Annapurna Base Camp Trek – 7 Days

Duration: 7 Days | Location: Nepal, Annapurna Region



Trip at a glance

Category: Annapurna Region

Location: Nepal, Annapurna Region

Duration: 7 Days

Difficulty: 6/10

Start From: Kathmandu / Pokhara

Ending Point: Kathmandu / Pokhara

Trip Style: Trekking

Best Time: March – May / October – December

Transportation: Private Jeep / Local Transport

Accommodation: Hotel – Tea House

Max Altitude: 4,130 meters

Meal: B – L – D

Group: 2 – 15+

Overview

The 7-Day Annapurna Base Camp Trek is an accelerated, action-packed version of Nepal's premier sanctuary route, tailored specifically for hikers with limited vacation time who still want the full Himalayan amphitheater experience. By utilizing off-road jeep connections straight to and from the trailheads around Jhinu and Matque, this fast-paced itinerary bypasses extended foothill transit and places you directly on the mountain trail to 4,130 meters in just one week.

In just seven days, you will climb from terraced Gurung farmsteads through dense rhododendron and bamboo woodlands directly into the glaciated core of the Annapurna range.

Face to Face With Giants

As you push past Sinuwa and Himalaya toward Machhapuchhre Base Camp (MBC), the peaks start enclosing around you. The final approach brings you into the Annapurna Sanctuary—a natural bowl ringed by Annapurna I (8,091m), Annapurna South, Hiunchuli, Gangapurna, Gandharvachuli, and the sacred Machhapuchhre (Fishtail Mountain). Standing at Annapurna Base Camp (4,130m) at dawn offers arguably the most breathtaking 360-degree mountain sunrise in the world.

A Trail Through Changing Landscapes

The expedited trail cuts straight through the Modi Khola canyon. You experience rapid elevation shifts—from subtropical valleys to roaring waterfalls, mossy bamboo riverbanks, and high alpine scree and moraine—keeping every single hour of the trek dynamic and rewarding.

Warm Tea Houses, Warmer Hospitality

Nights are spent in traditional, family-run lodges along the trail. Savor hearty mountain meals like hot Dal Bhat, garlic soups for acclimatization, and warm lemon-ginger tea beside the dining room stoves before resting for the next day's climb.

The Reward: Jhinu Danda Hot Springs

On the homeward descent, the trail stops at Jhinu Danda. Trekkers can walk down to the natural riverside thermal pools along the Modi Khola to soothe sore muscles before boarding the jeep back to Pokhara.

Who Is This Trek For?

The 7-Day ABC trek is graded moderate to demanding due to slightly longer daily hiking hours (5–7 hours per day) compared to the standard 9-day or 10-day itineraries. It is well-suited for travelers with solid cardiovascular fitness, active trekkers with tight travel schedules, and hikers looking to maximize their trail time without long overland bus delays.

Why Choose the 7-Day Annapurna Base Camp Trek?

- Stand at 4,130m inside the Annapurna Sanctuary in just 4 days of walking
- Minimized transit time using direct jeep roadheads (Pokhara – Jhinu/Matque)
- 360° unobstructed views of Annapurna I (8,091m), Fishtail, and Hiunchuli
- Rejuvenating soak in the natural riverside hot springs of Jhinu Danda
- Authentic Gurung mountain culture and warm tea house hospitality
- Perfect for adventurous travelers on a tight 1-week timeline

Conclusion

The 7-Day Annapurna Base Camp Trek packs all the grandeur of an iconic 8,000-meter Himalayan expedition into an efficient, week-long route.

Join us under the amphitheater of Annapurna I and Fishtail Mountain—your high-speed Himalayan journey starts here.

Day by day itinerary

Day 01: Drive from Pokhara to Matque / Jhinu Danda & Trek to Chhomrong (2,170m)

Scenic 3-hour private jeep drive from Pokhara via Nayapul to Matque. Begin the hike across the Modi Khola suspension bridge and tackle the stone staircase ascent past Jhinu to the scenic ridge village of Chhomrong. Magnificent views of Annapurna South and Machhapuchhre.

Walking: 4–5 hrs | Overnight: Tea House — Chhomrong

Day 02: Chhomrong to Himalaya / Dovan (2,600m – 2,920m)

Descend stone stairs to the Chhomrong Khola, cross the suspension bridge, and climb steeply up to Sinuwa. Walk through dense rhododendron, oak, and bamboo forests past Bamboo village up to Dovan or Himalaya.

Walking: 6–7 hrs | Overnight: Tea House — Dovan / Himalaya

Day 03: Himalaya to Machhapuchhre Base Camp (MBC - 3,700m)

Trek past the historic Hinko Cave and cross glacier debris channels to Deurali. As the tree line disappears, enter the gateway of the Annapurna Sanctuary, ascending along the Modi Khola gorge to Machhapuchhre Base Camp.

Walking: 5–6 hrs | Overnight: Tea House — MBC

Day 04: MBC to Annapurna Base Camp (4,130m) & Descend to Bamboo (2,310m)

Pre-dawn 2-hour walk into the heart of the Annapurna Sanctuary. Celebrate sunrise at Annapurna Base Camp (4,130m) with 360-degree views of Annapurna I, Hiunchuli, and Fishtail. After breakfast and photography, make a long, steady descent back down to Bamboo.

Walking: 7–8 hrs | Overnight: Tea House — Bamboo

Day 05: Bamboo to Jhinu Danda (1,760m)

Retrace the trail through Sinuwa, descend to the river, and climb back over the Chhomrong ridge. Continue downhill to Jhinu Danda. Spend the afternoon soaking in the natural riverside thermal pools along the banks of the Modi Khola.

Walking: 5–6 hrs | Overnight: Tea House — Jhinu Danda

Day 06: Jhinu Danda to Matque & Drive to Pokhara

Short morning walk across the long suspension bridge down to the Matque jeep station (1–2 hrs). Board private 4WD jeep for a 3-hour drive back to Pokhara. Afternoon at leisure along Fewa Lake.

Drive: 3 hrs | Overnight: Hotel — Pokhara

Day 07: Pokhara to Kathmandu

Return drive to Kathmandu via tourist coach (approx. 6–7 hours) or optional 25-minute flight upgrade. Trek concludes.

Package: Classic Package

$540 per person

Inclusions

- All trekking permits (ACAP & TIMS Card)
- Private 4WD Jeep transfers (Pokhara – Matque/Jhinu – Pokhara)
- Professional English-speaking trekking guide
- Porter service
- 3 meals a day (Breakfast, Lunch, Dinner) during the trek
- Mountain tea house accommodation throughout the trail

Exclusions

- City hotel accommodations (Kathmandu & Pokhara)
- Kathmandu–Pokhara intercity transit
- International flights & Nepal visa
- Extra snacks, drinks, hot showers, and Wi-Fi
- Personal gear & insurance
- Tips for crew

Package: Elite Package

$640 per person

Inclusions

- All trekking permits (Annapurna Conservation Area Project - ACAP & TIMS Card)
- Round-trip tourist bus transportation (Kathmandu – Pokhara – Kathmandu)

- Private 4WD Jeep transfers (Pokhara – Matque/Jhinu – Pokhara)
- Professional, licensed English-speaking trekking guide
- Porter service (1 porter for every 2 trekkers)
- 3 meals a day (Breakfast, Lunch, Dinner) during the trek
- Tea house accommodation during the trek
- 1 night 2-star hotel accommodation in Pokhara

Exclusions

- International airfare & Nepal visa fees
- Kathmandu hotel accommodation (can be added upon request)
- Food and drinks in Kathmandu & Pokhara
- Drinking water, hot showers, and device charging along the trail
- Jhinu Danda hot spring entrance fee (approx. NPR 150)
- Personal trekking gear & travel/medical evacuation insurance
- Tips for guide and porter

Gear checklist

What You Need To Bring

Clothing

- Base Layers
- Thermal Tops (2–3): Lightweight, moisture-wicking
- Thermal Bottoms (1–2): Lightweight, comfortable
- Mid Layers
- Fleece Jacket: Medium weight for insulation

- Insulated Jacket: Lightweight down or synthetic for cold evenings at high elevation
- Outer Layers
- Waterproof Jacket: Windproof, breathable (Gore-Tex or similar)
- Waterproof Pants: Lightweight, packable
- Trekking Clothes
- Trekking Pants (2 pairs)
- Trekking Shirts (3): Moisture-wicking
- Softshell Jacket: For cool mornings
- Headwear
- Sun Hat: Wide-brim or cap
- Warm Hat: Fleece or wool beanie
- Buff or Neck Gaiter
- Gloves
- Liner Gloves: For mild conditions
- Insulated Gloves: For cold mornings at MBC and ABC
- Footwear
- Trekking Boots: Sturdy, waterproof, broken-in
- Camp Shoes / Sandals: For evenings in lodges and hot spring visit
- Wool Socks (3–4 pairs)

Gear & Accessories

- Daypack (30–40L)
- Duffel Bag (for porter-carried gear)
- Sleeping Bag: -10°C comfort rating (rentable in Pokhara/Kathmandu)

- Trekking Poles (essential for knee support on stone steps)
- Headlamp with extra batteries
- Water Bottles (1–2L) or hydration bladder
- Water Purification: Tablets, filter, or SteriPEN
- Sunglasses: UV protection (category 3–4)
- Sunscreen (high SPF) & SPF lip balm
- Quick-Dry Towel & Swimwear (for Jhinu Danda Hot Springs)
- Power bank with spare cables
- Basic First Aid Kit & personal medications (Diamox, blister tape, rehydration salts)

Plan your journey with our team

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