Annapurna North Base Camp Trek: Herzog's Way up the Ministi Khola

Route sheet · last checked on 31 October 2026

At a glance

Days	8 days, Pokhara to Pokhara
Highest point	4,190 m (Annapurna North Base Camp)
Grade	Challenging
Starts	Pokhara
Ends	Pokhara
Best season	Spring and Autumn
Sleeping	A lodge at Narchyang, then tents and simple shelters

Permits: The Annapurna Conservation Area permit is needed, at the official price. I arrange it with you before we leave Pokhara. Carry your passport and two photos.

The route as I walk it

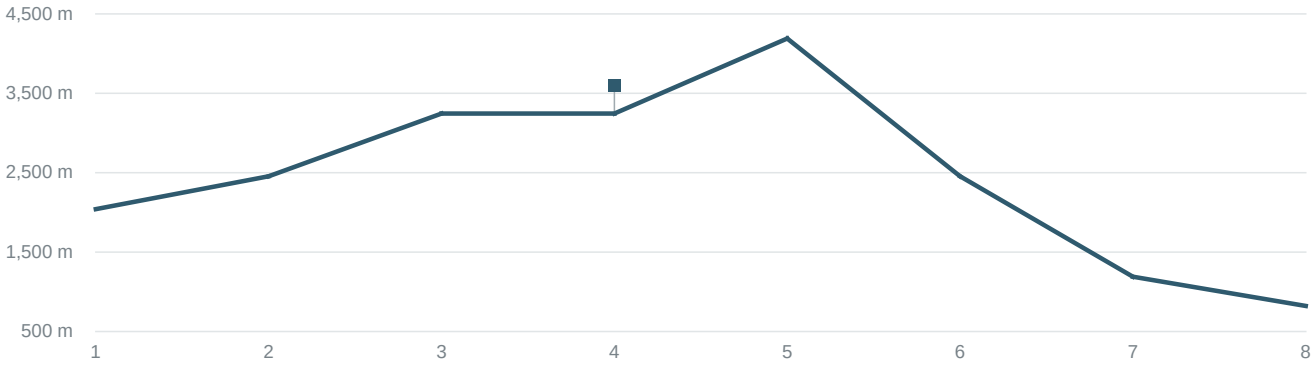
This is how I usually walk it, slowly. It is an example, not a fixed package: we plan the days together, around you, the season and the weather.

Day	Where	Night	Highest	On foot
1	Pokhara to Narchyang	2,041 m		6 hours
2	Narchyang to Chhote Pa	2,455 m		6 hours
3	Chhote Pa to Sandhi Kharka	3,245 m		6 hours
4	A day to rest and climb slowly	3,245 m	3,600 m	
5	Sandhi Kharka to North Base Camp	4,190 m		6 hours
6	Back to Chhote Pa	2,455 m		6 hours
7	Chhote Pa to Narchyang, drive to Tatopani	1,190 m		3 hours
8	Tatopani to Pokhara	822 m		5 to 6 hours

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How the trek climbs



Line: the night's altitude, day by day. Dots: the highest point reached that day.

Safety on the trail

- Rest and acclimatisation days: One slow day at Sandhi Kharka.
- Go slowly, drink enough, and never go higher with symptoms of altitude sickness. If they get worse, we go down. The Safety plan has the details for this route.
- Licensed & Trained Guide: Your safety is the foundation of every trip I lead. I am licensed by the Government of Nepal as a trekking guide (licence no. 18550) and a tour guide (licence no. 4606), and trained in first aid, basic rescue and trekking-based search and rescue. I check your gear and the weather before every stage, so you can enjoy the trek with peace of mind. For groups larger than four, I bring in additional government-licensed guides I have worked with before.
- Health & First Aid: Certified Wilderness First Responder: I hold up-to-date certifications in Wilderness First Aid and CPR, ensuring I am fully trained to handle medical emergencies, injuries, and illnesses in remote terrain. Proactive Health & Altitude Tracking: Your safety is my daily priority. I monitor your pulse, oxygen saturation (SpO2), and acclimatisation levels daily using a pulse oximeter to catch early signs of Altitude Sickness (AMS). Fully Stocked First Aid Kit: I carry a comprehensive medical kit on every trek, equipped with essential medications, wound dressings, and emergency response supplies tailored to the route. Established Emergency & Evacuation Protocols: I maintain clear protocols and direct lines of communication for medical evacuations, including swift coordination with helicopter rescue teams if severe conditions arise. Strict Hygiene & Safe Water Standards: I ensure clean, safe drinking water throughout the trail and verify strict hygiene practices during all meal breaks to protect you against waterborne illnesses. Personalised Care & Medical Attention: Before we step onto the trail, I review any health concerns or allergies you may have so I can cater to your needs and adapt our pace accordingly.
- Communication: Satellite & Emergency Communication: I carry a reliable satellite messaging device (such as a Garmin inReach) to stay connected in remote areas with no cellular coverage, allowing for real-time location tracking and instant SOS capabilities.
  Daily Family & Loved One Updates: When signal or satellite access allows, I provide regular updates to your emergency contacts or loved ones so they always know you are safe and on schedule.
  Transparent Route & Weather Briefings: Before we set off each day, I conduct clear briefings on the upcoming terrain, expected weather conditions, trail milestones, and safety protocols.
  Open & Encouraging Dialogue: I foster an environment where you can freely express how you're feeling—whether you're experiencing fatigue, discomfort, or symptoms of altitude—without hesitation or judgment.
  Direct Operations & Rescue Contact: I maintain continuous connectivity with ground support, local lodge networks, and emergency rescue services to coordinate logistics seamlessly if plans need to adjust.
- Route Experience: Deep Local & Trail Knowledge: Having navigated these routes extensively across varying seasons, I know the terrain, trail conditions, hidden hazards, and optimal rest spots in intimate detail.
  Flexible & Adaptive Itineraries: I constantly evaluate trail status, weather patterns, and team energy levels,

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making smart, real-time adjustments to our daily pace or route to avoid risky conditions.
Smart Pace & Acclimatisation Management: I set a steady, sustainable pace (bistarai, bistarai) designed specifically to promote proper altitude adaptation and prevent physical burnout.
Vetted Rest Stops & Accommodation: I choose reliable, high-standard teahouses, campsites, and lodge networks along the route, ensuring safe, hygienic, and comfortable places to rest every night.
Terrain & Environmental Hazard Navigation: From loose scree and river crossings to icy passes and rockfall zones, I guide you through technical and treacherous trail sections with hands-on support and proper technique.

- Daily Health Check: Morning & Evening Health Checks: I conduct routine health check-ins every morning and evening to track how your body is adapting to the altitude, workload, and changing climate.
  Vital Signs & SpO2 Monitoring: Using a medical-grade pulse oximeter, I measure your blood oxygen levels (SpO2) and heart rate twice daily to spot early, subtle signs of Acute Mountain Sickness (AMS).
  Lake Louise Scoring System: I utilize the standardized Lake Louise Score card to systematically assess symptoms like headache, fatigue, nausea, and sleep quality, taking the guesswork out of altitude safety.
  Hydration & Appetite Tracking: I monitor your daily fluid intake and meal consumption, ensuring you stay properly hydrated and sufficiently fueled for tough trekking days.
  Early Intervention & Action Plans: If any health metrics or symptoms dip, I take immediate, preventive action—whether that means adjusting our daily pace, adding a rest day, or initiating a controlled descent.
- Emergency Evacuation: Direct Helicopter & Ground Coordination: In the event of severe illness or injury, I maintain direct contact with local helicopter rescue operators and ground transport services to arrange immediate, rapid evacuation.
  Insurance Verification & Claims Support: Before setting out, I review and verify your high-altitude travel insurance details so rescue protocols can be triggered instantly without bureaucratic delays.
  Rapid Medical Evacuation Protocols: I carry standard, high-altitude emergency protocols to prepare and stabilize you quickly, ensuring a swift transfer to the nearest medical facility or hospital in Kathmandu.
  Constant SOS Satellite Connectivity: Using my satellite messaging device, I can trigger a 24/7 global emergency SOS and send exact GPS coordinates to search-and-rescue teams, even in complete dead zones.
  24/7 Ground Operations Backing: I work alongside an experienced city-based support team that coordinates hospital admissions, logistics, and communication with your insurance provider and loved ones while I manage the evacuation on-site.

Contact

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