

Short Annapurna Base Camp Trek 10 Days



Trek Information

Duration	10 days
Difficulty	Medium
Region	Annapurna Trekking Region
Highest Altitude	4130.0 m
Group Size	2-10 pax
Season	Spring and Autumn
Individual Cost	\$0.00

Description

About the Destination

Detailed description for **Annapurna Sanctuary**.

Trip Overview

The Annapurna Base Camp short trek is one of the Himalaya's most spectacular trekking trails. It offers an incredible journey blending the natural beauty, cultural experience, and light adventure within a shorter duration of the itinerary. Starting from the heritage city of Kathmandu, the journey takes you to the scenic lakeside city of Pokhara before you head to the trekking trail of the Annapurna Region.

This trek is designed for travelers who seek to experience the magic of the Himalayas without committing to a longer duration of journey. This trekking journey offers trekkers lush forests, traditional villages, and terraced farmlands. As well as when you gain more altitude, you will also get to experience the alpine landscapes, with breathtaking views.

The major highlight of this trek is to summit the Annapurna Base Camp, which lies at an altitude of 4130m. The Base Camp is the natural amphitheater of towering snow-capped peaks. It includes the mountain peaks such as Annapurna I, Machhapuchhre, and Huinchuli. From there, the stunning sunrise and sunset are also among the most admired beauties.

Along the trail, you will also get to enjoy the scenic stops such as Sinuwa, Deurali, and Bamboo. Each of these places offers you a peaceful environment for relaxation. The return journey also includes the natural hot spring at Jhinu Danda, which can be a great way to unwind after weeks of trekking.

This short itinerary is properly designed for you to make your journey safer and more comfortable. The journey offers a balanced mixture of natural beauty, adventure, culture, and unforgettable experiences. With well-established trails and teahouse experience for accommodations, the Annapurna Base Camp Trek remains one of the most iconic and incredible trekking experiences in Nepal.

Trip Highlights

- Trekking journey to the iconic Annapurna Base Camp
- Stunning panorama of Annapurna, Macchapuchhre, and Huinchuli
- Scenic drive from Kathmandu to Pokhara covering mid-hill terrains
- Journey through diverse landscapes via forests, rivers, terrains, and alpine valleys
- Well-marked trails with comfortable teahouse accommodations
- Stunning view of sunrise and sunset during the journey
- Witnessing the traditional culture of the Gurung people
- Short and efficient itinerary for time-limited travelers

Detailed Itinerary

Arrival in Kathmandu

Your itinerary for the Annapurna Base Camp Trek starts upon your arrival at Tribhuvan International Airport. From there, you will get one of our representatives waiting for you at the arrival section. You can recognize them with the template they will be carrying with your name and our company logo. After a short introduction and greetings, you will be escorted to the hotel. You just need to follow the directions of our staff for a smooth transfer. After your check-in to the hotel, you can have your refreshment time thereafter. You can also explore the nearby attractions, trying some local dishes and foods across various restaurants and cafes. In the evening, you will get a pre-trek briefing which will explain to you some information on Annapurna Base Camp, the trail, safety, and necessary precautions. You will get your overnight stay in a Hotel in Kathmandu.

Drive from Kathmandu to Pokhara

On the second day of your itinerary, you will get your morning breakfast and will get ready for the drive to Pokhara from Kathmandu. You will get your drive, which offers a scenic drive for the day. The drive of about 6 to 7 hours through mid-hill terrain offers you a scenic road trip that covers rivers, hills, and rural settlements. You will be amazed by the beauty of the terraced farms that surround the villages. As well as, you will also get to experience the multiple stops in roadside small towns for breaks. The riverside road trip through Trishuli and Marsyangdi is also the highlight of the day. Upon your arrival in Pokhara, you will get to see a very beautiful city with a lake on its side and a panoramic view of a snow-capped peak. Pokhara is also considered the prime example of a Himalayan city with rich aspects of nature. You will get your check-in for the Hotel. Thereafter, you are free to have some refreshment time. During the evening, you can roam around the lakeside to enjoy the vibrant environment and try some local foods in different restaurants, enjoying the calm view of Phewa Lake. You will get your overnight stay in a Hotel in Pokhara.

Drive to Jhinu Danda and Trek to Sinuwa

After the morning breakfast in Pokhara, you will get a drive to take you to Jhinu Danda. This 2 to 3-hour drive will offer you another scenic drive through hilly landscapes. After you arrive in Jhinu Danda, you start your trekking journey. From there, your trek begins crossing a suspension bridge and ascending trails afterwards. The trail enters terraced farms and forested routes. The trail climbs with gradual ascents, passing through small settlements and through lush greenery. As you ascend higher, you start to feel the mountain environment and enjoy the fresh air and scenic surroundings. After several hours of trek, you will arrive at Sinuwa, a peaceful small village surrounded by forest. The tranquil environment will offer you peaceful relaxation for the day. You will get your overnight stay in a teahouse in Sinuwa.

Trek from Sinuwa to Deurali

From today, the trek takes you deeper into the Annapurna Sanctuary. After your breakfast, you will continue your trekking journey, which begins with a descending trail passing through bamboo, rhododendron, and oak forests. As you ascend higher, you will start to get landscapes changing into alpine scenery. The trail passes through the Himalayan Hotel before arriving in Deurali. It is a small settlement located in a narrow valley. Before arrival in Deurali, the trail gets a bit dramatic with steep cliffs and glacial terrains. You will get your overnight stay in a teahouse in Deurali.

Trek from Deurali to Annapurna Base Camp

Today, you will be in the middle of our itinerary for the Annapurna Base Camp trek and summiting the Base Camp from Deurali. So, after getting your morning breakfast, you will continue to ascend through Machapuchhre Base Camp. From there, you will get an incredible view of the surrounding peaks and landscapes. Passing via Macchapuchre Base Camp, you will enter the Annapurna Sanctuary. You will enjoy the surrounding peaks, which create a natural amphitheater with tranquil nature. Upon your arrival in Annapurna Base Camp, you will get to enjoy the most breathtaking view of the itinerary. It covers the panoramic view of snow-capped peaks, which includes Annapurna I, Machhapuchhre, Huinchuli, and other peaks. The tranquility of base camp will stun you with its beauty and with its refreshing environment. You will also get to enjoy the sunset later in the day. You will get a full day to spend your time in Annapurna Base Camp. You will get your overnight stay in a teahouse in Annapurna Base Camp. ■

Trek from Annapurna Base Camp to Bamboo

After spending a day in Annapurna Base Camp, you will begin to descend back to Bamboo. The trail retraces the same route that you came through. So, once again, you are able to enjoy the scenic features of the trail with a different perspective. The trek of the day will get easier due to the descending trail. The trail again passes through the Macchapuchhre Base Camp, Deurali, and the Himalayan Hotel before you arrive at Bamboo. Bamboo is a small and peaceful settlement on the trail to Annapurna Base Camp. It is surrounded by the forest, providing comfortable and tranquil relaxation for the day. You will get your overnight stay in a teahouse in bamboo.

Trek from Bamboo to Jhinu Danda

On this day, after breakfast, you will continue to descend towards Jhinu Danda. The trail passes through Sinuwa and Chhomrong before you descend to the river. The trail offers you a descending yet scenic trek for the day, offering the spectacular hilly landscapes. Upon your arrival in Jhinu Danda, you will get to visit the natural hot spring, which is located near the river. There you can have some relaxation after days of trekking in the diverse terrain of the Annapurna Region. For the rest of the day, you can spend time in a peaceful environment and have a soothing experience in hot springs. You will get your overnight stay in a teahouse in Jhinu Danda.

Trek to Road Head and Drive Back to Pokhara

Today, after the morning breakfast, you will be having a short descending trek to the road access point. The short trek of the day is the last trekking activity you will have during your journey to the Annapurna Base Camp trek. From the road access point, you will get a drive back to Pokhara. Once again, you will be having a short scenic road trip to Pokhara, enjoying the scenic landscapes. Upon your arrival in Pokhara, you will be getting a hotel; check-in. Thereafter, you can have your refreshment time or relaxation for the day. During the evening, you can roam around the local markets, enjoying the vibrant streets of Pokhara. Or else can enjoy the charming evening in the lakeside, enjoying the lakeside restaurants and cafes, trying some local dishes or foreign cuisines which are widely available in these restaurants. You will get your overnight stay in a Hotel in Pokhara.

Drive from Pokhara to Kathmandu

Today, you will return to Kathmandu. So, after the morning breakfast, you will get a drive which will take you to Kathmandu. Once again, you will be able to have a scenic drive through the mid-hill terrains of Nepal. This scenic drive is the typical road trip experience of Nepal. You will enjoy the scenery of landscapes filled with villages, terraced farms, and roadside towns. Upon your arrival in Kathmandu, you will be transferred to a Hotel. Thereafter, you can have your time relaxing, or you can visit the nearby attractions. The nearby attractions, like the Ason market or the vibrant Basantpur. There you can also buy

souvenirs for you to take as a token. In another pinch, you can also experience the nightlife in Thael before your departure. You will get your overnight stay in a Hotel in Kathmandu. ■

Departure

Today, you will be concluding your 10-day itinerary journey to Annapurna Base Camp. You will get your morning breakfast and a drive that will transfer you to Tribhuvan International Airport. From there, you will be concluding your journey. You will get a farewell and a goodbye from our team. You will get your departure on a scheduled flight. ■

What's Included

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What's Not Included

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Equipment & Packing List

Best Time for Annapurna Base Camp

The best time for the Annapurna Base Camp trek is considered to be the time during Spring and Autumn. During this time, trekkers will get stable weather, clear visibility, as well as mild temperatures, along with the beautiful features in them. Such features make Spring and Autumn the best time for the ABC trek and also the best time for most of the trekkers.

During the time of spring, the Annapurna region gains its blossoming landscapes. It will be a prime time to experience the beauty of the Himalayas. The weather will get stable, as well as visibility clearer, with pre-monsoon rain. It also refreshes the atmosphere, offering you a refreshing journey in lush greenery. You will also get longer days to enjoy your days more in the trails. So, overall, you will be getting a refreshing journey and scenic trail during the time of Spring to choose it as the best time.

During the autumn, you will get the colorful trail, due to the falling season of dry leaves. It also makes the trail mesmerizing and picturesque during the time of Autumn. You will also get the most stable weather of the year and the finest visibility of any other month of the year. So, overall, you will be getting one of the most mesmerizing and picturesque journeys if you choose autumn as the best time for the Annapurna Base Camp Trek.

During the winter, you will also get less crowded trails if you choose to trek in the peaceful trails. But it may get colder during the morning and evening, as you will be in the proper Himalayan geography.

Accommodation, Food, and Drinks

The accommodation facilities at Annapurna Base Camp. Trail comes with basic services. Most overnight stays are managed in teahouses, which are run by families and communities with limited resources. So, the services are all basic. But having a teahouse experience is itself an authentic experience in the Himalayas. So, rather than an adjustment, it is an opportunity.

The meal comes with the structure of breakfast, lunch, and dinner. The menu mostly covers the local dishes, which include Dal Bhat Tarkari, noodles, Thukpa, Mo:Mo, chumein, and other cuisines. As the Annapurna trail is a popular trail with most visitors, you will also find some of your favorite Western dishes like pizza, burgers, fries, pasta, and others. But availability is still uncertain with the remoteness of the location.

As mentioned above, all the teahouses are the accommodation goal of this trek. So, you will get basic facilities that provide clean rooms, traditional foods, and shared bathrooms. But as we talked, it is an opportunity to experience the lifestyle of the people close to the Himalayas.

All the basic logistics will be covered. But any expenses or costs which are due to personal interest or which are not part of this package will be excluded. It includes services like bars, beverages, desserts, ice-creams, sweets, or any other services or expenses that are not part of this package.

Also, recommended not to complain about the prices of goods as you may find prices more expensive than their marked prices. The Annapurna base camp trail is a remote trekking journey, so transporting goods there is not an easy task. Due to the lack of transportation, animals and porters are still the means to transport goods, which automatically increases the price of goods. And also, the people there have limited access and opportunity to earn some money. So, recommend you adjust to price hikes.

Preparation and Fitness

The Annapurna Base Camp Trek is a proper trekking journey that covers a 20-day trek in the remote areas of the Annapurna Region. It also covers the high Himalayan terrains. So, proper preparation is necessary for your journey to be completed comfortably.

Prepare with clothes. Keep and pack enough clothes that are enough for your whole journey, and that can keep you warmer as well as cover your body properly, as you will be on forested trails. Also, comfortable clothes are very important to enhance your journey.

Pack with essentials and gears which you think you need during your trekking journey. Include trekking gear such as trekking poles, trekking shoes, water bottles, first aid, caps, glasses, gloves, and anything else you think is best for you during your journey. But do not include any other gears or equipment that you will not use in your journey often and is unusual. It just increases your burden and can ruin your whole experience.

Do not forget to keep a first aid kit. You will be at remote locations as well in the Himalayan terrains. In such conditions, getting small wounds is often common, and unfortunate incidents can happen sometimes. So, having first aid or basic medical support can be helpful.

For fitness, having a pepper shape can be helpful as you will be climbing some steep climbs and walking for hours continuously. So, fitness is also necessary. You can also do some basic physical exercises for breathing. It can be helpful for better results during your trek in Annapurna.

Permits and Regulations

Annapurna Base Camp Trek lies inside the Annapurna region. It is a preserved area by the government to protect the habitat of diverse biodiversity and to protect the culture and tradition of the region. So, you need to have some proper permits to succeed in the region and to do outdoor activities like trekking. You need,

- Annapurna Conservation Area Entry Permits
- Trekkers Information and Management System

So, above are the permits which you need during your Annapurna Trek. These permits should be filled with the proper information of trekkers. Without these permits, accessing the region or doing outdoor activities is prohibited. Also recommended to carry proper legal documents such as ID, passport, etc., to avoid any kind of minor issues during your journey, so that you can just focus on your trek in spectacular Annapurna.

Conclusion

So, the Annapurna Base Camp trek of 10 days is an incredible journey in the lap of the Himalayas. You will get to enjoy the spectacular nature and cultural immersion in a single package. From scenic trails to sunrise in Annapurna Base Camp and from traditional villages to natural hot springs, it delivers one of the best Himalayan journeys.

The Annapurna Base Camp trek is not just a popular trek; it is one of the most admired trails in the Himalayas, which blends natural beauty, scenic trails, traditional villages, and cultural immersion along with a close perspective of the traditional lifestyle of the Himalayan people. It is itself a gem of the Himalayas.

With such diverse features and characteristics, Annapurna Base Camp provides not only an incredible journey but also an opportunity to experience authentic life in the Himalayas. It is ideal for trekkers who want to have an escape into the Himalayas and seek a proper, authentic experience for unforgettable memories for a lifetime.

Pricing

Group Size	Price per Person (USD)
Individual	\$0.0

Frequently Asked Questions

Q: What is the difficulty level of the Annapurna Base Camp Trek?

A: The difficulty level of the Annapurna Base Camp trek is considered to be moderate. With some steep climbs, well-marked trails, and some continuous trekking days, the trek is considered to be moderate to complete. But it also depends on your experience and ability to do trekking journeys. If you are a beginner, then it can be considered a difficult trekking but if you are an experienced trekker, then you will find it more joyful than a challenging journey.

Q: Is this trek suitable for beginners?

A: Yes, the Annapurna Base Camp is suitable for beginners. But it also depends on what beginner you are. If you are a beginner with some previous experience in trekking in some of the shorter treks or hikes, then it can be taken as moderate; else if you are an absolute beginner in trekking and haven't done any trekking either, then the trek to ABC can be challenging. But challenge brings an adventure.

Q: What is the duration of a continuous walk per day in this trekking journey, and what is the minimum?

A: The minimum walk on the Annapurna Base Camp trek is about 4 to 5 hours, as well longer trekking days can require about 7 to 8 hours of trekking days. Again, it also depends on your ability to walk and the pace of your journey. You can do it quicker than you can cover it, quicker than what is expected, and if you have slower trekking conditions, it can take much longer too. But keep in note it is not a competition to win, it is a journey to experience, so have your journey at your own pace.

Q: What is the best time to do the Annapurna trek?

A: The best time to trek in Annapurna Trail is considered during the time of Spring and Autumn. During these seasons, trekkers get to enjoy the advantages of stable weather, clear visibility, blossoming landscapes, and a mesmerizing journey. Such features highlight these seasons as the best time to trek over the Annapurna Trail.

Q: Is Altitude Sickness a concern in this Trek?

A: Altitude sickness is effective after you gain an altitude of 3500m, and sometimes it becomes effective after 3000m. And you will be gaining an altitude of 4100 plus during the Annapurna Trek. So, altitude sickness is a considerable factor during your journey. With proper precautions, it can be avoided with proper hydration, avoiding intense activities or any other stuff which requires more than usual respiration.