

Annapurna Base Camp – Family Trek

A carefully paced journey into the heart of the Annapurna Sanctuary, designed for families who want to experience high Himalayan scenery with structured acclimatization and thoughtful daily distances.

Total Duration: 16 Days

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

Max Sleeping Elevation: 3,700m (Machapuchare Base Camp)

Difficulty: Moderate to Challenging

Accommodation: Hotel in cities | Teahouse Lodges during trek

Best Season: March–May / September–November

Day 1 – Arrival in Kathmandu (1,400m)

Overview: Airport pickup and hotel transfer to rest after travel.

Elevation Change: —

Accommodation: Hotel (Kathmandu)

Activity Duration: Transfer only

Day 2 – Kathmandu Preparation Day (1,400m)

Overview: Family trek briefing, gear checks, and permit preparation.

Elevation Change: —

Accommodation: Hotel (Kathmandu)

Activity Duration: Light walking optional

Day 3 – Drive to Pokhara (820m)

Overview: Scenic drive west to Nepal's lakeside gateway to Annapurna.

Elevation Loss: -580m

Duration: 6–7 hour drive

Accommodation: Hotel (Pokhara)

Day 4 – Drive to Jhinu / Siwai (1,780m)

Overview: Transfer to trailhead and begin entering the foothills.

Elevation Gain: +960m

Duration: 3–4 hour drive

Accommodation: Teahouse (Jhinu)

Day 5 – Jhinu to Chhomrong (2,170m)

Overview: Steady climb into the Annapurna foothills with valley views.

Elevation Gain: +390m

Walking Duration: 4–5 hours

Accommodation: Teahouse (Chhomrong)

Day 6 – Chhomrong to Bamboo (2,310m)

Overview: Descend to the river and climb through forested trails.

Elevation Gain: +140m (with descent and ascent sections)

Walking Duration: 5–6 hours

Accommodation: Teahouse (Bamboo)

Day 7 – Bamboo to Dovan / Himalaya (2,600m)

Overview: Gradual ascent along the Modi River through dense forest.

Elevation Gain: +290m

Walking Duration: 4–5 hours

Accommodation: Teahouse (Dovan/Himalaya)

Day 8 – Acclimatization Day (2,600m)

Overview: Short side hikes and rest day to prepare for higher elevation.

Elevation Change: Minimal (short acclimatization walk)

Walking Duration: 1–2 hours optional

Accommodation: Teahouse (Dovan/Himalaya)

Day 9 – Dovan to Deurali (3,200m)

Overview: Enter alpine terrain with dramatic narrowing valley walls.

Elevation Gain: +600m

Walking Duration: 4–5 hours

Accommodation: Teahouse (Deurali)

Day 10 – Deurali to Machapuchare Base Camp (3,700m)

Overview: Gradual climb into the Annapurna Sanctuary basin.

Elevation Gain: +500m

Walking Duration: 4 hours

Accommodation: Teahouse (MBC)

Day 11 – Sunrise at Annapurna Base Camp (4,130m) & Return

Overview: Early morning hike to ABC for sunrise, return lower to sleep.

Elevation Gain: +430m (day hike)

Elevation Loss: -430m

Walking Duration: 4–5 hours total

Accommodation: Teahouse (MBC or Deurali depending on pacing)

Day 12 – Descend to Bamboo (2,310m)

Overview: Begin steady descent back through forest terrain.

Elevation Loss: -1,390m

Walking Duration: 6–7 hours

Accommodation: Teahouse (Bamboo)

Day 13 – Bamboo to Jhinu (1,780m)

Overview: Final trekking day with optional natural hot springs.

Elevation Loss: -530m

Walking Duration: 5–6 hours

Accommodation: Teahouse (Jhinu)

Day 14 – Drive to Pokhara (820m)

Overview: Return to Pokhara and evening celebration dinner.

Elevation Loss: -960m

Duration: 3–4 hour drive

Accommodation: Hotel (Pokhara)

Day 15 – Drive to Kathmandu (1,400m)

Overview: Scenic return drive to the capital city.

Elevation Gain: +580m

Duration: 6–7 hour drive

Accommodation: Hotel (Kathmandu)

Day 16 – Departure or Free Day

Overview: Airport transfer or optional sightseeing day in Kathmandu.