Annapurna South Base Camp Trek

Itinerary & costs · 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**

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

Ready to book or have a question?

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

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