

Short Annapurna Base Camp Trek - 7 Days

ANNAPURNA BASE CAMP TREK- 7 DAYS PACKAGE & ITINERARY

The [Annapurna Base Camp Trek](#) is one of the most exhilarating and fulfilling trekking routes in Nepal, serving as a key component of the adventure trekking scene alongside the [Everest Base Camp](#), [Annapurna Circuit](#), [Langtang Valley trek](#), and [Manaslu Circuit trek](#). This brief itinerary for the Annapurna Base Camp trek offers breathtaking landscapes, cultural experiences, and stunning views of the Annapurna Massif. The **Annapurna Base Camp trek** ranks among the premier trekking routes within the **Annapurna Conservation Area in Nepal**. This journey takes you to the Annapurna Base Camp, situated at 4130m, beneath Annapurna I (8091m), the tenth highest mountain in the world. Here, you can experience breathtaking 360-degree views of the majestic peaks, often described as paradise. The trek is also referred to as the Annapurna Sanctuary, where the mountains are revered and honored as the Mother Goddess. The short Annapurna Base Camp trek spans 7 days, beginning and concluding in Pokhara, making it an ideal choice for those with limited time who prefer to start their trek from Pokhara rather than Kathmandu. Begin your Annapurna Base Camp trek with a picturesque drive from Pokhara to Syauli Bazar, then set off towards Ghandruk Village. Ghandruk, the largest Gurung village, showcases traditional culture, a museum, and stunning views of Annapurna South (7219m), Hiuchuli (6442m), Fishtail (6994m), Annapurna III (7555m), and other peaks. As you traverse diverse climates, landscapes, vegetation, and terrains, including waterfalls and glaciers, you will reach Annapurna Base Camp, passing through Chhomrung, Sinuwa, Bamboo, Dovan, Himalayan, Deurali, and Machhapuchhre Base Camp. The distance from Syauli to Annapurna Base Camp is approximately 40 to 45 km, with a round trip totaling around 80 to 90 km, typically taking 5-6 days to complete. After returning to Jhinu Danda from Annapurna Base Camp, you can relax in the natural hot springs before taking a jeep ride back to Pokhara. The 7-day Annapurna Base Camp trek is the perfect package for those seeking a luxurious short trek experience. Book your Annapurna Base Camp trek

with Sherpa Nomad Trek Pvt. Ltd. for a hassle-free and unforgettable adventure.

WHAT IS THE COST OF THE SHORT ANNA PURNA BASE CAMP TREK?

The short Annapurna Base Camp Trek is priced between USD 500 and USD 600, depending on the group size, with Sherpa Nomad Trek Pvt. Ltd. The cost can vary based on the services, group size, duration, package, and itinerary. Our company, Sherpa Nomad Trek Pvt. Ltd., is the leading local provider for the Annapurna Base Camp, where you can access the best packages and high-quality service at very reasonable rates. Our team is the most experienced in Nepal, with 20 years of experience, which has allowed us to develop a 7-day Annapurna Base Camp trek with excellent logistical arrangements, professional local guides, porter support, mountain meals, private rooms in the mountains, private transportation, and permits. If you are looking for a reliable local team for the ABC Trek, look no further than Sherpa Nomad Trek Pvt. Ltd. The cost of the Annapurna Base Camp trek varies according to group size.

- We welcome solo trekkers and offer a package at USD 600.
- For groups of 2-6 people, the cost will be USD 550 per person.
- If you book the ABC Trek for a group of 7 to 10 people, the cost will be USD 500 per person.

MAJOR HIGHLIGHTS OF THE ABC TREK

- Book and embark on Nepal's most renowned trek, the Annapurna Base Camp trek.
- Discover the beauty of Pokhara before venturing into the mountains.
- Experience the majesty of the world's 10th-highest peak, Annapurna I, standing at 8091m.
- Visit Ghandruk, the largest Gurung village in the region.
- Immerse yourself in Gurung culture, lifestyle, and traditional architecture.

- Explore the diverse flora and fauna within the Annapurna Conservation Area.
- Enjoy breathtaking views of Fishtail, Annapurna South, Himchuli, Annapurna III, and other towering peaks.
- Stay in a cozy local lodge and experience warm hospitality.
- Relish the panoramic mountain views from Annapurna Base Camp at 4130m.
- Unwind in the natural hot springs and alleviate physical discomfort.



DETAILED ITINERARY

Day 1: Pick up from Pokhara and Drop off Syauli Bazar and Trek to Ghandruk (2000m): 4-5 hours

Today marks the beginning of the Short Annapurna Base Camp trek, renowned as one of the most beautiful and popular treks in Nepal. After breakfast at around 8:00 am, you will meet our guide for a brief orientation before embarking on a scenic drive to Syauli Bazar. This drive, lasting approximately 1 hour and 30 minutes, offers breathtaking views of local villages, diverse terrain, lush green valleys, Phewa Lake, and the majestic mountains, including Annapurna South, Hiuchuli, and Fishtail. After an hour of driving, we will pause to combine our permits before continuing to Syauli Bazar along the Modi Khola River. Once we arrive, we will disembark and prepare for a 3-4 hour walk to Ghandruk, covering a distance of 5 km. The journey begins with a steady ascent along a stone-paved trail for the first hour, after which we will join a road where the trail becomes more gradual and scenic. Upon reaching Ghandruk, the largest Gurung village in the region, you will experience its ancient lifestyle, rich history, vibrant culture, and stunning views of the Annapurna range, including Fishtail, Annapurna III, Gandarba Chuili, Thapala, Tent Peak, Hiuchuli, Annapurna South, Annapurna Fang, and more. Enjoy lunch and take the opportunity to explore the old village, learning about the ancient values of the Gurung ethnic community. After returning to the hotel, witness the spectacular sunset views before dinner. We highly recommend visiting this village for those who wish to immerse themselves in Gurung culture and enjoy the impressive mountain vistas.

Day 2: Trek from Ghandruk to Chhomrung Village (2200m): 6-7 hours

Awaken in the early morning to the breathtaking sunrise views of the mountains and the refreshing mountain breeze. The scenery and ambiance create a sense of inner happiness and joy. Capture this moment and prepare for breakfast. Take a short break before continuing the trek to Kimrung

Village, traversing the hills and then descending to Kimrung Khola and Kimrung Village, where we will pause for lunch. Each segment of the journey offers stunning views of the river, landscape, lush valleys, and mountains. After lunch, we will ascend to Durbin Danda, the finest viewpoint for the mountains and valleys. The trail to Chhomrung is gradual, and to reach the village, a slight descent is required. Chhomrung is a Gurung and Magar village known for its impressive hospitality and warm accommodations. The distance from Ghandruk to Chhomrung is 11 km, which takes approximately 5-6 hours of walking. From this village, you can enjoy close-up views of the mountains you previously admired from a distance. Stay at the lodge and immerse yourself in the local way of life and hospitality.

Day 3: Trek from Chhomrung to Bamboo (2400m): 5-6 hours

Today marks the third day of the short Annapurna Base Camp trek. After breakfast, we will begin our descent to Chhomrung Khola following a permit check. The trail is paved with stones, and the descent takes approximately 40 minutes to reach the river. We will cross a suspension bridge and then ascend to Upper Sinuwa (2400m) via Lower Sinuwa (2200m). This leg of the trip offers lush greenery, and upon reaching Upper Sinuwa, you will be treated to stunning mountain views. You can savor the mountain scenery and enjoy a warm lunch before continuing to Bamboo Village (2400m). After lunch, the trail becomes more gradual, although there are still sections that require climbing and others that descend. The journey after lunch takes you through dense forests, with beautiful mountain views, creating a serene atmosphere. The village is named after the bamboo forests found in the area, which are located along the riverbed of the Modi Khola River, providing a peaceful night in the heart of the dense forest. The distance from Chhomrung to Bamboo is 10 km, which typically requires 5-6 hours of walking.

Day 4: Trek from Bamboo to Deurali (3200m): 5-6 hours

As is customary, after breakfast, our guide will lead us deeper into the heart of the mountains and wilderness. The village will fade away, and we will encounter the jungle until we reach Hinku Cave. Beyond that point, the landscape transforms into a morainic, rugged trail, embodying the essence of the Himalayas. After an hour of trekking, we will arrive at Doban Village (2600m), and after two more hours of walking, we will reach the Himalaya (2900m). The majority of our journey will take us through a jungle filled with rhododendron, bamboo, oak, and other flora. We will cross a gigantic waterfall, a rushing spring, and enjoy a cool, peaceful trail. We will take a break at the Himalaya for lunch, and after our meal, the trail will ascend towards Hinku Cave, continuing on a rugged path to Deurali (3200m). The walking distance is approximately 10 km, which will take around 5-6 hours. In this area, it can be quite challenging to find proper accommodations. At times, you may need to share a room with fellow trekkers due to the limited availability of lodges.

Day 5: Trek from Bamboo to Annapurna Base Camp (4130m): 5 hours

Today marks the final day to reach Annapurna Base Camp (4130m), renowned for its breathtaking scenery and mountain vistas. The journey begins after breakfast, traversing a narrow valley flanked by Hiuchuli and Fishtail, where the risk of rockfalls and glaciers is significant. It is essential to adhere to the guide's instructions and trek with caution. This journey offers close-up views of the mountains, and the cold mountain winds necessitate appropriate clothing. The trail is rugged, providing some of the best views of the mountains and glacial rivers. After approximately two hours of walking, you will arrive at Machhapuchhre Base Camp (3700m). If you wish to have lunch, you can enjoy it with panoramic views of the entire Annapurna range. Following breakfast, you will continue to Annapurna Base Camp (4130m), which offers rare mountain views and a life-changing experience for all. The journey takes around two hours, but you may want to pause for photos, which could extend your travel time. Arriving early is advisable to secure a room and minimize exposure to snow and cold winds. Check into the lodge and take in the stunning 360-degree mountain views, including Annapurna I, Bahara Sikhar, Annapurna Fang, Fishtail, Hiuchuli,

Annapurna, Tent Peak, Gandarba Chuli, and many others. You can capture the sunset as it illuminates the last rays of the day. Enjoy dinner and spend the night at the highest point of the Annapurna Base Camp trek.

Day 6: Trek back from Annapurna Base Camp to Bamboo (2400m): 6-7 hours

Rise early to catch the stunning sunrise over the majestic mountains and enjoy breakfast. After breakfast, return to Bamboo via the same trail. If you would like to upgrade to a helicopter return, this is available for an additional cost of \$550 to \$600 per person for a shared helicopter. The helicopter ride offers aerial views of the mountains and valleys that cannot be experienced on foot. The trek takes around 6-7 hours and covers the unexplored glimpses of the Nature.

Day 7: Trek from Bamboo to Jhinu (1700m) : 5 hours and 2 hours drive to Pokhara

Today marks the final day of the Short Annapurna Base Camp trek. You will trek for approximately 4-5 hours to reach Jhinu Danda, passing through Sinuwa and Chhomrung. Jhinu Danda is famous for its natural hot springs. Enjoy your lunch and take a dip in the hot spring pond to relieve any aches from the trek. Afterward, you will drive back to Pokhara along a scenic route. We sincerely appreciate the opportunity to organize your trip and provide this experience. If you require any further assistance, please send us a message. We are happy to tailor the trip to meet your needs and desires. We will also host a farewell dinner before you return to Kathmandu, allowing you to enjoy your time in Pokhara.

PRICE INCLUDES

- Pokhara to Syauli Bazar by Car/ Jeep/ Minibus as per the Group size
- All the logistical arrangements
- 6 nights Mountain Accommodation in a private Room at the best lodge as per availability.
- Mountain Meals (Breakfast, Lunch, & Dinner)
- A professional English-speaking local guide
- 2 Guests: 1 Porter to carry your heavy backpack.
- Fresh Organic fruit, nuts, and energy bars every day on the Trekking
- Wifi, Hot shower, and charging facility
- 3 Cups of Tea or Coffee every day during the trekking.
- Requires Permits (TIMS, & ACAP Fees)
- Gov Tax and Official Fees.
- Drive back from Jhino to Pokhara by Jeep, or Minibus as per the Group size
- Trekking Gears like a sleeping bag, Map and a duffel bag
- Farewell Dinner in Kathmandu or Pokhara

PRICE EXCLUDES

- Nepal Visa Fees (15 Days -30\$ P/P, 30 Days -50\$ P/P)
- Travel Insurance
- Drinks like (Drinking Water, Soft and Hard Drinks, and extra Tea or Coffee)
- Hotel in Kathmandu and Pokhara: 20\$-150\$ per night's Room Available

- Kathmandu- Pokhara by Tourist Bus: 10\$ P/P
- Kathmandu - Pokhara by Plane: 120\$ P/P
- Kathmandu - Pokhara by Private Car: 120\$ for 1-3 Pax
- Trekking Gears
- Pokhara to Chitwan by tourist bus: 10\$ per person
- Chitwan safari Tour: 2 nights/3 days at USD170 per person
- Tips for the Diver, Guide, and Porter
- Chitwan to Kathmandu by Tourist Bus: 10\$ P/P
- Paragliding in Pokhara: 80\$ P/P
- Trishuli River Rafting: 60\$ per person

EQUIPMENT & GEAR

Backpack

- 20-30 L daypack and Rain cover
- Dry bags or zip-lock bags for electronics and clothes

Clothing

- 2-3 moisture-wicking T-shirts
- 1-2 long-sleeve hiking shirts
- 2 pairs of trekking pants
- Thermal top and bottom (for cold mornings/nights)
- Fleece jacket & Lightweight down jacket
- Waterproof and windproof jacket
- Waterproof pants (especially during the monsoon)
- 2-3 pairs of quick-dry underwear
- 2-3 pairs of trekking socks
- Warm sleeping socks

Footwear

- Broken-in waterproof trekking boots
- Lightweight sandals or camp shoes
- Optional gaiters (rainy or snowy season)

Head & Hands

- Sun hat or cap, & Warm beanie

- Buff or neck gaiter & Lightweight gloves

Sun Protection

- UV-protection sunglasses
- Sunscreen (SPF 30+)
- Lip balm with SPF

Sleeping

- Sleeping bag (0°C to -5°C is sufficient for most seasons; many teahouses provide blankets)
- Sleeping bag liner (optional)

Water & Food

- Reusable water bottles (1.5–2 L total)/ Tharmas
- Water purification tablets or a filter
- Energy bars, nuts, or trail snacks

First Aid & Toiletries

- Personal medications, Blister treatment (e.g., Compeed or moleskin)
- Pain reliever, Bandages, and antiseptic wipes
- Toothbrush and toothpaste, Hand sanitizer
- Wet wipes, Quick-dry towel & toilet paper

Electronics

- Headlamp with spare batteries
- Power bank (10,000–20,000 mAh)
- Phone charger & Camera (optional)

Trekking Accessories

- Trekking poles (highly recommended for the long stair sections)
- Pocket knife (optional)
- Notebook or guidebook (optional)

ADDITIONAL INFORMATION

Why Short Annapurna Base Camp Trek?

The Annapurna Base Camp Trek is among the best trekking routes in Nepal, alongside the Everest Base Camp Trek and the Annapurna Circuit Trek. This journey takes you to the foothills of Annapurna I, the world's 10th-highest mountain at 8,091 meters. The Short Annapurna Base Camp Trek is a 7-day package that begins and concludes in Pokhara, encompassing many highlights of the ABC Trek Route, including Ghandruk Village, Chhomrung Village, Machhapuchhre Base Camp (3,700 meters), Annapurna Base Camp (4,130 meters), and Jhinu Hot Springs. This trek is ideal for those wishing to start from Pokhara and experience the most scenic parts of the Annapurna Base Camp trek. It is particularly suitable for families with children, novice trekkers, and experienced hikers looking for a shorter trek in Nepal. The Annapurna Base Camp Trek offers breathtaking views of the mountains, stunning landscapes, and rich vegetation, complemented by the cultural experiences of the Gurung and Magar villages. The views from Machhapuchhre Base Camp and Annapurna Base Camp are truly remarkable, especially during sunrise and sunset. The Annapurna Base Camp Trek is a must-do for those who appreciate moderate, scenic, short, cultural, and natural explorations, as well as panoramic views of the mountains, including Annapurna I (8,091 meters).

Why Choose Sherpa Nomad Trek Pvt. Ltd for the Annapurna Base Camp Trek?

The Annapurna Base Camp Trek is a world-class adventure trekking route located within the Annapurna Conservation Areas. It ranks among the finest trekking routes in Nepal, offering a

moderately challenging trek that promises an exhilarating journey through diverse natural and cultural landscapes. To ensure a safe, hassle-free, and authentic experience with exceptional service, it is essential to select the best travel company for your lifetime adventure. Sherpa Nomad Trek Pvt. Ltd is the premier local company in Nepal, providing top-notch services at reasonable prices, with experienced ethnic guides, excellent logistical arrangements, and a strong focus on safety and security. We offer trekking gear and porter support to ensure a comfortable and enjoyable trip, along with maximum flexibility and authenticity, and impeccable hospitality backed by extensive experience. Embark on the Annapurna Base Camp Trek with Sherpa Nomad Trek and receive the best possible service in the mountains.

Ghandruk Village: A Hub of Gurung Culture and Stunning Mountain Views

Ghandruk village stands out as a key highlight of the Annapurna Base Camp trek. The name 'Ghandruk' translates to 'dense forest,' and it is a Gurung village that showcases the rich cultural heritage of the Gurung people, the predominant ethnic group in Nepal. Located just 57 km from Pokhara, it takes approximately 2-3 hours to reach by car. Alternatively, if you choose to trek from Syaulibazar, the classic route involves a one-hour drive followed by a 3-4 hour trek. The village is a tourist hotspot, featuring stone-paved paths, slate-roofed houses, a vibrant culture, a museum, traditional homes, and charming courtyards adorned with flowers in many residences. It also offers some of the best viewpoints of the mountains, including Fish Tail (Machhapuchhre), Gandarba Peak, Annapurna III, Annapurna South, Hiunchuli, Annapurna Fang, and more. Ghandruk village is a treasure trove of cultural and natural diversity.

FREQUENTLY ASKED QUESTIONS

1. How far in advance can we reserve the Annapurna Base Camp Trek?

Booking the Annapurna Base Camp Trek early is advisable to secure suitable accommodation. If you are part of a small group and wait until the last minute, finding accommodation can be quite challenging. You can make a reservation up to one year prior to your trip with Sherpa Nomad Trek Pvt. Ltd, a leading local trekking company, or even book at the last minute.

2. Where is the Annapurna Base Camp located?

The Annapurna Base Camp is situated in Nepal, specifically at the southern foothills of Annapurna I, which stands at 8,091 meters, making it the tenth-highest mountain in the world. The trek to Annapurna Base Camp is renowned as one of the most popular moderate trekking routes, second only to the Everest Base Camp trek. This area boasts some of the most stunning landscapes globally, characterized by majestic snow-capped peaks, and is located approximately 100 to 120 kilometers from Pokhara. Depending on the chosen route, the trek can be completed in 5 to 12 days.

3. What is the Elevation of the Annapurna Base Camp ?

The stunning Annapurna Base Camp is situated at an altitude of 4,130 meters above sea level. It lies on the side of the glacier and at the foothills of the majestic Annapurna Himalayan range.

4. How challenging is the Annapurna Base Camp Trek?

Compared to other high passes and renowned treks in Nepal, the Annapurna Base Camp trek is of moderate difficulty, making it suitable for novice trekkers and beginners. The trail is well-maintained by the Annapurna Conservation Area and local communities, making it an excellent choice for families with children and travelers of all ages; however, a reasonable level of fitness is essential. Each day, trekkers will need to walk approximately 5-6 hours, with an elevation gain of around 500 to 700 meters, and the journey typically spans 5 to 10 days. The highest point of the trek reaches 4,130 meters. The trail often involves both uphill and downhill sections with stone steps, requiring physical endurance and mental resilience, but the risk of Acute Mountain Sickness (AMS) is very low. We highly recommend the ABC trek for first-time trekkers in Nepal, families with children, those with limited time, and even seasoned trekkers looking to experience the breathtaking views of Annapurna Base Camp and its surrounding trails.

5. What is the ideal time for the Annapurna Base Camp Trek?

The Annapurna Base Camp trek can be considered across almost four seasons. The rainy season is quite challenging but still manageable. The optimal trekking times for the Annapurna Base Camp Trek, similar to other treks in Nepal, are Autumn and Spring. The autumn season, from September to November, is the most popular trekking season in Nepal's Himalayas due to stable weather, pleasant temperatures, low precipitation, and snowfall. This period also coincides with festivals and harvest time, making the journey from start to finish truly remarkable, allowing trekkers to experience much more than just the breathtaking Himalayan views. During Autumn, the mountain vistas are spectacular, complemented by lush greenery. Spring, which spans from March to May, is the second most favored trekking season, offering suitable conditions for trekkers with stable weather, warm and extended days, pleasant temperatures, blooming jungle foliage, stunning mountain views, and minimal snowfall and precipitation. Winter, from December to February, is the third significant season for the Annapurna Base Camp Trek. Due to its geographical location, it can be regarded as a winter trek in Nepal. However, adverse weather conditions may force trekkers to

remain at lower elevations due to blocked trails. This situation does not occur every year, but it is a possibility. Winter provides a tranquil trail experience, with more snow-capped peaks surrounding you, although it can be quite cold. If you are interested in a winter trek, please don't hesitate to reach out to us. The rainy season is not advisable due to wet trails, rockfalls, flooding, and poor visibility. While it is possible to trek to Annapurna Base Camp during the monsoon, it is essential to prioritize safety.

6. What permits are required for the Annapurna Base Camp Trek?

The trek necessitates two types of permits: the Annapurna Conservation Area Permit (ACAP) and the Trekkers Information Management System (TIMS) Card. To obtain these permits, it is advisable to join a local company such as Sherpa Nomad Trek Pvt. Ltd. The ACAP permit is designed to conserve nature and maintain the trekking trails, while the TIMS Card ensures the safety of guides and porters. The costs for the permits are as follows:

- ACAP (Annapurna Conservation Area Permit): Rs 3000 Per Person for foreigners and Rs 1000 Per Person for Indian nationals.
- TIMS (Trekkers Information Management System): Rs 2000 per person for all visitors.

To acquire the permits, you will need a copy of your passport and a passport-sized photo. Please note that the TIMS Card is not mandatory for trekking in Nepal.

