

Annapurna Base Camp Trek - 8 Days

URL: <https://himalaya-discovery.com/trip/annapurna-base-camp-trek-8-days/>

Trip Code WTE-1402	Destination Nepal	Activity Trekking in Nepal
Start / End Point Kathmandu / Siwai	Duration 8	Per Person From USD 680
Region Annapurna	Max. Altitude 4190 m, Annapurna Base Camp	Best Season Spring (March, April, May) and (September, October, November)
Activity Per Day 5 - 6 hours	Group Size 2 - 10	Moderate

Highlights of 8 Days Annapurna Base Camp Trek

- Enjoy Gurung community and Ghandruk museum
- Stunning views of mountain ranges including Annapurna South, Hiunchuli, Gangapurna, Machhapuchhre, etc
- Jhinu, a natural hot spring on your way back
- Lots of natural sights like waterfalls, springs, lakes, etc
- Opportunity to see different species of animals, migratory birds, and plants
- Visiting different tea houses and enjoying the most out of the simplest thing in the world

Trip Overview

Majority of trekkers dream of trekking to the [Annapurna Base Camp](#). It is one of the most beautiful places you can trek to.

Annapurna Base Camp trek includes both natural and cultural beauty of Nepal. It is known for attracting many tourists from all over the world. Starting off with the natural beauty, the Himalayan ranges has

gorgeous views.

The distance from Kathmandu to the Annapurna Sanctuary is 168km. Our **Annapurna Base Camp - 8 days** takes you to the base of Annapurna ranges in short duration. This is the trek for those trekkers looking for hiking to Annapurna base camp but have time constraints to join longer itineraries like [Annapurna Base Camp Trek 12 days](#).

You will be able to see the views of Mt. Annapurna I, Mt. Manaslu, Mt. Nilgiri, [Mt. Machhapuchhre](#), Mt. Hiunchuli, Lamjung Himal, Tukucho peak and also Tilicho peak during this trip.

You will see the simplicity of Ghandruk village and the people living there. The Gurung and Magar community have a very simple way of living. They will serve you with the purest form of love and will welcome you as a part of their own family.

You will see the traditions and cultures that they have and have followed for a long time.

Furthermore, this trip includes a trek that starts from Siwai. Although this trek includes uneven tracks, anyone without trekking practices can complete it. The trek difficulty is only moderate. So, get ready with your gears and take your steps.

You will also pass through Machhapuchhre Base Camp on this trek. This means you will walk into two amazing base camps in a single trek. Sounds adventurous, right?

After enjoying the beautiful views, you will also get to experience the greenery of Nepal. A true explanation of the forests of Nepal.

You will pass through the bamboo forests, pine trees and the national flower Rhododendrons. The ambiance will give you a different feel. Different species of birds and flowers are the other elegant elements of this trip.

There are natural hot springs in Jhinu Danda which is a must to try. These will relax all your muscles and all your pain will vanish. What better way to enjoy than getting relaxed?

Annapurna Base Camp Trekking is completely safe even if you are not a professional trekker (check out here: [Annapurna Base Camp Trek Difficulty](#)). Although you will need a few precautions, make sure you pack all the essentials and stick with your group. Take breaks if need to and do not force yourself. Giving and taking help is another beauty in traveling.

For more information, you are more than welcome to learn about it. [Contact us](#) and we will let you know.

ABC Trek - 8 Days Cost and Groups

The ABC Trek will cost USD 680 per person. We are open for solo trekkers to join our existing group or do the trek individually. We highly recommend a maximum group size of five persons, but if you come in a group bigger than five persons, the per-people price will be less expensive, so you get better value for your money. This allows everyone great comfort on the trek, either while traveling alone or with friends.

We provide skillful trekking guides and porters for your easier Annapurna Base Camp Trek - 8 Days journey. One porter for two trekkers will be provided, carrying up to 25 Kg of Client's luggage during the trek; however please pack as light as possible is mandatory. The Cost you pay for a porter is USD 20 per day if you want a Private Porter for Yourself.

If requested, clients who have difficulty walking/climbing can be carried by horse/pony (with additional Cost).

Porter Importance

In Nepal, porters are the backbone of trekking activities, especially in high-altitude regions. Their strength and adaptation to the environment make them your best companions during treks. Without a porter, it would be really hard to walk on rough trails carrying your gear along with you. We strongly suggest you hire a porter for safe and comfortable trekking.

Short Annapurna Base Camp Trek Customized Itineraries as Per Your Interest

We don't have fixed itineraries for the Short Annapurna Base Camp Trekking, as we customize each trek to suit your holiday timeframe, interests and budget. Whether you want a quick look around or a more thorough exploration of the region, we can design this trek to suit your needs. With our experience in organizing treks and Tours, there are virtually no plans for trailheads in Nepal that we cannot turn into reality.

Additional Great Annapurna Itineraries For Trekking in Nepal

If this itinerary doesn't match your interests, check out some other Treks in the Annapurna Region here. The 7-Day Mini Annapurna Trek is such an adventure that it allows you more time, The 10-Day Annapurna Base Camp Trek takes about a week longer.

If you're interested in stunning mountain views from Poon Hill, take a look at our [11 Days Poonhill Trek, Annapurna Base Camp Trek - 12 Day](#). Or, if you want an even longer hike, consider the [14-Day Annapurna Circuit Trek](#), one of Nepal's classic Himalayan treks. And for those trekking enthusiasts who are eager to challenge themselves with higher altitude treks, we have the [Everest Base Camp Trek](#). So pick your interest and hop on board with us to make that dream trek of yours in Nepal come true.

Itinerary

Day 01: Arrive in Kathmandu

The very beginning will be your arrival in Kathmandu. After arriving at the Tribhuvan International Airport, our team will pick you up.

We will greet and guide you to the hotel. You will have your meals there and we will give you a brief detail about your trip to Annapurna Base Camp.

Since it is the first day, you can take your time to take a stroll around Kathmandu city or get to know the people better there. You can enjoy your day either resting or wondering the place. There are many places to enjoy or to shop at. You can then have your dinner and spend the night at the hotel.

Trek Distance:

Free Day

Trek Duration

Free Day

Highest Altitude:

1400 m

Meals:

Breakfast

Accommodations:

Hotels

Day 02: Fly to Pokhara to Siwai and Trek to Chhomrong

You will have breakfast at the hotel and then pack your belongings and head towards your flight. You will be flying to Pokhara(30 minutes) and will drive to Siwai (2 hours) on a jeep. After which you will start the trekking.

The second-day trek will be from Siwai to Chhomrong. You will reach to Siwai from Pokhara in a jeep and from Siwai you will trek up to Chhomrong for 3-4 hours.

Trek Distance:

10-12 km

Trek Duration

1 hour approx / 3-4 hours

Highest Altitude:

2140 m

Flight Hours:

Approx 200 km (35 minutes)

Meals:

Breakfast- Lunch- Dinner

Accommodations:

Guesthouse

Day 03: Trek to Himalaya Hotel

Rocky roads and getting closer to the real adventure is the part of the third day. After early morning breakfast from Chhomrong, you will trek to Himalaya Hotel. The Himalaya Hotel will be the last spot before you reach the Annapurna Sanctuary.

The roads on the trek towards the Himalaya Hotel is a complete jungle area and you will also pass through a few avalanche tracks. Then you will reach The Himalaya Hotel, where you will spend the night.

Trek Distance:

10-12 km

Trek Duration

6 - 7 hours

Highest Altitude:

2850 m

Meals:

Breakfast - Lunch- Dinner

Accommodations:

Guesthouses

Day 04: Trek to Annapurna Base Camp

Today you will be getting ahead to the base of Annapurna ranges.

You will have breakfast and then you can begin the journey towards Annapurna Base Camp. We will head from Himalaya Hotel to Annapurna Base Camp.

On the way to Annapurna Base Camp, you will pass through with Machhapuchre Base Camp as well. After taking a trek up to Machhapuchre Base Camp, your destination is 2.9 km away. This can also be another highlight for your journey since you came across another travel destination.

After trekking to the altitude of 4131 m, you will reach the Annapurna Sanctuary. And you will spend the night in the camp.

Trek Distance: around 10 KM	Trek Duration 6 hour max	Highest Altitude: 4131 m
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Meals: Breakfast - Lunch- Dinner	Accomodations: Guesthouses
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Day 05: Trek to Sinuwa

This day you will trek down to Sinuwa. Explore bamboo forests and visit the local tea houses.

You can try varieties of teas here made by the locals. The new taste and differences will energize your mind and then you will continue the descending.

There is a number of lodges for your meals. Enjoy the simple taste of the small community.

Then you will continue to trek down to Sinuwa which is on the height of 2350 m. Don't forget to enjoy the nature and spot the different species of birds and plants.

You will be staying the night there.

Trek Distance: 19 km	Trek Duration 6.5 hours	Highest Altitude: 2350 m
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Meals: Breakfast - Lunch- Dinner	Accomodations: Guesthouses
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Day 06: Trek to JhinuDanda

Jhinu is famous for having natural hot springs in Nepal. You can take a relaxing stay there to relief your sore muscles and take away the pain. There are few of those natural springs there to relax so you can go visit there. This will also help you heal the soreness.

Located in the hillside area, it is also a wonderful place to enjoy the sight. Celebrate your trek's success on this day and enjoy on the hot spring to relax.

Trek Distance: 6-8 km	Trek Duration 6 hours	Highest Altitude: 1760 m
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Meals:

Breakfast - Lunch- Dinner

Accomodations:

Guesthouses

Day 07: Trek to Siwai and Drive to Pokhara

Today is the last day of the trek and you will descend down to Siwai. You will continue down with the natural forests and tracks of Nepal and simply enjoy the calmness of it. The trek downwards will be shorter than the trek you had to climb.

With faster descent than the ascent, you will soon reach Siwai after which we will take you back to Pokhara. We will take you back to Pokhara on the same jeep you came to Siwai on.

At Pokhara, you can take a relaxing boat ride, enjoy cycling or stroll around and relax. Since this is your last day you will spend the night here in Pokhara.

Trek Distance:5-6 km Trek and Approx 40 km
Drive**Trek Duration**4-5 hours (trek) and 2-3 hours
(Drive)**Highest Altitude:**

1530 m

Meals:

Breakfast - Lunch- Dinner

Accomodations:

Hotels

Day 08: Fly / Drive back to Kathmandu

You will have breakfast early in the morning and then you will go back to Kathmandu with lots of good memories.

Trek Distance:

Approx 200 km

Trek Duration

35 Minutes or 8/9 hr

Highest Altitude:

1400 m

Meals:

Breakfast- Lunch- Dinner

Accomodations:

Hotels

Day 09: Free Day / Fly to Home

You can either stay back in Kathmandu today and enjoy a free day or leave for your respective countries.

It's time to say goodbye to Nepal. Enjoy your final moments in Kathmandu by having breakfast in a café, taking a city stroll, and/or shopping for souvenirs.

A representative will meet you at your hotel and transfer you to the airport to catch your return flight home. It's good to be at the airport at least two and half hours prior to departure

Trek Distance:

Free Day

Highest Altitude:

1400 m

Meals:

Breakfast

Price Includes

- Airport transfers pick-up and drop-off.
- 1-night hotel accommodation in Pokhara with breakfast.
- Transportation from and to Kathmandu by tourist bus.
- Transportation from and to Pokhara by private vehicle. Annapurna Conservation Area Permits.
- Trekkers' Information Management System (TIMS) Permit.
- All meals (breakfast, lunch, dinner) during the trek.
- Transportations, accommodation, wage, food, insurance, equipment for the guide & porter.
- Best available lodge accommodations during the trek.
- English speaking Sherpa trek guide.
- All necessary paper works and entry permits.
- Porter to carry your luggage during the trek (1 porter for 2 people)
- Himalaya Discovery duffel bag.
- Hiking pole for the trek, if needed.
- Trek map.
- Farewell dinner at typical Nepali restaurant after the trip completion in Kathmandu.

Price Excludes

- International airfares and Nepal visa.
- Airfare from Kathmandu to Pokhara.
- Any personal medical or evacuation expenses incur.
- Tips for the guide & porter (tipping is expected).
- Any others expenses which are not mentioned on the 'Price Includes' section.

Group Discounts Available

No. of Persons	Price per Person
2+	USD 680

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.

Kathmandu to Pokhara Flight

To begin your Annapurna Base Camp Trek- 8 Days, you head towards Pokhara - a place of beauty offering stunning sights of the Himalayas with multiple daily flights from Kathmandu. Instead of a long drive, you can choose a direct flight from Kathmandu to Pokhara option. The flight time is 25 minutes and costs 125 USD per person. Alternatively, you can return to Kathmandu by flight for convenience and saving time.

Essential Information To Know Before Annapurna Trekking

When is The Best Time for Annapurna Base Camp Trekking?

The summer monsoon pretty much defines the trekking seasons in Nepal, and this applies to the Annapurna Base Camp Trek as well. The monsoon lasts from roughly June to August so most trekkers like to trek in either the spring months of March to May or the [autumn months of September](#) through November. In these periods, you'll have great, stable trekking conditions with nice temperatures, rhododendron forests in bloom during spring and great panoramic mountain views in autumn.

However, Annapurna Base Camp can be trekked all year round. The winter months (December through February) bring snow on the trail and a certain peace and tranquility, while during monsoon, everything is lush green, with far fewer people on the trails if you're after some solitude. Whenever you'd like to go, our guide team will create an unforgettable Annapurna Base Camp Trekking tailored to your wishes and

make sure you fully enjoy your trip.

Annapurna Base Camp Trekking and Hiking in 8 Days Difficulty

Annapurna Base Camp (ABC) Trek is one of the most achievable Himalayan journeys suitable for a reasonably fit and healthy person without any walking experience. No doubt it is the best choice for beginners as well as for the old-time hikers too, but remember that the Annapurna Base Camp trek goes to over 4,000 meters, so you have to get well acclimatized, not letting yourself be affected by altitude sickness. Drink plenty of fluids to remain hydrated; walk at such a pace that lets you feel like you are just strolling along rather than being on a hectic trek, as there will be plenty of time even for short breaks and rests along the journey. Our professional sherpa guide will observe your usual movements and take necessary measures accordingly. Thus, it guarantees an exceptional trip upfront at the majestic Annapurna Base Camp trek- A moderate challenge but still reachable, making your dreams come true if they entail seeing mountains.

Is Travel Insurance required for Annapurna Base Camp Trek?

While it is not mandatory to have [travel insurance for trekking](#) to Annapurna Base camp, it is highly recommended. Your insurance must cover medical and emergency repatriation, including helicopter evacuation at high altitudes. If you suffer from a serious illness or injury while on the trail a helicopter will be required in order to evacuate you.

Make sure your travel insurance covers ambulances, emergency medical expenses, trip cancellation, lost gears and air ambulance helicopters specifically for high- altitude trekking over 4000 meters. Do keep in mind the limits of local rescue services. Buying comprehensive insurance from a reputable provider will cover you against unexpected risks and ensure your peace of mind during the trek.

Packing list for Your Short Annapurna Base Camp Trekking

Clothing:

- Hiking pants (2)
- Quick-dry shirts (3)
- Thermal layers
- Down jacket
- Rain jacket
- Trekking socks (3-4 pairs)

Footwear:

- Hiking boots

- Sandals/camp shoes

Gear:

- Backpack (40-50L)
- Sleeping bag
- Trekking poles
- Headlamp
- Water bottle/hydration system

Accessories:

- Hat
- Sunglasses
- Gloves
- Buff/neck gaiter

Essentials:

- Passport
- Travel insurance docs
- Cash
- Permits

Personal Care:

- Sunscreen
- Lip balm
- Basic first-aid kit
- Toiletries
- Water purification tablets

Electronics:

- Phone
- Charger
- Power bank
- Camera (optional)

Pro Tip: Read our blog "[Nepal Trekking Packing List](#)" for detailed packing list and advice. Get yourself

prepare before an Annapurna journey.

Facilities and Essentials for Annapurna Trekking Region

Electricity

Teahouses on the trekking trail provide a charging facility at a minimal extra cost. Carry necessary adapter and portable power banks for backup as charging points could be less, shared or unavailable due to other trekkers.

Water

Prioritize safe drinking water. Bottled mineral water can be purchased from route shops/lodges. Otherwise, you can carry your reusable bottle and refill it with boiled water (using a filter or iodine tablets before consuming). Do not drink from tap, river well or other untreated sources, which may lead to stomach infections.

Hot Showers

There are a few places you can get hot showers along the trek. Gas-powered showers in guesthouses usually cost a couple of dollars, and that will be your most reliable bet for warm water as you will actually see a gas heater heating the water there. However facilities are basic. Most Teahouses have lukewarm or cold shower water available. You won't always get heated rooms either, so prepare yourself for some freezing post-shower moments.

Communication Services

Communication infrastructure in the Annapurna region has developed considerably, which means trekkers have reliable communication options. Several mobile networks provide high-quality voice calls and SMS services over many trekking routes. Teahouses/lodges spread along the trail usually have internet access, but it is available at extra cost. Mobile internet coverage is expanding, especially in the lower altitude areas, giving access to browsing, emails and social media. In general, mobile signals are strong at places like Pokhara or the initial section of a trek but get weaker as we gain height. Trekkers can buy Nepalese SIM cards at Kathmandu or Pokhara for cheap communication.

Short Annapurna Base Camp Trekking Permit Costs

You need to have two permits to do the Annapurna Base Camp Trek - 8 days those are the Annapurna Conservation Area Permit (ACAP) and the Trekker Information Management System (TIMS) card. Permit Cost Breakdown:

- ACAP for SAARC nationals: NPR 1,000
- ACAP for other international travelers: NPR 3,000
- TIMS card for all foreign nationals: NPR 2,000

Permits to trek in the Annapurna region can be obtained at Kathmandu or Pokhara through authorized trekking agencies. Trekkers are required to carry a valid identification document with them throughout the trek, and it needs to be shown at the checkpoint. The permit fees are used to sustain and maintain the trails in local communities and villages, which are also used for other social welfare activities.

Annapurna Base Camp Trek FAQs

Questions Answered on Annapurna Trekking

What is the maximum altitude of the trek?

Trek climbs to a maximum altitude of 4,130 meters (13,550 feet) at Annapurna Base Camp. It is high altitude trek, so acclimatization and hydration are important.

Is prior trekking experience required to do this trek?

Prior trekking experience is not mandatory. But the more experience you have in trekking, the easier it will be for you to cover the distance comfortably. Also, you will enjoy the trek more if you are accustomed to walking long distances in hilly regions.

Is altitude sickness a concern on this trek?

Yes, altitude sickness can occur above 2,500 meters. Trekkers must spend enough time acclimatizing, keep themselves hydrated and climb high and sleep low to avoid it.

How long is the Annapurna Base Camp Trek?

The trek is about 70-75 kilometers (round trip). The distance can vary depending on which route you take.

Are guides and porters necessary for the trek?

We suggest you take a guide and/or porter with you to help with directions, safety and support, as the trails are not always well labeled. Guides also have helpful cultural and historical context to provide.

What type of accommodation is available on the trek?

Accommodation is in tea houses or lodges along the trail. Rooms are basic, normally just a bed with a mattress and pillow, and you will need to bring your sleeping bag.

What kind of food is available during the trek?

You will get a variety of local and international foods (Dal Bhat, noodles, pasta, soup). The food is simple, nutritious and high energy to support your trekking.

How do I reach the starting point of the trek?

The trek begins with a short flight or drive from Kathmandu to Pokhara and then another drive to Siwai or Nayapul. The trek actually starts here on foot.

Is it safe to trek solo on the Annapurna Base Camp route?

It is safe to trek solo as the trail is well-marked and crowded. Solo trekking is not available here, but you can join a group or hire a guide.

What kind of cultural exposure will I get during the trek?

The trek goes through the typical Gurung and Magar villages, giving you an opportunity to see their unique lifestyles, their warm hospitality, tradition and monasteries.

Address

Bijeshwori Swayambhu
Kathmandu, Nepal