Annapurna South Base Camp Trek

Trip information · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**12 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**4100m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 1,490 per person**

Trip overview

The Annapurna South Base Camp Trek is a scenic and less-crowded Himalayan journey that leads trekkers into the southern flank of the Annapurna Massif. This trek offers a unique perspective of the Annapurna range, combining dramatic mountain views, peaceful trails, and authentic cultural experiences in the lower Annapurna region.

Unlike the main Annapurna Base Camp route, this trek focuses on the quieter southern approaches, making it ideal for trekkers seeking solitude and a more off-the-beaten-path experience. The highlight is reaching the base area of Annapurna South, where trekkers are rewarded with close-up views of towering Himalayan peaks, including Annapurna South, Hiunchuli, Machhapuchhre, and the surrounding Annapurna Himalaya range.

This trek is ideal for moderately experienced trekkers who want a quieter alternative to the classic Annapurna Base Camp route while still enjoying world-class Himalayan scenery.

Geography and Landscape

The Annapurna South Base Camp Trek is located in the southern section of the Annapurna region within Annapurna Conservation Area. The route typically begins from the Pokhara region and gradually ascends through terraced farmland, forested hills, and remote mountain villages.

The landscape is diverse and constantly changing. Lower elevations feature lush subtropical forests, rice terraces, and river valleys. As the trail ascends, it enters dense rhododendron and oak forests, home to diverse wildlife and seasonal floral beauty. Higher up, the terrain becomes more rugged, with alpine meadows, rocky ridges, and expansive views of snow-covered peaks.

The Annapurna South Base Camp area lies in a dramatic mountain setting, surrounded by steep ridgelines and glacial valleys. From here, trekkers enjoy panoramic views of Annapurna South and adjacent peaks, along with close perspectives of the southern face of the Annapurna massif.

The route is quieter compared to the main ABC trail, offering a more peaceful trekking experience with fewer crowds and a stronger sense of wilderness.

Climate and Best Time to Trek

The best seasons for the Annapurna South Base Camp Trek are spring (March–May) and autumn

(September–November). These periods offer stable weather conditions, clear skies, and excellent visibility of the surrounding mountains.

Spring is especially beautiful due to blooming rhododendron forests that color the hillsides in red, pink, and white. Autumn provides crisp air and some of the clearest Himalayan views after the monsoon season, making it the most favorable time for trekking.

Winter (December–February) is colder, particularly at higher elevations, but still offers clear skies and quiet trails for experienced trekkers. The monsoon season (June–August) is generally less suitable due to heavy rainfall, slippery trails, and limited mountain visibility.

Overall, autumn is considered the best season for the most reliable trekking conditions and panoramic views.

People and Culture

The Annapurna South region is home to diverse ethnic communities, primarily Gurung and Magar groups, who are known for their hospitality, resilience, and deep cultural connection to the Himalayas.

Trekkers pass through traditional villages where stone houses, terraced fields, prayer flags, and small monasteries reflect the region's cultural heritage. Villages such as Ghandruk and Chhomrong provide meaningful cultural encounters and insights into local mountain life.

Among these, Ghandruk is particularly significant, offering traditional Gurung culture, local museums, and stunning mountain views.

The combination of peaceful trails, authentic cultural experiences, and spectacular Himalayan scenery makes the Annapurna South Base Camp Trek a rewarding and less-commercial alternative to the main Annapurna routes.

Highlights

- Scenic flight/drive to Pokhara – lakeside gateway to the Himalayas
- Traditional Gurung village of Ghandruk – culture and heritage
- Rhododendron forests and alpine meadows – colorful trekking scenery
- Sunrise from Muldai Viewpoint – panoramic Annapurna & Dhaulagiri views Muldai Viewpoint
- Khopra Ridge – remote ridge with stunning mountain panoramas Khopra Ridge
- Annapurna South Base Camp hike (4,100m) – close-up peak experience Annapurna South Base Camp
- Cultural immersion in Swanta village – authentic local lifestyle Swanta
- Ulleri stone stair descent & optional hot springs at Tatopani

Day-by-day itinerary

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

Altitude: 1400m

Stay: Hotel · Visit: Nepal · Meals: Dinner

Upon arrival at Tribhuvan International Airport, you will be warmly welcomed by your guide or company representative and transferred to your hotel in Kathmandu. Our team from Nord Extreme will assist you with permit arrangements, trekking briefing, gear checking, and final trip preparation to ensure a safe

and comfortable journey ahead.

You will also have free time to explore Thamel for any last-minute shopping or personal preparations before the trek begins.

Day 2 : Trek Preparation & Permit Arrangement

Altitude: 1,400m

Walk: No trekking (preparation day) · Stay: Hotel · Visit: Nepal · Meals: Breakfast

Today is dedicated fully to trek preparation and permit arrangements. Your guide will complete all necessary trekking permits, documentation checks, and safety briefings.

You will also do a final gear check and discuss the trekking route in detail, including altitude, daily trekking hours, and safety guidelines.

The rest of the day is free for rest or exploring Kathmandu if time permits.

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

Altitude: 820m

Stay: Hotel · Visit: Annapurna Region · Meals: Breakfast

After breakfast, begin your journey to Pokhara, the gateway to the Annapurna region. You can take a scenic 6–7 hour drive through winding mountain roads or a 25-minute flight with breathtaking Himalayan views.

Upon arrival in Pokhara, check into your hotel and enjoy the peaceful lakeside atmosphere of Phewa Lake. You may relax, go boating, or explore nearby attractions.

Day 4 : Drive to Ghandruk (1,940m) and Trek to Tadapani (2,630m)

Altitude: 2,630m

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

Take a jeep from Pokhara to Ghandruk, a beautiful Gurung village with traditional stone houses and stunning views of Annapurna South and Machhapuchhre. After exploring the village, begin your trek through rhododendron and pine forests toward Tadapani. The trail climbs steadily with stone steps and forest paths until you reach Tadapani, offering spectacular mountain views.

Day 5 : Trek to Dobato (3,420m) via Meshar Danda

Altitude: 3,420m

Walk: 5 to 6 hours trekking · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Today's trail passes through dense rhododendron forests and scenic ridgelines. You climb gradually to Meshar Danda, which offers panoramic views of Annapurna South, Dhaulagiri, and Machhapuchhre, before continuing to Dobato, a peaceful alpine stop surrounded by mountains.

Day 6 : Early Morning Hike to Muldai Viewpoint (3,640m), Trek to Upper Chistibung (3,000m)

Altitude: 3,640m (highest point), 3,000m

Walk: 5 hours trekking + hike · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Early morning hike to Muldai Viewpoint for sunrise over the Annapurna and Dhaulagiri ranges. After enjoying the views, descend and continue trekking through forested trails and open meadows to Upper Chistibung, a quiet and scenic village.

Day 7 : Trek to Khopra Ridge (3,660m)

Altitude: 3,660m

Walk: 3 to 4 hours · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Ascend to Khopra Ridge, one of the most spectacular viewpoints in the Annapurna region. Enjoy breathtaking panoramic views, relax in teahouses, and spend time exploring the ridge and surrounding landscapes.

Day 8 : Full-Day Hike to Annapurna South Base Camp (4,100m) and Return to Khopra

Altitude: 4,100m

Walk: 7 to 8 hours trekking · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

A challenging but rewarding day hike to Annapurna South Base Camp through alpine terrain and glacial landscapes. After spending time at base camp, return to Khopra Ridge for overnight rest.

Day 9 : Descend to Swanta Village (2,200m)

Altitude: 2,200m

Walk: 5 to 6 hours · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Descend through forests and pastures to Swanta Village, a traditional Magar and Gurung settlement known for its hospitality and cultural charm.

Day 10 : Trek to Ulleri (1,960m), Drive Back to Pokhara

Altitude: 1,960m

Walk: 4–5 hours trekking + drive · Stay: Hotel · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Continue descending through forests and the famous Ulleri stone staircases. From Ulleri, take a jeep back to Pokhara and enjoy a relaxing evening in the lakeside city.

Day 11 : Drive or Fly Back to Kathmandu

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Return to Kathmandu by flight or road. Free time for shopping, sightseeing, or relaxation before your international departure. Optional guided heritage tour can also be arranged depending on schedule.

Day 12 : Departure

Visit: Nepal · Meals: Breakfast

Today marks the end of your journey in Kathmandu. After breakfast, our team from Nord Extreme will transfer you to Tribhuvan International Airport for your final departure.

We hope you had a wonderful trekking experience in Nepal and wish you a safe journey ahead.

Altitude & temperature

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

- Day 1 · Arrive in Kathmandu · 1,400 m · day 21°C / night 10°C
- Day 2 · Trek Preparation & Permit Arrangement · 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 Ghandruk and Trek to Tadapani · 2,630 m · day 15°C / night 2°C

- Day 5 · Trek to Dobato via Meshar Danda · 3,420 m · day 11°C / night -3°C
- Day 6 · Early Morning Hike to Muldai Viewpoint, Trek to Upper Chistibung · 3,640 m · day 10°C / night -4°C
- Day 7 · Trek to Khopra Ridge · 3,660 m · day 9°C / night -4°C
- Day 8 · Full-Day Hike to Annapurna South Base Camp and Return to Khopra · 4,100 m · day 7°C / night -7°C
- Day 9 · Descend to Swanta Village · 2,200 m · day 17°C / night 5°C
- Day 10 · Trek to Ulleri, Drive Back to Pokhara · 1,960 m · day 18°C / night 7°C
- Day 11 · Drive or Fly Back to 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

Dates & prices

- 02 Mar 2027 – 13 Mar 2027 · USD 1,490 · Available
- 16 Mar 2027 – 27 Mar 2027 · USD 1,490 · Available
- 06 Apr 2027 – 17 Apr 2027 · USD 1,490 · Available
- 20 Apr 2027 – 01 May 2027 · USD 1,490 · Available
- 04 May 2027 – 15 May 2027 · USD 1,490 · Available

Best time to visit

Best months: March–April and October–November. October and November offer crystal-clear views of Annapurna and Machhapuchhre; March to May is warm with blooming rhododendron forests. Lower Annapurna treks such as Poon Hill are possible in winter, while Thorong La and high passes may close after heavy snow.

What to bring — packing checklist

Clothing

- [ ] Moisture-wicking base layers (top and bottom)
- [ ] Fleece or light insulated mid-layer
- [ ] Down jacket (–10 °C rated for high trails)
- [ ] Waterproof, breathable shell jacket and trousers
- [ ] 2–3 trekking shirts and 2 pairs of trekking trousers
- [ ] Warm hat, sun hat or cap and buff
- [ ] Light liner gloves and warm insulated gloves
- [ ] Underwear and sports bras

Footwear

- [ ] Broken-in waterproof trekking boots with ankle support
- [ ] Camp shoes or sandals for teahouse evenings
- [ ] Hiking socks (4–5 pairs) and warm wool socks for nights

Equipment

- [ ] Daypack 30–35 L with rain cover
- [ ] Sleeping bag rated to –10 °C (we can provide one)
- [ ] Trekking poles

- [ ] Sunglasses with UV protection
- [ ] Duffel bag for the porter (provided by Nord Extreme)

Health & personal

- [ ] Personal medication and a small first-aid kit
- [ ] Altitude medicine (Diamox) after consulting your doctor
- [ ] Water bottles or a 2–3 L hydration bladder, purification tablets or filter
- [ ] Sunscreen SPF 50, lip balm with SPF
- [ ] Hand sanitiser, wet wipes, quick-dry towel
- [ ] Headlamp with spare batteries, power bank

Documents & money

- [ ] Passport valid for 6+ months, plus copies
- [ ] Travel insurance policy (covering helicopter evacuation)
- [ ] 4 passport photos for permits
- [ ] Cash in USD / Nepali rupees for tips, snacks and extras
- [ ] Credit or debit card

Down jackets and sleeping bags can also be rented in Kathmandu.

Essential information

Accommodation

Accommodation is provided in basic to moderately comfortable teahouses and mountain lodges along the route.

Lower sections such as Ghandruk, Chhomrong, and surrounding villages offer better-developed lodges with improved facilities. As the trail ascends toward remote areas leading to Annapurna South Base Camp, accommodation becomes simpler due to limited infrastructure and lower tourist flow.

Rooms are generally twin-sharing with basic bedding and shared bathroom facilities.

Meals

A full-board meal system (Breakfast, Lunch, and Dinner) is provided throughout the trek. Meals are freshly prepared and suitable for trekking energy requirements.

Typical menu options include:

- Traditional Dal Bhat set meals
- Noodles, pasta, and fried rice
- Soups, potatoes, and seasonal vegetables
- Eggs, pancakes, and Tibetan bread
- Tea, coffee, and hot beverages

Food is available in most villages, though variety becomes more limited in remote sections.

Difficulty & Physical Requirements

The Annapurna South Base Camp Trek is classified as moderate, suitable for trekkers with good fitness and some prior hiking experience.

Daily trekking ranges from 5 to 7 hours, with steady ascents, forest trails, and occasional steep climbs.

No technical climbing is required, but endurance and acclimatization are important.

Permits

Required permits include:

- Annapurna Conservation Area Permit (ACAP)
- TIMS Card (Trekkers' Information Management System)

All permits are arranged by the trekking operator.

Best Season

- Spring (March–May): Rhododendron blooms and clear mountain views
- Autumn (September–November): Best weather and visibility
- Winter (December–February): Cold but peaceful trekking conditions
- Monsoon (June–August): Not recommended due to rain, leeches, and landslides

Transportation & Access

The trek typically begins with a drive from Pokhara to Nayapul or Ghandruk region, followed by trekking through forested trails and hillside villages.

Pokhara serves as the main access hub for the Annapurna region.

Safety & Acclimatization

Although the altitude is moderate compared to major high passes, proper pacing is essential.

Key considerations include:

- Gradual ascent through forest and village terrain
- Regular hydration and rest breaks
- Monitoring weather conditions in alpine zones
- Guides ensure safety, route navigation, and support throughout the trek.

Travel Insurance

Recommended travel insurance should include:

- Trekking coverage up to at least 4,500m
- Emergency medical treatment
- Helicopter evacuation coverage
- Trip cancellation and accident protection

Additional information

Guide & Porter Services

Licensed trekking guides provide navigation, safety assistance, and cultural interpretation throughout the journey.

Porters are available to carry luggage, allowing trekkers to walk comfortably with a light daypack.

Cultural & Natural Highlights

The Annapurna South Base Camp Trek is known for its peaceful trails and natural beauty:

- Close views of Annapurna South Base Camp

- Stunning scenery of Annapurna South and Hiunchuli
- Traditional Gurung villages like Ghandruk
- Dense rhododendron and oak forests
- Less crowded alternative to ABC Trek
- Authentic rural Himalayan lifestyle
- Scenic ridge walks and mountain viewpoints

Essential Equipment

Recommended trekking gear includes:

- Comfortable trekking boots
- Layered clothing system
- Warm jacket for higher elevations
- Waterproof jacket and trousers
- Gloves, hat, and sunglasses
- Trekking poles
- Daypack (30–40L)
- Basic first aid kit and personal medication

Communication & Connectivity

Mobile network coverage is available in lower villages such as Ghandruk but becomes weaker in higher and remote sections near the base camp area.

Wi-Fi is available in some lodges at lower elevations but is limited in remote zones.

Why Choose the Annapurna South Base Camp Trek?

This trek is ideal for travelers seeking a quieter and more authentic Himalayan experience:

- Less crowded alternative to Annapurna Base Camp
- Beautiful close-up views of Annapurna South and Hiunchuli
- Rich cultural experience in Gurung villages
- Peaceful forest and alpine trekking routes
- Moderate difficulty suitable for many trekkers
- Easy access from Pokhara
- Authentic and off-the-beaten-path experience
- One of the hidden gems of the Annapurna region

Frequently asked questions

How difficult is the Annapurna South Base Camp Trek?

The Annapurna South Base Camp Trek is graded Moderate — suitable for most active travellers. Expect 5–7 hours of walking on most days on mountain trails with plenty of ascents and descents. Regular cardio training — hiking, running, cycling or stair climbing — for 6–8 weeks before departure makes the trip far more enjoyable.

What is the best time for the Annapurna South Base Camp Trek?

For the Annapurna region the best months are March–April and October–November. October and November offer crystal-clear views of Annapurna and Machhapuchhre; March to May is warm with blooming rhododendron forests. Lower Annapurna treks such as Poon Hill are possible in winter, while Thorong La and high passes may close after heavy snow.

What permits do I need for the Annapurna South Base Camp Trek?

You need the Annapurna Conservation Area Permit (ACAP) and the trekkers' TIMS card. Nord Extreme arranges every permit for you before the trip starts — check the "Includes" section above for exactly what is covered in the price. Just bring your passport and a few passport-size photos.

What is the accommodation like on the Annapurna South Base Camp Trek?

In Kathmandu you stay in a comfortable hotel; on the trail we use the best available family-run teahouses and lodges with twin-share rooms, shared or attached bathrooms and a warm dining room. Upgrades to luxury lodges are possible on popular routes such as Everest and Annapurna.

Can I book the Annapurna South Base Camp Trek as a private trip or join a group?

Both. You can join one of the fixed departures listed under "Dates & Prices", or book a private trip for just you, your family or friends on any date. Solo travellers are welcome — you will always have your own licensed guide.

Do I need travel insurance for the Annapurna South Base Camp Trek?

Yes, travel insurance is compulsory. It must cover medical treatment and emergency helicopter evacuation up to the trip's highest altitude, plus trip cancellation. Please send us your policy details before departure.

What should I pack for the Annapurna South Base Camp Trek?

See the "What to bring" checklist on this page for the full list. The essentials are broken-in boots, warm layers, a down jacket, a waterproof shell, sun protection and a daypack. Down jackets and sleeping bags can be rented cheaply in Kathmandu, and a porter carries your main bag (up to 10–12 kg).

Ready to book or have a question?

Trip page:
https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/annapurna-south-base-camp-trek/
Contact our team in Kathmandu: sonam@nordextreme.com · +977 9851078748 · delightful-orange-chimpanzee.tarevirjungleresort.com