Annapurna North Base Camp Trek

Itinerary & costs · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**12 Days**
DIFFICULTY	**Basic**
MAX ALTITUDE	**4190m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 1,575 per person**

Day-by-day itinerary

Day 1 : Arrival in Kathmandu (1,400m)

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Dinner

Arrive at Tribhuvan International Airport in Kathmandu, where you will be warmly welcomed by your trekking guide and transferred to your hotel. After check-in and rest, our Nord Extreme team will provide a general welcome briefing about the journey ahead.

You will have free time to recover from your flight and explore the lively Thamel area for shopping, food, or relaxation before the trek begins.

Day 2 : Permit & Trek Preparation in Kathmandu

Altitude: 1,400m

Walk: 2–4 hrs · Stay: Hotel · Visit: Nepal · Meals: Breakfast

Today is dedicated to final trekking preparation and official permit arrangements. Our team will handle all necessary documentation, including trekking permits required for the region, ensuring everything is properly issued before departure.

You will also have a detailed pre-trek briefing covering the route, altitude safety, daily itinerary, weather conditions, and emergency procedures.

In addition, we conduct a full gear check and help you organize or rent any missing equipment. The rest of the day is free for relaxation or last-minute shopping in Kathmandu.

Day 3 : Drive or Fly to Pokhara (820m)

Altitude: 820m

Walk: 25 min flight / 6–7 hrs drive · Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Travel from Kathmandu to Pokhara either by a short scenic flight or a long but beautiful drive through rivers, hills, and countryside landscapes.

Pokhara is a peaceful lakeside city known for its stunning reflections of the Annapurna and Machapuchare ranges on Phewa Lake. Enjoy a relaxed evening walk along the lakeside or unwind at a

café with mountain views.

Day 4 : Drive to Tatopani (1,190m), Trek to Narchyang (1,510m)

Altitude: 1,510m

Walk: 4 hrs · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

After breakfast, drive to Tatopani, a natural hot spring area surrounded by river valleys and green hills. From here, begin your trek through terraced farmland, forest trails, and small villages.

The route offers a rich cultural experience as you pass through traditional Magar settlements, where local lifestyles and hospitality give you a deeper connection to rural Nepal. The day ends at Narchyang village.

Day 5 : Trek to Hum Khola (2,560m)

Altitude: 2,560m

Walk: 6 hrs · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Today's trail becomes more remote and natural as you enter dense forests and river valleys. You will cross wooden bridges, walk alongside streams, and gradually gain elevation into quieter Himalayan terrain.

Hum Khola is a peaceful riverside campsite surrounded by untouched wilderness, offering a perfect place to rest and acclimatize.

Day 6 : Trek to Sandhikharka (3,320m)

Altitude: 3,320m

Walk: 5–6 hrs · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

The trail climbs steadily into alpine landscapes, where forests begin to thin and wide mountain views open up. You will walk through high meadows and rugged terrain with increasingly dramatic scenery.

Sandhikharka offers expansive views of surrounding peaks and valleys, making it a beautiful high-altitude camping spot.

Day 7 : Trek to Annapurna North Base Camp (4,190m)

Altitude: 4,190m

Walk: 6–7 hrs · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Today is the highlight of the trek as you ascend into glacial terrain toward Annapurna North Base Camp. The landscape becomes more dramatic and challenging, with icy sections and high mountain surroundings.

At base camp, you are rewarded with breathtaking views of Annapurna I's massive north face and surrounding Himalayan peaks and glaciers.

Day 8 : Exploration and Acclimatization Day (4,190m)

Altitude: 4,190m

Walk: 2–4 hrs (optional hikes) · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

A dedicated rest and exploration day at base camp. You can take short hikes to nearby ridges for panoramic views or simply relax and absorb the high-altitude environment.

This day is important for acclimatization and also allows time to fully experience the beauty and scale of the Annapurna region.

Day 9 : Return Trek to Hum Khola (2,560m)

Altitude: 2,560m

Walk: 6 hrs · Stay: Hotel · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Begin your descent from base camp, retracing your route back through alpine terrain and forests. The lower elevation brings warmer air and easier walking conditions.

Overnight stay at Hum Khola, surrounded by peaceful natural scenery.

Day 10 : Trek to Narchyang, Drive to Pokhara (820m)

Altitude: 820m

Walk: 5–6 hrs · Stay: Hotel · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Continue descending to Narchyang village, passing through forest trails and rural settlements. From here, drive back to Pokhara.

The evening is free to relax by Phewa Lake and celebrate the completion of your trek in a comfortable lakeside setting.

Day 11 : Drive or Fly Back to Kathmandu (1,400m)

Altitude: 1,400m

Walk: 25 min flight / 6–7 hrs drive · Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Return to Kathmandu by scenic flight or overland drive. The rest of the day is free for shopping, cultural exploration, or relaxation after your Himalayan journey.

Day 12 : Departure or Sightseeing in Kathmandu (1,400m)

Altitude: 1,400m

Visit: Nepal · Meals: Breakfast

Depending on your flight schedule, you will be transferred to the airport for departure. If you have extra time, you can explore UNESCO World Heritage Sites such as Boudhanath Stupa, Swayambhunath (Monkey Temple), or Patan Durbar Square before leaving Nepal.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.

- Day 1 · Arrival in Kathmandu · 1,400 m · day 21°C / night 10°C
- Day 2 · Permit & Trek Preparation in Kathmandu · 1,400 m · day 21°C / night 10°C
- Day 3 · Drive or Fly to Pokhara · 820 m · day 24°C / night 14°C
- Day 4 · Drive to Tatopani, Trek to Narchyang · 1,510 m · day 20°C / night 10°C
- Day 5 · Trek to Hum Khola · 2,560 m · day 15°C / night 3°C
- Day 6 · Trek to Sandhikharka · 3,320 m · day 11°C / night -2°C
- Day 7 · Trek to Annapurna North Base Camp · 4,190 m · day 7°C / night -8°C
- Day 8 · Exploration and Acclimatization Day · 4,190 m · day 7°C / night -8°C
- Day 9 · Return Trek to Hum Khola · 2,560 m · day 15°C / night 3°C
- Day 10 · Trek to Narchyang, Drive to Pokhara · 820 m · day 24°C / night 14°C
- Day 11 · Drive or Fly Back to Kathmandu · 1,400 m · day 21°C / night 10°C

- Day 12 · Departure or Sightseeing in Kathmandu · 1,400 m · day 21°C / night 10°C

What's included

1. Transportations

- Private/tourist vehicles for airport pickup and drop-off in Kathmandu.
- Private/tourist vehicles transfer as per itinerary to access the trailheads.
- Domestic flight included for access to the trekking starting & ending point.

2. Accommodation & Meals

- 3 Nights 3 star hotel in Kathmandu with bed & breakfast basis.
- 2 Nights 3 star hotel in Pokhara with bed & breakfast basis.
- All Meals (breakfast, lunch & dinner with tea & coffee) during the trekking Period.

3. Permits

- Annapurna Conservation Area Project (ACAP) permits.
- Trekkers' Information Management System (TIMS) permits.

4. Guide & Staff

- Professional and experience License holder trekking guide salary & insurance.
- Porter salary, equipments & insurance.
- First aid medical kit for emergency support.

Not included

1. International Flights

- Airfare from your home country to Nepal (Tribhuvan International Airport, Kathmandu).
- Return airfare from Nepal (Tribhuvan International Airport, Kathmandu) to your home country.

2. Visa Fees

- Nepal entry visa fee for entering Nepal (available on arrival at Tribhuvan International Airport, Kathmandu, or through a Nepalese embassy).

3. Travel Insurance (Mandatory)

- Comprehensive travel insurance covering high-altitude trekking, emergency medical treatment, helicopter evacuation, trip cancellation, and other unforeseen circumstances.

4. Personal Expenses

- Tips, gifts, and souvenirs for trekking guides and porters.
- Personal trekking equipment and gear.
- Charges for lodge Wi-Fi, hot showers, battery charging, and laundry services.

5. Meals & Beverages

- Lunch and dinner in Kathmandu, Pokhara, and other locations where accommodation is provided in

3-star category hotels.

- Soft drinks, bottled water, alcoholic beverages, and snacks consumed during meals

Ready to book or have a question?

Trip page:
https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/annapurna-north-base-camp-trek/

Contact our team in Kathmandu: sonam@nordextreme.com · +977 9851078748 · delightful-orange-chimpanzee.tarevirjungleresort.com