

The Annapurna Base Camp (ABC) Trek is one of Nepal's most popular and rewarding journeys. It combines rich culture, dramatic landscapes, and majestic mountains — all within a relatively short 10-day itinerary. Whether you're a first-time trekker or an experienced hiker, this trail promises an extraordinary experience filled with natural beauty, charming villages, and awe-inspiring Annapurna peaks.

Why Annapurna Base Camp?

The 10-Day Annapurna Base Camp Trek is perfect for those who want a rich Himalayan experience in a short amount of time. It's less challenging than some other base camp treks in Nepal, making it a great choice for first-timers, while still offering dramatic landscapes and rewarding views.

Best Season to Trek

- Spring (March to May) — Rhododendron forests are in full bloom, and the skies
- Autumn (September to November) — Stable, clear, and dry conditions; perfect for trekking

What's Included:

- All necessary trekking permits
- Accommodation in tea houses and lodges during the trek
- Professional, English-speaking guide and porter
- All ground transportation (Pokhara and Nayapul)
- Meals (Breakfast, Lunch, Dinner) during the trek

What's Not Included:

- International flights to Kathmandu
- Nepalese visa and travel insurance
- Personal expenses (such as snacks, drinks, laundry)
- Tips for guides and porters

Final Thoughts:

The 10-Day Annapurna Base Camp Trek is a remarkable journey that encapsulates the best of the Annapurna region — from rich forests and charming villages to dramatic glacial amphitheaters. It's a perfect blend of natural and cultural highlights, suitable for both first-time trekkers and seasoned adventuring souls.

Annapurna base camp trek 10 days Itinerary

Day 1: Arrival in Kathmandu

- Activity: Arrive at Tribhuvan International Airport, transfer to hotel in Thamel.
- Highlights: Prepare for the trek, meet your guide, check gear.
- Overnight: Hotel in Kathmandu

Day 2: Drive from Kathmandu to Pokhara (200 km; 6-7 hours)

- Activity: Scenic bus journey through countryside, rivers, and villages.
- Highlights: Views of Annapurna and Machhapuchhre upon entering Pokhara.
- Overnight: Hotel in Pokhara (Lakeside area)

Day 3: Drive from Pokhara to Nayapul and Trek to Ghandruk (1,940m; 4-5 hours)

- Activity: Short drive (about 1.5 hours) to Nayapul; then start trekking.
- Highlights: Traditional Gurung villages, rice terraces, forests.
- Overnight: Tea house in Ghandruk

Day 4: Ghandruk to Chhomrong (2,170m; 5-6 hours)

- Activity: Descend to Kimrong River, then a steep ascent to Chhomrong.
- Highlights: Panoramic view of Annapurna South and Machhapuchhre.
- Overnight: Tea house in Chhomrong

Day 5: Chhomrong to Bamboo (2,310m; 5-6 hours)

- Activity: Descend through forests and cross Chhomrong River.
- Highlights: Dense bamboo forests and Modi River valley.
- Overnight: Tea house in Bamboo

Day 6: Bamboo to Deurali (3,200m; 4-5 hours)

- Activity: Hike through forests and into a narrower valley.
- Highlights: Waterfalls, dramatic cliffs, glacial streams.
- Overnight: Tea house in Deurali

Day 7: Deurali to Annapurna Base Camp (4,130m; 4-5 hours)

- Activity: Short but dramatic ascent into Annapurna Sanctuary.
- Highlights: Panoramic view of Annapurna, Machhapuchhre, Hiunchuli, Gangapurna — a breathtaking 360° view.
- Overnight: Tea house at Annapurna Base Camp

Day 8: Annapurna Base Camp to Bamboo (2,310m; 7-8 hours)

- Activity: Descend back through Machhapuchhre Base Camp and forests.
- Highlights: Revisit highlights from your ascent, now with a different perspective.
- Overnight: Tea house in Bamboo

Day 9: Bamboo to Jhinu Danda (1,780m; 5-6 hours)

- Activity: Descend through Chhomrong.
- Highlights: Relax in the natural hot springs at Jhinu Danda — a perfect way to ease your muscles.
- Overnight: Tea house in Jhinu Danda

Day 10: Jhinu Danda to Nayapul and drive back to Pokhara (4-5 hours)

- Activity: Short walk to the nearby road, drive back to Pokhara.
- Highlights: Celebrate your accomplishment in Pokhara — enjoy a meal by the lake or explore Lakeside.
- Overnight: Hotel in Pokhara