

Annapurna Base Camp - 9 Days

Being the 10th highest peak in the world, the [Annapurna](#) has its introduction. It is, perhaps, the only most elevated peak in Nepal whose beauty has been compared to the legendary [Everest](#).

As its name suggests, Annapurna Base Camp - Annapurna Sanctuary Trek takes you to the base camp of the Annapurna. But what the name doesn't say is that the trail you will be passing through is one of the best trekking trails in the world. The glimpse of incredible snowy pinnacles, with icy buttresses soaring parallel to the mountains, form an impeccable scene. The beauty of this classic trail is even admired in several adventure books, by explorers of different times. It is indeed one of the most rewarding treks in Nepal.

Beyond adventure, there is much to learn from the Annapurna Base Camp Trek. The smiling people, who are battling with the extremities of Annapurna, have taught many adventurers that happiness is possible even in the hard times. They are very hospitable by nature, and you.

Planning: Annapurna Base Camp | Annapurna Sanctuary Trek

The Annapurna Base Camp trek involves challenging terrain with steep ascents and descents. To enjoy a smoother experience, invest time in physical preparation. Start a fitness routine several weeks before your trip, incorporating cardio workouts, strength training, and practice hikes to build endurance. This also helps in acclimatization which is a vital aspect of your trek, helping you avoid altitude sickness. Plan rest days in your itinerary, allowing your body to adapt to higher altitudes gradually. Familiarize yourself with the symptoms of altitude sickness, and be prepared to descend if necessary.

Similarly, proper packing is crucial for a comfortable trek. Pack suitable clothing for various weather conditions, including warm layers and rain gear. Ensure you have sturdy, comfortable hiking boots and essential gear like a sleeping bag, trekking poles, and a well-organized backpack. Keep your pack lightweight but well-equipped.

Best time to do Annapurna Sanctuary Trek?

The spring season (March to May) is often considered to be the finest time to hike to Annapurna Base Camp. Spring provides exceptional visibility, allowing you to take in panoramic vistas of the Annapurna mountain range and nearby peaks. At lower elevations, the weather is often temperate and pleasant, with daily temperatures ranging from 15°C to 20°C (59°F to 68°F).

Autumn (September to November) is a wonderful season for the Annapurna Base Camp hike and is quite popular with trekkers. Autumn, like spring, has a bright sky, making it great for soaking in stunning mountain vistas. At lower altitudes, daytime temperatures vary from 15°C to 20°C (59°F to 68°F), making for pleasant hiking conditions.

The Annapurna Sanctuary Trek is not suggested during the monsoon season or the summer season (June, July, and August). Furthermore, the cold of winter (December, January, and February) is intolerable for the average trekker.

Food and Accommodations:

Annapurna Base Camp | Annapurna Sanctuary Trek

Along the trekking route, you'll find tea houses that offer basic accommodation and meals. While you should carry

some snacks and a water purification method for convenience, rest assured that you can purchase food and water at these tea houses. Be open to trying local dishes and engaging in conversations with fellow trekkers.

It is always advisable to consult your guide for food recommendations for a more healthy and hygienic option.

Transportation:

The Annapurna Sanctuary Trek often begins at Nayapul or Phedi. If you want to fly to Pokhara, you can take a domestic aeroplane (30 minutes) or a tourist bus/private car to Pokhara (approximately 6-8 hours) and then go overland to Nayapul or Phedi to begin your trek. We will either remain in a hotel in Pokhara for the night or begin our adventure if we arrive early. To go to Nayapul or Phedi, we will either hire a private car (shared jeep) or use a local bus. The journey may take many hours, depending on road conditions and the starting place you select.

Our trek to Annapurna Base Camp begins from there. The walking routes are well-marked, and you'll follow them through stunning scenery, villages, and woods until you reach the base camp.

Necessary Permits & TIMS:

Annapurna Base Camp trek requires obtaining specific permits, including the Annapurna Conservation Area Permit (ACAP) and the Trekkers' Information Management System (TIMS) card. These permits are essential for regulating trekking activities and supporting conservation efforts in the region.

1. Annapurna Conservation Area Permit (ACAP):

To visit the Annapurna area you must get an Annapurna Conservation Area Permit ([ACAP](#)). This protected area, noted for its breathtaking natural beauty, varied landscapes, and rich cultural history, is one of the most well-liked hiking areas in the nation.

Cost: Nrs 3000 per person

Annapurna Conservation Area Permit

2. Trekker's Information Management System (TIMS):

For hikers in Nepal, the TIMS (Trekker's Information Management System) card is a necessary piece of identification. It was put into place to improve trekkers' safety and security while also assisting authorities in keeping track of travellers in various hiking locations.

Cost: Nrs 3000 per person for non SAARC tourists and Nrs 1000 for SAARC trekkers.

Necessary documents for Permits:

You will only need your valid passport photocopy (validity of 6 months).

Explore our itineraries for more details.



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PRICE INCLUDES

- Airport pickup and drop service.
- Hotel in Kathmandu Hotel Chhimek (2nighti).
- All food and accommodation during the trek.
- Transportation costs: Comfortable Drive from Hotel to trek start and ends point by local bus.
- Experienced Government license holder English speaking trekking guide.
- Trekking permits: Annapurna conservation area fees & TIMS.
- First aid medical box.
- T-shirt, Duffel Bag and Trekking Map.
- Rescue Management Service.
- All Tax 13% VAT+10% Service charge).
- Farewell Dinner

PRICE EXCLUDES

- All kinds of Drinks.
- Visa fee to enter Nepal.
- International flight tickets and extra baggage charges.
- Extra night accommodation and meal costs in Kathmandu due to any change in the scheduled itinerary.
- Travel insurance/ Rescue operation costs.
- All personal expenses (laundry, electronic device. charging cost)
- Porter (1 porter for 2 trekkers with a max load of 17 to 20kg).
- All required trekking gears like sleeping bags and down jacket made available on rent.
- Tip for guide and porters.
- Hot and cold Shower.

ITINERARY IN DETAIL

Day 1: Kathmandu to Pokhara by Tourist Bus 200 km

Traveling from Kathmandu to Pokhara by tourist bus is a popular and scenic option for visitors to Nepal. The journey typically takes 6-8 hours, covering around 200 kilometers along winding mountain roads with stunning views of rivers, terraced farms, and the Himalayan foothills. Most tourist buses are comfortable, offering air conditioning, reclining seats, and sometimes free Wi-Fi.

The buses usually depart from Sorhakhutte or Kantipath in Kathmandu and arrive at the tourist bus park in Pokhara. It's an affordable and convenient way to explore Nepal's landscapes while traveling between two of its most visited cities.

Day 2: Pokhara to via Dhampus Landruk

From Pokhara, We take a taxi to Dhampus, a scenic village situated about 25 kilometers away. The drive takes approximately 1.5 hours, offering beautiful views of the Annapurna range and lush green hills along the way. Once in Dhampus, you can begin your trek to Landruk, a charming Gurung village known for its rich culture and stunning mountain vistas. The trek from Dhampus to Landruk takes around 4-5 hours, following a moderately easy trail through terraced fields, forests, and small villages. Along the way, you'll have great views of Annapurna South, Hiunchuli, and Machhapuchhre. Landruk offers a peaceful atmosphere, with traditional lodges where trekkers can rest and enjoy the local hospitality.

Day 3: Landruk to Jhinu Danda – Sinuwa

The journey from Landruk to Jhinu is a pleasant stroll through the rhododendron forest, and if you're on your way down, the hot spring will soothe your aching limbs. Jhinu Danda is also a popular lunch location for visitors from Landruk. We'll now make our way up the steep path to Sinuwa and take lodges to stay for the night.

Day 4: Sinuwa to Bamboo – Himalaya

From Sinuwa, we will head straight ahead to Bamboo through the dense forest of Bamboo Bushes. The sounds of Birds and the colors of the butterfly, in the forest, temper the anticipation of what is about to come next. Then we will enter into the avalanche-prone region which will be our stopover for the night.

Day 5: Himalaya to MBC or Annapurna Base Camp

This day can be a bit more exciting as we are about to enter into the snowy parts of the Himalayas. But alongside the views, the trail demands you to take a steep climb, several times on the way, which can be a little annoying. However, that's okay as the fruit without hard work doesn't taste sweet.



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To reach ABC from MBC, it nearly takes 2 hours. Once you are there, the mountains are all yours. Seeing the uneven heights of the mountains, it feels as if they are battling with one another for decades on who is taller.

Generally, in the daytime, the views are covered in a thick haze. But, if you are at the right time, you can enjoy the mountain views, right in front of your eyes. Plan a spare day at the ABC in case the weather is unfavorable.

Day 6: Annapurna Base Camp to Dovan

After enjoying the views, we will descend back to Dovan for the night stay. we will follow the same trail that we have been through earlier.

Day 7: Dovan to Jhinu Danda

We will now travel through magnificent forest areas overflowing with flora and animals for 30 minutes to reach the natural spring known as Jhinu Danda. It is regarded as one of the greatest locations to stay while walking to Annapurna Base Camp.

Day 8: Jhinu dada to Nayapul and Pokhara

From Jhinu Danda, We can take a local jeep to Nayapul, which typically takes around 2-3 hours depending on road conditions. The ride offers bumpy but scenic views of terraced fields, rivers, and surrounding hills.

Jhinu Danda is well-known for its natural hot springs, making it a great rest stop before your journey. Once we reach Nayapul, we can continue our trip to Pokhara by car. The drive from Nayapul to Pokhara takes about 1.5 hours. Altogether, reaching Pokhara on the same day.

Day 9: Pokhara to Kathmandu

Finally, the day has come to return to Kathmandu. I have explained everything about the transportation above, or you may as well check our transport section on the home page tab.