

Annapurna North Base Camp Trek

URL: <https://himalayan360.com/trip/annapurna-north-base-camp-trek/>

Destination

Nepal Treks & Tours

Activity

Trekking and Hiking

Start / End Point

Pokhara / Pokhara

Trip Type

Trekking in The Himalaya

Duration

9

Destination

Nepal, Annapurna Region

Per Person From

USD 688

Region

Annapurna Region

Max. Altitude

4190m

Transportation

Local Transportation

Accommodation

Teahouse And Camp

Difficulty

Medium You need to have good physical condition and be in top form. You'll also require the right clothes for weather conditions and food items such as snacks or lunch breaks from your hiking adventure; water is essential too! This type of activity takes time, so ensure you're physically able to get enough rest before starting any trips.

Highlights

- The trek offers diverse landscapes and alpine scenery. You'll walk through rhododendron forests, which are particularly colorful during the spring.
- Along the route, you'll get to interact with ethnic communities such as Gurungs and Magars and learn about their culture and values.
- The panoramic view of snowcapped mountains such as Annapurna I, Annapurna South, Machapuchare (Fishtail), and Hiunchuli will melt your heart straightaway.
- The Annapurna Conservation Area is home to a diverse range of flora and fauna. You might spot various bird species, including pheasants, and encounter wildlife such as langur monkeys and

Himalayan tahr.

- The trek offers a mix of terrain, including uphill and downhill sections, providing a physical challenge that's both rewarding and invigorating.

The trek to Annapurna North Base Camp takes you through diverse landscapes, from lush forests to picturesque villages and eventually into the high alpine region. Along the way, trekkers can experience the rich culture and hospitality of the local communities, as well as breathtaking views of snow-capped peaks and lush valleys.

The Annapurna North Base Camp trek is considered moderate to challenging due to the altitude and varied terrain. Trekkers should be in good physical condition and adequately prepared for changing weather conditions. Hiring a guide and a porter is a common practice for this trek, as it can enhance your safety and overall experience.

Here's everything you need to know about the Annapurna North Base Camp trek.



Brief History of Annapurna North Base Camp

On June 3, 1950, an expedition team led by Maurice Herzog became the first-ever climbers to reach Annapurna I where they also explored the north face of Annapurna. Before that, no peaks above 8000m were summited so it is also the first eight-thousanders to be conquered in human history and the team reached the summit on the very first try. It became huge news in the international media.

Now, the Annapurna North Base Camp trail is also known as the Maurice Herzog trail.

Alternative trekking route of Annapurna north base camp trek

Day 1	Arrival At Kathmandu Airport
Day 2	Fly or Drive to Pokhara by tourist bus
Day 3	Drive from Pokhara to Beni and trek to Upper Narchyang
Day 4	Upper Narchyang to Chhotepa (2370m)
Day 5	Chhotepa to Sandhikharka (3160m)
Day 6	Sandhi Kharka to Annapurna North Base Camp (4068m)
Day 7	Explore North Annapurna Base Camp glaciers (4190m) and trek to Sandhi Kharka (3610m)
Day 8	Sadhi Kharka to Lower Narchyang.
Day 9	Lower Narchyang to Tatopani to Pokhara
Day 10	Drive/Flight to Kathmandu
Day 11	Final departure

Optional itinerary of Annapurna North Base Camp Trek

Weather of Annapurna North Base Camp

The weather is always unpredictable, especially in the mountains. However, March-May (Spring season) and September-November (Autumn season) are known as the best trekking season in Nepal. The weather is clear at this time and the trek to Annapurna North Base camp can run smoothly.

Also, avoid trekking in the rainy season as the trek might turn difficult due to slippery tracks and the view will not be apparent due to fog and rain.



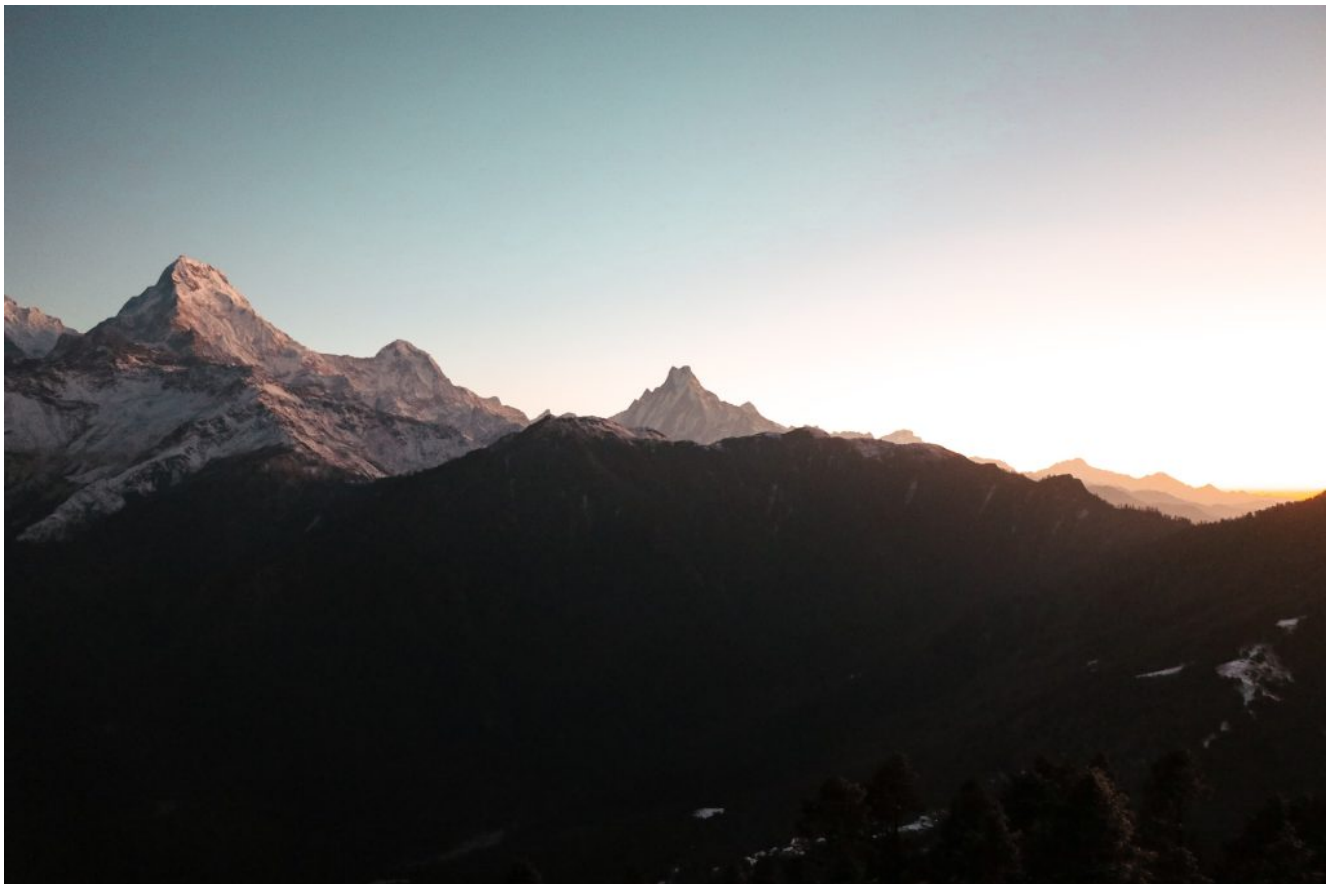
Major Attractions of Annapurna North Base Camp

- North ABC is a less-explored trekking trail, filled with untouched natural assets like a range of landscapes, from terraced fields and lush forests in lower altitudes to alpine meadows and barren terrain as you ascend.
- The awe-inspiring view of Annapurna I, Mount Machhapuchhre, Himchuli, and Dhaulagiri can be seen.
- Since Annapurna North Base Camp falls in the Annapurna Conservation Area, you might get a chance to encounter endangered species like Snow Leopard, Himalayan Musk Deer, Himalayan Tahr, Weasel, Marten, and many more.
- Along the route, trekkers will get a chance to experience the warm hospitality of ethnic communities such as Magars, Gurungs, or Thakalis, and share their culture.
- The ANBC route is also well known as the route to different medicinal herbs like Yarshagumba.

Require Permit

There are mainly two permits required for the Annapurna North Base Camp trek. Annapurna Conservation Area Project (ACAP) permit and Trekkers' Information Management System (TIMS).

The ACAP is only valid for one entry and one exit that covers the entire Annapurna Conservation Area.



Interesting facts about Annapurna North Base Camp trek

- The Annapurna North Base Camp is also known as the Maurice Herzog Trail after the French climber Maurice Herzog who first climbed it.
- The area is rich in local legends and myths. Villages and landmarks often have stories associated with them, adding an air of mystery to the trek.
- The Annapurna North Base Camp trek is located in the Annapurna Conservation Area. Geographically, it is west of Tilicho Lake on the Annapurna Circuit and north of Annapurna Base Camp.
- There are no trekking lodges near Annapurna North Base Camp. There are only two shelters in a place that are very basic. Surprising, isn't it?
- The total distance of Annapurna North Base Camp is 46.6 km (29 mi).
- You will also get to visit Narchyang Lake, which remains frozen during the winter. Have you ever seen a frozen lake?
- The whole trek is rich in flora like rhododendrons (the national flower of Nepal), oaks, and fauna like musk deer, snow leopards, bears, and wild dogs, which illustrates the literal meaning of biodiversity.



Above facts will prove that [Annapurna base camp \(ABC\) trek](#) and [Mardi Himal trek](#) are nothing in front of North base camp. However, if you are planning for Nepal trekking, Himalayan 360 operation team is here to suggest trekking route with all the information.

Outline the Itinerary of the trek

Day 1	Drive from Pokhara to Tatopani (1,190 m)
Day 2	Trek from Tatopani to Ghasa (2,012 m)
Day 3	Trek from Ghasa to Lete (2,438 m)
Day 4	Trek from Lete to Thulo Bugin (3,260 m)
Day 5	Trek from Thulo Bugin to Miristi Khola (4,130 m) crossing the Thulo Bugin Pass
Day 6	Trek from Miristi Khola to Annapurna North Base Camp (4,190 m)

Day 7	Trek from Annapurna North Base Camp to Chhote Pa (2,455 m)
Day 8	Trek from Chhote Pa to Tatopani (1,190 m)
Day 9	Drive from Tatopani to Pokhara

Regular Itinerary of Annapurna North Base Camp Trek

Overview

The Annapurna North Base Camp trek is a remarkable trekking route in the Annapurna region of Nepal. The trek starts from Pokhara to Tatopani. The trail takes you through lush green forests, breathtaking views of mountains, and many more. The base camp is situated at an elevation of approximately 4,190 meters (13,549 feet) above sea level. Proper acclimatization is crucial to avoid altitude sickness. The trek typically takes around 8 to 12 days, depending on the specific route, pace, and acclimatization stops. It's essential to give your body time to adjust to the increasing altitude.

Itinerary

Day 01: Drive from Pokhara to Tatopani

Our journey towards Annapurna North Base Camp starts from around 5 hours drive from Pokhara to Tatopani enjoying the lush green and Rhododendron forests, majestic view of the Himalayas, terraced fields and pastures, and villages. We will spend the night in a guesthouse in Tatopani relishing in greenery and hot springs.

Highest Altitude:

1190m

Day 02: Trek from Tatopani to Ghasa

We will begin our trek after having breakfast at Tatopani. Apart from monsoon, transportation is available en route from Tatopani to Ghasa, but we recommend the travelers to trek unless they have a limited timeframe as it helps for acclimatization. We will be staying overnight in Ghasa after 5/6 hours of trekking through the villages, forests, farmlands, waterfalls, and streams.

Highest Altitude:

2012m

Day 03: Trek from Ghasa to Lete

After having breakfast in Ghasa, we will trek for 5/6 hours towards the Himalayan village of Lete surrounded by Annapurna, Dhaulagiri, and Nilgiri ranges. Transportation is also available from Ghasa to Lete for travelers who prefer to drive. We will spend the night at a tea house in Lete. Lete is the last part of the trek where a tea house is available. For places further Lete, we will be camping.

Highest Altitude:

2438m

Day 04: Trek from Lete to Thulo Bugin

Trek from Lete to Thulo Bugin is relatively shorter than 4 hours but there is an altitude gain of 822 meters. We will start trekking after breakfast in Lete and the changes in the landscape will be noticed from here. We will trek through the off-the-beaten paths and will camp after reaching Thulo Bugin. The camping and food will be prepared by the guide/camping team.

Distance:

3260m

Day 05: Trek from Thulo Bugin to Miristi Khola crossing the Thulo Bugin Pass

We will trek forward to Miristi Khola after crossing the thrilling Thulo Bugin pass. Thulo Bugin Pass (4,400) will be our highest altitude during the entire trip. The duration of the trek on this day will be 6/7 hours but we will slowly proceed to gain altitude. We will be camping for the night on the shore of Miristi Khola at an altitude of 4,130 meters.

Highest Altitude:

4130m

Day 06: Trek from Miristi Khola to Annapurna North Base Camp

An adventurous journey to our destination awaits us. After having breakfast in camp, we will trek for 6/7 hours. We will cross the Miristi Khola and proceed towards the Annapurna North Base Camp. Crossing Miristi Khola is very challenging as so are the further winding trails.

We will trek through the complete wilderness. After reaching the Annapurna North Base Camp, the team will prepare camp and we will enjoy the campfire and also the glorious sunset over the Himalayas.

Highest Altitude:

4190m

Day 07: Trek from Annapurna North Base Camp to Chhote Pa

After spending a night in ANBC, we will wake up early in the morning to see the wonderful view of sunrise peeking its way through the snowy giants. We will also stroll around the base camp and surrounding. And after breakfast, we will head towards Chhote Pa. The trek is a total of 7/8 hours which is the longest route in the entire trip but it is relatively easier than the previous days.

We will begin trekking through the icy, narrow, rugged paths, rockfalls, log bridges, and make our way to the forests, grasslands, and green hills. We will camp overnight in Chhote Pa at an altitude of 2,455 meters which will be the last camp of our journey.

Highest Altitude:

2455m

Day 08: Trek from Chhote Pa to Tatopani

Now, we will move forward close to ending our trip. The trek from Chhote Pa to Tatopani is a total of 6/7 hours but this time we will be trekking through villages and farms. Green Valleys with a diverse culture of the locals will start to appear. We will spend the night in a comfortable guesthouse in Tatopani and will recover our bodies from all the trekking and camping in the natural hot spring.

Highest Altitude:

1190m

Day 09: Drive from Tatopani to Pokhara

After strolling around Tatopani and enjoying the local breakfast, we will head towards Pokhara by late morning. Our adventurous journey ends here.

COST

Cost Includes

- All Land Transportation
- 3 meals per day during the trek (B L D) including Tea or coffee
- Accommodation on Tea House (Lodge) or provided Tents during the trek as mentioned in the trek type
- Highly Experienced Government Licensed Guide and Necessary porter during the trek
- All Government local Taxes
- National Park Fees
- TIMS Cards (Trekkers Information Management System)
- First Aid kit
- General equipment for Porter during the adventure trip
- Guide and porter salary
- All Field Staff insurance during the trekking and extra services according to the guest per demand

Cost Excludes

- Trekking equipment
- Any type of personal expenses such as alcoholic beverages, phone bills, and laundry
- Emergency rescue and travel insurance
- Trip cancellation cost
- Accident or health-related expenses
- Loss, theft, or damage of personal effects (We advise you to take out personal travel insurance)
- Hot shower
- Tips and gratuities

Group Discounts Available

No. of Persons	Price per Person
1+	USD 688

FAQ's

How difficult is the Annapurna North Base Camp trek?

The trek is considered moderate to challenging due to its varying terrain and altitude. While it doesn't require technical climbing skills, good physical fitness, and proper acclimatization are important.

Do I need Prior trekking experience to trek Annapurna North Base Camp Trek?

While prior trekking experience can be beneficial, the Annapurna North Base Camp trek is suitable for a

range of trekkers, including those with moderate fitness levels. Hiring a local guide can provide valuable assistance.

Do I need permits for the trek?

Yes, you need an Annapurna Conservation Area Permit (ACAP) and a TIMS (Trekking Information Management System) card. These permits help support conservation efforts and provide important information to trekkers.

How is the Weather during Annapurna North Base Camp Trek?

Weather can vary, even on the same day. Days are generally mild, while nights can be cold, especially at higher altitudes. It's important to pack clothing that can adapt to changing conditions.

Are there any health risks or altitude-related issues to be aware of?

Altitude sickness is a concern at higher elevations. Adequate acclimatization, staying hydrated, and ascending gradually are important. Familiarize yourself with the symptoms of altitude sickness and be prepared to descend if necessary.

Address

Address:

Galkopakha Marg - Kathmandu - Nepal