communitytrek.com/nepal/annapurna-base-camp-lodge-trek
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NEPAL · ANNAPURNA

Annapurna Base Camp Lodge Trek

The Annapurna Base Camp Trek is a spectacular Himalayan adventure that leads you through lush rhododendron forests, picturesque Gurung villages, and breathtaking mountain scenery.

TRIP PRICE
$1,000

COST / PRICE	REGION	DURATION	MAXIMUM ALTITUDE
$1,000	Annapurna	10 days	4,130 m

BEST SEASON	DIFFICULTY	ACCOMMODATION	TRIP TYPE
Spring & Autumn	Moderate	Teahouse / Lodge	trekking

HIGHLIGHTS

What makes this trip special

01 **Reach Annapurna Base Camp (4,130m) and stand in the heart of the breathtaking Annapurna Sanctuary, surrounded by towering Himalayan giants.**

02 **Witness spectacular sunrise and sunset views over Annapurna I (8,091m), Machhapuchhre (Fishtail), Hiunchuli, Annapurna South, and Gangapurna.**

03 **Trek through diverse landscapes, including rhododendron forests, cascading waterfalls, terraced fields, bamboo forests, alpine meadows, and glacial valleys.**

04 **Experience authentic Gurung and Magar culture with warm village hospitality, traditional teahouses, local cuisine, and centuries-old Himalayan traditions.**

05 **Walk through the world-famous Annapurna Conservation Area, home to rich biodiversity, rare wildlife, and stunning mountain scenery.**

06 **Capture unforgettable Himalayan moments on one of Nepal's most iconic trekking routes, creating memories that will last a lifetime.**

DAY-BY-DAY ROUTE

Itinerary

A clear breakdown of each day of the trip.

DAY 1

Fly to Pokhara, drive to Hile, Trek to Uleri

Morning in Pokhara: Take to the SkiesStart your day with an early morning pickup from your hotel in Pokhara. Your guide will accompany you to the airport for a **scenic 25-30-minute flight**, offering breathtaking views of the Annapurna and Dhaulagiri ranges as the Himalayan peaks unfold outside your window.

Scenic Drive & Village Life: After the flight, continue by **4WD vehicle** through the beautiful countryside toward the trekking trailhead. The journey takes you away from the city and into peaceful valleys, terraced hillsides, and traditional mountain villages. Stop along the way for lunch and a chance to enjoy the local surroundings before beginning your trek.

Trek to Ulleri: our Adventure BeginsFrom the trailhead, begin your first Himalayan walk toward **Ulleri**. The trail passes through the traditional village of **Tikhedhunga**, with stone houses, green hills, and welcoming local communities. Continue on a steady **2-3-hour uphill trek**, taking in the fresh mountain air and changing scenery along the way.

Arrive in Ulleri: your first overnight stop, and settle into your comfortable local lodge. Relax, enjoy the mountain atmosphere, and celebrate the beginning of your trekking adventure.

Overnight: Lodge in Ulleri
Meals: Breakfast, Lunch & Dinner
Accommodation: Local Lodge

DAY 2

Trek to Ghorepani

After a hearty breakfast, begin your trek toward **Ghorepani**, following a beautiful uphill trail through the peaceful mountain landscape. The route passes through the traditional village of **Banthanti** before entering magnificent **rhododendron forests**, which are especially vibrant during Nepal's spring season.
Continue climbing steadily for around **4-5 hours**, with occasional breaks to enjoy the fresh mountain air, forest scenery, and views of the surrounding hills. As you gain elevation, the landscape gradually opens up, revealing spectacular Himalayan panoramas.

Arrive at **Ghorepani**, a charming mountain village and one of the most popular viewpoints in the Annapurna region. From here, enjoy breathtaking views of the **Annapurna and Dhaulagiri ranges**, with snow-capped peaks stretching across the horizon.

Settle into your comfortable mountain lodge, relax after the day's trek, and prepare for an early start tomorrow to experience the unforgettable **sunrise from Poon Hill**.

Overnight: Lodge in Ghorepani
Meals: Breakfast, Lunch & Dinner
Accommodation: Local Lodge

DAY 3

Hike to Poon Hill and Trek to Tadapani

Sunrise at Poon Hill: Wake before dawn for an unforgettable **45-minute hike to Poon Hill (3,210 m)**, one of the most celebrated viewpoints in the Annapurna region. As the first light appears over the horizon, watch the Himalayan peaks slowly glow in golden hues.

From the summit, enjoy a spectacular **360-degree panorama** featuring **Annapurna South, Annapurna I, Hiunchuli, Machhapuchhre (Fishtail), Dhaulagiri, Nilgiri**, and numerous other snow-capped peaks. Far below, the dramatic **Kali Gandaki Valley** adds depth to this breathtaking mountain panorama.

Ghorepani to Tadapani: After soaking in the sunrise, return to Ghorepani for breakfast before continuing your trek toward **Tadapani**. Today's journey takes around **7–8 hours**, following a varied trail through lush forests, mountain ridges, and traditional settlements.

The trail climbs through **Deurali and Banthanti**, offering beautiful views along the way, before descending through peaceful **rhododendron and oak forests**. The final section brings you to Tadapani after a steady uphill climb.

Arrive at Tadapani, settle into your mountain lodge, and relax after a rewarding day filled with **sunrise views, forest trails, and unforgettable Himalayan scenery**.

Overnight: Lodge in Tadapani
Meals: Breakfast, Lunch & Dinner
Accommodation: Local Lodge

DAY 4

Trek to Chomrong Village

Wake to beautiful morning views of **Machhapuchhre (Fishtail)** as the first sunlight gently illuminates the Himalayan peaks. After breakfast, begin your trek with a scenic descent toward the **Kumrung Khola**, following a peaceful trail through the lush mountain landscape.

Cross the river valley and gradually ascend through **verdant forests and traditional Gurung villages**, where you can experience the warm hospitality and authentic mountain lifestyle of the local communities.

After around **5-6 hours of trekking**, arrive at **Chhomrong**, a picturesque Gurung village perched on the mountainside with spectacular views of **Annapurna South and Machhapuchhre**.

Settle into your lodge, relax, and enjoy the peaceful mountain atmosphere as you prepare for the journey deeper into the Annapurna Sanctuary.

Overnight: Lodge in Chhomrong
Meals: Breakfast, Lunch & Dinner
Accommodation: Local Lodge

DAY 5

Trek to Himalaya (2,890 m / 9,425ft)

Today's trek takes you deeper into the **Annapurna Sanctuary**, with a longer and more varied journey through lush forests and dramatic mountain landscapes. Begin by descending steep stone steps to the **Chhomrong Khola**, then gradually climb toward **Sinuwa**.

From Sinuwa, the trail winds through beautiful **bamboo, oak, and rhododendron forests**, with occasional glimpses of the snow-capped peaks of **Machhapuchhre (Fishtail) and Annapurna South**. Continue through **Khuldigar**, then descend toward the small settlements of **Bamboo** before following the trail uphill once again.

After approximately **5–6 hours of trekking and around 10 km**, arrive at **Himalaya (2,890 m)**, a peaceful mountain settlement surrounded by steep forested slopes and dramatic Himalayan scenery.

Accommodation Note:
From today onward, accommodation becomes **more basic and limited** as we enter the higher mountain region. Rooms may be shared with other trekkers depending on availability, and **common toilet facilities** are generally used. These simple conditions are part of the authentic Himalayan trekking experience.

Overnight: Lodge in Himalaya
Meals: Breakfast, Lunch & Dinner
Accommodation: Basic Mountain Lodge

DAY 6

Trek Annapurna Base Camp (4,130m / 13,550ft).

Today is one of the most memorable days of the trek as you journey deeper into the **Annapurna Sanctuary** and make your way to **Annapurna Base Camp (ABC)**. The trail gradually climbs through peaceful forests, past cascading waterfalls, and beneath towering Himalayan peaks.

Continue through **Deurali** and toward the entrance of the Annapurna Sanctuary, where the landscape becomes increasingly dramatic. As you approach the base camp, the forest gives way to an expansive alpine environment surrounded by towering snow-covered mountains.

Along the way, enjoy spectacular views of the **Annapurna glaciers** and some of the region's most iconic peaks, including **Hiunchuli, Annapurna South, Annapurna I (8,091 m), Khangsar Kang, Gangapurna, Annapurna III, and Machhapuchhre (Fishtail)**.

Arriving at **Annapurna Base Camp**, you'll be surrounded by a breathtaking **360-degree Himalayan panorama**. The massive Annapurna range rises dramatically around you, with **Annapurna I–IV, Machhapuchhre**, and numerous peaks reaching above 6,000 m creating an unforgettable natural amphitheater.

Take time to absorb the incredible atmosphere, capture photographs, and celebrate reaching one of Nepal's most iconic trekking destinations.

Overnight: Lodge at Annapurna Base Camp
Meals: Breakfast, Lunch & Dinner
Accommodation: Basic Mountain Lodge

DAY 7

Trek back to Bamboo (2,350m / 7,700ft)

After experiencing the breathtaking beauty of **Annapurna Base Camp**, begin your descent through the heart of the **Annapurna Sanctuary**. Retrace the trail through the dramatic **Modi River Valley**, surrounded by towering peaks, alpine landscapes, and lush mountain forests.

As you gradually lose elevation, the landscape becomes greener and more peaceful. Follow the winding trail through the sanctuary and enjoy the changing scenery as the high Himalayan environment gives way to dense forests.

Continue downhill until you reach **Bamboo Village**, a tranquil settlement nestled along the trail. Here, settle into your lodge, rest your legs, and enjoy a peaceful evening surrounded by the sounds of the forest and the flowing river.

Overnight: Lodge in Bamboo
Meals: Breakfast, Lunch & Dinner
Accommodation: Basic Mountain Lodge

DAY 8

Trek to Jhinu Danda (1,780m / 6,393ft)

After descending from Annapurna Base Camp to Bamboo, continue your journey toward **Jhinu Danda**, a beautiful hillside settlement known for its natural hot springs. Begin the day with a short uphill climb through dense forest toward **Upper Sinuwa**, followed by a descent to a suspension bridge crossing the river.

From the bridge, the trail climbs steadily toward **Chhomrong**, passing through traditional mountain scenery and a series of stone steps. After reaching the village, continue with a scenic descent through peaceful **oak and rhododendron forests** until you arrive at Jhinu Danda.

The highlight of the day is a relaxing visit to the **Jhinu natural hot springs**, located about a 15-minute walk from the village. Soak in the warm mineral-rich waters and let your tired muscles recover while surrounded by lush forests and the soothing sounds of the flowing river.

After a rewarding day on the trail, return to Jhinu Danda and enjoy a peaceful evening in the mountains.

Overnight: Lodge in Jhinu Danda
Meals: Breakfast, Lunch & Dinner
Accommodation: Local Lodge

DAY 9

Trek to Siwa/Ghandruk Phedi (1,150m / 3,770ft) and drive to Pokhara (820m)

Today marks the **final day on the Annapurna trekking trail**. Leave Jhinu Danda and follow the gentle road alongside the **Modi Khola**, enjoying a relaxed and scenic walk through the peaceful countryside. After around **3 hours**, arrive at **Siwa/Ghandruk Phedi**, where you'll say goodbye to the mountain trails.

From here, continue by private vehicle through picturesque villages, terraced hills, and rolling countryside as you make your way back to **Pokhara**. Upon arrival, check into your hotel and take time to relax, refresh, or explore the vibrant Lakeside area at your own pace.

A Special Farewell Evening:
Tonight is the final evening of your **Annapurna Base Camp adventure**. Gather with your trekking guide and crew for a simple farewell celebration, sharing stories and memories from the journey.

If you wish, you can show your appreciation to your hardworking trekking crew with a **small gesture, farewell meal, or customary tip**. Their dedication, care, and support play an important role in making your Himalayan journey special.

Raise a glass, celebrate the adventure you've shared, and enjoy one last memorable evening together in Pokhara.

Overnight: Hotel in Pokhara
Meals: Breakfast, Lunch & Dinner
Accommodation: Hotel

DAY 10

Fly back to Kathmandu

After breakfast, take a **morning flight from Pokhara to Kathmandu**, enjoying one last glimpse of Nepal's beautiful landscapes and Himalayan scenery from the air.

Upon arrival in Kathmandu, enjoy a **half-day sightseeing tour** of some of the city's cultural and historical highlights, depending on your flight schedule and interests. Take your time to explore, shop for souvenirs, or simply enjoy your final moments in Nepal.

In the evening, a **Community Trek representative** will transfer you to **Tribhuvan International Airport** for your onward flight, marking the end of your unforgettable Annapurna Base Camp adventure.

Meals: Breakfast
Accommodation: Not included

SERVICES

Included and not included

Included

- ✓ 1 night Hotel in Pokhara
- ✓ Pokhara to Hile and Jhinu to Pokhara 4 WD
- ✓ All necessary permits
- ✓ All foods during the Trek
- ✓ Guide and Porter (2:1 porters, 20kg Max)
- ✓ Stuffs Insurence
- ✓ Kathmandu to Pokhara and Pokhara to Kathmandu Flight

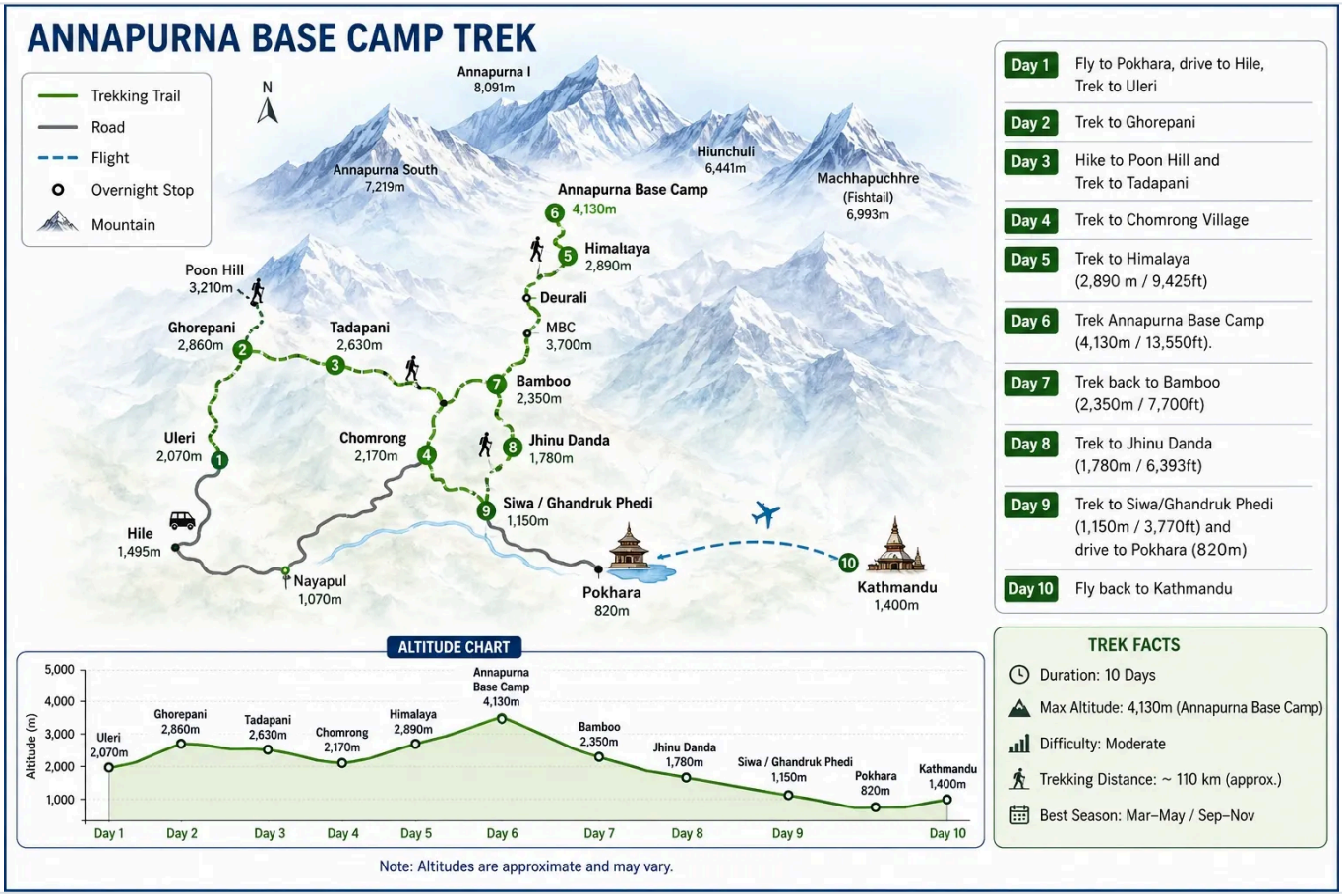
Not included

- – Extra accommodation: This covers any additional nights you may need to stay due to early return, natural disasters, or other unforeseen circumstances.
- – Tips for staff: This is a customary way to show your appreciation for the hard work of your guide, porters, and other staff. A suggested range is 10-15 USD per person per day.
- – Personal insurance: It is highly recommended to purchase travel insurance that covers medical emergencies, trip cancellation, and other potential risks.
- – Gear rental: You will need to rent appropriate gear for the trek, such as hiking boots, a backpack, a sleeping bag, and warm clothing.

ROUTE MAP

Trekking & tour route

Key stops, checkpoints, and route trajectory.



PLANNING

Frequently asked questions

How difficult is the Annapurna Base Camp Trek?

The Annapurna Base Camp Trek is considered a moderate trek. It is suitable for anyone with a reasonable level of fitness. Daily walks range from 5–7 hours, with gradual altitude gain and well-established trails. No technical climbing experience is required.

What is the best time to trek to Annapurna Base Camp?

The best seasons are spring (March–May) and autumn (September–November). These months offer clear mountain views, stable weather, comfortable temperatures, and the best trekking conditions. Winter is also possible for experienced trekkers, while the monsoon season brings frequent rain.

Do I need permits for the Annapurna Base Camp Trek?

Yes. All trekkers must obtain the Annapurna Conservation Area Permit (ACAP). Depending on current regulations, a TIMS Card may also be required or replaced by other trekking registration systems. Your trekking agency can arrange all necessary permits before the trek.

Is altitude sickness a concern?

The highest point of the trek is Annapurna Base Camp (4,130m). Although the risk is lower than on some higher Himalayan treks, altitude sickness can still occur. A well-planned itinerary, gradual ascent, proper hydration, and adequate rest greatly reduce the risk.

What kind of accommodation and food are available?

The trek follows a well-developed teahouse route offering comfortable mountain lodges with private or shared rooms, depending on location. You'll enjoy freshly prepared meals, including dal bhat, noodles, soups, rice, pasta, eggs, pancakes, tea, coffee, and other local and international dishes.

What should I pack for the trek?

Essential items include sturdy trekking boots, layered clothing, a warm down jacket, sleeping bag, rain gear, trekking poles, gloves, sunglasses, sunscreen, a refillable water bottle, personal medications, and a small daypack. Packing light while staying prepared is the key to a comfortable trek.

Why book the Annapurna Base Camp Trek with a local company?

Booking with a trusted local operator provides experienced licensed guides, personalized service, authentic cultural experiences, and direct support for local mountain communities. It also ensures proper logistics, permits, safety, and valuable local knowledge throughout your Himalayan adventure.

GALLERY

A glimpse of the journey























TRAVELLER NOTES

What travellers say

★★★★★

“All six stars to Ramesh, if Trip Advisor would allow six stars in its ranking!
We had a great time at the ABC and back via Poon Hill - greatly organized by Ramesh, and always competently guided. We had a lot of fun during the 11 days of the trek.
We can recommend Ramesh to everyone who wants to do a trek in Nepal - he has long-term experience as a guide, and has been guided already nearly all treks in Nepal - do not search longer for another guide - you will not regret it to join Ramesh on his treks!”

Marcus Stewen

GERMANY · 2019

★★★★★

“Our two-week Annapurna Base Camp Trek (4,130m) with Community Trek and Ramesh was an unforgettable experience. Nepal's breathtaking mountains, beautiful villages, and warm-hearted people made the journey truly special, but Ramesh made it exceptional. His kindness, knowledge, flexibility, and great sense of humor made every day enjoyable. He shared fascinating insights into Nepal's culture, religion, nature, and mountain life, while perfectly adapting the trek to our pace. We laughed constantly, created lifelong memories, and even discovered his impressive card-playing skills! If you're looking for an authentic Himalayan adventure, don't worry....bistari, bistari! Thank you, Ramesh. We'll definitely be back!”

KEV N

France · 2018

★★★★★

“My friend and I had the most incredible experience trekking to Annapurna Base Camp with Community Trek. From the moment we arrived, everything was perfectly organized, allowing us to simply enjoy the adventure and the breathtaking beauty of the Himalayas. Ramesh went above and beyond to ensure we were safe, comfortable, and having the best possible experience. His kindness, professionalism, deep knowledge of Nepal's culture and mountains, and wonderful sense of humor made every day unforgettable. We were welcomed with genuine warmth everywhere we went, and the memories we created will stay with us forever. Nepal has truly found a place in our hearts. Kole Kole!”

Sarah Gordon

Tracy, California, USA · 2023

Community Trek

Explore, Connect & Experience

PLAN YOUR ADVENTURE

Bookings & Custom Dates

Contact our local team in Kathmandu to reserve your spot or tailor this itinerary.

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