



Annapurna Base Camp Trek Outline Itinerary

Day 1: Arrival in Kathmandu (1,400m-4593ft)

Day 2: Drive to Pokhara (800m/2,624ft) 198KM, 6-7 Hours walk

Day 3: Drive to Nayapul 45KM (1,010m-3313ft)/Trek to Ulleri (2,000m-6561ft) 6-7 Hours walk

Day 4: Trek From Ulleri to Ghorepani (2,860m-9383ft) 3-4 Hours walk

Day 5: Ghorepani - Poon Hill (3,210m-10531ft) - Tadapani (2,630m-8628ft) 6-7 Hours walk

Day 6: Tadapani to Chomorong (2,170m-7119ft)/Sinuwa (2,360m-7742ft) 6-7 Hours walk

Day 7: Sinuwa to Himalaya (2,920m- 9580ft) or Deurali (3,230m-10597ft) 5-6 Hours walk

Day 8: Deurali to Annapurna Base Camp (4,130m-13549ft) via Machhapuchhre Base Camp (3,700m-12139ft) 4-5 Hours

Day 9: Explore Hidden Valley and back to Bamboo (2,310m-7,577ft) 7-8 Hours walk

Day 10: Trek to Jhinu Dada (1,565m-5134ft) 4-5 Hours walk

Day 11: Trek to Matque (1,070m-3,510ft) drive to Pokhara (800m-2,624ft) 2 Hours walk/3-4 Hours drive

Day 12: Drive Pokhara to KTM 7 Hours

Day 13: Final Departure