spring

The Spring season starts in March and ends in May. During this season, the weather and temperature are excellent and suitable for trekking. Furthermore, in the Spring season, the ABC trails are filled with colorful blooming flowers and lush jungles, which makes the trekking experience even more cheerful.

Autumn

The Autumn season begins in September and ends in November. Nepal has autumn in September, October, and November, also called pre-winter. This season offers some of the best weather after the monsoon and before winter. Trekkers can expect moderate temperatures, warm days, and cool mornings and evenings. The skies are usually clear, providing beautiful views of the Annapurna range during the day. Daytime temperatures average between 12 and 20 degrees Celsius, while nighttime temperatures drop to around negative 3 to 4 degrees Celsius. Autumn is also the harvest season, so travelers can see farmers working in their fields. One downside to this time is that the trails can be crowded with other trekkers.

Monsoon and Winter season

The two off-seasons of trekking ABC are winter and monsoon season, where trekking itinerary booking is lower than other seasons. From June to August, Nepal experiences monsoon and summer seasons with daytime temperatures of 20 to 25 degrees Celsius, dropping to -1 to -2 degrees at night. While the monsoon rain offers relief from the heat, it also brings challenges like leeches, landslides, and potential flight delays. Trekking is still possible, but expect muddy trails and obstructed mountain views. Winter trekking to Annapurna Base Camp is challenging due to extreme weather, with 0 to 5 degrees Celsius daytime temperatures and nighttime drops from -10 to -15 degrees. This season offers seclusion but comes with risks, such as snow-covered trails and avalanches. We do not recommend winter travel to ABC.

Attractions Around Annapurna Base Camp Trek

During the ABC trek, trekkers can explore many attractions. Cities like Kathmandu and Pokhara are well-established tourist hubs, but there are also other unique places where trekkers can experience the true beauty and wonder of Nepal.

Natural Hot Spring

There are natural hot springs near Jhinu Danda, along the Annapurna Base Camp route. These hot springs provide warm geothermal water where trekkers can relax with a hot water bath. Spending time at the hot springs can help you recover from long walks and soothe your body. Locals call the hot water “Tatopani,” believing it can help treat various illnesses.

Machhapuchhre Base Camp

Machhapuchhre Base Camp, or Fishtail Base Camp, is situated at about 3,700 meters in Nepal's Annapurna region. It's one of the major destinations of the Annapurna Base Camp Trek mainly because of the stunning views of the mountains, peaks, waterfalls, and overall Annapurna region. The trail through MBC is a bit tough, but rich in biodiversity. During the journey to MBC, the distinctive fishtail-shaped peak is an attractive sight.

Annapurna Conservation Area

Annapurna Conservation Area is another major attraction of the Annapurna Base Camp trek route. Trekkers can expect to see rare and endangered species of flora and fauna that are being preserved. Starting below 1,000 meters, you'll see vegetation such as sal, pine, and oak. Between 1000 and 2000 meters, evergreen and deciduous forests with chestnut, maple, and alder trees thrive. Higher up, you'll encounter walnuts, oak, and rhododendron, the national flower.

Above 3,000 meters, tall trees give way to blue pines, firs, and junipers. At altitudes over 4,000 meters, only herbs, alpine grasses, and medicinal plants such as Yarsagumba and Himalayan blue poppy grow. This conservation area is also home to rare and endangered species of animals, including the Musk Deer, Snow Leopard, Himalayan Black Bear, and Red Panda. Bird singing is an everyday activity with over 100 species in the Conservation Area.

Gurung and Magar Villages

Along the trail, trekkers will pass through several Gurung villages in the Annapurna region, including Ghandruk, Chomrong, Ghorepani, Ulleri, and Tadapani. These villages showcase the beautiful Gurung and Magar cultures to trekkers. Trekkers can see the unique culture, traditional lifestyle, and warm hospitality of the Gurungs. The area features numerous teahouses and lodges that showcase Nepalese hospitality and serve delicious Nepali cuisine, providing trekkers with the energy they need for their adventures.

Meals & Accommodation on Annapurna Base Camp Trek

Annapurna Base Camp Trek is one of the easy to moderate-difficulty level treks. However, trekkers must be wary of meals and accommodation. Accommodation provides a proper place to rest and rejuvenate, whereas proper meals give easy energy to conduct high-altitude trekking.

Meals

The food on the ABC trek is varied and healthy, meeting the needs of trekkers from different backgrounds. Teahouses offer many dishes to keep trekkers well-fed and energized. Most ingredients come from nearby villages, ensuring they are fresh and organic. However, trekkers must be careful when buying packaged food along the trail; the stock may sometimes be old or expired.

The menu options on the ABC trek are diverse. You can order local Nepali food or taste cuisines from Western countries, such as Italian, Indian, Chinese, and Thai. The trekkers will have Breakfast, Lunch, and Dinner every day until the trekking days. **Here are some menus for Breakfast, Lunch, and Dinner.**

Breakfast

Nepali Breakfast includes porridge, Eggs, Museli, Pancakes, Toast, Chapatas, Tea, Coffee, Noodles, Stews, and Steaks.

Lunch and Dinner

Dal Bhat, Momos, Thukpa, Fried Rice, Chow Mein, Spaghetti, Pizza, French Fries, Spring Rolls, Popcorn, Garlic Soup

Desserts

Chocolate Pie, Apple Pie

Accommodation

On the Annapurna Base Camp trek, you will mostly find teahouses and small lodges run by local families. The teahouses have a cozy natural atmosphere and offer meals and rooms, making them suitable places for resting or sleeping after a tough day of trekking. The teahouse has a small room with twin beds, and they also give you a blanket, pillow, and mattress.

However, the rooms do not have heating. You usually share a room with another person, and the bathrooms are communal. The accommodations may become simpler at higher altitudes, with some teahouses offering dormitory-style sleeping. Teahouse owners, often from the local Gurung or Magar communities, are friendly and eager to share stories about their culture and the mountains, making your stay more enjoyable.

Mountain Views During Annapurna Base Camp Trek

The Annapurna Base Camp Trek is mainly known for its adventure trekking, cultural immersion, and, most importantly, stunning views of the mountains. Immediately when trekkers reach Pokhara, they are welcomed by the majestic views of the mountains, and as the days progress, they get these views even more clearly. The trail constantly unveils new panoramas, from the terraced fields of Ghorepani to the rhododendron forests of Chomrong.

The highlight, of course, is the Annapurna Sanctuary, where the towering Annapurna I, Machhapuchhre (Fishtail), and other snow-capped giants create a breathtaking spectacle. The best panoramic views of the ABC trek can be visible from the top of the Poon Hill trek and also from the top of the Machhapuchhre and the primary destination Annapurna Base Camp itself. So, if you are an adventure

trekker looking for a trek to see stunning mountain views, then ABC Trek is the one to choose.

Transportation Option During ABC Trek

Just like food and accommodation, transportation is another important aspect that trekkers need to pay attention to during their trek. There are a few modes of transportation that trekkers can choose from, which are divided by comfort, privacy, and cost.

From Kathmandu to Pokhara

Your journey usually starts in Kathmandu, the capital city. From here, you have two main options to reach Pokhara, the gateway to the Annapurna region: **By flight and by road.**

- **By flight:** The quickest and most convenient option. A domestic flight takes about 25–30 minutes.
- **By road:** Tourist buses and private vehicles take around 6 to 7 hours. This is more affordable and lets you experience Nepal's countryside. But roads can be bumpy in places.

From Pokhara to Ghandruk

To reach Ghandruk, you can travel by private car, shared jeep, or local bus.

- **Private car:** Comfortable and fast, this is the best choice if you want privacy and flexibility.
- **Shared jeep:** A budget-friendly option shared with other trekkers. Good balance between cost and comfort.
- **Local bus:** Cheapest option, but slower and often crowded.

In recent years, some jeeps also go up to Siwai or even Kimche, which shortens the walking distance for trekkers who want to skip the first day's hike.

From Ghandruk to Annapurna Base Camp (During the trek)

The ABC trail is only accessible on foot. There are no roads beyond the starting points. All gear and supplies are carried either by porters or mules. Be ready to walk 5–7 hours each day on footpaths, forest trails, and stone staircases.

Helicopter Options (Optional)

For those short on time or seeking luxury, helicopter services are available from Annapurna Base Camp to Pokhara. This is a stunning flight offering bird's-eye views of the entire Annapurna range. It's more expensive but popular for trekkers with tight schedules or health concerns.

The Typical Day on Annapurna Base Camp Trek

The Annapurna Base Camp is a fun adventure, and daily activities are similar on each consecutive day. On each typical day, you will have breakfast, trek for a few hours, have lunch, visit local attractions, reach new destinations, have dinner, and call it a day. So, let's get into it in more detail.

Early Morning

5 AM to 6 AM:

Wake up early and stay fresh. Pack what you need for the trek. After half an hour of getting ready, eat a tasty breakfast before heading out for a hike. Don't skip breakfast; it will give you energy for the first part of the trek. After breakfast, you will head out for the day.

6 AM to 1 PM:

The early section of the trek begins after breakfast. The trail is peaceful and cool in the morning, but warms up as the day progresses. Depending on the season, you may need to bring rain gear. In spring, expect primarily warm, sunny weather while trekking. Along the way, you'll pass forests, suspension bridges, and villages. You may stop at small temples or interact with locals to learn about their culture. After trekking for 6 to 7 hours, it's time to stop for lunch.

Afternoon

1 PM to 2 PM:

You will stop for lunch around 1 PM. Lunch time lasts one hour, during which you will have time to relax and take photos. Your guide will take you to a local restaurant to try Nepali or Thakali food. For lunch, you will have rice, lentils, and vegetable curry. This is an excellent time to take a break and adjust to the altitude. Pay attention to how you feel and rest if you need to. After about an hour, you will continue walking.

2 PM to 5 PM

After lunch, the walk continues for another 2-3 hours at a slower pace. You'll pass remote villages and open landscapes with stunning views of the Himalayas. As the sun begins to set, the colors on the mountains become magical. You'll aim to reach the next village or teahouse before it gets dark.

Evening

5 PM to 7 PM

Arrive at the teahouse around 5 PM. Take some time to relax, freshen up, and explore the teahouse. After that, enjoy a leisurely walk around the village. You can check out local attractions like restaurants, temples, and monasteries. In some villages, the locals gather around the fire to sing, dance, and share stories. Feel free to join them and connect with the community.

7 PM to 8 PM

Dinner is usually served between 7 PM and 8 PM. You can choose from Nepali dishes like Thakali Dal, Bhat, and Tarkari and Western options like pizzas, burgers, and dumplings. After eating, you can catch up with one another and share your day activities.

8 PM to 10 PM

After eating, it's best to rest and sleep by 9 or 10 PM. A good night's sleep helps your body recover for the next day's trek. If you don't sleep well, you may feel fatigued during your next trek. The rooms have ample bedding to keep you warm and comfortable during your sleep. This ends up a typical daily routine

of the Annapurna Base Camp Trek.

Packing Essentials for Annapurna Base Camp Trek

Trekkers planning to trek the Annapurna Base Camp must be wary about their packing list. Despite being among the easier ones, the trek crosses higher elevations, which presents different types of difficulty to the people. Here are some items of clothing, gear, etc, that trekkers might need to pack for the Annapurna Base Camp Trek.

Clothing

1. Hiking shorts (optional) for summer-time trekking
2. Down Jacket (Puffer Jacket) *
3. Waterproof Jacket
4. Light thermal trouser
5. Fleece Pullover or Jacket
6. Bandana or Headscarf
7. Hiking Socks
8. Brimmed Hat or Sun Cap
9. Knit Hat (preferably a fleece or woolen hat)
10. Running shoes or trainers (optional)
11. Long/Short Polypropylene Sleeve Shirt for trekking at lower altitudes
12. Insulated Jacket (synthetic or down)
13. Fleece Pants
14. Cotton Socks (optional)
15. Sports Bra (for women)
16. Underwear
17. Buff/Neck Warmer/Neck Gaiter
18. Balaclava
19. Hiking Pants
20. Trekking Sandals
21. Gaiters (optional)
22. Lightweight Thermal Tops
23. Sunglasses
24. Soft Jacket (fleece or soft shell)
25. Trekking Boots

Trekking Gears

1. Trekking backpack
2. Head torch with extra batteries
3. Duffel Bag, 90L*
4. Crampons (optional)
5. Binoculars (optional)
6. Navigation equipment (optional)
7. Sleeping bag liner (optional)
8. Thermosets to provide extra insulation for the sleeping bags

9. Water Bottle
10. Daypack cover (optional)
11. Book/Diary/Games
12. Raincoat
13. Sleeping Bag*
14. Trekking poles
15. Garbage Bag
16. Face Mask

First Aid and Medicines

1. Wet Wipes/Baby Wipes
2. Antibiotics
3. Sunscreen cream
4. Skin blister repair kit
5. Painkillers
6. Water purification tablets or water filters
7. Electrolytes, powder or tablets (optional)
8. Altitude sickness drugs*
9. High-calorie snacks (optional)
10. Insect repellent
11. Oral Rehydration Sachets
12. Eye drops
13. Ear plugs
14. Hand sanitizer
15. Cough Lozenges
16. Plasters, Bandages & Zinc Oxide Tape
17. Lip Balm
18. Prescriptions
19. Foot Powder
20. Antidiarrheals

Address

Address:

Galkopakha Marg - Kathmandu - Nepal