

Annapurna Base Camp Short Trek - 7 Days

Destination: Nepal

Trip Difficulty: Easy-Moderate

Best Season: March- May, Sep- Nov

Max Elevation: 4130 m

“Picture yourself standing within the sacred confines of the Annapurna Sanctuary: a ring of impossibly beautiful Himalayan mountains, frozen with permanent glaciers and dusted with fresh snowfall from the top of the world. This is the ultimate destination of the Annapurna Base Camp Trek—and when you travel with Alpine Ramble Treks, you'll get front-row seats to all the wonders of this vast mountain amphitheater.”

Experience all the thrills of the 7-Day Annapurna Base Camp Trek in 2024 and 2025.

7-Day Annapurna Base Camp Trek, or ABC Trek, is one of Nepal's most popular treks—undoubtedly one of the finest. There are plenty of reasons to choose this trek over its many competitors scattered across the length and breadth of the Himalayas: its relative accessibility from Kathmandu, its unique combination of authentic cultural encounters and spectacular alpine scenery, its comfortable teahouse-style accommodations, and its reasonably gentle elevation changes.

But our seven-day Annapurna Base Camp trekking itinerary offers one perk that few other treks in Nepal can match: the opportunity to visit and return from the awe-inspiring Annapurna Sanctuary in just a week.

At Alpine Ramble Treks, we've leveraged our considerable experience in the trekking

industry to make this expedition possible. We've arranged the most efficient transportation, acquired the most reliable gear, and trained the best guides in the business to bring you safely along each step of the mighty Annapurna Base Camp Trek. Read on to discover more about this exciting travel opportunity.

Marvel at the intersection of culture and nature during one of the best treks in Nepal

During your adventure on the Annapurna Base Camp Trek for 7 Days, you'll discover a world of quiet mountain villages where traditional cultures and ancient traditions still hold sway. You'll visit the lovely towns of Ghandruk, Chhomrong, Deurali, and many lesser-known hamlets, where you'll meet friendly locals eager to share their way of life.

These alpine communities have long sheltered beneath the towering mountains of Gangapurna, Machapuchare, Himalchuli, and the mighty Annapurna massif. This combination of ravishing natural beauty and welcoming Himalayan people makes the Annapurna Base Camp Trek unforgettable.

While you may have booked your trek in Nepal to hike amongst the highest mountains on the planet, you'll walk away with unforgettable memories of the locals you'll meet, the cultural experiences you'll share, and the renowned hospitality of the Nepali people. For many of our returning guests, this is the actual draw of the Annapurna Base Camp Trek.

Reach Annapurna Base Camp with Alpine Ramble Treks at your side.

The Himalayan mountains of Nepal are a region of breathtaking natural beauty, where wonders and marvels abound at every turn. At Alpine Ramble Treks, we'll handle all of the details of your trek, leaving you free to enjoy the adventure and thrills of traveling in this

remarkable part of the world.

We've spent years fine-tuning this itinerary, developing and perfecting the best possible one-week trek in the Annapurnas. We've created an accessible adventure appropriate for experienced and novice trekkers.

Our expert guides are standing by, ready to introduce you to the astonishing sights of the Annapurnas. When you first step foot onto the trail that will ultimately lead you to the legendary Annapurna Sanctuary, you'll have the support of our entire team. So, if you're ready to begin planning your excursion to Annapurna Base Camp, don't wait—reach out to us today at +977 9851175531 via WhatsApp or [online](https://www.alpineramble.com/contact-us) (<https://www.alpineramble.com/contact-us>) .

7-Day Annapurna Base Camp Voyage Best Time/ Season

The summer monsoon largely dictates trekking seasons in Nepal, and our short Annapurna Base Camp Trek is no exception. The monsoon typically lasts from June to August, and most visitors consequently choose to hike during the spring months of February to May or the autumn months of September to November.

These are the best times of year to enjoy the perfect combination of comfortable temperatures and clear mountain views. But you can hike in the Annapurnas at any time of year, and the snow-laden trails of winter are just as mysterious and evocative as the mist-shrouded hillsides of summer.

Whenever you choose to travel, rest assured that Alpine Ramble Treks will create a trekking adventure surpassing even your highest expectations.

7-Day Annapurna Base Camp Trekking Difficulty

Our short Annapurna Base Camp Trek is one of the most accessible hikes in the Himalayas. Most good health and reasonable physical fitness travelers will be able to complete this itinerary without issue, and no previous trekking experience is required.

However, this trek reaches altitudes higher than 4,000 meters, and drinking lots of water and getting plenty of rest is essential to let your body adjust naturally to the increased elevation. As always, your guide will look after your progress and ensure you enjoy a safe and rewarding trek to Annapurna Base Camp.

Are you looking for other great treks in Nepal?

While our seven-day ABC Trek is one of the most accessible treks in the Himalayas, Alpine Ramble Treks has many other excellent options for adventure-seekers to consider. If you'd like to explore the Annapurna mountains more leisurely, you won't want to miss our [12-day ABC trekking itinerary \(https://www.alpineramble.com/comfort-annapurna-base-camp-hike\)](https://www.alpineramble.com/comfort-annapurna-base-camp-hike).

For even more ambitious travelers, our [12-day Annapurna Circuit Trek \(https://www.alpineramble.com/12-days-annapurna-circuit-trek\)](https://www.alpineramble.com/12-days-annapurna-circuit-trek) offers the chance to explore more of this incredible region—including a thrilling climb to a high-altitude mountain pass.

And if you'd prefer to look beyond the Annapurnas, you'll discover some of Nepal's classic hiking itineraries, like the [Everest Base Camp Trek \(https://www.alpineramble.com/12-days-everest-base-camp-trek-itinerary\)](https://www.alpineramble.com/12-days-everest-base-camp-trek-itinerary) and Langtang Valley Trek. But no matter where your sense of adventure leads you, Alpine Ramble Treks can develop a customized itinerary. If you need help deciding where to go, contact us today!

7-Day Annapurna Base Camp Hike Benefits with Alpine Ramble

- Free transfers to and from Tribhuvan International Airport upon arrival and departure.
- Complimentary use of any necessary trekking equipment, such as sleeping bags, down jackets, duffle bags, walkie-talkies, trekking poles, and an oximeter to monitor your oxygen and pulse.
- Fun souvenirs of your Himalayan adventure: a trekking route map, a t-shirt emblazoned with the Alpine Ramble Treks logo, and a hat!



Highlights

- Visit two distinct mountain base camps: Machapuchare Base Camp and Annapurna Base Camp.
- Explore the bustling urban centers of Kathmandu and Pokhara before your trek begins.
- Venture into the heart of the Annapurna Sanctuary to witness incredible natural beauty.
- Meet friendly local villagers and learn about their culture in remote alpine communities.

Day to Day Itinerary

Day 1: Drive from Kathmandu to Pokhara (7 hours)

Day 2: Drive from Pokhara to Nayapul (1.5 hours) and trek to Ghandruk (4-5 hours)

Day 3: Trek from Ghandruk to Chhomrong (5-6 hours)

Day 4: Trek from Chhomrong to Dovan/ Himalayan Hotel (5-6 hours)

Day 5: Trek from Himalaya to Annapurna Base Camp via Machapuchare Base Camp (5-6 hours)

Day 6: Trek from ABC to Bamboo or Sinuwa (5-6 hours)

Day 7: Trek from Bamboo or Sinuwa to Siwai (2-3 hours), then drive to Pokhara

Cost Includes

- Free International Airport- Hotel- Airport pick up and drop off by private vehicles
- Meals on a full-board basis (Breakfast, Lunch, and Dinner/ the main course) during the trek in the mountain.
- Alpine Ramble's experienced, government-licensed, English-speaking trekking guide
- All salary, food, drinks, accommodation, transport, and insurance for the guide

and porter

- All necessary papers, including Annapurna conservation area permit and TIMS card (Trekking Information Management System) fee.
- Trekking equipment, such as the Sleeping bag and down jacket on request (optional)
- A strong local porter to help the trekker's luggage during the trek (1 porter for two trekkers with limited weights '10kg each max')
- Accommodations: 6- Night at the trekking lodges during the trek
- A handful- An assistant guide for a group of 8 pax or above
- A round-trip transfer (Kathmandu- Pokhara- Kathmandu) by comfortable tourist bus.
- Private vehicle from Pokhara- Nayapul- Pokhara
- Supplementary snacks: energy bars, crackers, cookies, etc.
- Seasonal fresh fruits are served for dessert every evening after dinner.
- Appreciation of certificate after the successful trek.
- Farewell Dinner at a typical Nepalese restaurant with traditional shows
- Alpine Ramble's complimentary free T-shirt, route map, and a duffel bag (if required)
- An oximeter to measure your oxygen and Pulse level during the trek in the mountain is very useful for all the trekkers to be aware of the high altitude sickness.
- Compressive first aid box (Guide will carry it throughout the trek).
- **Emergency rescue** operation assistance will be arranged in case of complex health conditions (funded by your Travel Insurance)
- All government, Local taxes/VAT, and official Expenses
- **10% OF ALL PROCEEDS GO TO SUPPORT OUR [SOCIAL IMPACTS INITIATIVE](https://www.alpineramble.com/mission)**
[\(<https://www.alpineramble.com/mission>\)](https://www.alpineramble.com/mission)

Cost Excludes

- The entry visa fee for Nepal is \$30 USD for a 15-day visa. You can easily obtain your visa on arrival at Tribhuvan International Airport in Kathmandu.
- In case of any delays during your trek, you may need to pay for extra

accommodation and meals that are not included in your package.

- Any additional drinks, including alcoholic and non-alcoholic beverages such as Fanta, Coca-cola, sprite, tea, water, beer, etc., will be charged separately.
- Please note that there may be additional costs that are beyond our control, such as changes in government policies, strikes, physical conditions, weather conditions, and other external factors.
- You will need to cover your personal expenses, such as snacks, laundry, telephone, WIFI, hot showers, etc., at the tea houses during your trek.
- It is mandatory that your travel insurance covers emergency rescue evacuation from high-altitude areas.
- You will need to bring your own personal trekking equipment for this trek.
- Tips for your guide, staff, and driver are recommended as per the local culture.
- Any other expenses that are not mentioned under the "Price Include" section of your trek package will need to be covered by you.