High Route Adventure Pvt Ltd.

Email: info@highrouteadventure.com
Phone: +977 9851058664
Website: www.highrouteadventure.com

1. Annapurna Circuit Trek

2. Overview

The Annapurna Circuit Trek is a world-renowned trekking destination located in the Annapurna region of north-central Nepal. The highest point on this trek is Thorong La Pass, which stands at 5,416 meters. This trek is…

3. Itinerary

Day 01: Arrive in Kathmandu

Altitude: 1350 m | Meals: welcome Dinner | Stay: Hotel

Our representative will greet you warmly upon arrival at Kathmandu airport and assist with your transfer to the hotel. 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 Besisahar

Altitude: 760 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

We leave Kathmandu after having a breakfast and take a scenic drive to Besisahar, where our trekking journey begins. We drive 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 Besisahar, 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 crossing 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 north face of Lamjung Himal from Chame are especially impressive early in the morning. From Chame, you will follow the trail once again, passing under a gumba gate toward juniper hamlets that eventually open up to streams. The environment is quite serene, and the company of the mountain peaks makes the journey extremely charming. Along the way to Pisang, you will also come across the enormous **Paungda Danda**, a 5,000-foot sculpted rock wall. Overnight stay at a 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 largest villages in the valley. It features bakeries and espresso cafés nestled among traditional houses and Mani stone walls, along with Gumbas and chortens adorned with prayer flags. On this day, we will visit the Chongkor Viewpoint and Gangapurna Lake. The Chongkor Viewpoint is situated at an altitude of 3,750 m to 3,800 m above Gangapurna Lake, which lies at an altitude of 3,540 m. From viewpoint you can enjoy the breathtaking view of Gangapurna Glacier, the icefall, and neighboring peaks like Annapurna III, Annapurna IV, and Tilicho Peak.

Alternative option: For those who are extremely fit, there is an option to visit Ice Lake, which is approximately a 16–18 km round trip from Manang. The hike takes around 9–10 hours in total.

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, (Option: High Camp)

Altitude: 4450 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

Altitude: 1350 m | Meals: Breakfast | Farewell 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

Altitude: 1350 m | 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)
- TIMS Card

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 porter for carrying Luggage (up to 20 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 Beshisahar transport by Local Bus (A private vehicle will be arranged upon your request)
- From Bishisahar 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, Campany 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

Here's your **complete packing list for the Annapurna Circuit Trk:**

Clothing

- Trekking T-shirts
- Long-sleeve trekking shirts
- Fleece jacket
- Down jacket
- Waterproof and windproof jacket
- Trekking trousers
- Thermal innerwear
- Underwear
- Warm trekking socks
- Lightweight gloves
- Warm insulated gloves
- Sun hat or cap
- Warm woolen hat
- Buff or neck gaiter

Footwear

- Comfortable trekking boots
- Lightweight camp shoes or sandals
- Gaiters
- Extra pairs of trekking socks

Backpack and Bags

- Daypack
- Duffel bag
- Waterproof backpack cover
- Dry bags or waterproof packing bags
- Small personal pouch

Sleeping Gear

- Sleeping bag suitable for cold temperatures
- Sleeping bag liner
- Travel pillow or inflatable pillow

Trekking Accessories

- Trekking poles
- Headlamp with spare batteries
- Sunglasses with UV protection
- Water bottles or hydration bladder
- Water purification tablets or filter
- Trekking towel
- Headlamp
- Reusable water bottle
- Small padlock

Personal and Toiletries

- Sunscreen
- Lip balm with SPF
- Toothbrush and toothpaste
- Biodegradable soap
- Hand sanitizer
- Wet wipes and tissues
- Personal toiletries
- Quick-drying towel
- Toilet paper

Health and First Aid

- Personal medications
- Basic first-aid kit
- Blister treatment
- Pain relievers
- Bandages
- Antiseptic wipes
- Oral rehydration salts
- Altitude sickness medication as advised by your doctor

Documents and Money

- Passport
- Passport-size photographs
- Travel insurance documents
- Trekking permits and other required documents
- Copies of important documents
- Credit/debit card
- Nepalese rupees
- Emergency contact details

Electronics

- Mobile phone
- Camera
- Power bank
- Charging cables
- Universal travel adapter
- Spare batteries or memory cards

Optional Items

- Binoculars
- Book or e-reader
- Snacks and energy bars
- Lightweight sleeping bag liner
- Earplugs
- Small notebook and pen
- Portable solar charger

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.