

Annapurna Base Camp with Poon Hill Trek - 10 Days

URL: <https://nepalalternativetreks.com/trip/annapurna-base-camp-with-poon-hill-trek/>

Annapurna Base Camp with Poon Hill Trek Quick Information

Weather -10°C to 22°C	Duration 10 Days	Difficulty Moderate
Accommodation Lodge	Meals Included Breakfast, Lunch, Dinner	Transportation Jeep
Daily Activity Approx. 5-6 hours	Religion Buddhism	Ethnic People Gurung, Magar, Thakali
Region of Nepal Annapurna Region, Kaski	Max Altitude 4,130 m / 13,550 ft	Per Person Cost USD 590
Best Season Mar, Apr, May, Sept, Oct, Nov	Geographic Terrain Mountain, Forest, Village, Glacier, Hot Spring, Waterfall	

Group Discounts Available

No. of Persons	Price per Person
Group Of 1 - 4	USD \$590.00
Group Of 5 - 8	USD \$570.00
Group Of 9 - 12	USD \$550.00
Group Of 13 - 18	USD \$530.00

Note: Our fixed group departure dates, services and price is guaranteed even if the group numbers are 1 person to maximum 18 persons. We will provide a guide cum porter if there is only 1 person to operate the trek and one more assistant guide if group size is above 10 persons. And of course, guide cum porter will carry 10 kg luggage.

Annapurna Base Camp with Poon Hill Trek Overview

The **Annapurna Base Camp (ABC) with Poon Hill Trek** is one of the **most popular treks in Nepal** and an iconic Himalayan journey that takes you into the Annapurna Sanctuary and to the foot of Mount Annapurna (8,091 m). The journey starts from lowland villages near Pokhara, then passes through terraced farms, dense rhododendron forests, and traditional Gurung and Magar settlements. Afterward, the journey takes you to a natural amphitheater of mountain peaks. One unique aspect of the ABC Trek is how quickly the landscape transforms from subtropical greenery to high alpine terrain within a day.

Generally completed in **7 to 10 days**, this trek is one of the most popular treks in the Annapurna region. Similarly, the trek is perfect for travelers looking for a balanced adventure that is challenging enough to feel worthwhile, yet achievable for beginners. Likewise, the trek to ABC is graded moderate, which makes it accessible to first-time trekkers with average fitness and no previous mountaineering experience.

Reaching the foot of the world's 10th-highest peak, Mount Annapurna, is a highlight in itself. But the stunning views of the Annapurna range that surround you will make your adventure exceptional. By the time you reach the base camp, mountains like **Annapurna I, Annapurna II, Annapurna III, Machhapuchhre (Fishtail), Annapurna South, and Hiunchuli** will completely surround you. It feels like you are inside the mountains, not just looking at them.

Another unique part of this trek is the local life you see along the way. The villages in the **Annapurna region** are home to the Gurung and Magar communities, not just a destination for tourists. In addition, there's also a psychological arc to the journey. At the start, the trek feels welcoming and full of life. Early in the trip, you take the famous Poon Hill trek for sunrise. After that, the journey changes direction both physically and mentally towards Annapurna Base Camp.

Ready to experience this adventure? Send us an inquiry, and we will reply within **12 hours** with available departure dates for 2026, group size options, and the booking form.

Highlights of 10 Days Annapurna Base Camp with Poon Hill Trek

- Stand at the foot of **Mount Annapurna**, the world's 10th-highest mountain.
- Walk through traditional villages of **Ghorepani, Tadapani, and Chhomrong** and experience the **local culture** and hospitality.
- Enjoy the gorgeous sunrise view from the top of the Poon Hill View Tower.
- See amazing views of **Annapurna I-IV, Dhaulagiri, Machhapuchhre (Fishtail), Nilgiri**, and other peaks throughout the ABC trek route.
- Trek through diverse landscapes and vegetation, including low subtropical, alpine, and arctic terrain of the Annapurna region.
- Explore the **Annapurna Conservation Area** and witness its diverse flora and fauna.
- Soak and relax at the hot water pool at **Jhinu Danda**.
- Watch the sunrise over the Annapurna range right from the base camp of Annapurna.

Weather

Best time to do ABC Trek

Based on the weather patterns data above, the best months to trek to Annapurna Base Camp are **March, April, May, September, October, and November**. These months fall into **spring (March to May)** and **autumn (September to November)**, the two most popular trekking seasons in Nepal.

In **spring (March to May)**, the temperatures gradually rise from **-10°C to 20°C**, and the trail is covered with blooming rhododendrons and lush greenery. The weather is stable, and visibility is excellent, especially for seeing peaks like **Annapurna I, Machhapuchhre, and Hiunchuli**.

In **autumn (September to November)**, the temperature ranges from **-10°C to 20°C**. After the monsoon clears the dust, the skies become clear. This is when you get the most stunning mountain views, particularly during sunrise from Poon Hill and Annapurna Base Camp.

January

-15°C to -5°C

February

-15°C to -5°C

March

-10°C to 0°C

April

-5°C to 10°C

May

0°C to 15°C

June

5°C to 20°C

July

10°C to 25°C

August

10°C to 25°C

September

5°C to 20°C

October

-10°C to 5°C

November

-10°C to 5°C

December

-15°C to 5°C

Difficulty

Difficulty of ABC Trek

Regarding the Annapurna Base Camp trek difficulty, the trek is considered **moderate**. It's not extremely hard, but it's not easy either, making it a moderately challenging trek. You'll need to walk about **5 to 7 hours each day** on trails that go up and down, with some steep stone steps, especially between Lower and Upper Sinuwa. The walk from **Deurali to base camp** is one of the toughest parts because of the high altitude and rough path.

If you're physically fit and can handle long walks, you'll be able to complete the trek. But if you're not used to hiking or regular exercise, it can feel tiring. Many people say their legs feel shaky by the end of the day. The trek gets even harder in winter when it snows. The trails can become slippery, and the cold, thin air makes walking and breathing more difficult. In that season, crampons and warm gear are a must.

Still, with strong willpower, basic fitness, and the right mindset, reaching Annapurna Base Camp is possible.

10 Days Annapurna Base Camp with Poon Hill Trek Itinerary

Day 1: Drive from Pokhara to Sudame - Trek to Banthanti

Your Annapurna Base Camp trek begins with a **two-hour drive** from **Pokhara to Sudame** along the **Baglung Highway**, marking the first day of the trek. During the drive, you'll catch beautiful morning views of **Mount Annapurna I** and the **Machhapuchhre (Fishtail)**. Once you reach Sudame, the real adventure along the ABC trek trail starts. You'll begin walking through charming hillside villages like **Hile** and **Tikhedhunga**, where the stone steps and terraced farms give a glimpse into traditional village life.

As you continue uphill on the route, you'll pass the famous **Tikhedhunga Waterfall** and arrive at Ulleri Village after climbing a steep staircase. The uphill walk to Ulleri can be challenging. After a few more ascents through rhododendron forests, you'll reach **Banthanti (2,100 m)**, where you'll spend the night at a cozy teahouse. This marks the first real day on your Annapurna Base Camp trek itinerary, setting the pace for what lies ahead on the beautiful Annapurna Base Camp path.

You can also stay at Tikhedhunga and opt for Ghorepani the next day.

Destination:	Accommodation	Altitude:
35-45 km drive (2-3 hours)	Machhapuchhre Guest House	(2,100 m / 6,930 ft)
10-12 km Uphill Hike (4 hours)	or Similar category	

Meals

Lunch, Dinner

Day 2: Trek to Ghorepani

On the **second day's** itinerary of the Annapurna Base Camp trek, today's trek takes you deeper into the forest. From **Banthanti**, the route goes steadily uphill through a thick rhododendron forest. If you are trekking in **spring (February to April)**, these trees are covered in red, pink, and white flowers, making the whole forest look incredibly beautiful.

The path has a mix of mud, stone steps, and tree roots, so you need to watch your step, especially if it rained the night before. You'll continue the trek until you reach a small resting point called **Nangethanti**, where you can take a break near the waterfall and enjoy the quiet surroundings. After a short rest, the trek continues uphill for about **1.5 hours toward Ghorepani**. It is a traditional village and a key stop on the Annapurna Base Camp, where you can catch the views of the **Annapurna Massif, Nilgiri, and Dhaulagiri**. Day's overnight stay and dinner are at Ghorepani.

Destination:	Accommodation	Altitude:
7-9 km Uphill Hike (4-5 hours)	Hotel Super View or Similar category	(2,800 m / 9,240 ft)

Meals

Breakfast, Lunch, Dinner

Day 3 : Trek to Tadapani

Day 3 **Annapurna Base Camp trek** starts early with a morning hike to the famous **Poon Hill viewpoint**. This spot is just an hour above Ghorepani and is one of the highlights of the trek. From here, you'll witness an incredible sunrise lighting up the Himalayas, including peaks of **Annapurna, Dhaulagiri, Machhapuchhre (Fishtail), Nilgiri, and Himalchuli**. After enjoying the views, you'll return to Ghorepani for a warm breakfast before continuing the journey.

The trek via Ghorepani to Tadapani takes you through peaceful rhododendron forests, passing spots like **Gurung Hill, Deurali, and Banthanti**. This part of the Annapurna Base Camp trekking route is a mix of uphill and downhill trails. As you reach Tadapani at **2,650 m**, you'll feel one step closer to Annapurna Base Camp. It's a perfect place to rest and prepare for the next part of your journey.

Destination:

14 km Up / Downhill Hike
(5-7 hours)

Accommodation

Hotel Grand View or Similar
category

Altitude:

(2,650 m / 8,745 ft)

Meals

Breakfast, Lunch, Dinner

Day 4: Trek to Chhomrong Village

After breakfast in **Tadapani**, you'll start your journey through a peaceful forest filled with rhododendron trees. The route goes downhill first, taking you to the quiet village of **Chuile**. Then, you'll hike uphill through Gurung village. This part of the ABC trek trail is both calming and scenic, with beautiful nature all around.

As you reach the final part of the trek, you'll walk along a ridge with open views of the stunning **Machhapuchhre Peak**. Soon after, you'll arrive at **Chhomrong**, one of the most beautiful **Gurung villages** on the path. Moreover, the village offers warm hospitality, great views, and is an overnight stop on the day.

Destination:

9-12 km Down/Uphill Hike
(5-7 hours)

Accommodation

Hotel Panorama/ Excellent
View

Altitude:

(2,130 m / 6,988 ft)

Meals

Breakfast, Lunch, Dinner

Day 5: Trek to Bamboo

On the fifth day, your trek continues as you leave Chhomrong and hike downhill toward the **Chhomrong Khola**. After crossing a suspension bridge, you'll begin climbing uphill again to reach Sinuwa village along the **Annapurna Base Camp trail**. At **Sinuwa**, you will have lunch.

After lunch at Sinuwa, you'll continue walking through a dense forest filled with **bamboo and rhododendron trees**. The path then leads you downhill to **Bamboo village**, your destination for the day. This peaceful stop along the ABC trek trail offers a cool, calm atmosphere and is a refreshing place to

rest before continuing the day's journey.

Destination:	Accommodation	Altitude:
8-11 km Uphill Hike (4-5 hours)	Trekking Guest House or Similar category	(2,300 m / 7,590 ft)

Meals

Breakfast, Lunch, Dinner

Day 6: Trek to Deurali

Today, you'll begin your trek from Bamboo. At first, you will climb through foggy **Bamboo forests** toward **Dovan**. Leaving bamboo forests, you'll begin ascending through rocky paths towards an exposed ridge. As you climb higher, you'll pass through Dovan and continue to the Himalaya village.

From Himalaya, the trail follows the beautiful **Modi River** upstream toward Deurali. The route becomes more open with fewer trees and more mountain views. You can even take a short exploration to the **Hinku Cave**, an ice cave formed out of icy mountain water. Continuing the trek, you'll reach **Deurali (3,200 m)**, where you'll spend the night surrounded by towering peaks.

Destination:	Accommodation	Altitude:
8-10 km Uphill Hike (5-6 hours)	Panorama View Hotel or Similar category	(3,200 m / 10,499 ft)

Meals

Breakfast, Lunch, Dinner

Day 7: Trek to Annapurna Base Camp

Today is the day you have been waiting for. The day starts with the climb alongside the Modi River towards the pristine alpine shrubs. You may see naturally stacked rock slabs. An arduous climb past another icy cave will bring you to Machhapuchhre Base Camp (3,700 m), located right below the sharp peak of Mount Fishtail. From here, you get stunning views of the Fishtail Mountain, known for its unique shape. You'll also pass the lovely Deurali Waterfall before reaching MBC.

You'll enjoy lunch at Machhapuchhre Base Camp and start on the trail's last section. After about an hour of walking through vast rocky fields, you will reach Annapurna Base Camp (4,130 m), your journey's ultimate destination. From here, you'll get 360-degree views of snowy peaks like Annapurna I, Annapurna South, Hiunchuli, and Dhaulagiri. Spend your evening witnessing the sunset over the Himalayan peaks and stargazing under a clear sky at night. Stay overnight at ABC.

To know more about the [Deurali to Annapurna Base Camp trek](#) route, various reads about the day are suggested.

Destination:	Accommodation	Altitude:
7.5-9 km Uphill Hike (4-6 hours))	Annapurna Sanctuary Lodge or Similar category	(4,130 m / 13,550ft)

Meals

Breakfast, Lunch, Dinner

Day 8: Trek to Bamboo

Your day starts early at Annapurna Base Camp. Wake up to a golden sunrise over the Annapurna range and enjoy peaceful views of **Annapurna massif, Hiunchuli, and Machhapuchhre**. Before breakfast, take a walk to the Memorial Chorten. It's a special moment on the adventure, surrounded by snow-covered peaks.

After enjoying your breakfast, you'll begin to trek back by heading downstream along the **Modi River** towards **Deurali**. Further, you will continue climbing down through the Himalaya, Dovan, until you reach Bamboo. It's a long but rewarding day filled with nature, mountain air, and the comfort of walking back through landscapes you now know well. Overnight in Bamboo.

Destination:

13-15 km Downhill Hike
(6-8 hours)

Accommodation

Trekking Lodge or Similar
category

Altitude:

(2,300 m / 7,590 ft)

Meals

Breakfast, Lunch, Dinner

Day 9: Trek to Jhinu Danda

Leaving Bamboo, you'll begin trekking through lush forests and then climb along the narrow ridge towards **Sinuwa village**. From Sinuwa, the trail gradually drops towards the **Chhomrong River**. Cross the river and climb the stone steps towards **Chhomrong Village**.

From Chhomrong, the trail continues downhill along an exposed ridge to reach Jhinu Danda. This cozy village is at a lower altitude and is well known for its natural hot springs. After a long day on the Annapurna Base Camp path, you can soak in the warm water and relax your sore muscles. It's the perfect way to end the day. Overnight stay in Jhinu Danda.

Destination:

8.5-11 km downhill Hike (5-6
hours)

Accommodation

Park Himalaya/ Namaste Lodge

Altitude:

(1,600 m / 5,280 ft)

Meals

Breakfast, Lunch, Dinner

Day 10: Trek to Samrung - Drive to Pokhara - Overnight in Pokhara

It's your **last day** at the Annapurna region and the Annapurna Base Camp Trek trail. Have your morning meal at Jhinu Danda, then begin a short downhill trek to Samrung. From Samrung, you'll hop on a jeep and drive back to Pokhara via Nayapul.

Once in Pokhara, you can relax by **Fewa Lake**, take a peaceful stroll, or enjoy the city's vibrant cafés and

lakeside vibes. After completing the ABC trek, a restful night in **Pokhara** is the perfect way to celebrate the journey.

Destination:

20 minutes downhill hike (1-2 km) +
2-4 hours drive to Pokhara
(55-60 km)

Altitude:

(820 m / 2,690 ft)

Meals

Breakfast

What's Included

- Pick Up and Drop Off at Hotel in Pokhara before/after Trekking.
- Lodge (Twin share basis) accommodation during the trek.
All meals (Breakfast, Lunch, Dinner) during the trek.
- One experienced, first aid trained, fluent English speaking, friendly, and government-authorized trekking guide
- 1 Porter per 2 Trekkers and keep luggage weight under 10kg per person.
- Guide/ Porter's food, accommodation, salary, insurance, transportation, and equipment.
- Entire overland transportation as mentioned in the itinerary.
- Annapurna conservation area project (ACAP) and necessary permits.
- A trekking map, a duffel bag, an oxygen saturation check-up every day, water purification, a first aid kit box, a company t-shirt, and a trekking completion certificate.
- Government tax and service charge.
- Assistance for emergency rescue evacuation.
- Public Liability Insurance.

What's Not included

- Hotel accommodation and meals in Kathmandu/Pokhara.
- Hard and soft drinks such as tea/coffee, Coke, Fanta, mineral water, beer, dessert, hot shower, hot water, battery charge, laundry, phone bill, bar bill, etc.
- Personal Travel Insurance.
- International Flight Tickets.
- Nepal Tourist Visa Fee.
- Tips for guides and porters (Highly suggested).

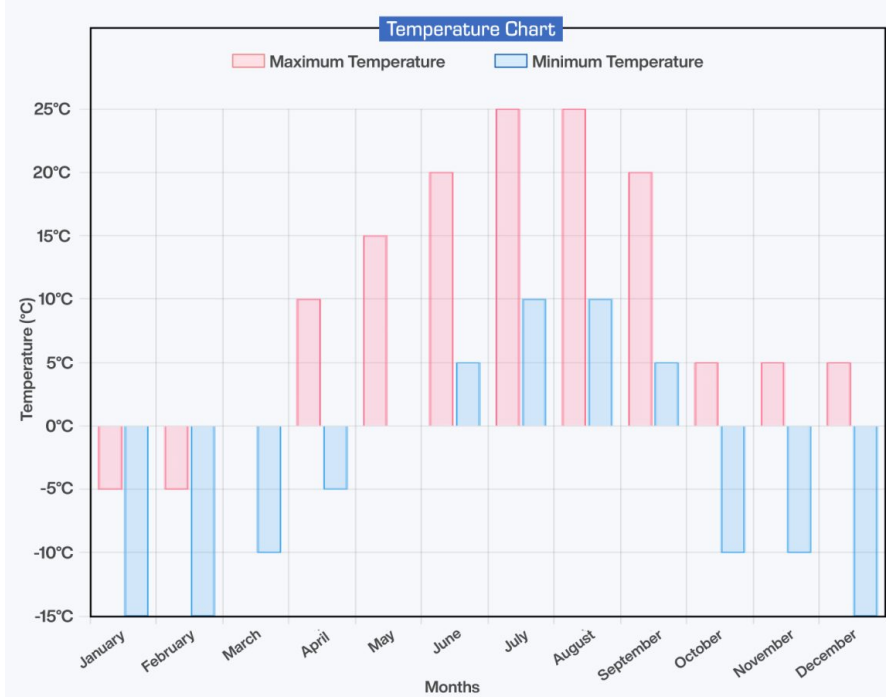
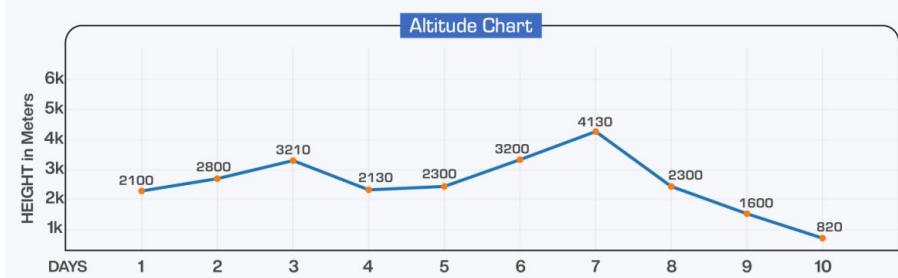
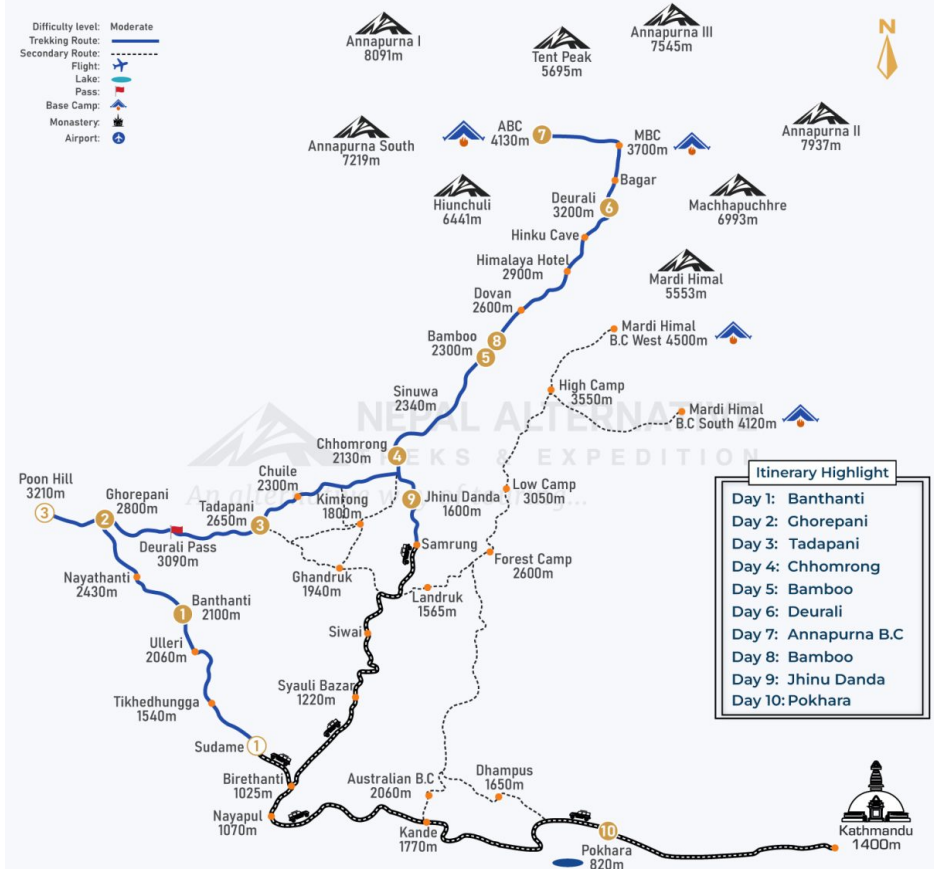
ABC Trek Route Map



NEPAL ALTERNATIVE
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ANNAPURNA BASE CAMP TREK

10 DAYS



Traveler Reviews

Everything Was Easy and Enjoyable on ABC Trek

Annapurna Base Camp Trek

Firstly I want to thank Tej (Managing Director of the company) for his outstanding help and dedication to make the trek as best as possible.

Communication was absolutely wonderful: Fast, helpful, insightful, on the point and never pushy.

The online payment process is great and reliable.

Tej can help you with a lot of info and advice to cater and tailor the trek to your every needs (how many days, transfer from Kathmandu etc.). Please be advised that they have different types of treks and guides (depending on your budget and needs). We chose "Guide cum porter" which is an entry level guide.

So you should expect less English skills and expertise, but for us it was enough and great as we could manage ourselves just fine.

If you want a more relaxed and stress-free trek you may want to choose an experienced guide (which they also provide).

Our "guide cum porter" was a bit inexperienced, but very kind and also a very fun guy. Even if he was at the start of his career you could see that he tried his best to help us make the trip as enjoyable as possible.

Thanks Gurung for all the fun moments on the trek. All in all, we will definitely trek again with Tej and his team next time we travel to Nepal.

Thanks Tej and NAT&E staff!

Rating: 5/5

Olteanu Marius

Bucharest, Romania

My second time trekking through your agency was also amazing as last time !

My second time trekking through your agency was also amazing as last time. Thanks very much for organizing so professionally my trek for a month to ABC, Manang and Ganesh Himal. My porter cum guide Chanda is very friendly, helpful, informative and taking care of me. It is never enough to visit Nepal and to see its beauty for me so I have already planned to visit again next year.

Rating: 5/5

Chris drummon

Canada

Additional Trip Information

Top 4 Things to Experience During Annapurna Base Camp with Poon Hill Trek

The most significant experiences during the Annapurna Base Camp Trek include the sunrise view from Poon Hill, cultural diversity in the villages, a hot bath at Jhinu Hot Springs, gorgeous mountain views from Annapurna Base Camp, and Machhapuchhre Base Camp.

Sunrise View from Ghorepani Poon Hill Viewpoint

Poon Hill is one of Nepal's most famous viewpoints, and for good reason. This famous viewpoint offers a 360° sight of the Himalayas, including **Annapurna, Dhaulagiri, Machhapuchhre (Fishtail), Hiunchuli, Nilgiri, and Gangapurna**. On clear mornings, the first light of day turns the snowy peaks into glowing shades of gold, which is a highlight of the location. While sunrise is the most popular, sunset views are equally stunning.

To get to the viewpoint, trekkers wake up before dawn in Ghorepani and hike for about an hour up stone staircases through rhododendron forests. They reach Poon Hill just in time to watch the sunrise over the Annapurna and Dhaulagiri ranges, as the first golden light touches the mountain peaks.

Local Culture in Villages Like Ghorepani, Tadapani, and Deurali

You will experience the Annapurna region's diverse culture and tradition during the trek. Most of the region's residents belong to the Gurung, Magar, and Thakali ethnic groups. Each ethnic group has its unique language, dress, culture, customs, festivals, and beliefs. For example, the women from the Gurung community wear *Lungi* while men wear *Bhangro*. Magar women wear traditional attire known as *Chaubandhi cholo*, while men wear *Kaachhad*. Similarly, you can experience the Ghatu dance that belongs to the Gurung community, and the Maruni dance of the Magar communities.

Likewise, you will also come across ancient monasteries and stupas, which reflect the influence of Tibetan Buddhism. Some ethnic groups also follow their indigenous religion. But one thing is common to them all: their warm and friendly hospitality. The teahouses, lodges, and homestays are common accommodations in the Annapurna region. Locals run these places along the trails. They offer authentic local cuisine, which you can taste during the trek. Thus, the trek to Annapurna Base Camp is not only an adventure but also a rich cultural exploration.

Relax Bath in the Jhinu Hot Springs After a Long Day's Trek

After long trekking days, nothing feels better than a dip in the Jhinu Danda hot springs. After the hike to Annapurna Base Camp, you'll descend to Bamboo and Jhinu Danda. At 1,600 m in elevation, the village is famous for its natural hot springs. To reach the hot springs, you must take a 30-minute hike on steep trails from the village.

The hot spring pools lie on the Modi Khola Riverbank, and lush trees surround them. You can soak and relax your tired muscles in the hot water while enjoying the views. Depending on the river conditions, you can also dip into the icy river waters. However, this is not possible when the river current is too strong, and the river level is too high. The hot springs will rejuvenate you, and you can return to the village to stay overnight.

Jaw-Dropping Views at Annapurna Base Camp and Machhapuchhre Base Camp

Reaching Machhapuchhre Base Camp (MBC) and Annapurna Base Camp (ABC) is the ultimate reward of the trek. From MBC, you'll see the iconic Fishtail Peak up close, along with other towering summits. A few hours further, ABC opens into a natural amphitheater surrounded by mountains such as **Annapurna I, Hiunchuli, Gangapurna, and Machhapuchhre**.

Meals and Accommodation During Annapurna Base Camp with Poon hill Trek

Meals Options For Annapurna Base Camp with on Hill Trek

There are various meals during the trek, and you can find several options at the teahouses. However, the lower elevations (Pokhara, Ghorepani, Chhomrong) offer a wide range of meal options (from traditional Nepalese, Tibetan, and Western dishes), as you go higher (Deurali, Annapurna Base Camp), food choices become more limited and prices increase. However, we provide three meals daily: breakfast, lunch, and dinner at the finest tea house. **Here's the sample of the meal we provide:**

Meal	Option
Breakfast	Porridge, pancakes, muesli, toast, Nepali set breakfast
Lunch	Dal Bhat (rice with lentil soup), momo, thukpa, fried rice, chowmein, sandwiches
Dinner	Dal Bhat, curry, spaghetti

Tips for trekkers:

- Hot water is available but with an extra cost
- Bring snacks and energy bars for trekking.
- Refill your bottle from taps along the trail (after purification). But use a purification tablet to filter water.
- Buying 4-5 bottles of mineral water every day is impractical due to the high cost and limited availability.

Accommodation During 10 Days Annapurna Base Camp Trek

You will stay in teahouses, lodges, and homestays during the Annapurna Base Camp Trek. They are budget-friendly and provide basic facilities. Generally, rooms with attached bathrooms are not available during the trek. Instead, you'll have shared bathrooms. The room has a twin-sharing bed with a modest wooden frame, along with a mattress, pillow, and blanket.

Dining is in a communal dining area, often with a heater in the center. Moreover, charging facilities, Wi-Fi, and hot showers are also available at the tea house but cost extra. The facilities of the tea houses become minimal as you ascend to higher elevations.

You will stay at the following teahouses during the trek:

Day	Teahouse Name	Location
Day 1	Machhapuchhre Guest House	Banthanti
Day 2	Hotel Super View	Ghorepani
Day 3	Hotel Grand View	Tadapani
Day 4	Hotel Panorama/ Excellent View	Chhomrong
Day 5	Trekking Guest House	Bamboo
Day 6	Panorama View Hotel	Deurali
Day 7	Annapurna Sanctuary Lodge	Annapurna Base Camp

Day 8	Trekking Lodge	Bamboo
Day 9	Park Himalaya/ Namaste Lodge	Jhinu Danda
Day 10	Not applicable	Pokhara

ABC Trek Distance, Transport, and Communication Guide

Planning the Annapurna Base Camp trek starts with understanding the practical details, including how far you travel, which route you take, how you get there, and how you stay connected along the way.

How Far Is Annapurna Base Camp from Pokhara?

The total distance from Pokhara to Annapurna Base Camp is approximately 81.1 km. As the trek begins, you cover about 10 to 14 km per day on foot, with each walking day taking between 5 and 7 hours, depending on the route. The distance may sound long on paper, but once you are on the trail, the constantly changing landscape keeps every kilometer interesting.

Transportation Options for the Annapurna Base Camp Trek

Getting to Pokhara from Kathmandu:

The ABC trek starts from Pokhara, and you have two main options to get there from Kathmandu:

- **By Air:** A domestic flight from Kathmandu to Pokhara takes just 25 minutes and operates daily.
- **By Road:** Tourist buses, public buses, private cars, and jeeps all run between Kathmandu and Pokhara. The overland journey takes approximately 6 to 7 hours.

Getting from Pokhara to the Trek Starting Point:

From Pokhara, the only way to reach Sudame, the starting point of the trek, is by road. A jeep is the most practical option, as the road to Sudame is unpaved and includes rough, bumpy sections that are not suitable for regular vehicles.

Communication Options Along the ABC Trek

- **Mobile Network (NTC / Ncell):** Nepali SIM cards from NTC or Ncell provide good coverage in the lower parts of the trail, up to Chhomrong. Beyond that, signals become weak and unreliable.
- **Wi-Fi at Teahouses:** Many teahouses along the route offer Wi-Fi, but the connection is slow and comes at an extra charge.
- **Satellite Phones:** In areas with no mobile coverage, some teahouses and guides carry satellite phones that can be used in emergencies.

What are the Permit Requirements for ABC with Poon Hill Trek?

Annapurna Conservation Area Permit is only required for the Annapurna Base Camp Trek. The permit allows trekkers to enter the Annapurna Conservation Area, which is a protected region, and supports environmental conservation and sustainable tourism. Without this permit, you cannot legally trek through the area.

Trekkers can obtain the ACAP permit in person, either in Kathmandu or Pokhara. In Kathmandu, an

ACAP permit can be issued at the ***Nepal Tourism Board (NTB) Office, located in Bhrikutimandap, Kathmandu***. Likewise, in Pokhara, an ACAP permit can be obtained at the ***Nepal Tourism Board (NTB) Office, located in Damside, Pokhara***. These offices are open from Sunday to Friday, 10:00 AM to 5:00 PM and remain closed on Saturdays and public holidays.

The ACAP permit fees are **NRs 3,000 for foreign nationals, NRs 1,000 for SAARC nationals, and free for children under 10 years of age.**

Note: *As of recent policy changes, Trekker's Information Management System (TIMS) card is no longer required for the Annapurna Base Camp Trek, which was mandatory before.*

Preparation for Annapurna Base Camp with Poon Hill Trek

Physical preparation

Trekking to Annapurna Base Camp requires several hours of hiking each day, with steep climbs and descents. So, you must be physically fit. Some simple exercises can help you prepare, like running, cycling, or brisk walking, to improve your stamina. For leg strength, do exercises like squats and lunges. Regular hikes with a backpack will also help you get used to trekking.

Mental preparation

Mental preparation is as important as being physically ready for the ABC trek. Choosing the best time for the trek will help you avoid mental weakness. You will have to walk for several hours, so you must be prepared mentally. You have to push yourself in challenging situations. You must prepare your mind for what you'll encounter on your trekking journey. You must stay positive throughout your trip.

Acclimatization

Acclimatization is very important because the ABC trek takes you above 4,000 m. As you go higher, the air gets thinner, which can cause altitude sickness. To reduce this risk, you should plan your trek with acclimatization days to let your body adjust. Stay well hydrated and limit caffeine, as it can contribute to dehydration at altitude.

Gear and Equipment

Knowing what to pack for the Annapurna Base Camp is essential, as packing the right gear and equipment for the journey makes a real difference between a comfortable journey and an unnecessary struggle on the trail. Here is the list of gear trekkers should consider packing while planning an Annapurna adventure:

Clothing

- Thermal Tops and Bottoms
- Trekking Shirts
- Trekking Pants
- Fleece Jacket or Down Jacket
- Waterproof Jacket and Pants
- Hiking Socks

- Gloves
- Hat

Foot Wear

- Trekking Boots
- Sandals or Lightweight Shoes

Backpack

- Daypack (20-30L)
- Duffel Bag

Sleeping Gear

- Sleeping Bag

Other Essentials

- Trekking Poles
- Water Bottles and Purification Tablets
- Headlamp
- First Aid Kit
- Sunglasses
- Sunscreen and Lip Balm
- Snacks

Accessories

- Gaiters
- Microspikes
- Travel Towel
- Personal Toiletries

Annapurna Base Camp Elevation

Annapurna Base Camp, situated at the base of the world's tenth-highest peak, Mount Annapurna (8,091 m), lies at an impressive height of 4,130 m / 13,550 ft above sea level. Reaching the altitude is one of the major achievements and a moment one can cherish for a lifetime. However, the journey is not easy, but of course, stunning through diverse terrain, lush forests, and rocky paths within the Annapurna Conservation Area.

ABC sits at an altitude of 4,130 m, where altitude-related issues are a significant concern. The higher the elevation, the lower the oxygen level, and the difficulty in breathing will increase accordingly. Thus, trekkers should be well aware of the challenges that might arise throughout the trek before attempting to conquer the height of the iconic base camp.

However, one can't directly reach an elevation of 4,130 m; instead, trekkers should pass through numerous villages before reaching the altitude. Here is a brief breakdown of the elevation trekkers pass through to get the ultimate height of 4,130 m:

- **Pokhara:** Pokhara is the gateway to ABC and lies at an elevation of 822 m / 2,696 ft.

- **Sudame:** The trek to ABC begins from the village of Sudame, located at 1,537 m / 5,042 ft.
- **Banthanti:** At an elevation of 2,100 m / 6,930 ft, Banthanti is the first stop on the journey to ABC.
- **Ghorepani:** A famous village on the way to Annapurna Base Camp, Ghorepani lies at an altitude of 2,800 m / 9,240 ft.
- **Tadapani:** The village lies at an elevation of 2,650 m / 8,745 ft.
- **Chhomrong:** One of the most beautiful Gurung villages of the Annapurna region, Chhomrong lies at an elevation of 2,130 m / 6,988 ft.
- **Bamboo:** Located in the dense bamboo forest, the village lies at 2,300 m / 7,590 ft.
- **Deurali:** The last destination before reaching Annapurna Base Camp, Deurali lies at an elevation of 3,200 m / 10,499 ft.

Is Annapurna Base Camp Harder Than Everest Base Camp Trek?

Annapurna Base Camp Trek Vs Everest Base Camp Trek is a dilemma for trekkers. The answer to this question can vary depending on personal preference. Both trek destinations are moderately difficult treks and have no age restrictions. However, altitude plays a crucial role in determining the trek’s difficulty. **The Everest Base Camp trek reaches 5,364 m / 17,598 ft.** At this altitude, the oxygen level is much lower, and trekkers often feel short of breath or face symptoms of altitude sickness. On the other hand, the **Annapurna Base Camp trek goes up to 4,130 m / 13,550 ft.** While still high enough to cause altitude issues, it is not as extreme as Everest.

Moreover, the **Everest Base Camp trek usually takes 12 to 14 days**, including rest days for acclimatization. The long duration adds to the difficulty but also gives trekkers more time to adjust to the elevation. **The Annapurna Base Camp trek is shorter, taking 7 to 12 days** depending on the route and pace.

Likewise, the **Everest Base Camp trail passes through Sagarmatha National Park and features steep paths, rocky ground, and narrow ridges.** It is more rugged and can get crowded during the high season. **The Annapurna Base Camp trail has stone staircases, terraced fields, rhododendron forests, and alpine meadows.** The paths are well-maintained, and the climb is more gradual.

Not to mention, trekkers need to fly to Lukla, the starting point of the Everest Base Camp trek, either from Kathmandu or Ramechhap Airport. During the busy season and bad weather conditions, flights are often delayed, canceled, or diverted to Ramechhap Airport. This also adds to the challenge of the EBC trek. On the other hand, Pokhara is the starting point of the ABC trek and is easily accessible by both road and air from Kathmandu.

Hence, based on altitude risk, longer trekking days, flight delay probability, and trail conditions, the Everest Base Camp trek is generally considered more challenging than the Annapurna Base Camp Trek.

To help you decide, here’s a clear side-by-side comparison of both treks covering key factors such as altitude, duration, trail conditions, permits, crowd levels, and cultural experience.

Factors	Annapurna Base Camp Trek	Everest Base Camp Trek
Maximum Elevation	4,130 m / 13,550 ft	5,364 m / 17,598 ft
Trek Duration	7-10 days	12-14 days
Difficulty Level	Moderate	Moderate to Challenging

Altitude Sickness Risk	Moderate	Moderate to Higher
Starting Point	Pokhara	Lukla
Trek Region	Annapurna Region	Everest Region
Trail Type	Stone staircases, terraced fields, rhododendron forests, alpine meadows	Rocky paths, steep ridges, narrow trails, glacial terrain
Scenery Variety	Forests, villages, rivers, glaciers, and peaks	Sherpa villages, glaciers, icefalls, and high Himalayan peaks
Cultural Experience	Gurung, Magar, and Thakali communities	Sherpa culture, Buddhist monasteries, and Namche Bazaar
Crowd Level	Moderate	High, especially during peak seasons
Permits Required	ACAP	Sagarmatha National Park Permit and Khumbu Pasang Lhamu Rural Municipality Permit
Physical Fitness Required	Average fitness; suitable for beginners	Good fitness; previous trekking experience recommended
Iconic Highlights	Poon Hill sunrise, Machhapuchhre, ABC amphitheater	Kala Patthar, Khumbu Icefall, Namche Bazaar
Suitable For	First-time trekkers, families, and moderate hikers	Experienced trekkers and those comfortable at high altitude

Now that you know what the journey looks like, all that's left is to experience it yourself. If you have any questions regarding the trip, [contact us](#) directly at Nepal Alternative Treks. Our experts are ready to guide you 24/7.

Frequently Asked Questions

Is Annapurna harder than Everest Base Camp?

The Annapurna Base Camp trek is generally considered easier than the Everest Base Camp trek. Annapurna has a lower maximum altitude of 4,130 m, while Everest Base Camp is at 5,364 m. The Annapurna trek also has shorter daily walking hours and less steep sections than Everest.

Which is better, Annapurna Circuit or Annapurna Base Camp?

The choice between the [Annapurna Circuit](#) and [Annapurna Base Camp](#) depends on what you want. The Annapurna Base Camp trek is better for those seeking a shorter, easier journey with close-up mountain views. On the other hand, the Annapurna Circuit is ideal for trekkers wanting a longer, more challenging adventure with diverse landscapes and the high-altitude Thorong La Pass.

How crowded is the Annapurna Base Camp Trek route?

The Annapurna Base Camp Trek can get quite busy, especially during the peak seasons, spring and autumn. Many trekkers choose this route because it is popular and offers beautiful views. So, you might see a lot of people on the trail, particularly around the base camp and in the main lodges.

How many days from Pokhara to Annapurna Base Camp?

The trek from Pokhara to Annapurna Base Camp usually takes about 7 to 9 days. This includes the time to travel from Pokhara to the starting point of the trek, trek to the base camp, and return to Pokhara. Still, the exact number of days can vary depending on your pace and the route you take.

Which village is closest to Annapurna Base Camp?

The closest village to Annapurna Base Camp is Deurali. The village is located along the trek route and serves as a common stop for trekkers on their way to the base camp. Also, Deurali village is situated at a lower altitude, which helps trekkers acclimatize before reaching the higher elevations of the base camp.

Can you do the ABC trek without a guide?

No, you cannot do the Annapurna Base Camp trek without a guide. Nepal now requires most foreign trekkers to trek with a licensed guide for safety and regulation purposes, so solo trekking without one is generally not permitted.

Are Wi-Fi and other communication media available during the ABC Trek?

Yes, Wi-Fi and other communication services are available on the Annapurna Base Camp trek, but they are limited and less reliable as you move higher. Most teahouses along the route offer paid Wi-Fi, and mobile network coverage is available in many areas, though signals are weak or inconsistent.

Is Travel Insurance Required For Annapurna Base Camp Trek?

Yes, travel insurance is highly recommended and required for the Annapurna Base Camp trek. Due to risks like altitude sickness, injuries, and unpredictable weather, most trekking agencies ask for proof of insurance, especially one that covers high-altitude trekking and emergency helicopter evacuation.

Can I trek with my period?

Yes, you can trek to Annapurna Base Camp while on your period. With proper preparation like carrying enough sanitary products, maintaining hygiene, staying hydrated, and managing cramps, the trek is achievable even for those on their period.

How does my family get updated about my trek?

Your family can stay updated during the ABC trek through time-to-time communication rather than constant contact. Most accommodation points along the route offer paid Wi-Fi, and mobile network coverage is available in many sections, which allows you to send messages or make calls when the signal is available. If you're trekking with a guide or agency, they can also provide updates in case of

emergencies.

Cancellation Policy

We understand that plans can change willy-nilly. However it is our responsibility to ensure fairness and transparency among our customers regarding our cancellation policy. So we kindly request all travelers to carefully review the cancellation and refund policy before confirming their trip.

After your trip starts, we cannot provide a refund for any voluntary withdrawal, cancellation, or early departure by the traveler. This means ***the full amount paid to us will not be refunded after the trip has begun.*** Likewise, if during the trip, any services such as accommodation, sightseeing, meals, transportation, etc. included in the itinerary/trip are not used by the customer, no refunds or reuse will be provided to whatever portion remains unused on the trip.

Also, please note that ***last-minute cancellations are non-refundable.*** You have to understand that many trip arrangements such as accommodation, transportation, permits, guides, and operational logistics are confirmed and pre-booked. Thus, cancellations made at the last minute create non-recoverable costs for the company and so do for our clients. In addition, cancellations made shortly before the departure date or after the trip has started will be considered as last-minute cancellations and will not be eligible for any refund.

Still, the company will use their discretion in setting the conditions for the refunds, therefore, few of the conditions mentioned are subject to change. The company holds every right to cancel the trips booked by the customers before it is guaranteed to run or an official agreement is signed. A trip is guaranteed to run once it has two fully paid travelers unless minimum numbers state otherwise.

Unfortunate circumstances such as unforeseen natural disaster, canceled flights, strike, industrial action, wars, riots, quarantine, government intervention, weather, the deteriorating health condition of a group member, etc. could lead to cancellation of trips. In such cases, the customer can either ask to get back the 90% of the total trip cost paid to the company (13% Government Tax will be deducted) or reuse the cost in an alternative trip with the same price, immediately, in the following season of the same year.

The company will require a written notice in case of any cancellation. Please ensure the date of the trip cancellation is the date on which the written cancellation is received by the company. If you cancel the trip anytime prior to the departure date of the actual trip, 90% of the total cost is reusable for a year or refund.

Trip Amendment

First and foremost, please note that all the amendment conditions are applied to the trips listed on this site only. Below are a few notes to take about the amendment fees in case of any changes during, while, or after the booking:

If the company receives a request on the booking amendments at least 60 days prior to the trip, a total of USD 50/person is charged to the customer. However, if the customer's request for a booking amendment in less than 60 days before the trip departure, then the charges will be as per the cancellation policy mentioned above. In case of any changes in the price of the trip during the procedure of booking and the

amendments, the new cost will be applied to the trips. Please note that these changes might not be applied by the company, but can be levied upon the company by the third parties i.e. the hotels or the service providers working with the company.

Any changes, amendments, or additions in aggregation to the trips you have booked, for example, hotels, transfers, additional days, etc. will account for no additional fee.

Health Conditions

Nepal Alternative Treks places the highest priority on the safety and well-being of all travelers. We need to ensure the traveler's well-being and health condition at the time of booking. While travelers can participate without medical documentation, those with chronic illnesses or long-term medical conditions must obtain a doctor's consent before joining the trip. This is to ensure their health is not badly affected during the adventure and that they can safely enjoy the journey.

The company will not be responsible for any type of mishaps and will not bear the medical and evacuation expenses on behalf of the participant. Therefore, we request our clients to consult their doctors for a thorough checkup and vaccination before booking a trip with us. In addition, clients with specific health needs or concerns should inform the Company in advance. This allows us to provide guidance and, if required, arrange additional services to make the trip safer and more comfortable. If needed, clients may also request additional services related to the length of the trip or stay in the country of travel.

Weather and other unfavorable conditions

Clients should be well aware of the unpredictability of the weather conditions in the mountainous regions. The unfortunate weather conditions, especially in the Everest, Jomsom, and Kanchenjunga regions, can sometimes lead to unfavorable circumstances that include delay or cancellation of flights. The Company will cover the expenses of accommodations and food in the departing location until the arrangement of flights is done. However, the Company holds every right to reroute the original trip or transports which will be in favor of the situation without any addition in the cost. Please note that the company will not be responsible for any missed international flights, losses caused by Altitude Sickness, or any other unpredictable circumstances, and the participants will have to pay all the charges incurred. Nonetheless, the Company will connect and assist you to make the necessary alternative arrangements, but, the additional charge will be covered by the customers themselves.

Regardless of stating every condition and information about the trips on the website and brochures of the Company, we will not be responsible for the unforeseeable situations that may arise before or during the trips. The Company will, however, try its level best to give prior notice about it and take alternate strategies to deal with it. These booking conditions may only be waived in special circumstances, and in writing, by a letter from the Chief of the Company. Note that all the legal agreements set up and signed between the client and the Company shall be subjected to and governed by the Nepalese law.

Note: All the Terms and Conditions mentioned are prepared as per the laws of the Government of Nepal and is governed by them. Therefore, only the head of the Company gets to intervene and holds the authority to make any amendments.

Address

Nepal Alternative Treks & Expedition

Post Box No: 8169,

House, Raniban Marg

136/205, Nagarjun, 01, Kathmandu 44600, Nepal