

HSJ – Authentic Himalayan Experiences, Treks & Pilgrimages

Your Adventure Awaits

ANNAPURNA BASE CAMP WITH POONHILL TREK

? Tour Gallery Available

This tour includes 11 professional photos showcasing the journey, landscapes, and experiences.

View complete gallery online at: <https://hsj.com.np>

Tour Overview

Duration	16 Days
Region	Annapurna Region
Max Altitude	4,130m
Difficulty	3 (strenuous)
Group Size	2-14 persons
Best Season	Spring/ autumn
Transportation	Land/Air
Location	Nepal

USD \$850.00

Per person (based on group size)

Tour Description

The nature lover's ideal destination, Annapurna Base Camp trek takes you to the heavenly blessed land and landscapes where one can have an insight of cultural, ethical, natural and wilderness significance. Moreover, this trek offers us astonishing views of mountain peaks including Annapurna massif, Himchuli, Ganesh Himal, Manaslu, Macchapuchhre and many other beautiful peaks.

A high glaciation basin 40 km north of Pokhara lies in the Annapurna shrine. At over 4,000 meters above sea level, this triangular plateau is surrounded by the Annapurna mountain range, most 7000 meters high. The Sanctuary was not reached by outside citizens until 1956 with just a small valley reaching the peaks of Hiunchuli and Machapuchare where glacier run-offs flow to Modi Khola river. The Annapurna sanctuary gets only 7 hours of sunshine a day in high summer because of high mountains on both sides of the river.

On a 5-7 day trek into the Sanctuary of Annapurna, the rare combination of height and depths establish an unprecedented array of habitats. The slopes to the South are surrounded by dense tropical jungles of bamboo and rhododendron and in the rainy shade of the North are more cold and drier than the Tibetan Plateau nearby.

The Gurung People held the whole sanctuary as a sacred place, one of the many native people to be found in this area. They considered that the Gold and various treasures were laid down by the N?gas and the serpent gods known in India. The sanctuary was thought to be home to several gods: Hinduism and Buddhism, as well as ancient animist gods. The Gurung people in the region were forbidden to bring eggs or meat to the Annapurna Sanctuary until recently, and women and non-touchables were also forbidden.

The number of trekkers to the shrine has grown significantly in recent years, in part as the shrine is a basis for one of the main routes to the summits of the range of Annapurna. The Annapurna Sanctuary now forms part of the Annapurna Conservation Area Scheme, which sets restrictions on the amount of foreign visitors, firewood harvest and domestic livestock pastures.

Quick Facts about Annapurna Base Camp

- Annapurna base camp is in the lap of the 10th highest mountain Mount Annapurna (8,091 m above the sea level).

- Annapurna Base Camp is inside the Annapurna conservation area (7,629 sq. km).
- Annapurna base camp is situated at the altitude of the 4,130 m from the sea level.
- There are tea houses at Annapurna base camp surrounded by snow-capped mountains.
- More than 20 thousand trekker treks to the Annapurna base camp every year.

Highlights

- Breathtaking view of Birethanti waterfall
- Beautiful view of Sunrise from Ghorepani- Poonhill
- Magnificent view of Annapurna range from Annapurna Base Camp
- Visit charming village of Chhomrong Village
- Jhinu Hot Spring
- Panoramic view of the Annapurna Range
- Sightseeing tour of cultural heritage sites of Kathmandu valley
- Explore the lush and wild Chitwan national park (optional)

Tour Highlights

Detailed Itinerary

Day 1: Arrival Day

Altitude: Kathmandu (1,400 m) | Overnight: Himalayan Suite Hotel

Upon reaching Kathmandu, our representative will greet you at the airport, providing a warm welcome before transferring you to your hotel. Use this day to acclimate to the new time zone and dive into the vibrant atmosphere of Kathmandu. An orientation program is scheduled for 5 pm to help to get acquainted with your surroundings.

Day 2: Day tour of Kathmandu Valley

Altitude: Kathmandu (1,400 m) | Duration: 4-5 hrs | Overnight: Himalayan Suite Hotel

Following breakfast, our knowledgeable tour guide from Himalayan Social Journey will escort you on a captivating journey to explore Nepal's UNESCO-listed world heritage sites. Today's itinerary includes visits to the renowned Pashupatinath temple, the majestic Bouddhanath stupa, the tranquil Swoyambhunath Stupa and the historic Patan Durbar Square.

Day 3: Drive to Pokhara

Altitude: Pokhara (822 m) | Duration: 5-6 hrs | Overnight: Hotel Lake Star

Experience the picturesque journey to Pokhara by road, where every twist and turn unveils breathtaking vistas of Nepal's natural beauty. From terraced fields to cascading waterfalls, the route offers a scenic spectacle. Prepare to be mesmerized by the majestic Himalayan peaks and serene lakes that await in Pokhara's embrace.

Day 4: Drive to Tikhedhunga and Trek to Ulleri

Altitude: Ulleri (2,055 m) | Duration: 1-2 hrs | Overnight: Guest House

From Pokhara, take ground transport to Tikhedhunga where the journey begins for the trek to Ulleri. As we traverse through lush forests and charming villages. Prepare to be immersed in nature's grandeur and the cultural richness of the region.

Day 5: Ulleri to Ghorepani.

Altitude: Ghorepani (2,874 m) | Duration: 4-5 hrs | Overnight: Guest House

The trekking from Ulleri to Ghorepani is about 5 hours. This segment of the trek offers a challenging yet rewarding journey through the himalayan foothills. As we ascend from Ulleri's stone staircases, surrounded by terraced fields and rhododendron forests, the trail gradually leads to Ghorepani. Ghorepani's welcoming tea houses provide a cozy heaven for trekkers to rest and refuel before continuing their adventure in the Annapurna region.

Day 6: Hike to Poonhill and trek to Tadapani

Altitude: Poonhill (3,210 m), Tadapani (2,610 m) | Duration: 4-5 hrs | Overnight: Guest House

The trekking from Poonhill to Tadapani is about 6-7 hours (7.4km). Poonhill, located in the Annapurna region, offers breathtaking panoramic views of the himalayas, including Annapurna and Dhaulagiri ranges, at sunrise. The hike to Poonhill typically starts from Nayapul and winds through lush forests, charming villages, and terraced farmland. It's a relatively moderate trek suitable for beginners and seasoned hikers alike. After witnessing the stunning sunrise from Poonhill, trekkers often continue their journey towards Tadapani. The trek to Tadapani offers serene forest walks with occasional glimpses of towering peaks. Tadapani itself is a picturesque village perched on a hilltop, providing mesmerizing views of the surrounding mountain and valleys.

Day 7: Tadapani to Chhomrong

Altitude: Chhomrong (2,170 m) | Duration: 5-6 hrs | Overnight: Guest House

The trekking from Tadapani to Chhomrong takes about 6 hours (7.6 km). Tadapani to Chhomrong is a captivating segment of the Annapurna trek, offering diverse landscapes and

cultural experiences. From Tadapani, the trail descends through dense rhododendron forests, where trekkers may encounter various wildlife and bird species. As the route progresses, the scenery transforms into terraced fields and quaint villages, showcasing the traditional lifestyle of the Gurung people. Chomrong, nestled in the lap of the Himalayas, serves as a gateway to the Annapurna sanctuary and is renowned for its stunning views of Annapurna South and Macchhapuchre peaks. The hike from Tadapani to Chomrong presents trekkers with a perfect blend of natural beauty and cultural immersion.

Day 8: Chhomrong to Dovan

Altitude: Dovan (2,500 m) | Duration: 6-7 hrs | Overnight: Guest House

The trekking from Chomrong to Dovan takes about 6-7 hours (10 km). This is an enchanting trek through the rugged landscapes of the Annapurna region. As trekkers leave the picturesque village of Chomrong behind, they traverse steep trails and lush forests, encountering cascading waterfalls. The path meanders through bamboo forests and rhododendron groves. Dovan, nestled at the confluence of the Modi Khola and Chomrong Khola, offers a serene and tranquil atmosphere amidst towering peaks.

Day 9: Dovan to Deurali

Altitude: Deurali (3,200 m) | Duration: 4-5 hrs | Overnight: Guest House

The trek from Dovan to Deurali takes about 4-5 hours (8 km). This trek is an exhilarating continuation of the Annapurna adventure. Setting off from Dovan, trekkers navigate through the lush forests and rocky terrain, with the thundering Modi Khola river accompanying their journey. The trail gradually ascends, offering breathtaking views of the peak. Deurali, situated at a higher elevation, provides a serene resting spot amidst the rugged landscape where trekkers can rejuvenate before continuing their exploration of the majestic Himalayas.

Day 10: Deurali to Annapurna Base Camp

Altitude: Annapurna Base Camp (4,130 m) | Duration: 5-6 hrs | Overnight: Guest House

The trek from Deurali to Annapurna Base Camp takes about 5-6 hours (7.7 km). This trek is a breathtaking journey through the majestic Himalayas of Nepal. Starting from the quaint village of Deurali, nestled amidst lush forests and terraced fields, trekkers gradually ascend through a

series of picturesque landscapes, including rhododendron forests, mesmerizing waterfalls and traditional Gurung settlements. As the trail winds its way up, the panoramic views of snow-capped peaks, including the towering Annapurna massif, become increasingly awe-inspiring. Along the route, trekkers can rest and refuel at cozy tea houses. Finally, reaching Annapurna Base Camp, situated at an elevation of over 4,000 meters, offers a surreal experience.

Day 11: Annapurna Base Camp to Bamboo

Altitude: Bamboo (2,335 m) | Duration: 4-5 hrs | Overnight: Guest House

The trek from Annapurna Base Camp to bamboo is a journey through the stunning landscapes of the Annapurna, trekkers traverse through lush forests, terraced fields, and charming cultural settlements, offering panoramic view of towering snow-capped peaks including Annapurna South and Macchapuchare. This path allows you to gradually descend from the Annapurna Base camp area, enjoying the scenic beauty along the way.

Day 12: Bamboo to Jhinu (hot spring to have the natural hot bath)

Altitude: Jhinu (1,780 m) | Duration: 4-5 hrs | Overnight: Guest House

The journey begins with a scenic descent through lush forests adorned with rhododendrons, oaks and bamboo, culminating in a steep ascent to Khuldi Ghar. Afterward, the terrain levels out as we make our way to Sinuwa. Continuing on, we gradually descend towards Chhomrong Khola before ascending a seemingly endless stone staircase to Chhomrong. The final leg of the trek involves a steep descent to Jhinudanda, where a 20-minute walk leads us to the soothing Hot springs nestled alongside the Modi Khola. Here, we can relax and rejuvenate our bodies with a refreshing soak in the natural thermal waters.

Day 13: Drive to Pokhara.

Altitude: Pokhara (822 m) | Duration: 3-4 hrs | Overnight: Hotel Lake Star

the scenic drive from Jhinu to Pokhara takes us through winding roads surrounded by greenery and mesmerizing mountain views. As we journey, we'll pass quaint villages, terraced fields and cascading waterfalls.

Day 14: Guided Pokhara sightseeing

Altitude: Pokhara (822 m) | Duration: 3-5 hrs | Overnight: Hotel Lake Star

Pokhara, Nepal gem, offers a diverse range of attractions in a compact area. Start your sightseeing journey at Davis Fall, where the thunderous cascade mesmerizes visitors with its sheer power. nearby, explore the mystical depth of Gupteshwor Cave adorned with stalactites and stalagmites, echoing with ancient tales. Ascend to the White Peace Pagoda, a serene sanctuary offering panoramic views of the Phewa lake and the Annapurna range, perfect for meditation and reflection. Continue your exploration to Pumdikot, a picturesque viewpoint offering breathtaking vistas of Pokhara valley and its surrounding peaks. Finally, visit the Tibetan Refugee Camp, where vibrant cultural heritage meets resilient community spirit, offering insights into the Tibetan way of life an unforgettable experience, weaving together the threads of Pokhara's diverse tapestry.

Day 15: Drive Back to Kathmandu

Altitude: Kathmandu (1,400 m) | Duration: 5-6 hrs | Overnight: Himalayan Suite Hotel

After breakfast drive or fly back to Kathmandu (flight is optional). Evening farewell dinner with cultural program. Overnight at Himalayan Suite Hotel. (B)

Day 16: Departure Day

After breakfast transfer to airport for Departure!

What's Included & Excluded

? INCLUDED

- ? Airport pick up and drop
- ? Accommodation in Kathmandu (Himalayan Suite Hotel) and Pokhara (Hotel Dandelion or Hotel Lake Star) in twin sharing bed and breakfast basis.
- ? Meals, accommodation, insurance, and other expenses of the trekking crew (guide and porters) two people will have one porter and highly experienced English speaking guide
- ? Simple accommodation with breakfast during the trek
- ? Transportation by tourist bus Kathmandu- Pokhara -Kathmandu
- ? Private transportation Pokhara - Tikhedhunga and Jhinu - Pokhara
- ? Trekking Permit & TIMS
- ? Guided sightseeing tour in Kathmandu and Pokhara by private vehicle
- ? Necessary equipment during the trek (Sleeping bag, duffle bag if necessary)
- ? All Government taxes, VAT, and service charge.

? NOT INCLUDED

- ? Personal equipment and clothing
- ? Airfare Kathmandu- Pokhara -Kathmandu (Optional)
- ? Lunch & dinner in Kathmandu, Pokhara, and trekking days. (Meal costs about \$4 - \$7 dollar per item depending on the place where you eat)
- ? City sightseeing Monuments entrance fee in Kathmandu (entrance fee Rs 200+400+1000+1000) in each place)
- ? Travel insurance (Highly Recommended)

Frequently Asked Questions

Q: Frequently Asked Questions about Annapurna Base Camp Trek

When is the best time to do Annapurna Base Camp Trek?

Best time to do Annapurna Base Camp trek is during spring (March-May) and Autumn (September-November). HSJ can however organize the trek at any time of the year with absolute safety while still availing you to have memorable experience.

Q: Where is Annapurna Base Camp Located?

A broad glacial lake located 40 km north of Pokhara is a sanctuary at Annapurna region. At an altitude of over 4000 feet, this oval shaped base camp is located. It is now part of Annapurna Conservation Area Project that protects this area from over tourism, population and other domestic exploitation.

Q: How long is Annapurna Base Camp Trek?

This package of Annapurna Base Camp is 16 Days long. The number of days can vary depending on the routes and transportation modes, offers and packages you choose. You can also choose from our 7 Days Annapurna Base Camp Trek program here, if you have short time in Nepal but still want to do this trek.

Q: How difficult is Annapurna Base Camp Trek?

It is considered to be one of easy trekking trails of Nepal. While it is also most popular, it is also one of the easiest trekking destination. With little to no trekking experience, people have been able to successfully complete this trek. However we grade it as strenuous trekking experience as it consists of dramatic ascends and descends through steep stone stairs. Decent physical fitness and prior trekking experience can be an asset while no technical skills are necessary.

Q: Do I need guide and porter for Annapurna Base Camp Trek?

While it is possible to do Annapurna Base Camp Trek independantly, the need of guide is misunderstood often. Guide is more than just someone that helps you with navigation, guide with knowledge of locality, way of life and also being responsible to attend to your other needs like finding you comfortable accommodation. Having a porter will help you carry your gears and belongings and you can travel at your pace while enjoying your trek. A guide can arrange for permits and TIMS for you and dealing with all other technical aspects of trekking.

Q: Is Annapurna Base Camp Trek safe?

Annapurna Base Camp is easy and safe trek that people can do this trek independently. Indeed, it is secure and not risky trek. While there is always the possibility of avalanche because it is in mountainous areas, this is usually not dangerous. It's not a complex walk, the pitch is not rough, no tough moves, no sharp hits. That said, accidents can occur on any walk, so caution is of course required. A responsive acclimatization is important.

Q: What about communication while on Annapurna Base Camp Trek?

You will have working network connectivity in most parts of the trails. However at the higher altitude, the network may become sluggish and unreliable. The stops at the tea houses will have working connection and most of them would have wifi connectivity too. You may have to pay some extra charge for wifi connection and electricity at the higher altitude.

Q: Do I need travel insurance to do Annapurna Base Camp Trek?

Global passengers will be protected by insurance when trekking in Nepal. Although Nepal is normally very secure, trekking at high altitudes is physically difficult and often risky. Altitude sickness is common during hiking tours in Nepal, particularly among foreign hikers who may not have taken the right time to acclimatize. Such rescue and related emergency procedures are

costly and passengers are forced to pay for these services out of their pockets, unless they are covered by insurance plans.

Q: How often do we stop to eat during each day trek?

The break during the trek depends upon the travelers and guide. Needless to say frequent breaks are needed while ascending. Only one break is taken for the lunch. Usually travelers carry their dry snacks which they can eat while on the trek and in between the breaks. There will be break to refill the water on the way.

Q: Does HSJ organize a private Annapurna Base Camp Trek?

Yes, Himalayan Social Journey is flexible travel partner. It is possible to organize the private trip or private group trip to Annapurna Base Camp. The minimum people for the group is 2 however supplementary charge will be applicable for the solo traveler wanting to do private trip.

Q: What if I am a solo traveler?

Supplementary charge will be applicable for the solo traveler wanting to do private trip. You will also have the option to share the room with another solo traveler depending on your and their consent and interest. Even if you pay supplementary charge for the single room, it is possible that during peak seasons you will end up sharing rooms due to lack of availability of the room.

Q: How long do I need to walk per day during Annapurna Base Camp Trek?

In the average, you will be walking for 5-6 hours each day during the Annapurna Base Camp Trek.

Q: What about insurance of guides and porters?

Insurance of the guide and porter is covered by the company. All our guides and porters are properly insured.

Q: Are children allowed to Annapurna Base Camp Trek?

Yes, children are allowed to do the trek, however it is safe to not bring children under the age of 12 to do the trek as they may find it difficult and not able to walk. This could affect your trekking experience as well.

Q: Is there age limit for older people to do Annapurna Base Camp Trek?

No, there is no age limit to do the trek. If the person is healthy and physically fit, they can do the trek. We have had elderly people over 75 do this trek with us and hence we can vouch that older people can do this trek as long as they do not have significant health issues.

Q: What kind of accommodation will I get on the trails of Annapurna Base Camp Trek?

You will have teahouse or guest house accommodation while on the trek. Tea houses can be multi-story concrete buildings with private rooms in lower elevations. The higher you step up, the more simple the accommodation is. Accommodation will involve a single dorm space in the base camp. Guide will arrange for the adequate, clean and hygienic place for you to spend overnight and you will eat at the same place you will stay in. Most of the places shall have attached bathroom and hotshower however over the higher altitude, it is likely that you may have to pay extra sum for the same.

Q: Except Water, what other liquids are recommended to drink at the high altitude?

Liquid uses are about 3-5 liters a day (13-21 cups). Several findings suggest that drinking carbohydrate and electrolytes (such as sports drinks) in a liquid is safer than moisturizing water at altitude alone. There is also a study done on the effect of tea in reducing the fatigue and mood boosting. Results have been positive. This being said apart from water, you can drink green tea, masala tea, ginger tea and garlic soup.

Q: Is drinking water available and safe on the trails to Annapurna Base Camp Trek?

The Tap water supplied along the trails are considered safe for drinking and local people drink it without treating, however for the foreigners, it is best that the tap water be only drunk after purification. There are two good options for having proper drinking water during the trek. You can bring water purification tablets or fill your bottle for a nominal fee from the recognized and regulated "pure water" stations along the trek. As the last alternative, you can also purchase bottled water at the lodges but this is not recommended.

It is very important that you drink at least 3 litres of pure water daily during the trek.

Q: Do I need to apply for necessary TIMS and Permits myself?

You may have to apply and obtain necessary TIMS and Permits yourself if you are trekking solo or independently. If you are hiring trekking agency or guide, this will be taken care for you.

Q: Do you provide trekking poles?

No, the company does not provide trekking poles, you will have to manage it on your own or our guide can help you buy it when you are in Nepal. The pair of trekking poles cost from \$10-\$15.

Q: Do you provide sleeping bag? If yes, what quality?

Yes, we do provide sleeping bags. The sleeping bags we provide are of good quality. They help you sustain the colder climate in Nepali mountains up to -25 degree Celsius of temperature. However if you need the one of your own, you can buy one here. Your guide shall assist you to get it here. Keep the track of the weather forecast of the area and pack your clothes accordingly.

This would help you be prepared for the type of weather Nepali Mountains are accustomed to.

Customer Reviews

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Excellent Rating

Our tours consistently receive outstanding reviews from travelers worldwide.

? **Read Real Reviews:** Visit our website to see detailed customer testimonials, photos, and video reviews from past guests.

? **TripAdvisor & Google:** Check our verified reviews on major travel platforms.

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