Tent Peak Climbing

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

DURATION	**17 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**5663m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 3,090 per person**

Day-by-day itinerary

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

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Dinner

Arrival at Tribhuvan International Airport in Kathmandu. Meet trekking team and transfer to hotel. Evening briefing about route, weather, and equipment check.

Day 2 : Kathmandu Sightseeing & Preparation (1,400m)

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast

Permit processing, gear check, and optional sightseeing (Pashupatinath, Boudhanath, Durbar Square). Final preparation for trek.

Day 3 : Drive to Pokhara (820m)

Altitude: 1,400m - 820m

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

Time: 6-7 hours

Scenic drive along rivers and hills or optional flight to Pokhara. Evening at Pokhara Lakeside.

Day 4 : Drive to Nayapul – Trek to Ghandruk (1,940m)

Altitude: 820m - 1,940m

Walk: 4–5 hrs · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Drive to trailhead and start trek through terraced fields and Gurung villages with views of Annapurna South.

Day 5 : Ghandruk – Chhomrong (2,170m)

Altitude: 1,940m - 2,170m

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

Trail ascends and descends through forest ridges and stone steps with first clear views of the Annapurna massif.

Day 6 : Chhomrong – Bamboo / Dovan (2,300–2,600m)

Altitude: 2,170m - 2,300–2,600m

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

Descend to river and climb into dense bamboo and rhododendron forest.

Day 7 : Dovan – Deurali (3,200m)

Altitude: 2,300–2,600m - 3,200m

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

Steady climb into alpine zone with glacier river valley views.

Day 8 : Deurali – Annapurna Base Camp (4,130m)

Altitude: 3,200m - 4,130m

Walk: 4–5 hrs · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Enter Annapurna Sanctuary surrounded by 360° Himalayan peaks.

Day 9 : Annapurna Base Camp – Tent Peak Base Camp (4,800m)

Altitude: 4,130m - 4,800m

Walk: 4-5 hours · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Short but steep climb above ABC into Tent Peak base area. Set up tents and prepare gear.

Day 10 : Climbing Training Day (4,800m)

Altitude: 4,800m - 4,800m

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

Basic mountaineering training:

- Crampon walking
- Ice axe handling
- Rope safety practice
- Glacier movement basics

Day 11 : Base Camp – High Camp (5,200–5,300m)

Altitude: 4,800m - 5,200–5,300m

Walk: 3–4 hrs · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Ascend steep snowy slopes to High Camp. First exposure to glacier climbing conditions.

Day 12 : Summit Tent Peak (5,663m) – Return

Altitude: 5,200–5,300m - 5,663m - descent

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

Time: 10–12 hrs

Midnight summit push from High Camp via snow slopes, fixed ropes, glacier crossing, and final steep ridge to summit.

Summit views include Annapurna I, Machapuchare (Fishtail), Hiunchuli, and Annapurna South.

Day 13 : Contingency Day (5,200–5,300m)

Altitude: 5,200–5,300m - 5,200–5,300m

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

Reserved for bad weather, rest, or summit retry.

Day 14 : High Camp – Annapurna Base Camp – Bamboo (2,340m approx.)

Altitude: 5,200–5,300m - 2,340m

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

Descend back through the Annapurna Sanctuary to lower forest zones.

Day 15 : Bamboo – Chhomrong – Jhinu Danda – Pokhara (820m)

Altitude: 2,340m - 820m

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

Final trekking day with optional hot springs at Jhinu Danda, then drive to Pokhara.

Day 16 : Pokhara – Kathmandu (1,400m)

Altitude: 820m - 1,400m

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

Travel: Flight or drive

Return to Kathmandu by flight or drive. Trip ends with departure or onward travel.

Day 17 : Final 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 · Arrival in Kathmandu · 1,400 m · day 25°C / night 9°C
- Day 2 · Kathmandu Sightseeing & Preparation · 1,400 m · day 25°C / night 9°C
- Day 3 · Drive to Pokhara · 1,400 m · day 25°C / night 9°C
- Day 4 · Drive to Nayapul – Trek to Ghandruk · 820 m · day 28°C / night 12°C
- Day 5 · Ghandruk – Chhomrong · 1,940 m · day 22°C / night 5°C
- Day 6 · Chhomrong – Bamboo / Dovan · 2,170 m · day 21°C / night 4°C
- Day 7 · Dovan – Deurali · 2,300 m · day 20°C / night 3°C
- Day 8 · Deurali – Annapurna Base Camp · 3,200 m · day 16°C / night -3°C
- Day 9 · Annapurna Base Camp – Tent Peak Base Camp · 4,130 m · day 11°C / night -9°C
- Day 10 · Climbing Training Day · 4,800 m · day 8°C / night -13°C
- Day 11 · Base Camp – High Camp · 4,800 m · day 8°C / night -13°C
- Day 12 · Summit Tent Peak – Return · 5,200 m · day 6°C / night -16°C
- Day 13 · Contingency Day · 5,200 m · day 6°C / night -16°C
- Day 14 · High Camp – Annapurna Base Camp – Bamboo · 5,200 m · day 6°C / night -16°C

- Day 15 · Bamboo – Chhomrong – Jhinu Danda – Pokhara · 2,340 m · day 20°C / night 2°C
- Day 16 · Pokhara – Kathmandu · 820 m · day 28°C / night 12°C

What's included

Accommodation

- 3 nights hotel in Kathmandu (3-star standard)
- 1–2 nights hotel in Pokhara
- Teahouse accommodation throughout trekking route (Ghandruk -> ABC region)
- Tent accommodation at Tent Peak Base Camp and High Camp

Meals

- Full board meals during trek and climbing (Breakfast, Lunch, Dinner)
- Tea/coffee during meals
- Standard trekking menu (dal bhat, noodles, rice, pasta, soup, eggs)
- Welcome and farewell dinner in Kathmandu

Transportation

- Airport pickup and drop in Kathmandu
- Kathmandu – Pokhara – Kathmandu (flight or tourist bus/jeep)
- Pokhara – Nayapul / trailhead transport (jeep)
- All necessary ground transfers during itinerary

Permits & Entry Fees

- Annapurna Conservation Area entry permit (ACAP)
- TIMS card (Trekkers' Information Management System)
- Tent Peak climbing permit (NMA trekking peak permit if applicable)
- Local conservation and rural municipality fees

Guide & Staff

- Licensed English-speaking trekking guide
- Experienced climbing guide for summit section
- Porters (2 trekkers : 1 porter ratio)
- Staff insurance, salary, meals, and accommodation

Group Climbing Equipment

- Climbing ropes (fixed rope setup for summit route)
- Safety ropes and anchors
- Harness sets (group backup)
- Ice anchors and carabiners
- First aid medical kit
- Pulse oximeter for altitude monitoring
- Basic communication support (radio if needed)

Expedition Logistics

- Base Camp kitchen support (in tented section)
- Camping equipment (tents, kitchen tent, dining tent)
- Kitchen staff for higher camps (if full package)
- Route briefing and summit planning support

Not included

Travel & Entry

- International airfare to/from Nepal
- Nepal entry visa fees (USD 30–50 approx.)

Personal Climbing Gear

(Usually rented or brought by climber)

- Mountaineering boots (crampon compatible)
- Crampons
- Ice axe
- Climbing harness
- Helmet
- Down jacket (-20°C to -30°C rated)
- Sleeping bag (-20°C rated or higher)
- Trekking poles

Insurance & Safety

Travel insurance (mandatory) covering:

- Altitude up to 6,000m+
- Helicopter evacuation
- Medical treatment + repatriation
- Emergency rescue or evacuation costs (if required)

Personal Expenses

- Hot showers in teahouses
- Wi-Fi and internet charges
- Device charging fees
- Alcoholic drinks and bottled beverages
- Extra snacks and personal food items
- Laundry services
- Kathmandu & Pokhara Meals
- Lunch and dinner in cities (not included unless specified)

Miscellaneous

- Tips for guides, porters, and staff

- Costs due to weather delays, landslides, or flight cancellations
- Extra hotel nights in Kathmandu/Pokhara due to delays
- Personal shopping or souvenirs

Ready to book or have a question?

Trip page: https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/tent-peak-climbing/

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