Destination Unlimited Treks & Expedition Pvt. Ltd Pvt. Ltd.

Annapurna Circuit Trek

Duration: 19 Days

Itinerary (Plan)

Day 1 Arrival in Kathmandu (1,300m)

- Time :
- Max Altitude : 1300m

Accommodation: 3 star Hotel

Meal: na

Arrival at Kathmandu airport meet and greet then Transfer to the Hotel. Over night at Hotel in Kathmandu.

Day 2 Kathmandu: Sightseeing and Trek Preparation

- Time : N/A
- Max Altitude : 1300m

Accommodation: Hotel in Kathmandu

Meal: B

You can spend the day as you wish, by taking rest and preparing for the trek. However, if you wish we can also arrange a tour around the ancient places. We can plan in Kathmandu during our briefing. Over night at Kathmandu.

Day 3 Drive to Besisahar (800m)

- Time : 7- 8 hours
- Max Altitude : 800m

Accommodation: Teahouse & Local Lodge

Meal: Full Board

After breakfast at Kathmandu Hotel, we will drive to Besisahar 760m(gateway of Annapurna Circuit). On the way stop for Lunch then Finally arrived Besisahar. Over night at Besisahar.

Day 4 Besisahar to Dharapani (1,960m) by Drive

- Time : 4-5 hrs
- Max Altitude : 1960m

Accommodation: Teahouse & Local Lodge

Meal: Full Board

Second day on Annapurna Circuit we are taking shared or private jeep to Dharapani. We shorten our trek doing this, if we have few more extra days we can walk instead of Driving. Over night Dharapani. 4-5 hours trek more or less.

Day 5 Dharapani to Chame (2,710m)

- Time : 5 - 6 hrs
- Max Altitude : 2710m

Accommodation: Teahouse & Local Lodge

Meal: Full Board

We leave Dharapani to get the clearer view of the Himalayas. We stumble across a couple of ridges cover with Buddhist prayer flags. After 5-6 hours of rigorous trekking, we finally get to the entrance of Chame which is finely decorated with a long wall of prayer wheels. We will spend the night at Chame capital of Manang.

Day 6 Chame to Pisang (3,300m)

- Time : 5-6 hrs
- Max Altitude : 3300m

Accommodation: Teahouse & Local Lodge

Meal: Full Board

After breakfast, As we cross old Pisang, we will ascend Telekhu at 2840m. A serene and picturesque of mostly level walk through the Brathang will take a dramatic turn showing us the view of the remarkable Panda Danda. This enormous rock slab which is unusually curved and astonishingly lies 1500m above the water. A thorough walk through suspension bridges, Pine Forests and Rivers will land us at the upper part of the enchanting district of Manang which is Pisang. Over night at Pisang.

Day 7 Pisang to Manang

- Time : 6-7hrs
- Max Altitude : 3519m

Accommodation: Teahouse & Local Lodge

Meal: Full Board

Early next morning, prepare yourselves for the trek to Manang 3519 m. As we move along, we will encounter the Braga village, where we will witness more of the Tibetan culture and architecture. As we continue our trek, gradually the landscape begins to change into a very arid environment with hints of greenery as well as the enchanting mountains looming around. Over night at beautiful manang.

Day 8 Manang: Acclimatization day

- Time : Whole Day
- Max Altitude : 3,519 m

Accommodation: Teahouse & Local Lodge

Meal: Full Board

Today, we spend the entire day at Manang itself, in order to acclimatize ourselves to the high height. Meanwhile, we can explore the nearby Gumbas, strange landscapes and take in some advice from the Himalayan Rescue Association. We do assure you that, Manang is a gem when it comes to picturesque places.

Day 9 Manang to Yak Kharka (4,110m)

- Time : 3 - 4 hours
- Max Altitude : 4110m

Accommodation: Teahouse & Local Lodge

Meal: Full Board

As you make your way out of Manang, you will come across the pristine Gangapurna Lake with a sharp edge of land right above which looks as though it could collapse at any moment. Stand above the junction of Marsayangdi and the Jharsang Khola with the spectacular Annapurna III and Gangapurna with glaciers gracing the background. After a relatively easy day of walking, we will finally get to Yak Kharka which is quite a barren and grim land with only a few hotels.

Day 10 Yak Kharka to Thorong Phedi (4,600m)

- Time : 3 - 4 hours
- Max Altitude : 4600m

Accommodation: Teahouse & Local Lodge

Meal: Full Board

Today, we trek through an uphill trail. Another wobbly and thin suspension bridge awaits our arrival, which later takes us to Ledar Village. Through several rocky, uneven and steep trails, we finally get to Thorong Phedi which is the last village before we get to the famous Thorang La pass.

Day 11 Thorong Phedi to Muktinath (3,800m) via Thorong La pass (5416m)

- Time : 7 - 8 hours
- Max Altitude : 5,416 m

Accommodation: Teahouse & Local Lodge

Meal: Full Board

One of the most highlighted parts of our trip begins early in the morning. Going through Thorang will definitely be quite a challenge but with our team of experts, you need not worry. Yes, it will be difficult but once you get to the top, you will realize that all of it was totally worth it. Indulge in the mesmerizing view for some time and we continue our trek to Muktinath. Muktinath which lies at the foot of the Thorang La pass is home to a renowned Hindu temple. When we get there, explore the temple and its primitiveness. We will spend the night at Muktinath.

Day 12 Muktinath to Marpha (2,670m)

- Time : 6 - 7 hours
- Max Altitude : 2,670 m

Accommodation: Teahouse & Local Lodge

Meal: Full Board

After visiting the holy temple of Muktinath, we trek downhill to the city of apple i.e. Marpha. On our way, we trek along beautiful towns of Kagbeni and Jomsom which host terrific view of the Himalayas and the Himalayan deserts. After 7 hours of trek, we reach Marpha. We enjoy the famous apple brandy of Marpha. Overnight at a lodge.

Day 13 Marpha to Kalopani (2,530 m)

- Time : 5 - 6 hours
- Max Altitude : 2530m

Accommodation: Teahouse & Local Lodge

Meal: Full Board

Chasing the stunning view of Dhaulagiri ranges along with Nilgiri, Tukuche, and the other Himalayas, we trek downhill to Kalopani. We come across beautiful rhododendron and juniper forests tagging along with mystic waterfalls on our way.

Day 14 Kalopani to Tatopani (1,200m)

- Time : 6 - 7 hours
- Max Altitude : 1200m

Accommodation: Teahouse & Local Lodge

Meal: Full Board

We trek further downhill to Tatopani. We trek through lush forests and pass some Gurung villages. After 6 hours of trek, we reach Tatopani where we enjoy a hot water bath in the natural hot water pond.

Day 15 Tatopani to Ghorepani (2,850m)

- Time : 7 - 8 hours
- Max Altitude : 2850m

Accommodation: Teahouse & Local Lodge

Meal: Full Board

We trek along few dense rhododendron forests and cross few water streams on wooden bridges before we reach Ghorepani. Ghorepani is famous for the stunning view of Annapurna range, Machhapuchhre, Dhaulagiri, and other gigantic Himalayas seen from the region.

Day 16 Ghorepani to Poon Hill to Tadapani (2,700m)

- Time : 6 - 7 hours
- Max Altitude : 2700m

Accommodation: Teahouse & Local Lodge

Meal: BLD

Relishing the beautiful view of the Himalayas, we march towards Poon Hill. The Himalayas seem just a foot or two away from us in our today's trek. We trek through dense forests and small settlements of Gurung villages before we reach Poonhill. We trek for another hour or two to reach a Gurung village of Tadapani.

Day 17 Tadapani to Pokhara (827m) via Ghandruk

- Time : 7-8hrs
- Max Altitude : 827m

Accommodation: Hotel in Pokhara

Meal: BL

On our last day of the trek, we trek along the stunning vista of the Himalayas before we reach Ghandruk. The Himalayas seem to beside us throughout the trek. We can relish the stunning view of Mt. Machhapuchhre from the village. We then take an hour of drive in a jeep to reach Pokhara. Enjoy dinner yourself at Pokhara.

Day 18 Drive/fly from Pokhara to Kathmandu

- Time : 8-9hrs Drive / 30m Flight
- Max Altitude : 1300m

Accommodation: Hotel in Kathmandu

Meal: B

Today, we will back to Kathmandu. We can either choose to drive or fly to Kathmandu. The drive will take us 6 hours to get there as we enjoy the last scenic drive on the highway. If we happen to be flying, it will take us a short time of 30 minutes amidst the Himalayas. Evening Nepali cultural dinner from company.

Day 19 Final Departure or Extend the trip

- Time : N/A
- Max Altitude : 1300m

Accommodation: na

Meal: B

We hope that our services were excellent. We will transfer you to the international airport. We hope you have a safe flight. Till then, see you again!

Cost Include

- Two nights of hotel accommodation at Kathmandu on a BB-sharing basis.
- Land transfer by private vehicle to Kathmandu- Besishahar-Kathmandu.
- All Airport transfer
- Accommodation on a full board-sharing basis during the trek.
- Three meals (breakfast, lunch, and dinner) during the trek.
- One Porter for 2 people.
- One highly experienced English-speaking male guide.
- ACAP entry permits fee
- All forms of Government taxes.
- Trekking Certificate

Equipment List & Gear Guide

Must-Have Clothing & Gear for Annapurna Circuit Trek

1. Essential Clothing

- Warm **down or fleece jacket** (for cold mornings and nights)
- **Waterproof jacket** (wind and rain protection)

- **Thermal base layers** (top & bottom)
- **Quick-dry trekking t-shirts and pants**
- **Warm hat/beanie** and **sun hat Gloves** (warm and windproof)
- **Wool or synthetic socks** (3–4 pairs)

2. Footwear

- **Waterproof trekking boots** (well broken-in)
- **Camp shoes or sandals** (for evenings)

3. Backpack & Sleeping

- **30–40L daypack** (with rain cover)
- **Sleeping bag** (rated for -10°C or lower)

4. Trekking Essentials

- **Trekking poles** (highly recommended)
- **Reusable water bottle** or hydration bladder (2L+)
- **Sunglasses** and **sunscreen** (strong UV protection)
- **Headlamp** (with extra batteries)
- **Water purification tablets** or filter

5. Personal Items

- **Toilet paper & wet wipes**
- **Basic first aid kit** (blister care, pain relief)

- **Altitude sickness medicine** (consult your doctor)

Cost Exclude

- All the personal expenses, phone call bills, internet bills, travel insurance, beverage bills, bar bills, laundry, water, travel insurance, and heater during the trek.
- Gratuity for the Guide, Drives, and Porter.
- Personal Trekking equipment, rescue operation in case of emergency.
- In case of any emergency Helicopter rescue.
- All the expenses that arise due to a change of itinerary because of the strike, lockdown landslide, political trouble, or any other obstacles.
- All the Lunches and Dinners in Kathmandu and Pokhara

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