

Nepal — Annapurna Base Camp Light Trek

10-day moderate-challenging trek to 4,130 m — see the Annapurna Sanctuary up close.

Duration	10 Days · 9 Nights
Country	Nepal
Locations	Kathmandu, Pokhara
From (USD)	\$1145 per person
Difficulty	Challenging
Max group	10

Overview

The classic Annapurna Base Camp trek — a 7-day round-trip from Nayapul through rhododendron forests, terraced villages and into the snowy amphitheatre of Annapurna I. Suitable for fit travellers — no technical climbing.

Highlights

- 7-day Annapurna Base Camp circuit
- Reach 4,130 m altitude
- Nepali tea-house accommodation
- Hot springs at Jhinu Danda
- Sunrise at Annapurna Sanctuary

Day-by-Day Itinerary

Day 1 — Arrive Kathmandu

Welcome briefing, gear check.

Stay: Dwarika's Kathmandu | **Meals:** Welcome dinner | **Transfer:** Airport pickup | **Distance:** 8 km

Day 2 — Kathmandu → Pokhara

Flight to Pokhara. Pre-trek briefing.

Stay: Pokhara Grande | **Meals:** Breakfast | **Transfer:** Flight 25 min | **Distance:** —

Day 3 — Pokhara → Tikhedhunga (1,540 m)

Drive to Nayapul. Trek begins.

Stay: Tikhedhunga teahouse | **Meals:** Trek lodge full board | **Transfer:** Drive + trek | **Distance:** Trek 4-5 hrs

Day 4 — Tikhedhunga → Ghorepani (2,860 m)

Trek 5-6 hours through Ulleri stone-steps.

Stay: Ghorepani teahouse | **Meals:** Lodge full board | **Transfer:** Trek | **Distance:** 5-6 hrs

Day 5 — Poon Hill sunrise → Tadapani

Pre-dawn Poon Hill (3,210 m) for Annapurna panorama. Trek to Tadapani.

Stay: Tadapani teahouse | **Meals:** Lodge full board | **Transfer:** Trek | **Distance:** 6-7 hrs

Day 6 — Tadapani → Chhomrong

Through rhododendron forests.

Stay: Chhomrong teahouse | **Meals:** Lodge full board | **Transfer:** Trek | **Distance:** 5 hrs

Day 7 — Chhomrong → Himalaya → MBC (3,700 m)

Higher altitude — slower pace.

Stay: Machhapuchhre Base Camp lodge | **Meals:** Lodge full board | **Transfer:** Trek | **Distance:** 7 hrs

Day 8 — ABC (4,130 m) + descent

Sunrise at Annapurna Base Camp. Descend to Bamboo.

Stay: Bamboo teahouse | **Meals:** Lodge full board | **Transfer:** Trek | **Distance:** 6-7 hrs

Day 9 — Bamboo → Jhinu Danda hot springs → Pokhara

Hot springs reward. Drive back to Pokhara.

Stay: Pokhara Grande | **Meals:** Breakfast, lodge dinner | **Transfer:** Trek + drive | **Distance:** —

Day 10 — Pokhara → Kathmandu → Departure

Flight back, onward connection.

Stay: — | **Meals:** Breakfast | **Transfer:** Flight | **Distance:** —

Inclusions

- ✓ Hotels in Kathmandu/Pokhara + tea-house full-board on trek
- ✓ Domestic flights Kathmandu-Pokhara
- ✓ Licensed trek guide + 1 porter per 2 trekkers
- ✓ TIMS card + ACAP permit
- ✓ Boiled water + meal allowance on trek

Exclusions

- X International flights
- X Nepal visa-on-arrival (USD 30)
- X Insurance (MANDATORY — covers 5000 m altitude)
- X Tips for guide/porter (USD 100-200)

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