

Annapurna Circuit Trek

15 Days 14 Nights

Highlights of the Trek

- Mountain Ranges: Annapurna, Dhaulagiri, Lamjung Himal, Nilgiri, Chulu Peaks, and Thorung Peak.
- Sacred Sites: Muktinath Temple, renowned for its 108 stone faucets and eternal flame.
- Major Attractions: Yak pastures, hot springs at Tatopani, Tilicho Lake, and Jomsom.
- Cultural Insights: Explore the Manang district, Barge Monastery, and vibrant Tibetan-influenced villages.
- Natural Wonders: Glaciers, waterfalls, and the stunning Marsyangdi Valley.

ITINERARY

DAY 01	Hotel in Kathmandu	Arrival in Kathmandu(1,400m) Arrive at Tribhuvan International Airport, where our representative will meet you and transfer you to your hotel. Take the day to explore Kathmandu or rest and prepare for your upcoming adventure. Sleeping Altitude: 1,400m
DAY 02	Hotel in Besi Sahar	Drive from Kathmandu to Besi Sahar(760m) Drive from Kathmandu to Besi Sahar, passing through beautiful rural landscapes, terraced fields, and small towns as you head towards the gateway of the Annapurna region. Trek Distance: 179 km Driving Duration: 5-6 hours Sleeping Altitude: 760m
DAY 03	Tea House, in Chame	Drive from Besi Sahar to Chame (2,670m) Continue your journey with a drive from Besi Sahar to Chame, the district headquarters of Manang. Along the way, enjoy views of Annapurna II (7,937m) and cross several suspension bridges over the Marsyangdi River. Trek Distance: 79 km Driving Duration: 3 hours Sleeping Altitude: 2,670m
DAY 04	Tea House, in Pisang	Trek from Chame to Pisang (3200m) Begin your trek with a gradual ascent through pine forests, Mani walls, and along the Marsyangdi River. You'll be rewarded with stunning views of Annapurna II (7,937m) and Pisang Peak (6,091m) as you approach Pisang village. Trek Distance: 13.6km Trek Duration: 5-6 hours Sleeping Altitude: 3,200m
DAY 05	Tea House, in Ngwal	Trek from Pisang to Ngwal (3660m) The trail today takes you through dense forests, over suspension bridges, and past traditional Tibetan-style villages. Enjoy panoramic views of the Annapurna range and the Marsyangdi Valley as you ascend to Ngwal, with impressive views of Annapurna III (7,555m) . Trek Distance: 10 km Trek Duration: 6-7 hours Sleeping Altitude: 3,660m

DAY 06	Hotel in Manang	Trek from Ngwal to Manang(3540m) Continue your trek to the larger settlement of Manang, passing through forests, pastures, and small villages. Manang is an ideal place to acclimatize before ascending to higher altitudes, with views of Gangapurna (7,455m) and Annapurna III (7,555m) . Trek Distance: 10 km Trek Duration: 4-5 hours Sleeping Altitude: 3,540m
DAY 07	Hotel in Manang	Acclimatization Day in Manang(3540m) Spend the day in Manang to acclimatize. You can take short hikes to nearby viewpoints, such as the Gangapurna Glacier viewpoint or visit the local monasteries. This day is crucial for adjusting to the higher altitudes, and you'll also get a closer look at Gangapurna Glacier (3,540m) . Sleeping Altitude: 3,540m
DAY 08	Tea House, in Tilicho Base Camp	Trek from Manang to Tilicho Base Camp(4140,m) Trek to Tilicho Base Camp, where the trail becomes steeper and more challenging. The landscape transitions to a more rugged and barren terrain as you ascend higher, with breathtaking views of the surrounding peaks, including Tilicho Peak (7,134m). Trek Distance: 16 km Trek Duration: 7-8 hours Sleeping Altitude: 4,140m
DAY 09	Tea House, in Tilicho Base Camp	Visit Tilicho Lake and Return to Tilicho Base Camp Start early to reach Tilicho Lake, one of the highest lakes in the world. The trek is demanding, but the sight of the turquoise lake nestled among towering peaks is an unforgettable experience. Return to Tilicho Base Camp for the night. Trek Distance: 10km Trek Duration: 6-7 hours Sleeping Altitude: 4,140m
DAY 10	Tea House, in Yak Kharka	Trek from Tilicho Base Camp to Yak Kharka(4010m) Descend from Tilicho Base Camp and trek to Yak Kharka, passing through yak pastures and small settlements. The trail is easier today, offering time to enjoy the spectacular scenery and views of Annapurna III (7,555m). Trek Distance: 13 km Trek Duration: 5-6 hours Sleeping Altitude: 4,010m
DAY 11	Tea House, in Thorung High Camp	Trek from Yak Kharka to Thorung High Camp(4450m) The ascent to Thorung High Camp is steep and challenging, but the panoramic views of the surrounding peaks, including Thorung Peak (6,144m), make it worth the effort. Prepare for the crossing of Thorung La Pass tomorrow. Trek Distance: 6km Trek Duration: 6-7 hours Sleeping Altitude: 4,450m
DAY 12	Hotel at Muktinath	Cross Thorung La Pass and Trek to Muktinath Today is the most challenging part of the trek as you cross the Thorung La Pass (5,416m), the highest point of the trek. The descent to Muktinath is long but rewarding, with stunning views of Dhaulagiri and the Mustang region. Trek Distance: 16km Trek Duration: 8-9 hours Sleeping Altitude: 3,800m
DAY 13	Hotel at Pokhara	Drive from Muktinath to Pokhara After exploring the sacred temple of Muktinath (3,760m), drive to Pokhara, a beautiful lakeside city known for its stunning scenery and laid-back atmosphere. Drive Distance: 174 km

		Driving Duration: 5-6 hour Sleeping Altitude: 820m
DAY 14	Hotel at Kathmandu	Fly from Pokhara to Kathmandu Enjoy a short flight back to Kathmandu with aerial views of the Himalayas. Spend your day exploring or relaxing. Flying Duration: 25 minutes Sleeping Altitude: 1440m
DAY 15		Final Departure After breakfast, transfer to Tribhuvan International Airport. Depart with unforgettable memories of the mountains and warm Nepali hospitality.

ESSENTIALS

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| ☐ Sleeping bag | ☐ Hat |
| ☐ Neck gaiter | ☐ Sunglass |
| ☐ Base layer top / Base layer pants (Wool, Merino wool) | ☐ Trekking pole |
| ☐ Insulated layer (fleece) | ☐ Water bottle/bladder |
| ☐ T-shirt | ☐ Toiletries |
| ☐ Puffy Jacket | ☐ Sunscreen SPF 50 / Lip balm |
| ☐ Waterproof shell Jacket | ☐ Protein bars |
| ☐ Trekking pants/half pants | ☐ Iodine tablet to purify water |
| ☐ Trekking shoes | ☐ Headlight |
| ☐ Wool socks | ☐ Toilet paper and baby wipes |
| ☐ Glove | ☐ Hand sanitizer / Hand wash |
| ☐ Towel (light) | ☐ First aid kit |
| | ☐ Take all the cash you need |

INCLUDING IN PACKAGE

- One government-certified and experienced English-speaking local guide for the entire trip.
- One porter shared between two clients to carry your main backpack (weight limit: 10 kg per trekker).
- An assistant guide will be provided if the group size exceeds six participants.
- Private jeep transfer from Kathmandu to Chame.
- Private jeep transfer from Muktinath to Pokhara.
- Domestic flights: Pokhara–Kathmandu.
- All necessary trekking permits.
- All local taxes, VAT, office service charges, and domestic airport taxes.
- Airport pick-up and drop-off.
- Accommodation during the trek on a twin/double-sharing basis (please note: better hotels and attached bathrooms may not be available in some trekking areas).
- Night accommodation in Kathmandu and Pokhara with breakfast.
- Complimentary use of a sleeping bag and duffle bag during the trek (to be returned after the trek).

EXCLUDING IN PACKAGE

- All bar bills and beverages, including soft drinks such as Coke, Fanta, and bottled mineral water.
- Personal travel insurance, internet usage, telephone calls, and laundry services.
- Expenses related to emergency rescue operations, if required.
- All meals throughout the trip.
- Gratuities and tips for guides and porters.
- Personal trekking equipment.
- Charges for hot showers, battery charging, and hot drinking water during the trek.

IMPORTANT NOTES

- The itinerary can be customized based on your time and preferences.
- Any changes to the itinerary will result in a revised cost.
- Additional activities can be arranged on request with extra charges.
- Costs may vary due to weather conditions, political situations, or natural events.
- Single supplements are available only in hotels, not in tea houses.
- Costs may also change depending on the number of guides and porters required.
- For any changes or inquiries, please contact us via email or phone.
- A total tip of \$10 per trekker per day is expected for both the guide and porter combined (not \$10 each).
- We are not responsible for delays or cancellations of domestic flights.
- Great Himalayan Yatri Pvt. Ltd. is not liable for incidents caused by natural hazards.