

12 Day Annapurna Base Camp Hike

Destination: Nepal

Trip Difficulty: Easy-Moderate

Best Season: March-May, Sep-Nov

Max Elevation: 4130 m

“Step into a region of Nepal where mountains pierce the clouds, blankets of fog drift across the slopes of forested valleys, and ancient monasteries keep watch from lonely hilltops. This is the Annapurna Base Camp Trip, and it’s one of the best hikes in the entire country.”

Comfort ABC Hike Highlights

- Feast your eyes on unbelievable views of the Annapurnas, Dhaulagiri, Machapuchare, and other Himalayan peaks.
- Stay in local mountainside villages to immerse yourself in Gurung and Magar culture.
- Visit ancient Tibetan Buddhist monasteries set amongst impossibly scenic mountain terrain.
- Spot free-roaming wildlife in the natural alpine wilderness of the Annapurna Conservation Area
- Reach not one base camp but two base camps: Machapuchare Base Camp and Annapurna Base Camp.

About ABC Hike -12 Days Overview

The Annapurna Base Camp Hike is also known as the Annapurna Sanctuary Trek. This is because the south-facing base camp is situated within the Annapurna Sanctuary itself: a

vast, bowl-shaped amphitheater of some of the very highest Himalayan mountains.

But make no mistake: this is a world-class trekking adventure, no matter what you choose to call it. The Annapurnas are part of the western Himalayas, and your adventure in this region of Nepal will bring you through a stunning diversity of ecosystems and landscapes.

From the lowlands of Pokhara, we'll ascend through subtropical forests of bamboo and rhododendrons to climb above the tree line, where you'll be met with a stark topography characterized by rock, wind, and sky. This is your chance to experience a paradise of unspoiled nature that's unlike anything else on the planet.

Discover the Local culture and traditions of the Himalayas.

But ABC Trek is about much more than scenery—it's about people. The Himalayan kingdoms of Nepal are world-renowned for their unfaltering hospitality and rich customs. From the hustle and bustle of Kathmandu to the adrenaline lover's paradise of Pokhara, you'll get to explore two of Nepal's most colorful and fascinating cities. As we ascend higher into the mountains, you'll enjoy the opportunity to meet villagers of Magar, Gurung, and Tamang ethnicities.

You'll learn about both Hindu and Buddhist religious traditions as we visit the shrines and monasteries that have stood for ages in the shadow of the Himalayas. Each night, you'll settle into accommodations at a local teahouse or trekking lodge, where you'll enjoy a home-cooked meal and the rare opportunity to chat with your host about life in the mountains.

Is it Safe to do a 12-day Annapurna trek itinerary?

Because the Annapurna Base Camp Trek reaches a maximum altitude of just **4,130 meters**

, it's more accessible than some of Nepal's other best-known hikes, like the Everest Base Camp Trek. This makes it perfect for travelers who want to see the spectacular scenery of the Himalayas with less risk of contracting altitude sickness.

In fact, Alpine Ramble Treks has developed this 12-day ABC program itinerary with travelers of all ages and abilities in mind. We'll hike at your pace, and your guide will ensure your comfort with every step along the trail. We can also customize this itinerary to suit your own travel needs and preferences. When you're ready to plan for your own Annapurna Base Camp hiking, get in touch with us via WhatsApp at +977 9851175531.

Best Time for ABC Hike- 12 Days in Nepal

Trekking Seasons in Nepal are largely dictated by the summer monsoon, and our trekking to ABC 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 put together a trekking adventure that will surpass even your highest expectations.

ABC TRIP Difficulty & COMFORT

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

However, this trek does reach altitudes higher than 4,000 meters, and it's important to drink lots of water and get plenty of rest in order to let your body adjust naturally to the increased elevation. As always, your guide will look after your progress and ensure that you enjoy a safe and rewarding trek to Annapurna Base Camp.

If this itinerary isn't quite right for you, Alpine Ramble Treks is also proud to offer a host of alternate treks in this region. If you're on a tighter schedule, consider our **ABC Trek – 8 Days itinerary** or Annapurna Circuit Trek – 10 Days itinerary. And if you really want to test your hiking mettle at even higher elevations, check out our [Everest Base Camp Trek – 8 Days package \(https://www.alpineramble.com/everest-base-camp-trek-8-days\)](https://www.alpineramble.com/everest-base-camp-trek-8-days).

Additional Benefits of ABC Trek with Alpine Ramble

- Free guided Kathmandu valley sightseeing tour (Swoyambu, Boudhanath, and Pashupatinath temple)
- Free transfers to and from Tribhuvan International Airport upon arrival and departure by private vehicle by the friendly crew.
- Complimentary use of any necessary trekking equipment, such as sleeping bags, down jackets, duffle bags, walkie-talkies, and an oximeter to monitor your oxygen and pulse.
- Trek with a highly experienced, locally trained guide to learn much about the places.
- The free access to store the bags/suitcases either in KTM or PKR
- Fun souvenirs of your Himalayan adventure: a trekking route map, a t-shirt emblazoned with the Alpine Ramble Treks logo, and a hat!
- **10% OF ALL PROCEEDS GO TO SUPPORT OUR [SOCIAL IMPACTS INITIATIVE \(https://www.alpineramble.com/mission\)](https://www.alpineramble.com/mission)**

Please note: The trekking times indicated below are approximate and are best used as general guidelines. During the Trek, you'll be able to travel freely at your own pace.

Day to Day Itinerary

Day 1: Arrival in Kathmandu and transfer to the Hotel

Day 2: Drive from Kathmandu to Pokhara (7 hours)

Day 3: Drive from Pokhara to Nayapul (1.5 hours) and trek to Tikhedhunga (4-5 hours)

Day 4: Trek from Tikhedhunga to Ghorepani (5-6 hours)

Day 5: Hike to Poon Hill and trek to Tadapani (5-6 hours)

Day 6: Trek from Tadapani to Chhomrong (4-5 hours)

Day 7: Trek from Chhomrong to Himalaya (5-6 hours)

Day 8: Trek from Himalaya to Annapurna Base Camp via Machapuchare Base Camp (5-6 hours)

Day 9: Trek from Annapurna Base Camp to Bamboo (5-6 hours)

Day 10: Trek from Bamboo to Jinu dada (Hot spring) (4-5 hours)

Day 11: Trek to Nayapul (4 hours) and drive to Pokhara (1 hour)

Day 12: Drive from Pokhara to Kathmandu (7 hours)

Cost Includes

- Free International and domestic Airport pick-up and drop by private car.
- Three meals a day (Breakfast, Lunch, and Dinner/ the main course) during the trek in the Himalayas.
- An experienced and Knowledgeable English-speaking Government-registered trekking guide.
- All food, accommodation, insurance, and transportation are for the guide.

- Annapurna Conservation Area permit
- TIMS card (Trekking Information Management System)
- Two nights -3star tourist hotel in Kathmandu, including breakfast
- Trekking equipment such as the Sleeping bag, down jacket, etc. on return basic
- Trekking lodge (Tea House) throughout the trek.
- 2-night accommodation in Pokhara with breakfast
- The assistant guide group size should be more than six people above in a group.
- Kathmandu-Pokhara-Nayapul-Pokhara-Kathmandu by bus.
- Seasonal fresh fruits desert every day
- Appreciation of certificate after the successful trek
- Farewell Dinner at a typical Nepalese restaurant with traditional music and dance
- **Souvenir:** Trekking route map/browser and printed ART company T-shirt
- Compressive first aid box.
- **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
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Cost Excludes

- Nepal entry visa fees (you can easily issue the visa on arrival at Tribhuwan International Airport, Kathmandu). \$25 USD for 15 days Visa.
- Extra accommodation and meals behind schedule (Foods and accommodations before or after the trek)
- Extra drinks as alcoholic & non-alcoholic such as Fanta, Coca-cola, sprite, water, beer, etc. and helper
- Additional costs are out of management control due to the landscape, weather conditions, illness, change of government policies, strikes, and physical conditions, etc.

- Personal expenses such as snacks, laundry, telephone, WIFI, hot shower, etc at tea houses on a trek.
- Travel insurance has to cover emergency rescue evacuation from high-altitude.
- Personal [trekking equipment \(https://www.alpineramble.com/trekking-equipment.html\)](https://www.alpineramble.com/trekking-equipment.html) for this trek
- Tips for guide and staff (Tipping is expected- recommended by our mountain culture)
- Any other expenses that are not mentioned in the Price Include section of this trek.