



Ultimate 14-Day Annapurna Circuit Trek

ANNAPURNA REGION

14 Days
DURATION

Easy
DIFFICULTY

USD \$1,500
FROM (PER PERSON)

QUICK FACTS

Duration		Trip Difficulty	
Activities		Accommodation	
Meals		Max Elevation	
Group Size		Best Time	

TRIP HIGHLIGHTS

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OVERVIEW

Annapurna Circuit Trekking is the 14 days great trekking en-established in the Annapurna locale of Nepal. This course goes through four regions of Nepal and crosses the most profound canyon on the planet, at long last coming to Ghorepani Poon Hill. This circuit trek to Annapurna district makes the circle incorporating diverse characteristic and imaginative attractions of the nation. The locale that is contacted is Manning, Mustang, Lamjung, and Myagdi. The most profound canyon on the planet is named Kali Gandaki Gorge with the profundity of 5,571 meters (18,278 feet).

Annapurna Circuit Trekking begins from Kathmandu and finishes at Kathmandu. Henceforth, the trail goes against clockwise from Besisahar to Nayapul and scopes to Thorong La Pass at an elevation of (5,416m/17,769ft). Annapurna Circuit Trek has its own particular element. Annapurna Circuit Trekking work force collectively talk about the circuit for its picturesque magnificence of waterways, greenery, fauna, and mountains. In spite of, street development in current days has compromised this exemplary trekking area. Annapurna Circuit Trekking trail passes arrangement of mountains like Manaslu and Dhaulagiri which is more than 8000m.\ Moreover, Annapurna Circuit Trek additionally takes us to Manang, Jomsom and the Mustang district of Nepal which again gets us to acquainted with the brilliant Nepalese scene, culture, custom, and ways of life over yonder too old caverns, solidified lakes, snow capped valley, hundreds of years old cloisters. Essentially, Annapurna Circuit Trekking passes Langtang Himal, Annapurna II and IV, Annapurna III and Gangapurna, and Annapurna I and Dhaulagiri.

At the finish of the trek, Poon Hill offers the picturesque vision of two mountains Annapurna and Machapuchhare (Fishtail Mountain). This trek prompts celebrated Buddhists and Hindus heavenly destinations, altogether Muktinath a hallowed site for the two Hindus and Buddhists. This worldwide popular Annapurna Circuit Trekking course occupies in excess of ten diverse socially rich ethnic gatherings that live in various atmosphere zones there. They possess their own societies, conventions,

standards, and qualities, which stays as single among numerous attractions of Annapurna Circuit Trekking.

DAY-BY-DAY ITINERARY

DAY 1 Arrival at Kathmandu

Upon arrival at Tribhuvan International Airport in Kathmandu, we receive you and transfer you to your hotel. After check-in, there is time to rest and recover from the journey. Depending on arrival time, a short walk around the neighborhood can be arranged to get a first feel of the city. In the evening, we conduct a brief orientation covering trek details, safety measures, and equipment checks.

DAY 2 Drive from Kathmandu to Syange (1100m/3608 ft)

We begin our journey early, driving west from Kathmandu along the Prithvi Highway. The road follows rivers and terraced hillsides before turning north toward the Marsyangdi Valley. As we gain distance from the city, the scenery becomes increasingly rural with traditional villages and farmland. Upon reaching Syange, we settle into our lodge and prepare for the trekking days ahead.

DAY 3 Trek to Bagarchhap (2,160m)

Today marks the start of the trek. The trail follows the Marsyangdi River, crossing suspension bridges and passing through small settlements. Gradual ascents lead us through forested paths and cultivated land. As we approach Bagarchhap, the influence of Tibetan-style architecture becomes noticeable. We stay overnight in a local teahouse surrounded by mountain scenery.

DAY 4 Trek to Chame (2,710m)

The trail continues through pine and fir forests with occasional views of snow-capped peaks. We pass villages such as Timang, where the Annapurna and Lamjung Himal ranges come into view on clear days. The route remains scenic and varied before reaching Chame, the district headquarters of Manang. Natural hot springs nearby offer an opportunity to relax after the walk.

DAY 5 Trek to Pisang (3,240m)

Leaving Chame, we follow a narrow valley with dramatic rock faces rising on either side. The trail climbs steadily through forests and open landscapes, offering excellent views of Annapurna II and Pisang Peak. As we reach Pisang, the terrain opens up, revealing a wide valley with striking mountain backdrops. Overnight stay is in a teahouse with panoramic views.

DAY 6 Trek to Manang (3540m) Duration: 7-9 hours.

We continue trekking through the upper valley, choosing scenic trails that provide expansive mountain views. The path passes through traditional villages, prayer wheels, and mani walls, reflecting the region’s strong Tibetan influence. As altitude increases, the landscape becomes drier and more rugged. We arrive in Manang, an important acclimatization stop, and settle in for the night.

DAY 7 Acclimatization Day at Manang

Today is dedicated to acclimatization to help the body adjust to the higher altitude. Short hikes to nearby viewpoints or villages may be undertaken, offering excellent views of Gangapurna Glacier and surrounding peaks. The rest of the day is spent relaxing, hydrating, and exploring Manang village. This day plays a key role in ensuring a safe and comfortable ascent ahead.

DAY 8 **Trek to Yak Kharka (4,120m)**

Leaving Manang, the trail climbs gradually through alpine terrain. Vegetation becomes sparse as we move higher, and yaks grazing in open pastures are commonly seen. The pace remains slow and steady, allowing proper acclimatization. We reach Yak Kharka by afternoon and rest in preparation for the higher sections of the trek.

DAY 9 **Trek to Thorung Phedi (4,560m)**

Meals: dinner

Today's trek is relatively short but important. The trail ascends gently toward Thorung Phedi, the last settlement before crossing Thorung La Pass. The afternoon is spent resting, hydrating, and preparing for the long and challenging day ahead. Early dinner and an overnight stay help ensure sufficient rest.

DAY 10 **Cross Thorung La Pass (5,416m) to Muktinath (3,802m)**

We begin very early in the morning to cross Thorung La Pass, the highest point of the trek. The climb is gradual but demanding due to altitude. Upon reaching the pass, prayer flags mark the summit, offering spectacular views of the Annapurna and Dhaulagiri ranges. After spending some time at the top, we descend steadily to Muktinath, a sacred pilgrimage site for both Hindus and Buddhists. Overnight stay is at a lodge in Muktinath.

DAY 11 **Trek to Jomsom via Kagbeni (2,750m)**

The trail descends into the Kali Gandaki Valley, passing through the ancient village of Kagbeni with its narrow alleys and traditional houses. The landscape changes dramatically, becoming more arid and wind-swept. Continuing along the valley floor, we reach Jomsom, a lively town and transportation hub of the Mustang region.

DAY 12 **Drive to Pokhara (850m)**

Today we drive from Jomsom to Pokhara, following the Kali Gandaki River through deep gorges and changing landscapes. The road offers views of waterfalls, villages, and terraced hillsides. Upon arrival in Pokhara, we check into the hotel and enjoy a well-earned rest. The lakeside area provides a relaxed atmosphere after the trek.

DAY 13 **Drive Back to Kathmandu (1,350m)**

Meals: dinner

We drive back to Kathmandu via scenic highways, passing rivers, hills, and rural settlements. Upon arrival, we transfer to the hotel. The remainder of the day is free for last-minute shopping, sightseeing, or relaxing. In the evening, a farewell dinner may be arranged to celebrate the successful completion of the trek.

DAY 14 **Transfer to International Airport for Final Departure**

According to your flight schedule, we transfer you to Tribhuvan International Airport for your onward journey. The Annapurna Circuit Trek concludes with unforgettable memories of the Himalayas, diverse landscapes, and rich cultural experiences.

WHAT'S INCLUDED / NOT INCLUDED

Accommodation

- + Two nights’ accommodation in Kathmandu with breakfast (room with attached bathroom)
- + Accommodation during the trek

Meals

- + All meals during the trek (breakfasts, lunches, and dinners)
- + Farewell dinner in Kathmandu at the end of the trek

Guides & Porter Services

- + Government-licensed trekking guide
- + Porters for trekkers’ luggage (1 porter for every 2 trekkers)
- + All guide and porter expenses, including meals, insurance, salary, accommodation, transportation, and necessary equipment

Permits & Fees

- + Annapurna Conservation Area Permit (ACAP) fee
- + Trekkers’ Information Management System (TIMS) card fee
- + All government and local taxes

Safety & Emergency Support

- + Rescue operation arrangements in case of complicated health conditions (funded by travel insurance)