Annapurna Circuit Trek – 15 Days

Introduction to the Annapurna Circuit Trek

Table of Contents

- Introduction to the Annapurna Circuit Trek
  - Unforgettable Highlights
    - Know About This Trip

Adventurers worldwide celebrate the Annapurna Circuit Trek as one of Earth's ultimate long-distance mountain journeys.

Traversing the central Nepalese Himalayas, this legendary trek circles the massive Annapurna Massif. The trail starts in the warm, subtropical Marshyangdi River valley. You will walk past terraced farmlands and cascading waterfalls. Eventually, the path ascends into high-altitude deserts near the Tibetan Plateau. Beyond the landscapes, the Annapurna Circuit provides a deep cultural journey in addition to a scenic hike. You will follow ancient salt-trade routes between Nepal and Tibet. Along the way, enjoy warm hospitality in Gurung, Manangi, and Thakali villages. Pass sacred mani walls, spin carved prayer wheels, and visit centuries-old monasteries. Furthermore, giant snow-capped mountains surround you throughout the trek. Specifically, the views highlight massive peaks like Annapurna I, II, III, IV, Gangapurna, and Dhaulagiri.

Operating in full compliance with the Nepal Tourism Board (NTB) guidelines, our government-licensed trekking guides lead this 15-day journey. We ensure proper acclimatization, comfortable teahouses, and seamless logistics from Kathmandu to Pokhara. From changing landscapes and 8,000-meter peaks to rich culture, this trip delivers a lifetime adventure. *Planning your next Himalayan journey? Explore our other popular packages, including the restricted-area* Manaslu Circuit with Tsum Valley Trek – 22 Days *and the legendary* Everest Base Camp Trek.

Unforgettable Highlights

- **Conquer Thorong La Pass (5,416m / 17,768ft):** Push your limits and stand atop one of

the highest navigable mountain passes on Earth. Reward your grit with an epic 360-degree sunrise over the colossal Annapurna and Dhaulagiri massifs.

- **Dramatic Geographic Evolution:** Trace a breathtaking transformation as lush subtropical rainforests and terraced rice paddies give way to the stark, windswept alpine deserts of Manang and Mustang.
- **Sacred Pilgrimage at Muktinath:** Descend from the high pass into the spiritual sanctuary of Muktinath—a holy haven revered by Hindus and Buddhists alike, featuring 108 icy mountain water spouts and an ancient, eternally burning natural flame.
- **Ancient Silk & Salt Trade Routes:** Walk in the footsteps of ancient Himalayan traders. Immerse yourself in the authentic heritage of Gurung, Manangi, and Thakali villages, exploring centuries-old monasteries like Braga Gompa and sacred stone mani walls along the trail.
- **The World's Deepest Gorge:** Hike alongside the roaring Marshyangdi River before descending into the mighty Kali Gandaki River Valley—geographically carved as the deepest river gorge on the planet.
- **Vibrant City Culture & Lakeside Chilling:** Balance your rugged mountain journey with cultural sightseeing through Kathmandu's historical alleys, and celebrate your victory in Pokhara's relaxed, scenic lakeside atmosphere.

Know About This Trip

- Duration: 15 Days (Kathmandu to Kathmandu)
- Trip Difficulty: Moderate to Challenging (High altitude endurance required)
- Maximum Elevation: 5,416m / 17,768ft (Thorong La Pass)
- Best Seasons: Autumn (Sept – Nov) & Spring (March – May)
- Accommodation: Teahouses / Mountain Lodges & Hotels in Kathmandu & Pokhara
- Required Permits: ACAP (Annapurna Conservation Area Permit) & TIMS Card

Itinerary

Day 1: Arrive in Kathmandu

Our representative will extend a warm Nepalese greeting upon your arrival at Tribhuwan International Airport. Afterward, we will provide a seamless transfer to your hotel. Then, you may check in, refresh yourself, and take time to relax. Finally, enjoy a comfortable overnight

stay in the heart of Kathmandu.

Day 2: Kathmandu sightseeing

First, you will explore four remarkable UNESCO World Heritage sites in Kathmandu. To begin, visit Kathmandu Durbar Square to learn about ancient royal life. Next, discover Pashupatinath Temple, a deeply sacred pilgrimage destination for Hindus.

Additionally, visit Swayambhunath, which travelers famously call the Monkey Temple. Afterward, experience Boudhanath Stupa, one of the largest stupas in the world. At noon, you will meet your fellow participants at our office to discuss our trip. Finally, enjoy a restful overnight stay in Kathmandu.

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Day 3: Kathmandu to Dharapani by Bus / Jeep.

Begin your day with a delicious morning breakfast. Afterward, set out toward Western Nepal on your way to Besisahar, the headquarters of Lamjung district. Generally, a standard bus trip takes around 6 to 7 hours. In addition, taking a microbus or jeep will shorten your travel time.

Following lunch, continue your drive toward your final destination for the day. Then, arrive at Dharapani after a scenic mountain journey. Finally, enjoy a peaceful evening and overnight stay in Dharapani.

Day 4: Darapani to Chame (2670 m.)

First, you will trek through lush forested trails on your way to Chame. Notably, Chame serves as the vibrant headquarters of the Manang District. Throughout the walk, you can admire amazing

views of Lamjung Himal, Annapurna II, and Annapurna IV (7,525 m).

Additionally, you will encounter soothing natural hot springs along the path. Here, you can take a relaxing dip to soothe your tired muscles. Finally, settle in for a comfortable overnight stay in Chame.

Day 5: Chame to Pisang (3200 m.)

Follow a steep, narrow path through a dense forest toward a dramatic arched rock face. Remarkably, this huge cliff rises 1,500 meters straight from the river. In fact, this section is the steepest part of the Marshyangdi Valley, requiring a trail carved into vertical rock.

After passing this cliff, the valley suddenly opens up into majestic mountain panoramas. As the valley widens, you will marvel at Paungda Danda, a massive curved rock face towering above you. Then, continue trekking along the path for a short while. Finally, arrive at Lower Pisang for a restful overnight stay.

Day 6: Pisang to Manang (3540 m.)

Although two routes lead to Manang, we follow the scenic path through Upper Pisang via Geru. Along this route, you will enjoy sweeping panoramic views of majestic peaks like Annapurna and Pisang. Gradually, you will notice dramatic changes in the landscape and surrounding vegetation. In addition, the cold, dry climate creates a stark, high-altitude environment.

During our trek, we will take a meaningful visit to Barge Monastery, the largest monastery in Manang. Afterward, complete your journey into the town. Finally, settle in for a warm and comfortable overnight stay in Manang.

Day 7: Rest day for acclimatization in Manang.

Enjoy a valuable acclimatization day in Manang with flexible hiking options. For instance, you can take a short side hike to either peaceful Bhojo Gumba or scenic Gangapurna Lake. Alternatively, you may walk to the Himalayan Rescue Association in nearby Vraga village.

Here, experts provide essential information about Acute Mountain Sickness (AMS), including key symptoms and prevention tips. Afterward, return to your lodge for a relaxing afternoon. Finally, spend another restful overnight stay in Manang.

Day 8: Manang to Chuli Leadar (4200 m.)

As you leave Manang, begin your multi-day ascent toward the Thorong La Pass. To start, climb steadily through Tenki village and leave the Marshyangdi Valley behind. Next, follow the path alongside the Jarsang Khola Valley to reach Ledar at 4,250 meters.

Here, you will notice that high-altitude plant life becomes increasingly scattered. In addition, this rugged landscape is home to elusive snow leopards. Finally, settle in for a restful overnight stay in Ledar.

Day 9: Leadar to Thorung Phedi (4450 m.)

To begin, descend along the path to cross the river at 4,310 meters. Then, make your way up to Phedi, situated at 4,420 meters. Furthermore, continuing higher to High Camp at 4,600 meters reveals great, newly constructed guesthouses. Finally, enjoy a peaceful evening and overnight stay in Phedi.

Day 10: Thorong Phedi to Cross the Thorong La (5416 m) and Muktinath (3760 m.)

Today, crossing Thorong La Pass—one of the highest mountain passes in the world—is our

ultimate goal. To ensure safety, we traverse from Manang to Muktinath, which offers the easiest and safest route. When you finally reach the summit, you will realize every effort was completely worth it.

Here, pause to capture memorable photos of the breathtaking high-altitude landscape. Afterward, descend into the serene Muktinath Valley at the foot of the pass. Finally, enjoy a well-deserved, restful overnight stay in Muktinath.

Day 11: Muktinath to Jomsom (27430 m.)

Explore Muktinath, a deeply sacred pilgrimage site for both Hindus and Buddhists. In the morning, visit the honored Bishnu Temple alongside a serene local Gompa. Afterward, descend from Ranipauwa village down a dramatic, desolate hillside toward Kagbeni and Jomsom.

Throughout the day, the trail offers a surreal experience along hills high above the Kali Gandaki River. Notably, this path follows the deepest gorge in the world. In addition, the barren, wind-swept landscape closely resembles the high plateau of Tibet. Finally, settle in for a comfortable overnight stay in Jomsom.

Day 12: Drive or Fly from Jomsom to Pokhara.

First, begin your day with a warm and satisfying breakfast. Then, start your journey to Pokhara via a quick morning flight or a drive. Once you arrive, transfer smoothly to your designated hotel.

In the afternoon or evening, explore the lively shores of Phewa Lake for a while. In addition, savor a fantastic dinner along the picturesque waterfront. Finally, enjoy a comfortable overnight stay at your hotel in Pokhara.

Day 13: Rest day in Pokhara and visit around the City.

Explore many of Pokhara's most famous and interesting places today. For instance, you can enjoy peaceful boating on the scenic Phewa Lake or visit the sacred Tal Barahi Temple located on its island. Next, discover iconic sites like the World Peace Stupa, Davis Falls, and the underground Gupteshwor Mahadev Cave. Additionally, take in panoramic mountain vistas from Sarangkot, relax near Begnas Lake, or tour the International Mountaineering Museum. For adventure enthusiasts, you can try thrilling sports like whitewater rafting, canoeing, paragliding, or mountain biking. Finally, return to your hotel for a relaxing overnight stay in Pokhara.

Day 14: Pokhara to Kathmandu by road or by flight.

Prepare for your return journey back to Kathmandu today. To travel, you can choose either a quick 30-minute flight (Flight will cost extra charge) or a scenic 7 to 8-hour bus drive. Regardless of your choice, you will witness amazing mountain and hill landscapes along the way.

Upon reaching Kathmandu, check into your accommodations and relax. Afterward, feel free to stroll around the lively streets and attraction sites of Kathmandu at your own pace. Finally, enjoy a comfortable and restful overnight stay at your hotel in Kathmandu.

Day 15: Departure from Kathmandu to your destination.

WE sincerely thank you for being a part of our tour and travel program. Today, our team bids you a warm farewell as your unforgettable Nepal journey ends. For your flight, our representatives will drop you off at the airport 3 hours before your scheduled departure time.

Alternatively, if you wish to extend your vacation, you have the opportunity to join another one of our exciting programs. Whichever option you choose, we wish you a safe and pleasant journey ahead.

Inclusions

- Airport Transfers: Enjoy seamless private vehicle pick-up and drop-off services for all international or domestic flights.
- Ground Transportation: All local travel and land transportation as specified in your itinerary are fully covered.
- City Accommodation: Relax in comfortable hotels in Kathmandu and Pokhara on a convenient Bed & Breakfast (B&B) basis.
- Trek Accommodation: Experience cozy and welcoming teahouse stays throughout your days on the trail.
- Trek Meals: Savor three wholesome, delicious meals (Breakfast, Lunch, and Dinner) daily while trekking.
- High-Altitude Care: Benefit from complimentary hot soup services provided for three days within high-altitude zones to keep you warm and well-hydrated.
- Professional Guide: Be led by an experienced, licensed, and knowledgeable guide for the entirety of your tour and trek.
- Assistant Guide: A dedicated assistant guide accompanies groups larger than 10 guests to ensure personalized care and attention.
- Porter Support: Enjoy reliable porter assistance maintained at a comfortable 2:1 trekker-to-porter ratio.
- Staff Welfare: We prioritize the well-being of our team by providing comprehensive insurance, meals, and lodging for all guides and porters.
- Permits & Government Fees: All necessary trekking permits, TIMS cards, local taxes, and government charges are fully managed on your behalf.
- Safety & Medical Support: A comprehensive first-aid medical kit is carried by our trekking staff for your peace of mind and safety.
- Souvenirs & Extras: Receive a detailed trekking map to follow your route alongside a complimentary company T-shirt as a keepsake.
- Celebration & Farewell: Conclude your incredible journey with a traditional farewell

dinner in Kathmandu on your final night, accompanied by an official trip completion certificate.

Exclusions

- Entry Visas: Nepal entry visa fees are separate and are conveniently payable upon arrival at the airport.
- International Flights: Airfare to and from Kathmandu, including any international airport departure taxes, is not included in the package.
- City Meals: Lunches and dinners during your stays in Kathmandu and Pokhara are excluded, allowing you to explore local culinary spots at your leisure.
- Sightseeing Fees: Entrance fees for monuments, temples, and heritage sites in Kathmandu and Pokhara are not covered.
- Travel Insurance: Comprehensive personal travel, medical, and emergency helicopter rescue insurance must be arranged independently for your safety.
- Personal Trek Expenses: Personal incidental costs during the trek—such as hot showers, electronic device charging, bar bills, laundry services, and bottled or mineral water—are excluded.
- Extra Stays: Additional hotel nights in Kathmandu or Pokhara outside of the planned itinerary are not included.
- Return Flight Ticket: The domestic flight ticket from Pokhara to Kathmandu is excluded if you prefer to fly back.
- Gratuities: Tips and tokens of appreciation for your trekking guide, assistant guide, and porters are not included and remain entirely at your discretion.