



ANNAPURNA BASE CAMP TREK (5 DAYS)

TREKWITHVIVEK07

 **Official Route Blueprint:** An optimized, fast-paced 5-Day high-altitude sanctuary itinerary starting and concluding in Pokhara. Crafted for experienced trekkers looking to reach ABC (4,130m) efficiently with organized daily meals and key touchpoints.



Day 1 — Pokhara → Drive to Motkyu → Trek to Lower Sinuwa

 **Drive:** ~3 hrs (Jeep to Motkyu)

 **Overnight:** Lower Sinuwa (2,220m)

 **Trek Duration:** 4–5 hrs

 **Altitude Gain:** +1,370m (from Pokhara)

★ HIGHLIGHTS & ROUTE OVERVIEW

 Scenic mountain jeep drive passing through Nayapul and Ghandruk foothills down to Motkyu.

 Cross the suspension bridge at Kimrong Khola and begin walking via Jhinu Danda.

 Face the steep, iconic stone staircases up to Chhomrong village before dropping into Sinuwa.

 Enter the lush sanctuary gate surrounded by deep green subtropical valley woodlands.

DAILY MEAL SCHEDULE

 **Breakfast:** Not Included

 **Lunch:** Jhinu / Chhomrong

 **Dinner:** Lower Sinuwa Teahouse



Day 2 — Lower Sinuwa → Bamboo → Himalaya

 **Trek Duration:** 6–7 hrs

 **Overnight:** Himalaya Hotel (2,920m)

 **Altitude Gain:** +700m

 **Trail Profile:** Forest Canopy & River Valley

★ HIGHLIGHTS & ROUTE OVERVIEW

 Peaceful morning walk through dense oak, bamboo, and blooming rhododendron forests.

 Descent down stone steps to Bamboo village, then a steady climb up towards Dovan.

 View cascading waterfalls dropping from towering vertical rock cliffs.

 Feel the crisp change in mountain air quality as you check into the remote settlement of Himalaya.

DAILY MEAL SCHEDULE

 **Breakfast:** Lower Sinuwa

 **Lunch:** Bamboo / Dovan

 **Dinner:** Himalaya Teahouse



Day 3 — Himalaya → Deurali → MBC → Annapurna Base Camp (ABC)

Trek Duration: 6–7 hrs

Overnight: ABC Sanctuary (4,130m)

Altitude Gain: +1,210m

Milestone: Highest Target Destination

🌟 HIGHLIGHTS & ROUTE OVERVIEW

Pass Hinku Cave and Deurali as the forest disappears, opening into a high Alpine valley.

Acclimatization rest break at Machhapuchhre Base Camp (MBC) with views of Fishtail peak.

Enter the absolute inner circle of the snow-clad world-class Annapurna Sanctuary.

Reach the dream goal—spend the night at ABC surrounded by a 360-degree giant mountain wall.

DAILY MEAL SCHEDULE

Breakfast: Himalaya

Lunch: Machhapuchhre BC (MBC)

Dinner: Annapurna BC Teahouse



Day 4 — ABC → Sunrise View → Deurali → Bamboo

Trek Duration: 7–8 hrs (Descent)

Overnight: Bamboo (2,310m)

Altitude Change: -1,820m

Key Event: Golden Massif Sunrise

🌟 HIGHLIGHTS & ROUTE OVERVIEW

Unforgettable golden sunrise views reflecting over Annapurna I, South, and Hiunchuli.

Ultimate photo sessions at the official colorful ABC signboard banner.

Rapid, knee-testing descent tracking along the roaring Modi Khola glacier river valley.

Re-enter warmer climates and thick green bamboo forest zones for a comfortable night.

DAILY MEAL SCHEDULE

Breakfast: Annapurna BC

Lunch: Deurali / Himalaya

Dinner: Bamboo Teahouse



Day 5 — Bamboo → Jhinu Hot Springs → Drive to Pokhara

Trek Duration: 5 hrs

Drive: ~3 hrs (Jeep back)

Final Stop: Pokhara City (Final Return)

Relaxation: Natural Riverside Hot Springs

🌟 HIGHLIGHTS & ROUTE OVERVIEW

Trek out from Bamboo, heading back through Sinuwa and across the river bed.

Soak your sore trekking legs in the relaxing, natural riverside hot springs at Jhinu Danda.

Board your return transit vehicle at the local trail road-head.

Smooth evening arrival back to your hotel in the beautiful lakeside city of Pokhara.

DAILY MEAL SCHEDULE

Breakfast: Bamboo

Lunch: Jhinu Danda

Dinner: Pokhara Lakeside