

Annapurna Base Camp Trek

Nepal Trail Circle

Daily Itinerary

This itinerary provides a detailed day-by-day schedule for your Annapurna Base Camp trek. Please note that this is a sample itinerary, and actual days may vary depending on weather conditions and acclimatization needs.

The Annapurna Base Camp Trek is one of Nepal's most diverse and rewarding Himalayan adventures, leading you into the heart of the spectacular Annapurna Sanctuary at 4,130 m/13,550 ft. The trail passes through terraced farmlands, charming Gurung and Magar villages, dense rhododendron forests, and dramatic river gorges before opening into a breathtaking natural amphitheater surrounded by towering snow-capped peaks.

At Annapurna Base Camp, trekkers are encircled by Himalayan giants including Annapurna I (8,091 m), Annapurna South, Hiunchuli, Machhapuchhre (Fishtail), and Gangapurna. Sunrise and sunset views from base camp are truly unforgettable, as the surrounding peaks glow in golden and pink hues. Compared to the Everest region, this trek offers a slightly lower altitude experience while still delivering incredible mountain scenery, rich local culture, natural hot springs, and a strong sense of achievement. It is an ideal journey for those seeking close-up Himalayan views combined with cultural immersion and varied landscapes.

Day 1: Drive/Fly from Kathmandu to Pokhara (822m/2,697ft).

Day 2: Drive to Nayapul (1,070m/3,510ft) and trek to Ulleri (2,050m/6,726ft).

Day 3: Trek from Ulleri to Ghorepani (2,874m/9,429ft).

Day 4: Early hike to Poon Hill (3,210m/10,531ft) and trek to Tadapani (2,630m/8,629ft).

Day 5: Trek from Tadapani to Chhomrong (2,170m/7,119ft).

Day 6: Trek from Chhomrong to Himalaya Hotel (2,920m/9,580ft).

Day 7: Trek from Himalaya Hotel to Annapurna Base Camp (4,130m/13,550ft) via Machapuchhare Base Camp (3,700m/12,139ft).

Day 8: Trek from Annapurna Base Camp (4,130m/13,550ft) to Bamboo (2,310m/7,579ft).

Day 9: Trek from Bamboo to Jhinu Danda (1,780m/5,839ft).

Day 10: Trek from Jhinu Danda to Nayapul (1,070m/3,510ft) and drive to Pokhara (822m/2,697ft).

Day 11: Drive/Fly from Pokhara (822m/2,697ft) to Kathmandu (1,400m/4,593ft).

Day 12: Contingency Day / Sightseeing in Kathmandu.

Day 13: Departure from Kathmandu.

Highlights

- Scenic drive/flight from Kathmandu to Pokhara with views of Himalayan ranges.
- Classic stone staircase climb to Ulleri.
- Rhododendron forests (especially vibrant in spring).
- Sunrise from Poon Hill (3,210m/10,531ft) with panoramic views of Annapurna, Dhaulagiri, and Machapuchare.
- Traditional Gurung villages such as Ghorepani and Chhomrong.
- Close-up views of Machapuchare (Fishtail Mountain).
- Entry into the Annapurna Sanctuary with dramatic alpine scenery.
- Machapuchare Base Camp (3,700m/12,139ft) mountain amphitheater views.
- Annapurna Base Camp (4,130m/13,550ft) surrounded by 360° Himalayan peaks including Annapurna I (8,091m).
- Sunrise at ABC with golden light over Annapurna massif.
- Natural hot springs at Jhinu Danda.
- Diverse landscapes: terraced fields, dense forests, waterfalls, glacial valley, and high alpine terrain.

Essential Packing List

Clothing:

- Moisture-wicking base layers
- Fleece jacket or sweater
- Insulated down jacket
- Waterproof and windproof outer shell
- Trekking pants
- Hiking shorts
- Warm socks
- Gloves or mittens
- Warm hat
- Sun hat

Gear:

- Sturdy hiking boots
- Backpack (50-70 liters)
- Sleeping bag (rated to -20°C/0°F)
- Trekking poles
- Headlamp
- Sunglasses
- Sunscreen (SPF 50+)
- Lip balm with SPF
- Water bottles or hydration reservoir
- Water purification tablets or filter
- First-aid kit
- Toiletries

Altitude Information

The trek passes through high-altitude areas where oxygen levels decrease, making proper acclimatization essential to avoid altitude-related illnesses.

Key Altitudes:

- Ulleri: 2,050m/6,726ft
- Ghorepani: 2,874m/9,429ft
- Poon Hill: 3,210m/10,531ft
- Chhomrong: 2,170m/7,119ft
- Himalaya Hotel: 2,920m/9,580ft
- Machapuchare Base Camp: 3,700m/12,139ft
- Annapurna Base Camp: 4,130m/13,550ft

Acclimatization Tips:

- Ascend gradually and avoid rapid increases in elevation.
- Drink plenty of water to stay hydrated.
- Avoid alcohol and smoking, which can exacerbate altitude sickness.
- Eat a high-calorie diet to maintain energy.
- Listen to your body—rest if you feel symptoms like headache, nausea, or dizziness.

Safety Tips

- Stay hydrated: Drink at least 3-4 liters of water per day.
- Pace yourself: Walk slowly and steadily to conserve energy and avoid overexertion.
- Monitor for symptoms of altitude sickness: Headache, nausea, dizziness, and shortness of breath are common symptoms. Descend immediately if symptoms worsen.
- Be aware of weather conditions: Mountain weather can change rapidly. Be prepared for sudden changes in temperature and precipitation.
- Protect yourself from the sun: Wear sunscreen, sunglasses, and a hat to protect yourself from the intense UV radiation at high altitudes.
- Respect local customs: Dress modestly and be mindful of local traditions and beliefs.

Contact Information

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Summary

This information sheet provides essential details for your Annapurna Base Camp trek, including a day-by-day itinerary, highlights, packing list, altitude information, and safety tips. By following these guidelines, you can ensure a safe and unforgettable adventure in the Himalayas.