North Annapurna Base Camp Trek

DURATION: 10 DAYS

Trip Facts

Group Size 1-12 Persons

Trip Grade Moderate

Accommodation Hotel, Lodge, Tea Hose and Camping

Max Height 4100 Metres

Start From Kathmandu

End At Kathmandu

Transportation Flight,Bus and Jeep

Duration 10 Days

Meals included Breakfast, Lunch and Dinner Days

Best season:
March to May, September to October

Trip Overview

The North Annapurna Base Camp Trek is a new off-the-beaten-track trekking trail in Nepal, offering stunning views of snow-covered peaks and the lakeside city of Pokhara. The trail is a moderate teahouse and camping trek that can be completed within 9–10 days. It is a safe and high-potential trek, with major attractions including the world's tenth-highest Himalayas, Mt.Annapurna. The trek is best during autumn and spring, with the Nepalese Himalayan belt being lush and colorful during these seasons. The cost of the Annapurna Base Camp Trek varies depending on the itinerary and services chosen, with most treks taking 7–12 days. The cost ranges from $800 to $1500 per person, including permits, accommodation, food, guide, and porter fees.The North Annapurna Base Camp Trek, also known as the Annapurna Sanctuary Trek, is a lesser-traveled trekking route in Nepal, aiming to reach the base camp of Annapurna I, the tenth-highest mountain in the world. The trek starts from Nayapul, a beautiful lakeside city, and continues through Ghorepani, Poon Hill, Tadapani, Chhomrong, and Modi Khola Gorge. The main highlight is reaching Annapurna Base Camp at an altitude of 4,130 meters, offering stunning mountain views and a surreal amphitheater. The trek follows the Modi Khola Gorge, Bamboo and Deurali, and Jhinu Danda before reaching Chhomrong. The trek typically takes 9 to 12 days, depending on the itinerary and acclimatization days. The best seasons for the trek are spring (March to May) and autumn (September to November), when the weather is stable and the skies are clear. Proper gear, permits, and acclimatization are essential for a successful and enjoyable trek to North Annapurna Base Camp.

MOUNT
ADVENTURE HOLIDAYS

The North Annapurna Base Camp trek offers breathtaking panoramic views of the surrounding mountains and a unique opportunity to witness the local culture and lifestyle of the Gurung people. It is important to note that altitude sickness can be a risk during this trek, so it is crucial to take proper acclimatization days and listen to your body's needs. Additionally, hiring a knowledgeable guide can enhance your experience by providing valuable insights about the region's history and natural wonders.

Trip Itinerary

Day 1 Arrive at Kathmandu and transfer to the hotel (Highest Altitude 1400 m)

1 Hour | Breakfast | Hotel | Drive and Flight | 1400 m

After your arrival at the Tribhuvan International Airport, you will be picked up by a private vehicle and drop you off at your hotel. You can rest in your hotel room and get rid of your jet lag from your flight to Kathmandu. In Kathmandu, you will be placed in a deluxe hotel. You will be provided with breakfast in the morning. So, rest well for we have a lot of new things to experience in the morning.
Overnight stay at a hotel.

Day 2 Fly or Drive to Pokhara by tourist bus, Flight Hours,25 Mins, Highest Altitude (822 m) Trek Duration 7-8 hours

7 | Breakfast | Lodge | Bus, Flight ,Jeep | 822 m

Our second day is filled with beautiful scenic views from the ride to Pokhara, we will take a tourist bus to get to Pokhara from Kathmandu. Sit back and enjoy the beautiful surrounding views of the landscapes and the mountains. We will stop on the way for lunch and reach Pokhara in around 6-7 hours. We will have dinner in Pokhara and stay at a hotel in Pokhara. You can also take a flight to Pokhara which takes about 25 mins.
Overnight stay at a hotel, Included meal Breakfast.

Day 3 Drive from Pokhara to Beni and trek to Upper Narchyang(Highest Altitude 2140 m) Trek Duration 6-7 hours drive + 2 hours trek

5-7 | Breakfast + Lunch + Dinner | Lodge Home Stay | Jeep+Walk+Trek | 2140 m

Our journey starts with 6-7 hours of drive from Pokhara to Tatopani passing through rhododendron forests, villages, and mountain views. Without sparing any time of the day we will hike for about 2 hours to reach Narchyang. We will spend the night in Upper Narchyang.
Overnight stay at Homestay, Included meals (Breakfast + Lunch + Dinner)

Day 4 Upper Narchyang to Chhotepa (2370m) Highest Altitude(2370m)Trek Duration,7 hours

6-7 | Breakfast + Lunch + Dinner | Camping | Trekking+Hiking+Walking | 2369 m

We begin the day's trek toward Chhotepa after breakfast. The hike will take you through a series of farmlands, grasslands, Lekhagaun, and also rivers like Ghalemch, and Mristi Khola. After about 7 hours of hiking, we will reach our destination and camp there.
Spend the night camping.Included meals (Breakfast + Lunch + Dinner)

Day 5 Chhotepa to Sandhikharka (3160m)Highest Altitude(3160m)Trek Duration,6-7 hours

6-7 | Breakfast + Lunch + Dinner | Camping | Trekking+Walking+Hiking | 3160 m

From Chhotepa our today's destination will be Sandhikharka which will take about 6-7 hours to hike. Through the nearby streams and bamboo forest our trek continues and as we come out of the forest the NACP'S mountains look closer and it is the best treat of the day. We will spend the night in Sandhikharka camping.
Spend the night camping.Included Meals (Breakfast + Lunch + Dinner)

Day 6 Sandhi Kharka to Annapurna North Base Camp (4068m) Highest Altitude4068 m)Trek Duration7-8 hours

7-8 | Breakfast + Lunch + Dinner | Camping | Trekking+Walking | 4068 m

It is going to be a long trek from Sandhikharka to Annapurna Base Camp. For about 7-8 hours of hiking through Bhusket Mela, we reach North ABC. Spend the night camping. Included Meals (Breakfast + Lunch + Dinner).

Day 7 Explore North Annapurna Base Camp glaciers (4190m) and trek to Sandhi Kharka (3610 m) Highest Altitude(4190m)Trek Duration,7-8 hours

7-8 | Breakfast + Lunch + Dinner | Camping | Trekking+ Hiking+ Walking | 4190 m

On the 7th day of our trek, we will explore the unique beauty of this place. We will be able to see the pool of glacier water and a massive glacier ahead blocking the path of Tilicho Lake on the other side. On the same day, we will then return back to Sandhi Kharka and camp there.
Spend the night camping. Included Meals (Breakfast + Lunch + Dinner).

Day 8 Sadhi Kharka to Lower Narchyang. Trek Duration,6-7 hours + approx. 2 hours ride

6-7 | Breakfast + Lunch + Dinner | Home Stay+Lodge | Trekking+Walking | 1500 m

We will trek back to Lower Narchyang passing through the river Humkhola in Chhotepa. It will take about 6-7 hours to reach Chhotepa. Then from Chhotepa, we take an off-road drive of about 1.5 hours to reach Lower Narchyang. We spend the night here in a Homestay.

Overnight stay at a Homestay. Included Meals (Breakfast + Lunch + Dinner).

Day 9 Lower Narchyang to Tatopani to Pokhara Trek Duration approx,2 hours trek + 6-7 hours drive

5-6 | Breakfast + Lunch + Dinner | Hotel | Jeep+Bus | 822 m

On the last day of the North ABC trek, we trek back to Tatopani and then we take a short drive back to Pokhara.

Day10 Drive from Pokhara to Kathmandu (1,350m) Duration: 6-7 hours.

6-7 | Breakfast + Lunch + Dinner | Hotel | Jeep+Bus+Flight | 1345 m

Today we head back on a 6 to 7-hour drive to Kathmandu with many fond memories of Nepal and its unique culture and geography. These memories will last a lifetime.

Cost Includes

- Sleeping bags and down jackets for the trek (should be refuded after the trek).
- 3 times meals during the trek.
- Hotel pick up and drop.

- Kathmandu to Pokhara and Pokhara to Kathmandu via tourist bus.
- Pokhara to Beraythathi via private jeep/car and sewai to Pokhara via sharing transportation(bus or jeep).
- 2nights accommodation in kathmandu.
- Experienced english speaking licensed guide.
- 2nights accomodation in Pokhara.
- Accomodation during the trek.
- Tims and permits for the trek.
- All governmetal taxes.
- first aid kits.
- Trekking maps.

Cost Excludes

- Nepalese visa fee.
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, Beverage bills, shower, etc.)
- Travel and rescue insurance.
- Tips for guide(s), porter(s) and driver
- Excess baggage charges (if you have more than 10 kg of luggage, a cargo charge is around $1.5 per kg)
- OPTIONAL ADDONS (Available during check-out)
- Porter
- 1 hour Mountain flight

Trip Map