

Annapurna Base Camp Trek - 12 Days

URL: <https://himalaya-discovery.com/trip/annapurna-base-camp-trek-12-days/>

Trip Code WTE-390	Destination Nepal	Activity Trekking in Nepal
Start / End Point Pokhara/Pokhara	Duration 12 to 15	Per Person From USD 990
Accommodation Lodge Nepal lodges, also known as teahouses, are basic yet cozy accommodations found along trekking routes.	Region Annapurna	Max. Altitude 4,200m.
Best Season Mar, Apr, May, Sep, Oct, Nov	Activity Per Day 4 to 6 hours	Group Size 2 - 12
Nepali Cuisine Dal, Bhat, Tarkari [Rice, Lentils, and Curry] Chinese Dumplings [Momo] Chowmein [Tibetan Noodles]	Medium Medium trekking involves more challenging trails with moderate climbs and longer durations, requiring a good fitness level.	

12-Day Annapurna Base Camp Trek: Highlights

- Starting and ending in Kathmandu, discover Nepal's capital-rich cultural and artistic heritages.
- The perfect first Himalayan trek through classic high mountain scenery.
- The breathtaking world-class Himalayan scenery from a heavenly viewpoint.
- The natural beauty of the ancient rhododendron forests and the natural hot springs.
- Highly experienced Sherpa leaders.

Annapurna Base Camp Trek Overview

The Annapurna Base Camp Trek 12 Days is one of the best treks to discover the mountain range, with the foremost spectacular mountain scenery, providing a desirable insight into the fashionable hill life of Nepal.

This is a unique trek on local trails, through forests, villages and terraced farmland treats you to unique mountain scenery, surrounded by huge glaciers providing you with an indoor experience into the Nepalese life and culture.

Annapurna Base Camp 12 Days follows the Modi-river and passes through the dense undergrowth of rhododendron and bamboo. By the time you reach the massive rock overhanging, called Hinku Cave, noticed that the vegetation has cut and therefore the gorge narrowed to be only a couple of hundred meters wide.

Steep snow-covered ridges falling from Hiunchuli on the left and [Machhapuchhre](#) on the right from the doorway to the Sanctuary. As we go through the “gate” and enter to the Sanctuary, you discover yourself in a very large amphitheatre encircled by a solid wall of natural covering peaks.

The trek starts from Pokhara with a drive of about 1 hrs by taxi or jeep ride to Nayapul then we will start our journey towards Annapurna Base Camp via passing Poon Hill which is one of the popular [short treks in Nepal](#) offering views of Annapurna South and Machhapuchhre.

If you are short on time and find that 12 days is still too long, the [Poon Hill Trek](#) is another good alternative, and it can be done in as little as 3 to 4 days offering wonderful views of the Annapurna Range. The [Annapurna Base Camp Trek](#) can be in 8 to 12 days.

ABC Trek Itinerary and Route

Kathmandu - Pokhara - Nayapul - Ghandruk - Chhomrong - Dovan - Himalaya - Deurali - ABC - Return

The Annapurna Base Camp Trek can be done in various itinerary options from 8 to 15 days to suit people of all levels of fitness and with different vacation timelines. You can choose 1 week Itinerary, 2 week Itinerary, or [Annapurna Base Camp Trek - 8 Days](#) as per your interests and timelines. The standard 12-day itinerary will start after you arrive in Kathmandu. You will have a day for the city sightseeing and the trek preparation, then drive to Pokhara the next day and Nayapul. The trek will take you through beautiful villages like Ghorepani, Poon Hill, Chomrong and Dovan until we reach our final destination; the magnificent Annapurna Base Camp at an altitude of 4,130 meters. We at Himalaya Discovery can create any kind of custom-made itinerary for you, whether it be a short, compact 7-day trek or a 2-week long easy trek, depending on your time availability and interest. We can customize the itinerary regarding where the route is going to follow and how much time it's going to take you up there, including rest days too, if required, suiting your ease.

Achievements Trekkers Will Gain on the Annapurna Base Camp Trek in Nepal

Reaching Machhapuchhare Base Camp

The trek to Machhapuchhare Base Camp (MBC) is a highlight. Located at 3,700 meters, MBC offers

panoramic views of the beautiful Machhapuchhare (Fishtail) Peak. The mountain is sacred, and climbers have never been permitted on top of this peak. It is also an accomplishment for trekkers to have reached MBC, and the mountain scenery there is breathtaking.

Reaching Annapurna Base Camp

The main attraction of this trekking in Annapurna is reaching **Annapurna Base Camp (ABC)** at 4,130 meters. From here, trekkers get a 360-degree view of intimidating peak after peak, including Annapurna I, Annapurna South and Hiunchuli. ABC is not only a physical accomplishment but also spiritual, as you get an overwhelming sense of calm and wonderment. Being at the base of one of the highest peaks in the world will be something you remember forever.

Visiting Jhinu Hot Springs

After a long, tiring walk of almost the whole trek, you can take a hot bath in the natural hot springs at Jhinu. Located by the side of Modi Khola, natural hot springs give you a relaxing bath dipping in mineral-rich heated water close to nature. It offers relaxation and refreshment to your tired muscles as well as your mind after several long days' walking.

Witnessing Sunrise at Poon Hill

At 3,210 meters, Poon Hill is one of the best places in the world to see a Himalayan sunrise. Trekkers rise early in the morning to make the two-hour climb to the summit, where golden sun rays beam over some of Nepal's highest and most beautiful peaks - Annapurna I (8,091 m) and Dhaulagiri (8,167m). Seen from Poon Hill, this famous viewpoint is among the most photographed panoramas in Nepal's Annapurna region, and having been there for sunrise is a travel achievement that you will never forget.

Annapurna Base Camp Trek - 12 Days Cost and Guide

The starting price of Annapurna Base Camp t is \$1190 per person. It's an all-inclusive package where you have no hidden charges as well and we provide all the essential facilities along with accommodation, meals, transportation, and professional guiding service. It's our pride to make your trek easy and comfortable cost by looking after almost everything without any additional costs.

Local experience guide who are trained in mountain safety, first-aid and able to speak English fluently is nothing but the jewel on the crown for the perfect and safe Himalayan journey. Our local guides are certified and authorized experts of the region who always stand for personalized support, making sure about your comfortability, direction, as well amazing trekking moments. Speaking of trekking in Nepal, hiring a reputable guide would be more effective since if you think doing it individually, it will be unusually hard to accomplish the whole trip.

Trip Itinerary

Day 01: Arrive in Kathmandu

Upon your arrival in Kathmandu airport after completing your custom formalities Visa, etc. Pick up your luggage and look for our airport representative from Himalaya Discovery, who will display your name on

the board at the arrival gate. You will be greeted by our representative and transferred to your hotel by private tourist vehicle.

Trek Distance:

Free Day

Trek Duration

Free day

Highest Altitude:

1400 meters

Meals:

Breakfast

Accommodations:

Hotels

Day 02: Free in Kathmandu for sightseeing and pre trip briefing and gear check.

Today is free for sightseeing in Kathmandu. You may wish to visit Durbar Square in the heart of the old city where the old Royal Palace, with its intricate woodcarving is located. The whole area is a maze of temples and images. Leading away from the square in all directions are narrow alleys, full of the most amazing variety of shops and stalls.

Some of these landmarks are considered World Heritage Sites including the historic Bhaktapur Durbar Square, the famous 'Monkey Temple' Swayambhunath and Buddhists shrine Boudhanath which is one of the largest Stupas in the world.

There will also be a full trip briefing today with gear check. In case you need to hire or buy equipment locally, there will be time to do this today.

Trek Distance:

Free Day

Trek Duration

Free Day

Highest Altitude:

1400 m

Meals:

Breakfast

Accommodations:

Hotels

Day 03: Drive to Pokhara.

Your guide will pick you up at 6:30 am from the hotel and take you to the tourist bus station. The bus leaves to Pokhara at about 7:30 am. Also known for its panoramic views of Annapurna and Machapuchare (Fishtail) in the north, Dhaulagiri in the west and Lamjung Himal and Manaslu in the south, Pokhara is a lovely valley on the banks of the Phewa Lake. Overnight at hotel in Pokhara.

Trek Distance:

Approx 200 km Drive

Trek Duration

6 hours by deluxe tourist bus

Highest Altitude:

900 m

Flight Hours:

30 m Flight option Available

Meals:

Breakfast

Accommodations:

Hotels

Day 04: Drive to Nayapul and trek to Tikhedunga

We begin our trek at Nayapul after 1-hour driving by private vehicle from Pokhara. After 15 minutes short walk along the banks of the Modi Khola, we reach Birethanti (1015 meters) a large village that has many shops and teahouses. From there, the trail continues through the village.

The trail follows the north bank of the Bhurungdi Khola. The trail climbs steadily up the side of the valley to Hille at 1495 meters and after the short climb, we reach Tikhedhunga at 1570 meters.

Today's walk offers a short and relatively easy day, during the journey allowing to get use to the experience of trekking in Nepal. Overnight at guesthouse.

Trek Distance:	Trek Duration	Highest Altitude:
10 km	1 Hr drive and 3.30 Hr Trek	1570 meters
Meals:	Accommodations:	
Breakfast-Lunch-Dinner	Guesthouse	

Day 05: Trek to Ghorepani

Leaving Tikhedunga, we begin our journey with a steep climb to Ulleri. Ulleri is a large Magar village at 2070meters. The trail then continues to ascend more gently, through fine forests of oak and rhododendrons towards Banthanti at 2250meters. Then we trek towards Nangethanti at 2460meters. After an hour walk, we arrive at Ghorepani at 2840meters. Overnight at guesthouse.

Trek Distance:	Trek Duration	Highest Altitude:
12 km	5 hours	2840 meters
Meals:	Accommodations:	
Breakfast-Lunch-Dinner	Guesthouse	

Day 06: Hike up to Poon Hill and trek to Tadapani

Today, very early in the morning, we start an hour hiking to Poon Hill at elevation of 3210 meters, a brilliant spectacle; this vantage point provides an unobstructed view of the sunrise over the high Himalayas.

There we spend about 1 hour, then returning to Ghorepani we take a hot breakfast at a hotel. Leaving Ghorepani, we make climb along ridges, and through pine and rhododendron forests to Deurali (2960 meters). After that, we descend to the Banthanti, then turning off to Tadapani. Overnight at guesthouse.

Trek Distance:	Trek Duration	Highest Altitude:
14 km	4 hours	3210 meters

Meals:

Breakfast-Lunch-Dinner

Accommodations:

Guesthouse

Day 07: Trek to Chomrong

The day starts with steep downhill through rhododendron forests. Leaving Tadapani, we descend steeply through forests and then the trail eases as we reach Gurjung which is the village of Gurung people, with an easy walk to Chomrong at elevation of 2140 meters. Overnight at guesthouse.

Trek Distance:

10 km

Trek Duration

5 hours

Highest Altitude:

2140 meters

Meals:

Breakfast- Lunch- Dinner

Accommodations:

Guesthouse

Day 08: Trek to Dovan

Today the trail drops down to the Chhomrong Khola and again we continue climbing to Khuldighar at 2380 meters where there used to be an ACAP (Annapurna Conservation Area) check post.

There is a clearing in the forest a little further on, from which, the route travels very steeply down a rock bank then levels out, running through thickets of bamboo at the bottom of the gorge, keeping always on the west side of the river. Overnight at guesthouse.

Trek Distance:

12 km

Trek Duration

5.30 hours

Highest Altitude:

2500 meters

Meals:

Breakfast- Lunch- Dinner

Accommodations:

Guesthouse

Day 09: Trek to Deurali

A short walking day today because of altitude and risk of snow avalanches in the area that we need to cross in the next morning. Our day begins with the climb through bamboo, then rhododendron forests to Himalayan Hotel and on to Hinko cave. The accommodation will be in Deurali, on the ridge above Hinko is the stretch of trail that is most subject to avalanche. Overnight at guesthouse.

Trek Distance:

7-9 km

Trek Duration

4 hours

Highest Altitude:

3200 meters

Meals:

Breakfast- Lunch- Dinner

Accommodations:

Guesthouse

Day 10: Trek to Annapurna Base Camp

Today the trail climbs on past the Machhapuchhare Base Camp, which isn't really a base camp since climbing the mountain is not permitted. Since it is totally surrounded by mountains, this area is known as the Annapurna Sanctuary.

Two hours trek from Machhapuchhare Base Camp takes you to the Annapurna Base Camp (ABC) at elevation of 4130 meters. There, you will view unobstructed views of mountain scenery, which is very spectacular. Overnight at guesthouse.

Trek Distance:

10 km

Trek Duration

5 hours

Highest Altitude:

4130 meters

Meals:

Breakfast-Lunch-Dinner

Accommodations:

Guesthouse

Day 11: Trek back to Bamboo

We follow the same trail down today the trail drops down by 1700meters to the bank of Modi Khola to Bamboo at 2345meters where there are few teahouse / lodges available to stay at, Overnight at guesthouse.

Trek Distance:

14 km

Trek Duration

6 hours

Highest Altitude:

2345 meters

Meals:

Breakfast- Lunch- Dinner

Accommodations:

Guesthouse

Day 12: Trek to Jhinu hot spring

We follow the same trail until Chomrong. Once we have passed Khuldighar there is an experimental sheep farm, the trail continues through rhododendron and bamboo fields.

From Chomrong the trail descending very steeply to the Jhinu hot spring, where you can bathe in natural hot springs. Overnight at guesthouse.

Trek Distance:

11 Km

Trek Duration

1780 meters

Highest Altitude:

1780 meters

Meals:

Breakfast- Lunch- Dinner

Accommodations:

Guesthouse

Day 13: Trek to Nayapul and drive to Pokhara.

From Jhinu hot spring we walk at the right side of Modi Khola for 4.30 hours to Birethanti which is considered one of the best and relaxing walk of the entire trek. We reach Nayapul then an hour drive will take us back to Pokhara. Overnight at hotel.

Trek Distance:

65 km

Trek Duration

3 Hour trek and 4 hr drive

Highest Altitude:

1010 meters

Meals:

Breakfast- Lunch- Dinner

Accommodations:

Guesthouse

Day 14: Drive back to Kathmandu

We depart at approximately 7.30 am for Kathmandu by tourist bus. We arrive back in Kathmandu at around 2-3.00 pm.

Trek Distance:

Approx 200 km

Trek Duration

7-9 hr

Highest Altitude:

1400 meters

Meals:

Breakfast- Lunch- Dinner

Accommodations:

Guesthouse

Day 15: Free Day / Fly to home.

Today is rest and relax throughout the day. If you get interested to take some gifts from Nepal for friends and relatives, visit some nearby shops or go out in Thamel for typical Nepalese goods.

In the evening we will have a farewell dinner in a traditional Nepalese restaurant with cultural performances. The farewell dinner will be host one day before your departure from Nepal.

Trek Distance:

Free Day

Trek Duration

Free Day

Highest Altitude:

1400 m

Meals:

Breakfast

Accommodations:

Hotels

Day 16: Fly to home.

The trip concludes, we will drop you to the airport for your flight departure from Nepal.

Trek Distance:

Free day

Trek Duration

Free day

Highest Altitude:

1400 m

Meals:

Breakfast

Price Includes

- Airport transfers pick-up and drop-off
- 2-nights hotel accommodation in Pokhara with breakfast.
- Three meals a day (breakfast, lunch and dinner) during the trek.
- Hot drinks. (tea, coffee, hot milk, hot chocolate) three times a day.
- All accommodation during the trek.
- All necessary paperwork for the Annapurna National park entry permit.
- Trekking information management system (Tims) permit. Transportation from Kathmandu – Pokhara – Kathmandu by tourist bus.
- English speaking, trained Sherpa guide.
- The required number of staff and Porters to carry your luggage during the trek (1 porter for 2 trekkers).
- Accommodation / salary / food / drinks / insurance / equipment / medicine and transport for all staff.
- Walking stick (if it is required).
- Himalaya Discovery duffel bag.
- All government taxes.
- Farewell dinner with culture show.

Price Excludes

- International airfare and Nepal entry visa.
- Tips for guide / porters (tipping is expected).
- Travel insurance which covers emergency Rescue and Evacuation.
- Any others expenses which are not mentioned on the 'Price Includes' section.

Group Discounts Available

No. of Persons	Price per Person
1 - 1	USD 1,190
2 - 3	USD 990
4 - 5	USD 865

Trip Addons

Add-Ons for Your Himalayan Adventure

Upon completing your Himalaya trek or before embarking on it, you can further discover Nepal's beauty through various alternatives. These includes:

- [Trishuli River Rafting](#)
- [Heli Sightseeing](#)
- [Kathmandu Food Tour](#)
- [Paragliding in Nepal \(Pokhara\)](#)
- [Ultra-Light Flight](#)
- [Kathmandu Day Tour](#)
- [Bardia Jungle Safari](#)
- [Chitwan Jungle Safari](#)
- [Bungee Jumping](#)

Sleeping Bag Rental

For your trek, a 4-season sleeping bag is available for rent at **USD 30**.

- **Important:** If the sleeping bag is lost or damaged, you will need to reimburse the full cost of **USD 165** per item.

Flight from Kathmandu to Pokhara

To reach Pokhara, the starting point of your Annapurna Sanctuary Trekking, you can take a scenic flight from Kathmandu. Multiple daily flights are available which will also treat you to stunning aerial views of the Himalayas.. The flight duration is 25 minutes and costs around 125 USD per person. You can choose to return back to Kathmandu by flight for a convenient and time saving travel.

Personal Porter

We will provide one porter for every two trekkers, and each porter carries 25 kg, so in total, two trekkers can have the porter with a combined luggage of 25kg for each trekker, coming at \$20 Per trekking day. Incase you wish to take a personal porter for yourself exclusively, then the cost is the same: \$20 per day. In this case, they will carry up to 25 kg of your belongings exclusively without any problem during your trek.

Trip Information

Annapurna Base Camp Trekking - 12 days Difficulty

The ABC Trek is graded as a moderate trek for fit and healthy people who can enjoy reasonable trekking. No previous experience of trekking is required; the day walks are approximately 5 to 6 hours each day,

with plenty of time to relax and take in popular spots along the route. Families on treks with children can find this suitable, and proper hydration, rest, and acclimatization have paved the way to higher altitudes over 4,000 meters above sea level safely.

There are multiple route options available, and both a scenic route and shorter route options are offered. The guides always put your safety and comfort first. As a pre-tour preparation, a person may do shorter hikes to make this journey much easier and enjoyable. This trek surely promises an exhilarating adventure right into the heart of the Himalayas.

Best Time for Annapurna Base Camp Trek - 12 Days

Because of the geography, the resulting climate of Nepal varies with four seasons. With this factor, Nepal becomes a destination for trekking all over the year. But the best time to trek at Annapurna Base Camp falls in the autumn and spring seasons due to their weather and scenery.

Autumn (September to November)

The best time to trek in the Annapurna region is during autumn. During this season, the skies are usually blue, the temperatures are cool, and the views of the snow-capped peaks and terraced landscapes are spectacular; it is considered the best time for trekkers in pursuit of stable weather conditions with crisp mountain vistas.

Spring (March to May)

Spring is considered the second-best time to go for trekking. The paths start getting a new look with blooming rhododendrons and lush greenery. Vibrant forests and mild temperatures make it a perfect time for photography and nature lovers.

What To pack for Your Annapurna Base Camp Trekking Adventure?

What to pack smartly for your Annapurna Base Camp trek is a serious thought. Here's a checklist:

Clothing

- Layered clothes(thermal wear, fleece, waterproof jacket, quick dry shirts, trek pants. gloves, hat and woolen socks).

Footwear

- Trekking shoes

A good pair of trekking shoes is the most important asset of any trekker.

- A 40-50L trekking bag and a small daypack.

Sleeping Essentials

- Warm sleeping bag (temperature down to -10°C), liner and pillow

Accessories

- Trekking poles, sunglasses, headlamps, reusable water bottles and rain cover for a backpack.

Toiletries

- Basic first aid kit including insect repellent and moleskin for blisters.

First Aid

- Pain Killer, Altitude Sickness Tablet, Band Aid and Personal Medicine.

Miscellaneous

- Snacks, power bank, trekking map and permits. For a detailed guide, visit our blog, [Nepal Trekking Packing List](#), to pack thoroughly.

Altitude Sickness Issues During ABC Trek

Altitude sickness is a common problem in the Annapurna Base Camp Trek, especially when you cross 2,500 meters. Symptoms may become more severe as atmospheric pressure is reduced at higher altitudes and owing to decreased oxygen levels. Our Best trekking guides along the trail constantly check your health condition, and if symptoms occur, the guide plans on immediately implementing about possible options.

Prevention:

1. Ascend gradually.
2. Be sure to drink and eat well.
3. Avoid alcohol and overexertion.
4. Listen to your guide's advice.

Frequently Asked Questions

Annapurna Base Camp Trekking FAQs

Can I use a credit card while trekking?

No, in the mountains, you can't. But in the cities like Kathmandu or Pokhara you can.

Should I bring some Foods with me while on trek?

During the trek, you will be provided with three meals a day (breakfast, lunch dinner). However, you can carry some power bars, cereal bars and dry fruits as light snacks.

What kind of food are Available in The Teahouses?

Teahouses serves foods items like rice, noodles, soups, and vegetables. In addition to that, you'll also have cereal and eggs as an option. As snacks you can find cookies and chocolates. In certain areas, they will also provide fresh fruit.

What's the drinking water situation during the trek?

Plastics are banned from Chhomrong onwards. Guesthouses provide boiled and filtered water, which you can also treat with purification tablets.

Is there an internet facility in the trek?

Yes, all the guest houses have the wifi facility, but not included in the price; they charge \$3 to \$10 for it, and as you go higher the connectivity and electricity go down.

What accommodation should I expect?

In cities, hotel rooms are private with an en-suite and air conditioning. Accommodation in the mountains is basic in teahouses with shared facilities.

Can I get a hot shower during the trek?

Yes, gas or bucket showers are available in most of the teahouses, but shower is discouraged above 4000 meters due to extreme cold weather.

Do we need travel insurance?

Yes. Travel Insurance is mandatory and should cover high-altitude trekking and helicopter evacuation in case of emergency.

Are there ATMs on the trek?

There are no ATMs in the trekking regions. So please make sure you have enough cash before leaving from Kathmandu or Pokhara itself.

Address

Bijeshwori Swayambhu
Kathmandu, Nepal