Thamel, Kathmandu, Nepal
Tel: +977-9851318186
Email: info@trekcurator.com

Annapurna Base Camp Trek - 12 Days

What if a 12-day journey could take you from lush jungle valleys to standing at the base of an 8,091m Himalayan giant?

The Annapurna Base Camp Trek is one of Nepal's most rewarding Himalayan routes. This classic trek blends mountain scenery, cultural encounters, and traditional village life into one unforgettable experience.
From the vibrant streets of Kathmandu to peaceful forests, rushing rivers, traditional mountain villages, and towering Himalayan peaks, every step reveals something new.

At Trek Curator, we specialize in this Himalayan route, designed for both beginners and experienced trekkers. Whether you are looking for a guided ABC Trek, a private Annapurna Base Camp trekking package, or a group joining trek in Nepal, our team ensures a safe, comfortable, and memorable experience.

What is the Annapurna Base Camp Trek?

The ABC trek is a 10–12-day Himalayan trekking route in Nepal that reaches 4,095m. This route offers close-up views of Annapurna I, Machhapuchhre, and surrounding peaks while passing through forests, villages, and the Annapurna Sanctuary.

Annapurna Base Camp Trek Highlights

- Enjoy panoramic views of Annapurna, Machhapuchhre, Dhaulagiri, Hiunchuli, and other Himalayan peaks
- Walk through villages like Ghandruk, Chhomrong, Bamboo, and Ghorepani
- Experience diverse landscapes from forests and terraced farms to alpine meadows and glaciers
- Discover Gurung and Magar culture, traditions, and warm hospitality

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- Experience sunrise views from Poon Hill

- Relax in natural hot springs at Jhinu Danda.
- Trek into the dramatic Annapurna Sanctuary, surrounded by Himalayan giants

Getting Into the Annapurna Region

Your journey begins in Kathmandu, where the chaos of the city fades as you head toward the mountains. From here, a scenic drive takes you to Pokhara, the gateway to the Annapurna trekking region and starting point for most ABC packages.

Pokhara is a popular base for trekkers booking guided treks, offering stunning Himalayan views and a relaxing lakeside atmosphere before the trek begins.

The trek starts from Nayapul, leading into traditional villages, terraced fields, and lush forests before reaching Ulleri.

Poon Hill – Sunrise on the Annapurna Trekking Route

An early morning hike to Poon Hill (3,210m) is a major highlight of the route and is often included in extended itineraries across the Annapurna region.

Trekkers often describe this moment as the first time the Himalayas feel alive when silence breaks into shifting gold light over the snow peaks, and the mountains seem closer than they looked the day before. The cold mountain air and golden glow make it one of the most memorable moments.

This viewpoint offers panoramic sunrise views over the Annapurna and Dhaulagiri ranges, making it one of the most searched experiences in Nepal trekking packages.

Deeper Into the Annapurna Sanctuary

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As you move deeper into the sanctuary route, the landscape becomes more dramatic and alpine. Passing through Sinuwa and Deurali, the trail narrows into a natural corridor carved by glaciers and towering rock faces. The air grows colder and thinner, signaling that you are deep inside the Himalayas.

Reaching Annapurna Base Camp (4,095m) is the ultimate goal of this trek, where massive peaks rise on every side, and glaciers seem close enough to touch. Standing at base camp, surrounded by 360° Himalayan walls, is an unforgettable experience where scale, silence, and altitude meet in one powerful moment.

This section represents the highlight of most sanctuary routes from Kathmandu or Pokhara.

Return from Annapurna Base Camp

The descent follows a scenic path through Bamboo and Jhinu Danda. Jhinu Hot Springs are a popular stop, offering natural relaxation after days of trekking. The return feels noticeably lighter after high-altitude silence.

Why Choose Annapurna Base Camp Trek in Nepal?

The ABC Trek is ideal because it offers

- Short duration (10–12 days) compared to other Himalayan treks
- Moderate difficulty suitable for beginners
- High-altitude experience without technical climbing
- Rich cultural and natural diversity in one route
- One of the most scenic trekking routes in Nepal

Trek Curator – Annapurna Base Camp Trek Specialists

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We design guided Himalayan trekking itineraries based on real field experience in the Annapurna region, focusing on safety, pacing, and logistical support. With deep local knowledge, our team focuses on safe pacing, reliable logistics, and a more meaningful mountain experience rather than just reaching the destination.

We provide:

- Fully guided packages
- Customizable itinerary programs
- Budget, standard, and luxury trekking options
- Expert guides and porter services in the Annapurna region

Conclusion

The Annapurna Base Camp Trek is a truly unforgettable Himalayan journey that combines natural beauty, cultural richness, and adventure. From lush forests to the dramatic Annapurna Sanctuary, every step brings you closer to the heart of the Himalayas.

Whether you are a first-time trekker or an experienced adventurer, this 12-day journey offers the perfect balance of challenge and reward in the Nepal trekking region.

Book Your Annapurna Base Camp Trek (2026 Departures)

Limited slots available for Spring and Autumn seasons.

Secure your Annapurna Base Camp trekking package in Nepal with professional guides and full support.

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- Early booking benefits:
- Best teahouse availability
- Better flight options to Pokhara
- Guaranteed experienced guide
- Flexible itinerary options

Start your Annapurna Base Camp journey with Trek Curator today and experience one of the best Himalayan treks in Nepal.

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PRICE INCLUDES

- Airport Transfers (Pick-up & Drop-off)
- Kathmandu to Pokhara Transport (Tourist Sofa Bus)
- Accommodation (Kathmandu Pokhara)
- Accommodation (Teahouses/Lodges during the trek)
- Meals (Breakfast, Lunch & Dinner during the trek)
- Trekking Permits (ACAP & TIMS)
- Professional Guide & Porter (Guide with First Aid)
- Annapurna Conservation Area Entry Fees
- Emergency Support (Basic First Aid)

PRICE EXCLUDES

- International Flights (To/From Nepal)
- Nepal Visa Fees
- Travel Insurance (Mandatory for high-altitude trekking)
- Personal Expenses (Snacks, drinks, hot showers, Wi-Fi, battery charging)
- Meals in Kathmandu & Pokhara (Except breakfast at hotels)
- Trekking Gear (Personal clothing, boots, trekking poles, etc.)
- Tips for Guide & Porter (Customary but not mandatory)
- Emergency Evacuation & Helicopter Rescue (If required)

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- Extra Accommodation Costs (Due to delays, weather, or personal reasons)

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DETAILED ITINERARY

Day 1: Arrival in Kathmandu

Welcome to Nepal! As you touch down at Tribhuvan International Airport, our friendly Trek Curator representative will be there to greet you with a warm smile. After a quick transfer to your hotel, take a moment to soak in the vibrant energy of Kathmandu. The streets are alive with colors, rich culture, and the tempting aromas of local street food. Once you've settled in, join us for a leisurely evening stroll through Thamel, where the atmosphere buzzes with excitement.

Day 2: Drive to Pokhara

Get ready for a scenic drive to Pokhara today. As we journey along the Trishuli River, watch the landscape transform from bustling city life to lush, green hills. The road will wind through terraced farmlands and charming villages, providing breathtaking views around every turn. After about six to seven hours, we'll arrive in Pokhara, a peaceful lakeside city surrounded by the stunning Annapurna and Machhapuchhre (Fishtail Mountain). Spend your evening relaxing by Phewa Lake or exploring the lively lakeside markets.

Day 3: Drive to Nayapul and Trek to Ulleri

After an early breakfast, we'll hop in the vehicle for a short drive to Nayapul, the starting point of our trek. The first part of our journey is a gentle walk through Birethanti, a picturesque village with traditional houses and flowing rivers. As we continue, the trail

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begins to climb through lush forests and terraced fields. The final ascent to Ulleri is a bit challenging, but trust me, the view of the sunset over Annapurna South and Hiunchuli makes it all worthwhile.

Day 4: Trek to Ghorepani

Today’s trek takes us through vibrant Rhododendron forests and charming villages, passing through Banthanti and Nangethanti along the way. The air is fresh, and the sweet melodies of chirping birds accompany us. By the afternoon, we’ll reach Ghorepani (2,874m)a beautiful settlement nestled in the mountains. The excitement builds as we prepare for the early morning hike to Poon Hill, a highlight of

Day 5: Early Morning Hike to Poon Hill | Trek to Tadapani and Chule

We rise before dawn for a short hike to Poon Hill (3,210m). As the first light of day touches the Annapurna and Dhaulagiri ranges, the sky transforms into a stunning palette of oranges and golds. After soaking in this magical moment, we return to Ghorepani for breakfast and then continue our trek through dense forests to Tadapani. The trail is filled with streams, waterfalls, and small mountain settlements that enhance our journey.

Day 6: Trek to Sinuwa

Today’s trail leads us through Chhomrong, a charming Gurung village with fantastic views of Machhapuchhre (Fishtail Mountain). We’ll descend to the river, cross a suspension bridge, and then make a final ascent to Sinuwa (2,150m). The serene surroundings and crisp mountain air provide a perfect backdrop for our restful night.

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Day 7: Trek to Deurali

We'll continue our adventure through dense bamboo and rhododendron forests, passing the villages of Bamboo, Dovan, and Himalaya. As we ascend, the scenery becomes more dramatic, revealing rocky cliffs, cascading waterfalls, and glimpses of snow-capped peaks. By the afternoon, we'll arrive at Deurali (2,920m), a peaceful haven surrounded by towering mountains.

Day 8: Trek to Annapurna Base Camp (ABC)

Today is the day we've been waiting for! A short but exhilarating trek brings us to Machhapuchhre Base Camp (MBC), where we'll catch our first close-up views of Annapurna and Gangapurna. The final stretch to Annapurna Base Camp (4,095m) feels surreal, surrounded by a breathtaking natural amphitheater of Himalayan giants. Standing at the foot of the mighty Annapurna Massif is an experience that will stay with you forever.

Day 9: Trek Back to Bamboo

After witnessing the sunrise over Annapurna, we begin our descent. The familiar trail takes us back through glaciers, alpine meadows, and forests, leading us to Bamboo (2,350m). The drop in altitude makes breathing easier, and the warmer air is refreshing after our time at high altitudes.

Day 10: Trek to Jhinu and Drive to Pokhara

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As we make our way down, we'll pass Sinuwa and Chhomrong, savoring our last views of Machhapuchhre. Today's highlight is reaching Jhinu Danda, where you can indulge in the natural hot springs—an ideal way to relax after days of trekking. After a refreshing soak, we'll take a jeep ride back to Pokhara, where a comfortable hotel stay awaits.

Day 11: Drive Back to Kathmandu

Our journey comes full circle as we drive back to Kathmandu. The contrast between the serene mountains and the lively streets of the city is striking. You'll have the rest of the day to shop for souvenirs, explore local temples, or unwind at a cozy café.

Day 12: Departure Day

As your Annapurna adventure comes to a close, we'll transfer you to the airport for your flight home. You'll leave not just with photographs but with a heart full of memories, stories of adventure, and a deep connection to the Himalayas.

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FREQUENTLY ASKED QUESTIONS

1. How long is the trek to Annapurna Base Camp?

The Annapurna Base Camp (ABC) Trek typically takes 12 days, depending on the route, pace, and starting point. A standard itinerary is around 8–10 days.

2. How difficult is the Annapurna Base Camp Trek?

The ABC Trek is considered moderately difficult. It involves several days of walking, steep stone staircases, and high-altitude trekking up to 4,130 meters (13,550 ft). Basic fitness is recommended.

3. Is the ABC Trek risky?

The Annapurna Base Camp Trek is generally safe, but risks include altitude sickness, changing weather, slippery trails, and fatigue. Proper acclimatization, preparation, and a guide can help reduce these risks.

4. What is the best time for the Annapurna Base Camp Trek?

The best seasons are spring (March–May) and autumn (September–November), offering clear mountain views, stable weather, and comfortable trekking conditions.

5. What is the altitude of Annapurna Base Camp?

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Annapurna Base Camp sits at 4,130 meters (13,550 feet) above sea level, surrounded by spectacular Himalayan peaks.

6. Do I need a guide for the ABC Trek?

Yes, beginners with reasonable fitness can complete the trek with proper preparation.

7. Is altitude sickness common on the ABC Trek?

Altitude sickness can occur above 2,500 meters, but the risk is lower than on many higher Himalayan treks.

8. What permits are required for the ABC Trek?

Costs vary, but most trekkers spend between $400–$1,200+, depending on services, guides, accommodation, and transport.

9. What accommodation is available on the trek?

The route has comfortable teahouses and lodges offering basic rooms and meals.

10. Is the ABC Trek worth it?

Yes, the ABC Trek is one of Nepal’s most rewarding treks, featuring stunning Himalayan views, diverse landscapes, and rich local culture.

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11. How cold is Annapurna Base Camp?

Temperatures at base camp can drop below freezing, especially during winter and at night.

12. What should I pack for the ABC Trek?

Essential items include warm layers, waterproof clothing, hiking boots, a sleeping bag, sunscreen, and a first-aid kit.

13. Can I do the ABC Trek solo?

Regulations can change, so check the latest trekking requirements before planning a solo trek.

14. How many kilometers is the Annapurna Base Camp Trek?

The trek covers approximately 65–115 km (40–70 miles) round trip, depending on the route chosen.

15. What mountains can I see from Annapurna Base Camp?

Trekkers enjoy close-up views of Annapurna I, Machapuchare, Annapurna South, and Hiunchuli.

16. What is the temperature at Annapurna Base Camp?

Temperatures at Annapurna Base Camp vary by season. During the popular spring and autumn trekking months, daytime temperatures are typically 10°C to 18°C, while nighttime temperatures can drop to -5°C to 5°C. Winter temperatures often fall below freezing, especially at higher elevations.

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