

Annapurna Base Camp

A timeless Himalayan journey through terraced hills, bamboo forests, and alpine amphitheaters to the foot of Annapurna's towering south face.

Total Duration: 15–16 Days

Trek Duration: 12–13 Days

Max Elevation: 4,130m (Annapurna Base Camp)

Max Sleeping Elevation: 4,130m

Difficulty: Moderate

Accommodation: Hotel (Kathmandu & Pokhara) | Teahouse Lodges (Trek)

Best Seasons: March–May / September–November

Day 1 – Arrival in Kathmandu (1,400m)

Airport pickup and transfer to hotel.

Accommodation: Hotel

Day 2 – Trek Preparation Day (1,400m)

Briefing, permits, gear check, and optional sightseeing.

Accommodation: Hotel

Day 3 – Drive to Pokhara (820m)

Scenic drive to lakeside city.

Elevation Loss: -580m

Duration: 6–7 hours

Accommodation: Hotel

Day 4 – Drive to Siwai & Trek to Jhinu Danda (1,780m)

Gentle start through terraced farmland and river valleys.

Elevation Gain: +960m

Walking Duration: 3–4 hours

Accommodation: Teahouse

Day 5 – Jhinu to Chhomrong (2,170m)

Steady ascent to classic Gurung village with mountain views.

Elevation Gain: +390m

Walking Duration: 4–5 hours

Accommodation: Teahouse

Day 6 – Chhomrong to Bamboo (2,310m)

Descend into forested gorge then gradual climb through bamboo forest.

Elevation Gain/Loss: -400m / +540m (Net +140m)

Walking Duration: 5–6 hours

Accommodation: Teahouse

Day 7 – Bamboo to Deurali (3,230m)

Steady valley ascent past Dovan and Himalaya lodges.

Elevation Gain: +920m

Walking Duration: 5–6 hours

Accommodation: Teahouse

Day 8 – Deurali to Annapurna Base Camp (4,130m)

Gradual alpine climb via Machapuchare Base Camp to ABC amphitheater.

Elevation Gain: +900m

Walking Duration: 5–6 hours

Accommodation: Teahouse

Day 9 – Sunrise at ABC & Descend to Bamboo (2,310m)

Morning mountain views before long descent.

Elevation Loss: -1,820m

Walking Duration: 6–7 hours

Accommodation: Teahouse

Day 10 – Bamboo to Jhinu Danda (1,780m)

Final forest descent; optional natural hot springs visit.

Elevation Loss: -530m

Walking Duration: 5–6 hours

Accommodation: Teahouse

Day 11 – Trek to Siwai & Drive to Pokhara (820m)

Short final walk and drive back to Pokhara.

Elevation Loss: -960m

Walking Duration: 2–3 hours + drive

Accommodation: Hotel

Day 12 – Return to Kathmandu (1,400m)

Drive back to Kathmandu.

Elevation Gain: +580m

Duration: 6–7 hours

Accommodation: Hotel

Day 13 – Departure or Free Day

Airport transfer or optional cultural sightseeing.



TROPOS ADVENTURES
EXPLORING THE WAY