

1. Annapurna Circuit Trek

2. Overview

Our specially designed 15 Days Annapurna Circuit Trek package will take you to the awe-inspiring Himalayas. A legendary adventure, this trail traverses a wide variety of terrain, from subtropical forests to high-altitude arid deserts, offering...

3. Itinerary

Day 01: Arrive in Kathmandu

Altitude: 1350 m

Meals: Breakfast

Stay: Hotel

Our representative will greet you warmly upon arrival at Kathmandu airport and assist with your transfer to the hotel you have reserved. We will have a pre-trip meeting at our office in the afternoon, where you can meet your trekking guide and discuss any questions or concerns you may have. Remember to include a copy of your travel insurance policy, two passport-sized pictures, your passport, and the required travel insurance and disclaimers. We'll make sure you're ready for the incredible journey ahead during this meeting.

Day 02: Drive from Kathmandu to Beshisahar

Altitude: 760 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

We leave Kathmandu after a filling breakfast and take a beautiful drive to Beshisahar, where our trekking journey begins. We go along the banks of the Marsyangdi and Trisuli Rivers, which offer amazing vistas of rural communities, verdant mountains, and more. The 6-hour journey down the rough Marshyangdi River road increases the excitement of the journey. After arriving in Beshisahar, the district headquarters of Lamjung, we get ready for the exciting trekking days ahead.

Day 03: Drive to Tal and Trek to Dharapani

Altitude: 2160 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

Our trekking adventure starts as we drive from Besisahar to the little settlement of Tal. Along the popular walking path, we pass through charming villages and securely cross deep valleys and rivers on well-built suspension bridges. Our journey leads us to Kodo, one of the largest villages in the Manang Valley, set amid fields of barley, rice, and potatoes. We eventually arrive at Dharapani after across yet another suspension bridge and climbing a small stone staircase. Our first trekking section ends at Dharapani.

Day 04: Trek from Dharapani to Chame

Altitude: 2670 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

You will be trekking through the woods today, following a dirt-laden path that will take you to the village of Timang. From here, the views of the Annapurna and the Manaslu ranges are quite mesmerizing. Further from Timang lies the settlement of Thanchowk, connected via a relatively flat trekking trail. You can also see many chortens with prayer

flags along the cobbled streets. From Thanchowk, you will then trek ahead towards Chame. Overnight stay at the guesthouse in Chame.

Day 05: Trek from Chame to Pisang

Altitude: 3200 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

Views of the Lamjung Himal's north face from Chame are pretty impressive, especially early in the morning. From Chame, you will follow the trail once again, passing under a Gumba-gate towards juniper hamlets that will eventually clear out towards streams. The environment is quite serene, and the company of the mountain peaks makes the trip extremely charming. Along the way to Pisang, you will also come across an enormous 5,000 sculpted rock bowl. It is called Paungda Danda. Overnight stay at the guesthouse in Pisang.

Day 06: Trek from Pisang to Manang

Altitude: 3540 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

From Pisang, the trail climbs sharply as you pass by the Dhikur Pokhari. The trail then relatively flattens out, and you will head due west, where the valley opens into a vast canyon. Along the way, you will come across the small settlement of Humde. Further ahead lies a beautiful monastery where you can enjoy a silent afternoon, taking in the Himalayan breeze that flutters the prayer fags gorgeously. Overnight stay at the guesthouse in Manang.

Day 07: Acclimatization day at Manang

Altitude: 3540 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

Manang is one of the biggest villages in the valley. It has bakeries and espresso cafes nestled snugly among traditional houses and Mani stone walls, with Gumbas and chortens adorned with prayer flags. Views of the Annapurna peaks, as well as sights of the Gangapurna Himal, and Gangapurna Lake are extremely delightful from here. For the day, you can also choose to have a trip to Ice Lake (4,620 m) which takes around 6-8 hours round trip. If you are planning to visit Ice Lake, start your trek early in the morning to enjoy clear views, avoid afternoon clouds and strong winds, and reduce fatigue at high altitude.

Day 08: Trek from Manang to Yak Kharka

Altitude: 4050 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

Walking on a new part of the village, you will first make your way to Tengi. Here, you can find beautiful stone houses with flat roofs. Squeezing through tight alleyways, you will leave the village behind and wander uphill through the grasslands towards Gunsang, with an altitude gain of over 300 meters. The trek to Yak Kharka from Gunsang is relatively easy, albeit longer. Passing by the pastures, you will reach Yak Kharka. Overnight stay at the guesthouse at Yak Kharka.

Day 09: Trek from Yak Kharka to Thorong Phedi, or High Camp

Altitude: 4450 m/4800 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

The trail is often tranquil as you make your way from Yak Kharka to today's destination. Trekking through relatively flat fields, you will pass by many horses that are used for caravans by the village people. The first portion of the trail is easy, a gradual uphill climb with amazing views of the peaks. Eventually, you will arrive at Churi Ledar. Finally, you will reach the Thorong Phedi. Overnight stay at the guesthouse.

Day 10: Trek to Muktinath via the Thorong La Mountain Pass

Altitude: 3760 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

You will wake up early in the morning to make your way uphill to reach the top of Thorong La Pass (5416m). It is a tough, rock-strewn climb, so you have to be steady and careful. After the arduous uphill trek, you will reach the top of the pass, from where spectacular views of the valley, snowy fields surrounding the foothills, and the mountain peaks are on display. After spending time at the top taking in the views, you will then steadily make your way down towards Muktinath. Overnight stay at the guesthouse at Muktinath.

Day 11: Drive to Tatopani

Altitude: 1190 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

Early in the morning, we'll visit the Muktinath Temple. We will take a local bus to Tatopani after our spiritual experience at Muktinath Temple. The drive will take us past some of the deepest gorges on earth. The dry highlands will transform into lush forests as we travel through them. When we arrive in Tatopani, known for its natural hot springs, we'll enjoy a dip in the calming waters. The hot springs are well known for treating skin conditions. It's the ideal place to relax and recharge after our tough hike over the Thorong La Pass.

Day 12: Trek from Tatopani to Ghorepani

Altitude: 2850 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

From Tatopani, you will be trekking on a much verdant terrain towards one of the famous villages of the region- Ghorepani. This pathway is also one of the last trails of the Annapurna Circuit. You will pass by Ghar Khola and slowly ascend towards Ghorepani, going through smaller settlements along the way, such as Chhitre village. Finally, you will reach Ghorepani, from where breath-taking views of the Annapurna peaks greet your sight. Overnight stay at the guesthouse at Ghorepani.

Day 13: Hike to Poon Hill and trek to Nayapul (1070m.), 3 hrs, then drive to Pokhara

Altitude: 820 m

Meals: Breakfast/Lunch

Stay: Hotel

From Ghorepani, you will make your way to the vantage point of Poon Hill early in the morning to witness the amazing sunrise view amidst the panoramic display of Annapurna peaks. It is a fantastic phenomenon and quite mesmerizing. After enjoying the sights at Poon Hill, you will then make your way to Nayapul, from where you will have a drive to Pokhara. Overnight stay at the Hotel in Pokhara.

Day 14: Drive back to Kathmandu, (6 hrs)

Altitude: 1350 m

Meals: Breakfast/Dinner

Stay: Hotel

You will bid the Annapurna Mountains goodbye for the last time today and drive back to Kathmandu via the Prithvi Highway, which winds through the countryside. Upon arriving back at the city, you will be dropped off at the Hotel. Overnight stay at the Hotel in Kathmandu.

Day 15: Departure

Meals: Breakfast

Approximately three hours before your scheduled flight, you will be dropped off at the airport for your departure.

5. Cost Includes

Airport Pickup and Drop-off Services

- International airport pick-up service in a Private Vehicle
- International airport Drop service in a private vehicle on the final departure

Accommodation Service

- Two nights 3-star Hotel in Kathmandu (Twin Sharing, BB plan)
- A night 3-star Hotel in Pokhara (Twin Sharing, BB plan)
- Eleven nights best available clean and comfortable teahouse accommodation during the trek

Trekking Permits

- Annapurna Conservation Area Project Permit (ACAP)
- Trekkers' informational Management Systems Card (TIMS)

Food Services

- 11 times of Breakfast (Local and Continental Choice) during the trek
- 12 times of Lunch (Simple and Light Lunch in Teahouse)
- 11 times Dinner (Veg and Non-Veg Meals from the Local Tea House)
- Welcome & Farewell dinner in Kathmandu
- Breakfast in Kathmandu & Pokhara

Guide & Porter Services

- English- speaking government- licensed guide
- Local Sherpa for carrying Luggage (up to 25 kg Max, 2 trekkers: 1 porter)
- All Meals for the guide & porter
- Insurances for guide & porter
- Well-paid salary as per Government rates
- A first-aid kit box carried by the team leader

Transportation & Other Services

- From Kathmandu to Beshisahaar transport by Local Bus (A private vehicle will be arranged upon your request)
- From Bishisahaar to Tal transport by Local Jeep/Bus Sharing (A private vehicle will be arranged upon your request)
- From Muktinath to Tatopani transport by Local Bus (A private vehicle will be arranged upon your request)
- From Nayapul to Pokhara transport by private vehicle
- From Pokhara to Kathmandu transport by standard tourist bus (A private vehicle will be arranged upon your request)
- Down jacket and sleeping bag(to be returned after trek completion)
- The HRA Brand Duffle Bag for the Trip, Company T-shirt, and Baseball cap
- Trekking Maps
- Trip achievement certificate
- All local and Government taxes, Administrative charges

6. Cost Excludes

- Extra night accommodation in Kathmandu and Pokhara in case of early arrival or late Departure
- Dinner and lunch in Kathmandu and Pokhara
- Hot and Cold drinks during the trek
- Nepal visa fee
- Travel and medical insurance
- International flights
- Personal expenses (laundry, bar bills, phone calls, internet, hot shower, etc)
- Tips for guide, porter, and driver (tipping is expected)
- Any unseen expenses due to circumstances

7. Equipment / Packing List

The **Annapurna Circuit Trek** is one of Nepal's most famous long-distance treks, taking you through diverse landscapes, from subtropical valleys to the high-altitude Thorong La Pass (5,416m). Weather and terrain change dramatically, so packing the right gear is essential for a safe and comfortable journey.

Here's your **complete Annapurna Circuit Trek packing list** to help you prepare.

1. Clothing for Annapurna Circuit Trek

Base Layers

- 2–3 lightweight thermal tops (moisture-wicking)
- 2–3 thermal bottoms for cold nights and high passes

Mid Layers

- 1–2 warm fleece jackets or light down sweaters
- 2–3 quick-dry trekking shirts (short and long sleeve)

Outer Layers

- Warm down jacket for high altitudes
- Waterproof and windproof shell jacket (Gore-Tex or similar)
- Waterproof trekking pants

Trekking Bottoms

- 2–3 pairs of trekking trousers (quick-dry)
- 1 pair of trekking shorts for lower, warmer sections

Underwear & Sleepwear

- 4–5 pairs of quick-dry underwear
- Warm pajamas or thermal sleepwear

2. Footwear for Annapurna Trek

- Waterproof trekking boots (well broken-in)
- Lightweight camp shoes or sandals for evenings

- 3–4 pairs of trekking socks (wool or synthetic blend)
- 2 pairs of thin liner socks to prevent blisters
- 1 pair of thick warm socks for Thorong La Pass

3. Head & Hand Gear

- Warm beanie or wool hat
- Sun hat or cap for sunny days
- Neck gaiter or buff (for wind, cold, or dust)
- UV-protected sunglasses
- Lightweight trekking gloves
- Insulated waterproof gloves for colder sections

4. Trekking Gear for Annapurna Circuit

- Trekking poles (very helpful for steep climbs and descents)
- Day backpack (35–40L)
- Duffel bag (70L) for porter use
- Backpack rain cover
- Headlamp with spare batteries
- Sleeping bag (rated to at least -10°C)
- Dry bags or packing cubes for organization

5. Personal Items & Essentials

- 2 reusable water bottles (1L each) or a hydration bladder
- Water purification tablets or filter
- Snacks (nuts, chocolate, energy bars)
- Sunscreen (SPF 50+)
- Lip balm with SPF
- Quick-dry towel
- Trekking map or guidebook
- Notebook and pen

6. Toiletries & Hygiene

- Toothbrush and toothpaste
- Biodegradable soap or shampoo
- Wet wipes for quick cleaning
- Hand sanitizer
- Toilet paper
- Deodorant
- Nail clippers

7. First Aid & Medicine

- Personal prescription medicines
- Diamox (for altitude sickness – consult your doctor)
- Pain relief tablets (ibuprofen, paracetamol)
- Blister care (moleskin or Compeed)
- Antiseptic cream
- Bandages and plasters

- Cold & flu tablets

8. Electronics for Annapurna Circuit

- Camera or smartphone for photos
- Power bank (10,000–20,000mAh)
- Charging cables
- Universal travel adapter
- Extra memory card
- Optional: GPS watch or trekking app

9. Documents & Money

- Passport with Nepal visa
- Trekking permits (TIMS Card & Annapurna Conservation Area Permit)
- Photocopies of passport and permits
- Travel insurance covering high-altitude trekking
- Enough cash in Nepalese Rupees (no ATMs beyond certain villages)

? Extra Tip:

Weather on the **Annapurna Circuit** can be unpredictable. Pack layers so you can adjust quickly to temperature changes, especially when crossing **Thorong La Pass**. If trekking in winter (Dec–Feb), bring **microspikes or crampons** for icy trails.