

North Annapurna Base Camp Trek

Overview:

The North Annapurna Base Camp Trek is a short but rewarding journey to the northern side of Annapurna I (8,091 m), taking you to North Annapurna Base Camp at 4,190 m / 13,747 ft. Far quieter than the popular southern Annapurna Base Camp route, this trek offers a more remote Himalayan experience, with beautiful alpine scenery, fewer trekkers and a genuine sense of adventure.

The journey begins in Kathmandu and continues to Pokhara before heading into the remote Myagdi region. From Hum Khola, the trail climbs through forest and mountain terrain to Gupha Phant, then continues higher toward Panchakunda Lake at around 4,050 m. As you gain altitude, the landscape gradually opens into rugged mountain terrain, with waterfalls, alpine slopes and impressive Himalayan views.

Panchakunda Lake is one of the highlights of the route and a natural overnight stop before the final approach to North Annapurna Base Camp. An early morning trek from the lake takes you to the base camp, where you can enjoy impressive views of Annapurna I and the surrounding peaks.

The route also has a special place in the history of Himalayan mountaineering. Annapurna I was first climbed in 1950 by the French expedition led by Maurice Herzog, becoming the first 8,000-metre peak to be successfully climbed. The expedition approached Annapurna from the north, giving this side of the mountain a strong connection with the early history of Himalayan mountaineering.

After spending time at North Annapurna Base Camp, the trail descends back to Hum Khola, completing the main trekking section. From Hum Khola, the journey continues by road to Tatopani, where you can relax in the natural hot springs and spend the night. The following day, you continue to Pokhara before returning to Kathmandu.

This trek is ideal for travelers looking for a quieter and more remote alternative to the classic Annapurna routes. It is not a technical climbing expedition, but the trail is rugged in places and facilities are basic in the higher sections. Good fitness, proper preparation and some flexibility are important, as weather and trail conditions can affect the journey.

Quick facts:

Cost: USD per Person

Destinations: Kathmandu / Pokhara / Hum Khola / Panchakunda / North ABC / Tatopani

Duration: 10 Days

Trek starting point: Hum Khola

Trek ending point: Hum Khola

Grade: Moderate

Transportation: tourist coach / local jeep / private vehicle

Accommodation: tea house, camp and tourist standard hotel in Kathmandu

Max altitude: 4,190 m

Activities: Hiking & trekking, sightseeing

Best seasons: March, April, May, October, September and November

Please do not forget to carry the following items with you:

- Passport size Photos
- Torchlight / Headlight
- Warm cap
- Sunglass and sun-cream
- Sleeping bag (light weight)
- Trekking sticks
- Dry fruits and chocolates
- Down jacket
- Trekking trousers
- Trekking shoes (No any converse and Vans shoes)

PROGRAM ITINERARY

▣ **Day 1: Arrival in Kathmandu (1,400 m / 4,593 ft)**

Upon arrival at Tribhuvan International Airport, you will be met by our representative and transferred to your hotel in Kathmandu. After check-in, the rest of the day is free to relax and recover from your journey.

▣ **Day 2: Kathmandu Sightseeing and preparation for trekking**

After breakfast at the hotel, our guide will meet you at the hotel for a briefing about the upcoming trek, including the itinerary, safety information and important preparations. Our team will also assist you with the necessary trekking formalities and paperwork.

After the briefing, we will go on a sightseeing tour around the Kathmandu Valley, visiting famous UNESCO World Heritage Sites such as Boudhanath Stupa, one of the largest Buddhist stupas in the world, and Swayambhunath Stupa, also known as the Monkey Temple. On this day, we will also arrange the TIMS card and other required permits for the trek. In the evening, you will have time to prepare your trekking gear and make the final arrangements for the journey ahead. Overnight at a hotel.

▣ **Day 3: Drive from Kathmandu to Pokhara (822 m): 200 km | 6 – 8 hours drive**

After an early breakfast in Kathmandu, we begin our scenic drive toward Pokhara, covering approximately 200 km over 6 – 8 hours by road. Starting from Kathmandu at an elevation of around 1,400 meters, the journey gradually descends to Pokhara at 822 meters, offering ever-changing landscapes along the way.

The drive follows winding mountain highways alongside the Trishuli River, passing through picturesque hills, terraced farmlands, traditional villages, and vibrant roadside towns. Along the route, travelers can experience the beauty of Nepal's countryside and observe the daily lifestyle of local communities. As we approach Pokhara, the scenery changes to greener hills and the mountains begin to appear in the distance. Overnight stay at a hotel.

▣ **Day 4: Drive from Pokhara to Hum Khola via Tatopani and Trek to Gupha Phant (3,250 m): 6 – 8 hours**

After breakfast, we drive from Pokhara toward Hum Khola, passing through Tatopani and continuing deeper into the Myagdi region. The road gradually becomes more rugged as we leave the main settlements behind and travel into the remote mountain valley.

From Hum Khola, we begin our trek toward Gupha Phant. The trail first climbs through forest to Gurans Danda, before continuing toward Phutphute Jharna, a beautiful waterfall along the trail. From here, the route continues through forest and mountain terrain toward Sandhi Kharka and then Gupha Phant.

The surroundings become quieter and more remote as we gain elevation, with waterfalls, streams and mountain views along the way. After reaching Gupha Phant, we settle in for the night and rest before continuing toward the higher elevations the following day.

Overnight stay at a camp.

▣ **Day 5: Trek from Gupha Phant to Panchakunda Lake (4,050 m): 5 – 6 hours**

Today, the trail takes us higher from Gupha Phant toward Panchakunda Lake, with the landscape becoming more open and rugged as we gain altitude. The forest gradually gives way to alpine vegetation, rocky slopes and wider mountain views.

As we continue through the remote upper valley, the trail offers changing views of the Annapurna range and surrounding Himalayan peaks, with the mountain scenery becoming more open as we approach Panchakunda. The steady ascent requires a comfortable pace as we adjust to the higher altitude.

After reaching Panchakunda Lake at 4,050 m, we settle into camp and have time to rest and enjoy the peaceful mountain surroundings. The lake provides a beautiful setting for the evening before our early morning trek to North Annapurna Base Camp the following day.

Overnight stay at a camp.

▣ **Day 6: Trek from Panchakunda Lake to North Annapurna Base Camp (4,190 m) and descend to Hum Khola: 6 – 7 hours**

We begin the morning with some time to enjoy Panchakunda Lake before setting out toward North Annapurna Base Camp. The trail continues through rugged alpine terrain, with rocky slopes and open mountain scenery along the way.

The trail continues steadily toward North Annapurna Base Camp at 4,190 m, with increasingly open views as we climb higher. Once at base camp, we have time to enjoy the spectacular mountain panorama, take photographs and appreciate the impressive surroundings of Annapurna I and the northern Himalayan landscape.

After spending some time at base camp, we retrace our steps and descend toward Hum Khola. The descent takes us back through the rugged terrain we crossed earlier, with the changing landscape providing a different perspective on the route.

Reaching Hum Khola marks the end of the main trekking section. We settle in for the evening and rest before continuing toward Tatopani the following day.

Overnight stay at a teahouse.

▣ **Day 7: Drive from Hum Khola to Tatopani and Enjoy the Hot Springs: 2 – 3 hours**

After breakfast, we leave Hum Khola and drive toward Tatopani, following the mountain road through the Myagdi region. As we descend to lower elevations, the landscape changes from rugged mountain terrain to greener hills, forests and scattered villages.

After arriving in Tatopani, we check in at the hotel and have time to relax after the trek. Later, you can enjoy a relaxing soak in the natural hot springs, a great way to rest after the trek.

The evening is free to enjoy the peaceful surroundings of Tatopani before continuing to Pokhara the following day.

Overnight stay at Tatopani.

▣ **Day 8: Drive from Tatopani to Pokhara (822 m): 4 – 6 hours**

We leave Tatopani after breakfast and drive toward Pokhara. The road passes through the Kali Gandaki Valley, with views of green hills, terraced fields, villages and mountain scenery along the way.

After reaching Pokhara, we check in at the hotel and have the rest of the day free to relax. You can take a walk around Phewa Lake, explore the Lakeside area or simply enjoy some well-earned rest after the trek.

Overnight stay at a hotel in Pokhara.

▣ **Day 9: Drive from Pokhara to Kathmandu (1,400 m): 6 – 8 hours**

Our return journey takes us from Pokhara through the hills and river valleys of central Nepal toward Kathmandu. Along the way, we pass through small towns, traditional villages and terraced hillsides, with changing views of the countryside.

On arrival in Kathmandu, we check in at the hotel and have the rest of the day free to relax, explore the city or do some last-minute shopping.

Overnight stay at a hotel in Kathmandu.

▣ **Day 10: Farewell and Final Departure**

Today marks the end of your North Annapurna Base Camp Trek. Depending on your flight time, you may have some free time in Kathmandu before our representative transfers you to Tribhuvan International Airport for your flight home.

We hope you enjoyed the trek and your time in Nepal. We wish you a safe journey home and hope to welcome you back to Nepal someday.

Farewell and safe travels!

What's Included:

- ☒ Airport Pick-up and drop Service
- ☒ Hotel Accommodation in Kathmandu and Pokhara (twin sharing basis) with breakfast
- ☒ Guided Tour of Kathmandu valley with an experienced tour guide
- ☒ Sightseeing charges and Entry fees
- ☒ Accommodation during the trek (teahouse / guesthouse / camp)
- ☒ All meals during the trek (Breakfast, Lunch, Dinner)
- ☒ Transportation (tourist coach / local jeep / private vehicle)
- ☒ Experienced licensed English-speaking trekking guide
- ☒ Local government Entry Permit of Rs. 2000 (started in 2018)
- ☒ Insurance of the Guide and Porter
- ☒ Annapurna Conservation Area Permit
- ☒ TIMS (Trekking Information Management System) Trekking Permit Card
- ☒ Medical kits carried by the guide
- ☒ All necessary paper works, office service charge and all Government Taxes

Optional Add-Ons:

- ☒ Porter (cost: 20 USD per day, carries 15 – 20 kg load. Porter's accommodation, transport and meal is paid by the company)
- ☒ Down jacket, all-season sleeping bag, duffel bag and trekking map (in case you don't have your own. Down jacket, sleeping bag and duffel bag must be returned after completion of the trip).

What's Excluded:

- ☒ Travel insurance (Mandatory: Should include emergency evacuation coverage while trekking up to 5500+ m)
- ☒ International airfare and Visa costs (you can get Visa upon arrival at the airport)
- ☒ Personal interest items or gears
- ☒ Tips to guide / driver / porter
- ☒ Extra hotel nights in Kathmandu and Pokhara
- ☒ Additional accommodation expenses resulting from early arrival, delayed departure, early return, flight cancellation, weather disruption, or other unforeseen circumstances.
- ☒ Beverage and Drink Items / Other Extra facilities like hot shower during trek
- ☒ Any other expenses which are not mentioned in "What's Included" section

Important note:

This note represents the most current information for this itinerary and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control. We do our best to provide you the best available services but at the same time ask for your understanding to be flexible, in case of unpredictable conditions.

Thank you for choosing Trekadviser, Nepal as your travel partner. We wish you a very pleasant stay in Nepal.