



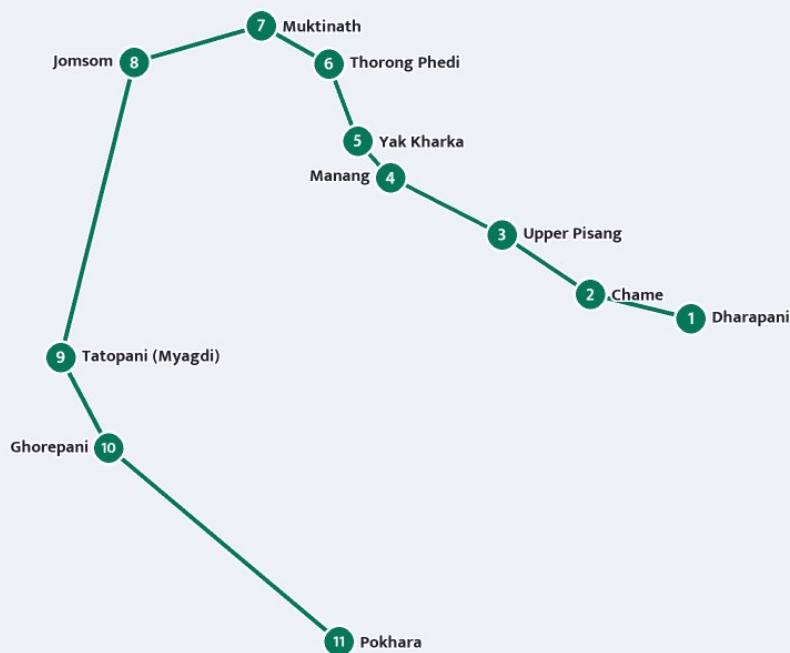
## Annapurna Circuit Trek

One of the world's great walks: a full loop around the Annapurna massif from lush subtropical valleys to the high desert of Mustang. Over 15 days you pass Tibetan-Buddhist villages around Manang, cross the Thorong La pass at 5,416 m, visit the pilgrimage temples of Muktinath and finish with sunrise on Poon Hill and a soak in the hot springs of Tatopani. Dramatic changes in landscape and culture make every day different.

| DURATION       | DIFFICULTY       | MAX ALTITUDE   | GROUP SIZE  |
|----------------|------------------|----------------|-------------|
| <b>15 days</b> | <b>Strenuous</b> | <b>5,416 m</b> | <b>1-12</b> |

### HIGHLIGHTS

- Cross the Thorong La pass (5,416 m)
- Tibetan-Buddhist villages of Upper Pisang, Ngawal and Manang
- Sacred temple complex of Muktinath
- Hot springs at Tatopani
- Sunrise over Dhaulagiri and Annapurna from Poon Hill
- From rice terraces to high mountain desert



#### AT A GLANCE

|                              |          |                           |         |
|------------------------------|----------|---------------------------|---------|
| 1. Hotel in Kathmandu        | 1 night  | 8. Teahouse in Muktinath  | 1 night |
| 2. Teahouse in Dharapani     | 1 night  | 9. Teahouse in Jomsom     | 1 night |
| 3. Teahouse in Chame         | 1 night  | 10. Teahouse in Tatopani  | 1 night |
| 4. Teahouse in Upper Pisang  | 1 night  | 11. Teahouse in Ghorepani | 1 night |
| 5. Teahouse in Manang        | 2 nights | 12. Hotel in Pokhara      | 1 night |
| 6. Teahouse in Yak Kharka    | 1 night  | 13. Hotel in Kathmandu    | 1 night |
| 7. Teahouse in Thorong Phedi | 1 night  |                           |         |

Highest night: 4,450 m

#### DAY BY DAY

##### 1 Arrive in Kathmandu (1,400 m)

Airport pick-up, hotel check-in and an evening briefing with your guide.

1,400 m · Meals: Dinner · Overnight: Hotel in Kathmandu

2

**Drive to Dharapani (1,860 m)**

A long but scenic drive via Besisahar, switching to a 4WD jeep for the rough road up the Marsyangdi valley.

1,860 m · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Dharapani

3

**Trek to Chame (2,670 m)**

Walk through pine and oak forest with the first views of Annapurna II and Lamjung Himal to Chame, the district headquarters of Manang.

2,670 m · 5.5 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Chame

4

**Trek to Upper Pisang (3,300 m)**

Pass the huge curved rock face of Paungda Danda and climb to the old village of Upper Pisang, facing Annapurna II.

3,300 m · 5.5 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Upper Pisang

5

**Trek to Manang via Ghyaru and Ngawal (3,540 m)**

Take the high trail through the medieval villages of Ghyaru and Ngawal, the finest viewpoints on the circuit, then descend to Manang.

3,540 m · 6.5 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Manang

6

**Acclimatisation day in Manang**

Hike to Gangapurna Lake or up towards Ice Lake, visit Bhraka monastery and attend the free altitude talk at the Himalayan Rescue Association clinic.

3,900 m · 4 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Manang

7

**Trek to Yak Kharka (4,050 m)**

A short day climbing out of the Manang valley into yak pastures, giving your body more time to adjust.

4,050 m · 4 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Yak Kharka

8

**Trek to Thorong Phedi (4,450 m)**

Cross the Kone Khola and walk along an exposed slope to Thorong Phedi at the foot of the pass. Early night before the big day.

4,450 m · 3.5 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Thorong Phedi

9

**Cross Thorong La (5,416 m), descend to Muktinath (3,800 m)**

Start before dawn and climb steadily to the prayer-flag-covered pass, with sweeping views of the Annapurnas and the Mustang plateau. A long descent leads to Muktinath.

5,416 m · 8.5 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Muktinath

10

**Visit Muktinath, trek to Jomsom via Kagbeni (2,720 m)**

Visit the Muktinath temple, sacred to both Hindus and Buddhists, then walk down to the walled village of Kagbeni and along the Kali Gandaki to Jomsom.

2,720 m · 5.5 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Jomsom

11

**Drive to Tatopani (1,190 m)**

Drive down the Kali Gandaki gorge, the deepest in the world, between Dhaulagiri and Annapurna. Relax in the Tatopani hot springs.

1,190 m · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Tatopani

12

**Trek to Ghorepani (2,860 m)**

A long climb through Magar villages and terraced farmland up to Ghorepani in the rhododendron forest.

2,860 m · 7 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Ghorepani

13

**Poon Hill sunrise (3,210 m), trek to Tikhedhunga, drive to Pokhara**

Climb Poon Hill for sunrise over Dhaulagiri and Annapurna, then descend through Ulleri's famous stone steps and drive to Pokhara.

3,210 m · 6 h walking · Meals: Breakfast, Lunch · Overnight: Hotel in Pokhara

14

**Drive to Kathmandu**

Drive back to Kathmandu (or fly at extra cost). Farewell dinner in the evening.

1,400 m · Meals: Breakfast, Dinner · Overnight: Hotel in Kathmandu

15

**Departure**

Transfer to the airport for your flight home.

1,400 m · Meals: Breakfast

## WHAT'S INCLUDED

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### Included

- Airport pick-up and drop-off in a private vehicle
- Hotel nights in Kathmandu/Pokhara on a twin-share basis with breakfast
- Teahouse (lodge) accommodation on the trek, twin share
- Breakfast, lunch and dinner every day on the trek
- Government-licensed, English-speaking trekking guide
- Porter service (one porter for two trekkers, up to 20 kg)
- Wages, meals, lodging and insurance for guide and porters
- All national park or conservation area permits and local fees
- Ground transport and domestic flights as per the itinerary
- Down jacket and sleeping bag on loan for the trek
- First-aid kit and pulse oximeter carried by your guide
- Farewell dinner with the Tripnep team

### Not included

- International flights and Nepal visa fee
- Travel insurance with high-altitude helicopter rescue cover (required)
- Lunch and dinner in Kathmandu and Pokhara
- Hot showers, Wi-Fi, battery charging and drinks in teahouses
- Tips for your guide and porter
- Extra nights caused by weather, flight delays or leaving the trek early

## GOOD TO KNOW

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### Permits

You need the Annapurna Conservation Area Project (ACAP) permit. It is included and arranged by us.

### Accommodation and food

On the trek you stay in local teahouses: simple, clean lodges with twin rooms and shared bathrooms in the higher villages. Meals are freshly cooked, from dal bhat to pasta and soups. In Kathmandu and Pokhara you stay in comfortable tourist-class hotels.

### Fitness and health

A good level of fitness makes the trek much more enjoyable. Tell us about any medical conditions when you book, so your guide is prepared. Drink plenty of water, walk at a steady pace and avoid alcohol at altitude.

### Payment

Send a booking request with your preferred date. We confirm availability within 24 hours and send you the payment details with your confirmation. Your place is secured once the deposit is received; the balance is due before the trip starts.

## QUESTIONS TRAVELLERS ASK

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### When can the Thorong La pass be crossed?

The pass is usually open from March to May and from late September to early December. Heavy snow can close it in winter; your guide will decide on the day whether it is safe to cross.

### Can I shorten the trek?

Yes. You can fly from Jomsom to Pokhara after crossing the pass and skip Tatopani and Poon Hill, which shortens the trip by two days.

### Do I need previous trekking experience?

No technical experience is needed, but you should be fit enough to walk 5–7 hours a day for several days in a row. We recommend regular hiking, running or cycling for 6–8 weeks before your trip.

### When is the best time to trek in Nepal?

Spring (March–May) and autumn (late September–November) bring the clearest views and stable weather. Winter (December–February) is quieter and colder; the monsoon (June–August) brings rain and cloud, but some valleys stay pleasant.

### How do you deal with altitude sickness?

Our itineraries follow a gradual ascent with acclimatisation days. Your guide checks how you feel and your oxygen level every day, carries a first-aid kit, and will turn around or arrange evacuation if needed. Your safety always comes before reaching the top.

### Is travel insurance required?

Yes. Your policy must cover trekking up to the maximum altitude of your trek, including emergency helicopter evacuation and medical treatment. Please send us your policy details before departure.

### Can I trek privately or on my own dates?

Yes. Every trek can run as a private trip on the date you choose, for solo travellers, couples, families and groups. Ask us if you would like to add extra days, upgrade hotels or combine treks.

#### Dates, prices and booking

[tripnep.io/tours/annapurna-circuit-trek](https://tripnep.io/tours/annapurna-circuit-trek)

Questions? [hello@tripnep.io](mailto:hello@tripnep.io)