Global Treks & Expedition P. Ltd.
Chakshibari Marg 591, Thamel
Kathmandu, Nepal

Annapurna Base Camp Trek Brief Itinerary

Day 01 : Kathmandu to Pokhara through tourist bus.

Your day begins with a warm welcome from our global Treks Nepal representative, who will facilitate your transfer. Following breakfast in Kathmandu, set off on a picturesque drive to Pokhara aboard a modern tourist coach.

Break up the journey with an exciting cable car ride up to **Manakamana Temple**, an ancient pilgrimage site situated high on a ridge with sweeping valley views. After taking in the sights and returning to the highway, continue through winding river valleys to Pokhara. Arrive in the late afternoon and enjoy a peaceful evening strolling or relaxing at **Fewa Lake** at your own pace.

Day 02 : Drive from Pokhara to Samrung Danda & trek to Upper Sinuwa (2320 m)

Start your morning with a satisfying breakfast in Pokhara before setting off on a scenic 3-hour drive toward Samrung Danda, the official starting point of your trek. Upon arrival, enjoy a fresh hot lunch while taking in your first close-up views of the surrounding hills.

With your boots laced up, your trekking journey officially begins. The trail leads you on a steady uphill walk through tranquil, dense forests filled with lush greenery, towering trees, and crisp mountain air. Leaving the busy roads behind, you will ascend stone steps and forest paths, passing local settlements before reaching the peaceful ridge of Upper Sinuwa.

Day 03 : Trek from Upper Sinuwa to Deurali (3700 m)

After breakfast, set out through dense forests toward Bamboo and Dovan. The trail leads past Kuldihar before taking a comfortable downhill path through cool, shady bamboo groves into the village of Bamboo.

Continuing past Bamboo, the trek gradually ascends along gentle forest slopes before breaking out at Himalaya Hotel. Here, the dense canopy clears to reveal warm sunlight and striking views of the glacial river rushing far below.

From Himalaya Hotel, climb through drier, sparser forest toward the famous rock overhang of **Hinku Cave**. As you near Deurali, the vegetation thins to offer some of the day's most breathtaking vistas—deep valley drop-offs, massive boulder formations, and the thunderous river below. Reach Deurali in the afternoon for a well-earned rest surrounded by dramatic mountain terrain.

Day 04 : Trek from Deurali to Annapurna Base Camp (4130 m) via MBC (3900 m)

Set off in the morning along a dramatic riverbed trail, steadily ascending the rugged mountainside on a vigorous walk toward **Machhapuchhre Base Camp (MBC)**. As you reach MBC, your efforts are rewarded with breathtaking, close-up panoramas of the iconic Fishtail peak (Machhapuchhre), Mt. Hiunchuli, Annapurna South, Annapurna I, Annapurna III, Gandharvachuli, and Gangapurna.

After soaking in the vistas at MBC, march onward into the heart of the sacred **Annapurna Sanctuary**.

As the trees disappear and vegetation gives way to high-alpine alpine terrain, the trail widens dramatically. Entering the Sanctuary reveals the awe-inspiring, near-vertical south face of Annapurna looming directly overhead.

Reaching **Annapurna Base Camp (ABC)** delivers an untouched 360-degree mountain amphitheater—an unforgettable, ring-side seat to Machhapuchhre, Annapurna South, Annapurna I, Hiunchuli, and surrounding Himalayan giants.

Day 05 : Trek from Annapurna Base Camp to Bamboo (2100 m)

Wake up early to catch your final high-altitude sunrise over the Annapurna Sanctuary before beginning your journey back down. Today, retracing the same scenic route taken on your ascent, you will head downhill toward Bamboo.

Because the trail is predominantly a descent, the walk is gentler on your lungs, allowing you to fully relax and take in the magnificent scenery from a fresh perspective. Enjoy the changing landscapes as you leave the high alpine zone behind, passing Machhapuchhre Base Camp, Deurali, and Himalaya Hotel, before dipping back down into the cool, lush green canopy of the bamboo forest. Arrive in Bamboo in the late afternoon for a well-deserved rest.

Day 06 : Trek from Bamboo to Jhinu Danda and visit to natural hot spring (1700 m)

Following breakfast in Bamboo, start the day with an uphill climb through dense forest to Kuldighar before descending down toward the Chhomrong Khola river. Cross the suspension bridge and tackle the famous winding stone staircase that leads up into the vibrant village of **Chhomrong**, situated high on the ridge.

After taking in views of Annapurna South and Fishtail from Chhomrong, the trail slopes gently downward along terraced hillsides toward **Jhinu Danda**. After checking into your lodge and resting your feet, take a short 15- to 20-minute walk down to the riverbank to soak in the **natural hot springs**. It is the ultimate natural remedy to relax tired muscles after days of high-altitude trekking.

Day 07 : Trek to Samrung Danda – 30m and drive back to Pokhara (810 m)

Enjoy your final breakfast in the mountains at Jhinu Danda before setting out on a peaceful, 20-minute hike to Samrung Danda. The short trail winds along gentle village paths framed by golden terraced hillsides, small local farmlands, chirping birds, and the comforting rush of the river flowing far below.

Upon arriving at Samrung Danda, mark the official end of your trekking footsteps and board your waiting private vehicle for a comfortable 3-hour scenic drive back to Pokhara. Check into your hotel, freshen up with a long warm shower, and spend a relaxing evening exploring Pokhara’s Lakeside, reflecting on your incredible journey to the heart of the Annapurna Sanctuary.

Day 08 : Back to Kathmandu by Tourist Couch

Following breakfast, journey back to Kathmandu aboard a tourist coach, taking in views of river valleys, terraced farmlands, and rural villages. Alternatively, add an exciting extension to your itinerary! Stop along the highway for white-water rafting on the Trishuli River, head south to Chitwan for a jungle safari, book a spectacular Everest Scenic Flight, or go mountain biking around Pokhara. Conclude your day with a comfortable overnight stay in Kathmandu or at your chosen extension destination.

Cost include

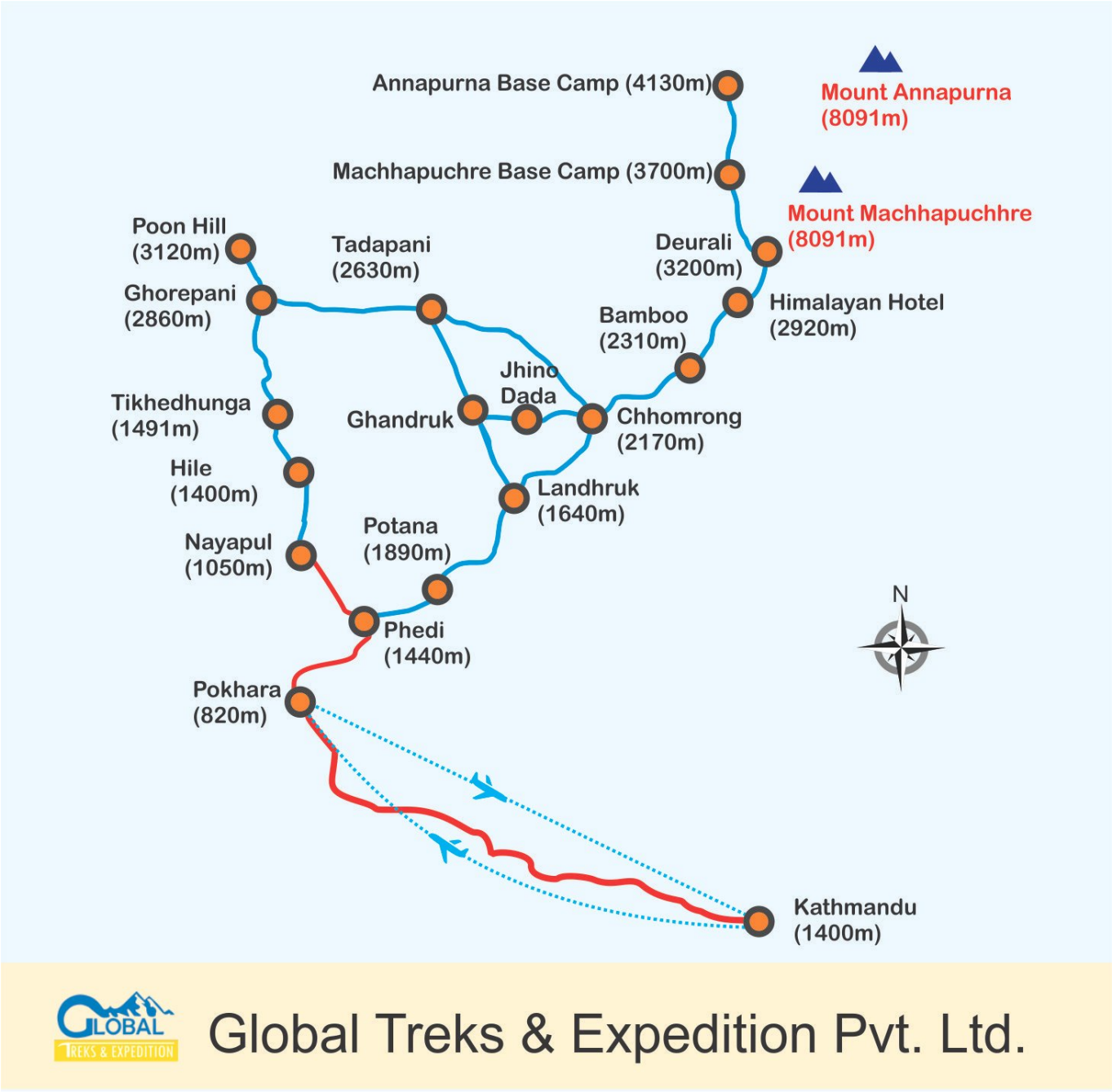
- Airport / Airport pick up & drop by private tourist vehicle.
- Special meet, greet assistance & welcome in the airport.

- Transportation through tourist Couch from Kathmandu – Pokhara – Kathmandu.
- Tea house accommodation during the treks.
- All your standard mentions Meals during the trek **(7 B-Breakfasts, 7 L-Lunches, 7 D- Dinners).**
- Lodges/Guesthouses accommodation during the trek
- Perfect Local **GLOBAL TREKS** English speaking guide.
- National Park Permits and TIMS for trekking.
- Private transportation (**Pokhara-Nayapul /Nayapul-Pokhara**)
- Food, accommodation, salary, insurance, and medicine for staff.
- All our government taxes, vat, tourist service charges.
- Welcome room refreshment on arrival in Kathmandu.
- Official expenses.

Cost Exclude

- Travel insurance covers emergency Rescue and Evacuation.
- Any kind of personal expenses or optional Tours/ Extra Meals ordered.
- Alcoholic, hot and cold drinks.
- Personal trekking Equipment (See the **trekking equipment** page).
- Travel and rescue insurance
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.)
- Excess baggage charges.
- Nepalese visa fee.
- Lunch and dinner in Kathmandu and Pokhara hotel.
- Tips for trekking staff and driver (Tipping is expected).
- Any others expenses which are not mentioned in the 'Price Includes' section.
- Extra night accommodation in Kathmandu and Pokhara in case of early arrival, late departure, and early return from the mountain(due to any reason) than the scheduled itinerary.
- Tips for guide(s), porter(s) and driver(s)

Trip Map



Global Treks & Expedition Pvt. Ltd.

+9779851002579, +977-1-4701585
info@globaltreksnepal.com, globaltreksnepal15@gmail.com