TRAVEL TO nepal

DETAILED TREK ROUTE MAP

Annapurna Base Camp Trek

7 days Pokhara to Pokhara · Jeep to Jhinu · Highest point Annapurna Base Camp, 4,130 m



MAP KEY

- Main trek route
- Drive / jeep
- Other trails
- River
- Overnight (day)
- Village
- Town / city
- Mountain peak
- Base camp
- Viewpoint
- Hot spring
- Permit checkpoint
- Bus / jeep
- Lake

Not to scale. Altitudes in metres. N

7-DAY ITINERARY · OVERNIGHT

1	Chhomrong Jeep + walk	2,170 m
2	Bamboo	2,310 m
3	Deurali	3,200 m
4	**Annapurna Base Camp**	4,130 m
5	Bamboo	2,310 m
6	Jhinu Danda Hot springs	1,780 m
7	Pokhara Jeep	822 m

TREK FACTS

Duration	**7 days**
Max altitude	**4,130 m**
Start / end	**Pokhara**
Trek distance	**about 48 km**
Difficulty	**Moderate**
Best months	**Mar–May, Oct–Nov**
Permits	**ACAP + TIMS**

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