

# Annapurna Circuit Trek – 10 Days (10)

## Overview

- **Country:** Nepal
- **Duration:** 10
- **Trip Grade:** Moderate
- **Maximum Altitude:** 4,130 m (Annapurna Base Camp)
- **Starts:** Kathmandu
- **Ends:** Kathmandu
- **Best Time:** Spring & Autumn

The Annapurna Base Camp Trek is one of Nepal's most scenic Himalayan journeys. The route takes you through traditional Gurung villages, dense rhododendron forests, rivers, and high alpine landscapes before reaching the breathtaking Annapurna Sanctuary surrounded by massive snow-covered peaks.

## When To Visit

- **January:** Good
- **February:** Good
- **March:** Best
- **April:** Best
- **May:** Best
- **June:** Good
- **July:** Average
- **August:** Average
- **September:** Best
- **October:** Best
- **November:** Best
- **December:** Good

## Itinerary

### **Day 1: Day 1: Arrival in Kathmandu (1,400 m)**

Welcome to Nepal! Our representative will meet you at the airport and transfer you to your hotel. You can relax or explore the lively streets of Thamel in the evening.

Accommodation: Hotel

### **Day 2: Day 2: Drive to Pokhara (820 m) – 6–7 Hours**

Today we drive west from Kathmandu to the beautiful lakeside city of Pokhara. The journey passes rivers, terraced farmlands, and scenic hills. Pokhara offers spectacular views of the Annapurna range.

Accommodation: Hotel

Meals: Breakfast

### **Day 3: Day 3: Drive to Jhinu Danda & Trek to Chhomrong (2,170 m) – 4–5 Hours**

We drive from Pokhara toward the Annapurna region and reach Jhinu Danda. From here the trek begins with an uphill walk through villages, forests, and stone steps before reaching Chhomrong village.

Accommodation: Teahouse

Meals: Breakfast, Lunch, Dinner

### **Day 4: Day 4: Trek to Bamboo (2,310 m) – 5–6 Hours**

The trail descends to Chhomrong Khola before climbing through bamboo and rhododendron forests. The peaceful forest trail leads to Bamboo village.

Accommodation: Teahouse

Meals: Breakfast, Lunch, Dinner

### **Day 5: Day 5: Trek to Deurali (3,230 m) – 5–6 Hours**

Today we climb gradually through narrow valleys and dense forests. The scenery becomes more dramatic as we approach the higher alpine region near Deurali.

Accommodation: Teahouse

Meals: Breakfast, Lunch, Dinner

### **Day 6: Day 6: Trek to Annapurna Base Camp (4,130 m) – 5–6 Hours**

We first reach Machhapuchhre Base Camp and then continue to Annapurna Base Camp. Surrounded by towering peaks like Annapurna I and Machhapuchhre, the Annapurna Sanctuary offers breathtaking panoramic views.

Accommodation: Teahouse

Meals: Breakfast, Lunch, Dinner

### **Day 7: Day 7: Sunrise at ABC & Trek to Bamboo (2,310 m) – 6–7 Hours**

Enjoy a spectacular sunrise over the Annapurna range. After breakfast, we descend through Machhapuchhre Base Camp and Deurali before reaching Bamboo.

Accommodation: Teahouse

Meals: Breakfast, Lunch, Dinner

### **Day 8: Day 8: Trek to Jhinu Danda (1,780 m) – 5–6 Hours**

Today we trek back through Chhomrong and descend to Jhinu Danda where you can relax in the natural hot springs beside the river.

Accommodation: Teahouse

Meals: Breakfast, Lunch, Dinner

### **Day 9: Day 9: Trek to Phedi & Drive to Pokhara – 4–5 Hours**

A short trek leads to Phedi where our vehicle will take us back to Pokhara. Enjoy the evening by the lakeside.

Accommodation: Hotel

Meals: Breakfast, Lunch

## Day 10: Day 10: Drive to Kathmandu & Final Departure

After breakfast, we drive back to Kathmandu. Our team will transfer you to the airport for your onward journey.

Meals: Breakfast

## Cost Details

### Cost Includes

- Airport pick-up and drop-off in Kathmandu
- Tourist bus or private transport between Kathmandu and Pokhara
- Transportation to the trek starting point and return from trek ending point
- Accommodation in teahouses or mountain lodges during the trek
- Three meals per day during the trek (Breakfast, Lunch, Dinner)
- Professional English-speaking trekking guide
- Porter service (1 porter for every 2 trekkers)
- Annapurna Conservation Area Permit (ACAP)
- TIMS Card (Trekking Information Management System)
- All government taxes and service charges
- First aid kit carried by the guide

### Cost Excludes

- International airfare to and from Nepal
- Nepal entry visa fees
- Travel insurance (must cover high-altitude trekking)

- Personal trekking equipment
- Extra food, snacks, and beverages (tea, coffee, soft drinks, alcohol)
- Hot showers, WiFi, and battery charging during the trek
- Personal expenses such as laundry, phone calls, or souvenirs
- Tips for guide and porter (customary but optional)
- Any additional costs due to weather delays, natural disasters, or itinerary changes

## Trek Essentials

### Clothing

- Moisture-wicking trekking shirts
- Lightweight trekking pants
- Warm fleece jacket
- Down jacket (for cold nights)
- Waterproof jacket and pants
- Thermal base layers
- Warm hat and sun hat
- Gloves (inner and outer)
- Trekking socks

### Footwear

- Comfortable trekking boots (well broken-in)
- Lightweight camp shoes or sandals

## Trekking Gear

- Backpack (30–40L)
- Duffel bag (for porter)
- Sleeping bag (-10°C recommended)
- Trekking poles
- Sunglasses with UV protection
- Headlamp or flashlight

## Personal Essentials

- Sunscreen and lip balm
- Personal toiletries
- Water bottle or hydration system
- Energy snacks
- Personal medications
- Small first aid kit