

North Annapurna Base Camp Trek - 8 Days

URL: <https://nepalalternativetreks.com/trip/north-annapurna-base-camp-trek/>

North Annapurna Base Camp Trek Quick Information

Weather

-10°C to 15°C

Duration

8 Days

Difficulty

Moderate

Accommodation

Camping/Lodges

Meals Included

Breakfast, Lunch, Dinner

Transportation

Private Overland Transport

Daily Activity

Approx. 5 - 6 hours

Religion

Buddhism

Ethnic People

Gurung, Thakali

Region of Nepal

Dhaulagiri, Annapurna Region

Max Altitude

4190m./13827ft.

Per Person Cost

USD 800

Best Season

Sept, Oct, Nov, March, April,
May

Geographic Terrain

Mountain, Forest, Village,
Lake, Waterfall, Terrace

Group Discounts Available

No. of Persons	Price per Person
Group Of 1 - 4	USD \$800.00
Group Of 5 - 8	USD \$760.00
Group Of 9 - 12	USD \$720.00
Group Of 13 - 18	USD \$680.00

Note: Our fixed group departure dates, services and price is guaranteed even if the group numbers are 1 person to maximum 18 persons. We will provide a guide cum porter if there is only 1 person to operate the trek and one more assistant guide if group size is above 10 persons. And of course, guide cum porter will carry 10 kg luggage.

North Annapurna Base Camp Trek Overview

The North Annapurna Base Camp Trekking begins in Kathmandu after you make final preparations for the trek. Then, your drive to Pokhara and follow with another drive to Lower Narchyang via Tatopani. The awesome trekking journey will take you across the beautiful traditional villages and people through upper Narchyang, Kalokhola, Chhotepa, Hum Khola Dovan, Sandhikharka, Bhuskot mela, Sun Khola and finally reach Annapurna North Base Camp. During this route, you can see the glorious mountain based in the Annapurna region and the authentic culture of Nepal. On the trail, you will be mesmerized by the impressive views of Nilgiri Himal (7061m), Tilicho Peak (7134m), Mt Dhaulagiri (8167m) and Annapurna 1 (8091m). Interspersed among the mountains are rich blue alpine lakes.

8-Days North Annapurna Base Camp trekking is a short remote area trekking in Nepal. It takes 2 days to reverse down to Tatopani. From here, you drive to Pokhara to conclude the trip.

North Annapurna Base Camp Trek Highlights

- Experience challenging trek with the immense natural beauty of the Himalayas
- Mesmerizing views of high mountains such as Annapurna I, Mount Machhapuchhre, Himchuli, and Dhaulagiri
- Dense green forests, waterfalls, hot springs, caves, and glaciers
- Visit Narchyang Lake, which remains frozen during the winter
- Rich in biodiversity, flora, and fauna
- Encounter wild lives such as musk deer, snow leopards, bears, wild dogs, and blue sheep

Weather

January

-25°C to -10°C

February

-25°C to -10°C

March

-20°C to -5°C

April

-15°C to -1°C

May

-10°C to 5°C

June

-5°C to 9°C

July

0°C to 15°C

August

0°C to 15°C

September

-5°C to 10°C

October

-10°C to 5°C

November

-20°C to -5°C

December

-25°C to -10°C

8 Days North Annapurna Base Camp Trek Itinerary

Day 1: Drive to Pokhara

North Annapurna Base Camp Trek begins with a scenic half-day long drive to the famous city of Pokhara. Begin driving through the Prithvi Highway alongside the Trishuli River. The scenic road journey goes along the beautiful small towns of Malekhu, Manakamana, Byas, and Lekhnath towards Pokhara. Upon arrival, you'll check into the hotel located just beside the beautiful Phewa Lake. Spend the evening exploring the beautiful lakeside city and indulging in a short walk around Phewa Lake. Prepare for the upcoming trek.

Destination:

200km Drive to Pokhara
(Av. 6hrs)

Accommodation

Hotel Kausi

Altitude:

(820m./2706ft.)

Meals

Breakfast

Day 2: Drive to Lower Narchyang - Trek to Upper Narchyang

The drive from Pokhara to Lower Narchyang is fairly long but uneventful. The end of the road is bumpy and trail like. From there, it's a welcome relief to get out and trekking if only for an hour or so. It's also nice to be out and surrounded by green forest. Make us of your night in Upper Narchyang .

Destination:

Drive to Lower Narchyang
(Av 6hr) - 1.5km Uphill hike to
Upper Narchyang (Av. 1hr)

Accommodation

Lodge in Upper Narchyang

Altitude:

(2041m./6735ft.)

Meals

Breakfast, Lunch, Dinner

Day 3: Trek to Choote Pa

There's a series of farmlands and large valley opening up in the distance to get you started . Before crossing the Ghalemdi river, You follow the valley path along with open farmlands, brush and grasslands. It's onto some ridge trekking as you being an ascent after the river. The icy mountain of Nilgiri seem to come closer much faster than expected. Green bamboo forests are your first moment of feeling like you are off the beaten path. You'll soon come across a mountain stream which you can follow until you find an area good for setting up camp.

Destination:

13.5km Uphill hike
(Av. 6hr)

Accommodation

Camping at Choote Pa

Altitude:

(2455m./8101ft.)

Meals

Breakfast, Lunch, Dinner

Day 4: Trek to Sandhi Kharka

Today, as you ascend up, it's back into bamboo forest and thickets and finally out of the ridge of the forest. Below the valley is cut by the river as you follow it along while descending. Once you reach it the boulders truly look a lot bigger than from above. Continue following the main river due east as you climb up to and over a suspension bridge. You'll then come across an amazing pool of fresh water that's bright blue and sourced by a waterfall continue on for 45 minutes where there's a good place to camp for the night.

Destination:

14km Uphill hike
(Av. 6hr)

Accommodation

Camping at Sandhi Kharka

Altitude:

(3245m./10708ft.)

Meals

Breakfast, Lunch, Dinner

Day 5: Trek to North Annapurna Base Camp

Keep your strength up with a good breakfast as it's a long day. As you trek away from camp, the ground vegetation becomes more sparse. You'll soon come across some cave like formations in the surrounding mountains. The valley becomes sheltered from the sun as you get nearer to base camp. Continue up and over a mini pass of sorts and you'll arrive into a desolate windswept area filled with boulders and earth. Welcome to North Annapurna Base Camp.

There is an attractive pool of glacier water here and a massive glacier ahead blocking the path to Tilicho Lake on the other side. The small temple here is used to make a puja for blessing to the mountain Annapurna 1. The temple contains Shiva and Ganesh while there is also a Buddha Statue and prayer wheels. There's a small open hut here which is useful for camping inside with a tent.

Destination:

12km Uphill hike
(Av. 6hr)

Accommodation

Camping at North Annapurna
Base Camp

Altitude:

(4190m./13827ft.)

Meals

Breakfast, Lunch, Dinner

Day 6: Trek down to Chhote pa

It's usually a cold start to the day as the ice winds sweep down from the mountains. The sheltered valley makes it equally cold and blustery as you make your way along the way you came the day before.

The good news is the wind is now likely to be pushing you along. Down some a rocky area it's important to take care not to lose one's footing. It's faster on the way back but also easier to trip. Soon you'll be back in the forest, grassland and ridges with the sun on occasion on your side of the valley. Back at the pool it time to set up camp for the last time. There's a small hut here which can be used to camp inside .

Destination:

16km Downhill hike

Accommodation

Camping at Chhote pa

Altitude:

(2455m./13827ft.)

(Av. 6hrs.)

Meals

Breakfast, Lunch, Dinner

Day 7: Trek to Lower Narchyang - Drive to Tatopani

The open trail makes things quicker here and with a lighter load you'll be moving faster. Farmlands and houses quickly start to appear and the green valleys are a welcome sight. Passing through Nachyang you'll drive to Tatopani as nicer lodgers are waiting with hot showers, bed and dal bhat.

Destination:

3hrs Downhill hike to Lower Narchyang -
15km Drive to Tatopani (Av. 2hrs)

Accommodation

Hotel Natural Spring or hotel
Dhaulagiri

Altitude:

(1190m./3927ft.)

Meals

Breakfast, Lunch, Dinner

Day 8: Drive to Kathmandu

There's not much today. Staff usually want an early start but busses tend to leave throughout the morning to Pokhara so there is no real rush. Enjoy breakfast. The bus starts out bumpy but soon even out into the road on the way to Pokhara. Continue road journey to Kathmandu.

Destination:

320km Drive to Kathmandu
(Av. 11hrs)

Altitude:

(1295m./4273ft.)

Meals

Breakfast, Lunch

What's Included

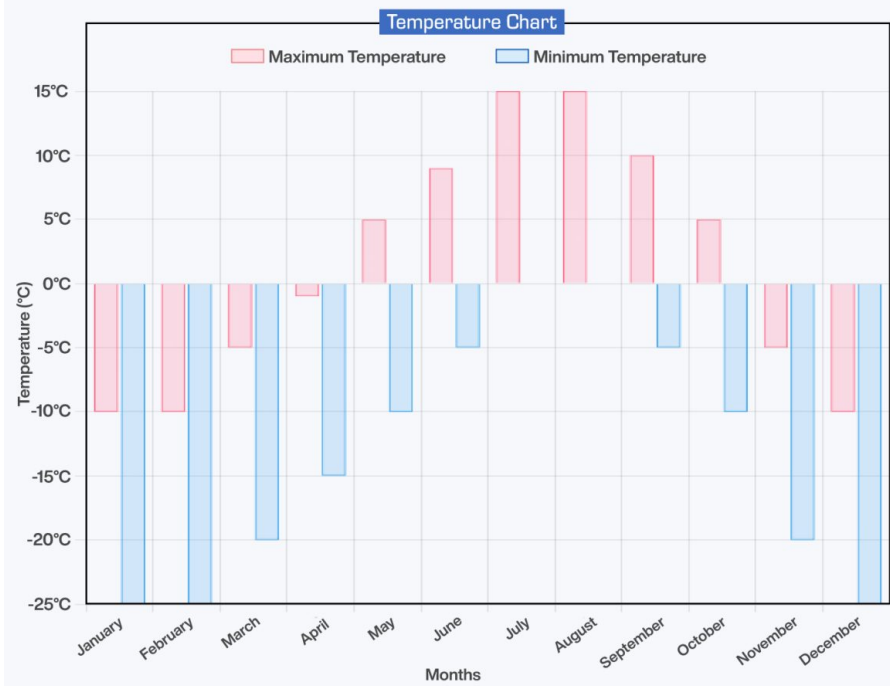
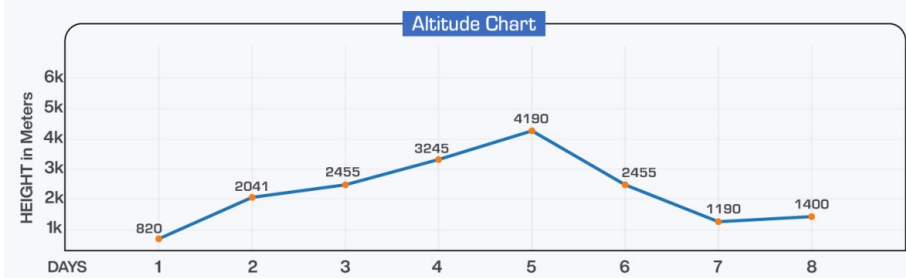
- Pick Up at Tribhuvan International Airport and Transfer to Hotel in Kathmandu .
- Hotel accommodation (Hotel Kausi) in Pokhara
- All meals during the trekking (Breakfast, Lunch, Dinner).
- Tented camp /Lodge accommodation during the trekking.
- One experienced, Fluent English speaking, friendly and government authorized trekking guide, cook
- 1 Porter per 2 Trekkers and keep luggage weight under 10kg per person.
- Guide and staff's food, accommodation, salary, insurance and transportation .
- Overland transportation as per mentioned in itinerary.
- All camping equipment and kitchen utensils.
- ACAP(Annapurna conservation area project) and necessary permits.
- A Trekking map, duffle bag, Oxygen saturation check up everyday, water purification, company t-shirt, first aid medical and trekking completion certificate etc.
- Assistance for emergency rescue evacuation.

- Public Liability Insurance.
- Government tax and service charge.

What's Not included

- Hotel accommodation and meals in Kathmandu.
- Hard and soft table drinks such as tea/coffee, coke, fanta, mineral water, alcoholic drinks, laundry, phone bill etc.
- Personal Travel insurance.
- International Flight Tickets.
- Nepal Tourist Visa Fee
- Tips for guide and staff .(Highly suggested).

North Annapurna Base Camp Trek Route Map



Additional Trip Information

Best time to visit Annapurna North Base Camp Trek

The best time to visit Annapurna North Base Camp Trek is during the autumn (September, October, November) and spring (March, April, May) seasons. This season provides you with an ideal climate. During this time of the year, you can see a panoramic view of the mountain ranges in the Annapurna region and the beauty of the surroundings. But, many people do this trek during the monsoon seasons too. Annually, thousands of tourists including both national and international tourists come to Annapurna North base camp for trekking.

Is Annapurna North Base Camp Trek Really Difficult?

This trek is a difficult trip. You have to be both physically fit and experienced as well. In addition, the landscape of the place is also very dangerous. In addition, if you don't come fully prepared for this trek then your difficulty will add up. Similarly, make sure you have all the essentials with you.

Meals and Accommodation During ABC North Trek

All meals include Breakfast, Lunch, and Dinner during trekking. Likewise, we also provide Western and Nepali foods which are very healthy. In addition, the lodges we provide are very secure and comfortable too. In addition, twin sharing tents during the trek.

Attraction Point During Annapurna North Base Camp Trek

Among the Annapurna North Base Camp's main attraction point is its remote and serene trekking route. It is less crowded in comparison to the popular [Annapurna Base Camp Trek](#) route. Similarly, the trek is a perfect blend of natural beauty, adventure, and cultural exploration. The challenging trekking route provides a rewarding experience for the trekkers.

In addition to the scenic beauty, the Annapurna North Base Camp Trek also provides trekkers with mesmerizing mountain views. Trekkers can witness the mountain views of Annapurna I, Himchuli, Macchapuchhre, Dhaulagiri, and many more. It is truly a unique experience to trek through the green forests while passing by beautiful waterfalls, caves, and glaciers.

Difference Between Annapurna Base Camp and Annapurna North Base Camp

There is a significant difference between Annapurna Base Camp and Annapurna North Base Camp Trek. Let us break down the details for each trekking route.

The Annapurna Base Camp is situated at an elevation of 4,130 meters (13,549 feet). It lies in the southern part of the Annapurna massif. The trek begins from Nayapul and sometimes from Phedi village. Based on the route, trekkers will pass through the picturesque villages of Ghandruk, Chhomrong, Ghorepani, Ulleri, Bamboo, Jhinu Danda, and several others. The route passes by terraced fields and rhododendron and oak forests. The trek takes 7 to 12 days to complete.

Meanwhile the Annapurna North Base Camp goes through remote and off-the-beaten-paths. It goes through the lush green forests, charming villages, and terraced fields. The base camp is situated in the northern part of the Annapurna massif and lies at an elevation of 4,190 meters (13,827 feet). Trekkers will pass by villages like Tatopani, Narchyang, Choote Pa, and Sandhi Kharka while on trek. It is a short trek that usually takes around 5 to 7 days to complete.

Guide and Porter For Annapurna North Base Camp Trek

It has become mandatory to hire a government-licensed guide for trekking in Nepal as of April 1, 2023. The guides play a crucial role in providing support while also ensuring the trekker's safety. They help to navigate the trail and make sure that you are on the right path. Similarly, they act as a bridge for communicating with the local communities. Carrying a heavy backpack while trekking on remote and rugged terrain is physically challenging. The porters help to reduce the physical strain by carrying the heavy baggage on the trekker's behalf. Trekkers can freely enjoy the trek without additional burden on them. They can focus on enjoying the trek rather than on the physical burden.

Nepal Alternative Trek's Annapurna North Base Camp Trek package comes with a guide, cook, and required porters. The guides are experienced, government-authorized, and fluent in English. Similarly, they are trained to provide first aid in case of emergencies.

North Annapurna Base Camp Trek Required Permits

The permits required for the Annapurna North Base Camp Trek are a TIMS card and ACAP.

TIMS (Trekkers Information Management System) Card

The TIMS card collects the information of the trekkers, their itineraries, and emergency contact numbers to ensure their safety and security. Trekkers have to obtain a card for trekking any routes in Nepal. The cost for the card is NPR. 2000 for SAARC residents and NPR. 1000 for foreigners. The card is obtainable through registered trekking agencies in Nepal.

Annapurna Conservation Area Project Permit (ACAP)

The Annapurna North Base Camp route lies in the Annapurna Conservation Area. Hence, it is important to get a permit for the conservation area. It can be obtained in Kathmandu and Pokhara. Its costs are as follows:

- ACAP: NPR. 3000 for foreigners and NPR 1000 for SAARC.
- Note: Children below 10 years are free

North Annapurna Base Camp Trek Insurance

You must have your travel insurance with you. So, make sure your travel insurance company covers all your safety measures. Ensure that the insurance company provides you with every facility. It will come in handy and has a lot of benefits during the trek. Therefore, ensure that your travel insurance covers your injury, medical expenses, repatriation expenses, rescue mission, loss of property, etc. But, most importantly make sure your travel insurance has not expired. Furthermore, ensure that your Insurance policy covers your 4200m trekking and adventure policy.

The travel insurance is not included in the Nepal Alternative Treks' Annapurna North Base Camp Trek. So, trekkers have to pay for the insurance by themselves. Also, read the terms and conditions of the insurance carefully before you take one. You should be clear about the insurance policy so that there will be no problem in the future.

North Annapurna Base Camp Trek Fitness and experience requirements

While trekking through high altitudes you must be physically and mentally fit. Most importantly, you should also not have any blood-related diseases. Furthermore, you should have experience climbing small peaks. Similarly, being confident and passionate about the trek is also important. Furthermore, make sure that you have some knowledge about the conditions of the trek.

North Annapurna Base Camp Trek Climate and weather

The climate and weather of Nepal is highly influenced by the seasonal changes. There are four distinct seasons which are spring (March to May), summer (June to August), autumn (September to November), and winter (December to February) season. It usually gets hot from May to August while it is cold and chilly from late November to February. Spring and autumn seasons have warm weather and a favorable climate for the Annapurna North Base Camp Trek. The vegetation is lush and the landscapes are vibrant. Additionally, the visibility is brilliant without any obstruction during these two seasons. However, the weather can get a little unpredictable as you move to the higher elevations.

The summer season coincides with the monsoon which brings heavy rainfall across Nepal. The trail gets muddy, slippery, and filled with leeches. There is also the risk of landslides. Meanwhile, there is heavy snowfall in higher elevations in the winter season. It can block the high passes and there are also risks for the avalanches. The temperature can drop up to -13 degrees Celsius at the Annapurna North Base Camp. The harshness of the trails makes it difficult to trek during these seasons. But with proper preparation, it is possible to trek in these two seasons.

North Annapurna Base Camp Trek Safety and Security

Annapurna North Base Camp Trek is a strenuous-level trek. So, it can get a little difficult for new trekkers. And, we make sure our people are safe during the trek. So, the safety and security of the trekkers are important factors for our company. Similarly, we take full care of our consumer and their property. Similarly, our trip constantly operates monitoring every area of our travel. So, you should not worry about your belongings when you are traveling with us. Likewise, the accommodation facility we provide is also very safe and secure for your stay during the trek.

Frequently Asked Questions

Can beginners do Annapurna North Base Camp?

Yes, the Annapurna North Base Camp is suitable for beginners. There is no need for prior experience. But trekkers need to have a good level of fitness as they will have to ascend and descend on varied terrains.

Some sections of the trail can also get steep. Similarly, they also have to be prepared for long hours hike while on trek.

Is the Annapurna North Base Camp Trek difficult?

The Annapurna North Base Camp Trek is a moderately challenging route. The terrain is rugged and rocky and trekkers have to walk 5 to 6 hours a day on off-the-beaten-path. There are also steep and narrow sections. Additionally, there is an ongoing construction of the Hydropower Project, so, the trail is covered by stones and dirt.

Do I need restricted permits for the Annapurna North Base Camp Trek?

Although the Annapurna North Base Camp Trek route goes through isolated and remote areas, it does not go through restricted areas. Hence, there is no need for restricted permits. However, trekkers will need the TIMS card and the Annapurna Conservation Area Project Permit for the trek.

Can I do the Annapurna North Base Camp Trek solo?

As of April 2023, the new regulation by the Nepal Tourism Board has banned solo trekking. So, you can no longer trek solo without hiring a government-licensed guide. It is to ensure the trekkers' safety and security. Additionally, hiring an experienced guide can make your trek to Annapurna North Base Camp more comfortable.

Is drinking water safe at Annapurna North Base Camp?

We strongly suggest you avoid drinking directly from the streams and rivers. Despite these water sources being clean, there is a risk of water-borne illness. So, carry a water bottle for the trek. Fill it with boiled or purified water. Similarly, you can carry water purification tablets or a portable filter. Bottled water is available at some lodges but they contribute to plastic waste.

Do I need a porter for the trek?

The trails of Annapurna North Base Camp Trek can get difficult as you move to higher elevations. It is a physically demanding trek. So, trekking on these terrains while carrying a heavy backpack can further add physical strains on trekkers. Thus, hiring a porter can reduce the physical strain and trekkers can enjoy the trek baggage-free.

What kind of accommodations can I expect while on trek?

There are tea houses, lodges, and homestays available at the Annapurna North Base Camp Trek route. There are no luxurious accommodations. They provide basic facilities like rooms with twin beds, blankets, and pillows. There are mostly shared bathrooms and amenities are limited. The accommodations charge extra for additional facilities like hot showers.

What is the most suitable time for the Annapurna North Base Camp Trek?

Spring (March to May) and autumn (September to November) are the most suitable time for the trek. During these times there are minimum chances of rainfall, hence the trails are safe and well-defined. The

weather is sunny and clear with great visibility. The temperature at higher elevations is also warm and mild.

Are wifi and Internet available during the trek?

There are limited infrastructures at the Annapurna North Base Camp. It lies in a remote area. The wifi/internet are available but accommodations charge extra cost for the service. Similarly, the connection is not very strong and is not suitable for data-driven work. The availability may be non-existent when you go to higher elevations.

Are ATMs available during the Annapurna North Base Camp Trek?

There are no ATMs available during the Annapurna North Base Camp Trekking route. The last place where the ATMs are available is in Pokhara. So, make sure you carry cash with you before embarking on the journey. Also, cash is the common and preferred method of payment.

Cancellation Policy

We understand that plans can change willy-nilly. However it is our responsibility to ensure fairness and transparency among our customers regarding our cancellation policy. So we kindly request all travelers to carefully review the cancellation and refund policy before confirming their trip.

After your trip starts, we cannot provide a refund for any voluntary withdrawal, cancellation, or early departure by the traveler. This means ***the full amount paid to us will not be refunded after the trip has begun.*** Likewise, if during the trip, any services such as accommodation, sightseeing, meals, transportation, etc. included in the itinerary/trip are not used by the customer, no refunds or reuse will be provided to whatever portion remains unused on the trip.

Also, please note that ***last-minute cancellations are non-refundable.*** You have to understand that many trip arrangements such as accommodation, transportation, permits, guides, and operational logistics are confirmed and pre-booked. Thus, cancellations made at the last minute create non-recoverable costs for the company and so do for our clients. In addition, cancellations made shortly before the departure date or after the trip has started will be considered as last-minute cancellations and will not be eligible for any refund.

Still, the company will use their discretion in setting the conditions for the refunds, therefore, few of the conditions mentioned are subject to change. The company holds every right to cancel the trips booked by the customers before it is guaranteed to run or an official agreement is signed. A trip is guaranteed to run once it has two fully paid travelers unless minimum numbers state otherwise.

Unfortunate circumstances such as unforeseen natural disaster, canceled flights, strike, industrial action, wars, riots, quarantine, government intervention, weather, the deteriorating health condition of a group member, etc. could lead to cancellation of trips. In such cases, the customer can either ask to get back the 90% of the total trip cost paid to the company (13% Government Tax will be deducted) or reuse the cost in an alternative trip with the same price, immediately, in the following season of the same year.

The company will require a written notice in case of any cancellation. Please ensure the date of the trip

cancellation is the date on which the written cancellation is received by the company. If you cancel the trip anytime prior to the departure date of the actual trip, 90% of the total cost is reusable for a year or refund.

Trip Amendment

First and foremost, please note that all the amendment conditions are applied to the trips listed on this site only. Below are a few notes to take about the amendment fees in case of any changes during, while, or after the booking:

If the company receives a request on the booking amendments at least 60 days prior to the trip, a total of USD 50/person is charged to the customer. However, if the customer's request for a booking amendment in less than 60 days before the trip departure, then the charges will be as per the cancellation policy mentioned above. In case of any changes in the price of the trip during the procedure of booking and the amendments, the new cost will be applied to the trips. Please note that these changes might not be applied by the company, but can be levied upon the company by the third parties i.e. the hotels or the service providers working with the company.

Any changes, amendments, or additions in aggregation to the trips you have booked, for example, hotels, transfers, additional days, etc. will account for no additional fee.

Health Conditions

Nepal Alternative Treks places the highest priority on the safety and well-being of all travelers. We need to ensure the traveler's well-being and health condition at the time of booking. While travelers can participate without medical documentation, those with chronic illnesses or long-term medical conditions must obtain a doctor's consent before joining the trip. This is to ensure their health is not badly affected during the adventure and that they can safely enjoy the journey.

The company will not be responsible for any type of mishaps and will not bear the medical and evacuation expenses on behalf of the participant. Therefore, we request our clients to consult their doctors for a thorough checkup and vaccination before booking a trip with us. In addition, clients with specific health needs or concerns should inform the Company in advance. This allows us to provide guidance and, if required, arrange additional services to make the trip safer and more comfortable. If needed, clients may also request additional services related to the length of the trip or stay in the country of travel.

Weather and other unfavorable conditions

Clients should be well aware of the unpredictability of the weather conditions in the mountainous regions. The unfortunate weather conditions, especially in the Everest, Jomsom, and Kanchenjunga regions, can sometimes lead to unfavorable circumstances that include delay or cancellation of flights. The Company will cover the expenses of accommodations and food in the departing location until the arrangement of flights is done. However, the Company holds every right to reroute the original trip or transports which will be in favor of the situation without any addition in the cost. Please note that the company will not be responsible for any missed international flights, losses caused by Altitude Sickness, or any other unpredictable circumstances, and the participants will have to pay all the charges incurred. Nonetheless, the Company will connect and assist you to make the necessary alternative arrangements,

but, the additional charge will be covered by the customers themselves.

Regardless of stating every condition and information about the trips on the website and brochures of the Company, we will not be responsible for the unforeseeable situations that may arise before or during the trips. The Company will, however, try its level best to give prior notice about it and take alternate strategies to deal with it. These booking conditions may only be waived in special circumstances, and in writing, by a letter from the Chief of the Company. Note that all the legal agreements set up and signed between the client and the Company shall be subjected to and governed by the Nepalese law.

Note: All the Terms and Conditions mentioned are prepared as per the laws of the Government of Nepal and is governed by them. Therefore, only the head of the Company gets to intervene and holds the authority to make any amendments.

Address

Nepal Alternative Treks & Expedition

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