Annapurna Circuit Trek

Itinerary & costs · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**14 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**5416m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 1,990 per person**

Day-by-day itinerary

Day 1 : Arrive in Kathmandu (1,400m)

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Dinner

We will pick you up from Tribhuvan International Airport upon your arrival in Kathmandu. One of our representatives from Nord Extreme will warmly welcome you and assist with your transfer to the hotel in Thamel, the vibrant tourist center of Kathmandu.

After check-in, you will have time to rest or explore the lively streets filled with cafés, trekking shops, and cultural landmarks.

In the evening, meet your trekking guide for an introductory briefing about the Annapurna Circuit journey ahead. Overnight in Kathmandu.

Day 2 : Trek & Permit Preparation in Kathmandu (1,400m)

Altitude: 1,400m

Walk: 2–4 hrs · Stay: Hotel · Visit: Nepal · Meals: Breakfast

Today is dedicated to final trek preparation and official permit arrangements for the Annapurna Circuit region. Our Nord Extreme team will assist you with all required documentation, including TIMS and Annapurna Conservation Area permits.

You will attend a detailed trek briefing covering the itinerary, altitude awareness, acclimatization, safety measures, weather conditions, and trail expectations.

A full gear inspection will also be conducted to ensure you are properly equipped for the trek. You will have additional time for last-minute shopping or renting any missing trekking equipment in Thamel.

Day 3 : Drive to Besisahar, then to Dharapani (1,960m)

Altitude: 1,960m

Walk: 8–9 hrs drive · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Today begins with an early morning drive from Kathmandu to Besisahar, the gateway to the Annapurna region. The scenic journey passes through rivers, terraced rice fields, green hillsides, and traditional

villages.

After a lunch stop in Besisahar, continue by jeep toward Dharapani along rugged mountain roads with increasingly dramatic views of the Annapurna and Manaslu ranges. Dharapani is a small mountain settlement and an important entry point for trekkers in the region.

Day 4 : Trek to Chame (2,670m)

Altitude: 2,670m

Walk: 5–6 hrs · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Your trekking adventure officially begins today. The trail ascends gradually through pine and oak forests while crossing suspension bridges above rushing mountain rivers.

Along the route, pass small villages with traditional stone houses and terraced farms. As you approach Chame, magnificent peaks such as Lamjung Himal and Annapurna II dominate the skyline. Chame serves as the administrative center of Manang District and offers comfortable teahouses and lodges.

Day 5 : Trek to Pisang (3,200m)

Altitude: 3,200m

Walk: 5–6 hrs · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

The trail follows the Marsyangdi River through alpine landscapes filled with waterfalls, rocky cliffs, and scattered settlements. Buddhist culture becomes increasingly visible with prayer flags, mani walls, and chortens along the route.

Pisang is divided into Upper and Lower Pisang, with Upper Pisang offering exceptional panoramic mountain views and a culturally rich atmosphere with Tibetan-style homes and monasteries.

Day 6 : Trek to Manang (3,540m) via Upper Pisang

Altitude: 3,540m

Walk: 6 hrs · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Today’s scenic upper route rewards you with breathtaking views of Annapurna II, III, IV, and Gangapurna peaks. The trail passes through traditional villages, ancient monasteries, and long mani walls inscribed with Buddhist prayers.

Manang is one of the most important acclimatization stops on the Annapurna Circuit and features a vibrant trekking community with lodges, bakeries, and mountain culture.

Day 7 : Acclimatization Day in Manang (3,540m)

Altitude: 3,540m

Walk: 2–6 hrs (optional hikes) · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

To help your body adjust to the increasing altitude, today is reserved for acclimatization and exploration. Optional hikes include Gangapurna Lake or the more challenging Ice Lake hike, both offering spectacular views of glaciers and surrounding peaks.

You can also explore the village, visit monasteries, or attend an altitude-awareness presentation organized by the Himalayan Rescue Association.

Day 8 : Trek to Yak Kharka (4,110m)

Altitude: 4,110m

Walk: 4–5 hrs · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Today's trail climbs steadily through alpine meadows and sparse vegetation where yaks graze during summer months.

The landscape becomes increasingly barren yet incredibly beautiful, surrounded by towering Himalayan peaks and wide-open valleys. Yak Kharka is a small seasonal settlement with basic teahouses and stunning mountain scenery.

Day 9 : Trek to Thorong Phedi (4,540m)

Altitude: 4,540m

Walk: 3–4 hrs · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

A shorter trekking day allows time for rest and preparation before crossing Thorong La Pass. The terrain becomes more rugged and high-altitude conditions become noticeable.

Thorong Phedi serves as the base camp for the pass crossing and provides simple but essential accommodation for trekkers.

Day 10 : Cross Thorong La Pass (5,416m), Descend to Muktinath (3,760m)

Altitude: 5,416m

Walk: 8–9 hrs · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Today is the most challenging and rewarding day of the trek. Begin before dawn for the ascent to Thorong La Pass, one of the world's highest trekking passes.

The climb is physically demanding, but the panoramic views from the top—including Dhaulagiri, Annapurna, and Nilgiri—are unforgettable. After celebrating at the summit, descend to Muktinath, an important pilgrimage site sacred to both Hindus and Buddhists.

Day 11 : Trek or Drive to Jomsom (2,720m)

Altitude: 2,720m

Walk: 5–6 hrs trek / 2–3 hrs drive · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Continue descending through the dry and windy landscapes of Lower Mustang. You may either trek or take a jeep ride depending on preference and conditions.

Jomsom is a lively mountain town known for apple orchards, local markets, and strong afternoon winds called the "Jomsom wind." The town offers comfortable lodges and a unique Himalayan desert atmosphere.

Day 12 : Fly to Pokhara or Continue Trek to Tatopani

Altitude: 820m (Pokhara) / 1,190m (Tatopani)

Walk: 20 min flight / optional trekking hours · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

From Jomsom, you may take a scenic flight to Pokhara with incredible aerial views of the Himalayas and river valleys below. Pokhara offers a relaxing lakeside atmosphere perfect for recovery and sightseeing.

Alternatively, continue trekking to Tatopani, famous for its natural hot springs where you can relax and soothe tired muscles after days on the trail.

Day 13 : Drive or Fly Back to Kathmandu (1,400m)

Altitude: 1,400m

Walk: 25 min flight / 6–8 hrs drive · Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Return to Kathmandu either by scenic domestic flight or overland drive. Once back in the capital, enjoy free time for shopping, sightseeing, or visiting famous cultural landmarks such as Boudhanath Stupa, Pashupatinath Temple, or Durbar Square.

Day 14 : Departure

Visit: Nepal · Meals: Breakfast

Today marks the end of your Himalayan journey. After breakfast, our Nord Extreme team will transfer you to Tribhuvan International Airport for your onward flight.

We hope you leave Nepal with unforgettable memories of the Annapurna Circuit, its majestic mountain landscapes, and the warmth of Himalayan culture.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.

- Day 1 · Arrive in Kathmandu · 1,400 m · day 21°C / night 10°C
- Day 2 · Trek & Permit Preparation in Kathmandu · 1,400 m · day 21°C / night 10°C
- Day 3 · Drive to Besisahar, then to Dharapani · 1,960 m · day 18°C / night 7°C
- Day 4 · Trek to Chame · 2,670 m · day 14°C / night 2°C
- Day 5 · Trek to Pisang · 3,200 m · day 12°C / night -1°C
- Day 6 · Trek to Manang via Upper Pisang · 3,540 m · day 10°C / night -3°C
- Day 7 · Acclimatization Day in Manang · 3,540 m · day 10°C / night -3°C
- Day 8 · Trek to Yak Kharka · 4,110 m · day 7°C / night -7°C
- Day 9 · Trek to Thorong Phedi · 4,540 m · day 5°C / night -10°C
- Day 10 · Cross Thorong La Pass, Descend to Muktinath · 5,416 m · day 1°C / night -16°C
- Day 11 · Trek or Drive to Jomsom · 2,720 m · day 14°C / night 2°C
- Day 12 · Fly to Pokhara or Continue Trek to Tatopani · 820 m · day 24°C / night 14°C
- Day 13 · Drive or Fly Back to Kathmandu · 1,400 m · day 21°C / night 10°C

What’s included

1. Transportations

- Private/tourist vehicles for airport pickup and drop-off in Kathmandu.
- Private/tourist vehicles transfer as per itinerary to access the trailheads.
- Domestic flight included for access to the trekking starting & ending point.

2. Accommodation & Meals

- 3 Nights 3 star hotel in Kathmandu with bed & breakfast basis.
- 1 Night 3 star hotel in Pokhara with bed & breakfast basis.
- All Meals (breakfast, lunch & dinner with tea & coffee) during the trekking Period.

3. Permits

- Annapurna Conservation Area Project (ACAP) permits.
- Trekkers' Information Management System (TIMS) permits.

4. Guide & Staff

- Professional and experience License holder trekking guide salary & insurance.
- Porter salary, equipments & insurance.
- First aid medical kit for emergency support.

Not included

1. International Flights

- Airfare from your home country to Nepal (Tribhuvan International Airport, Kathmandu).
- Return airfare from Nepal (Tribhuvan International Airport, Kathmandu) to your home country.

2. Visa Fees

- Nepal entry visa fee for entering Nepal (available on arrival at Tribhuvan International Airport, Kathmandu, or through a Nepalese embassy).

3. Travel Insurance (Mandatory)

- Comprehensive travel insurance covering high-altitude trekking, emergency medical treatment, helicopter evacuation, trip cancellation, and other unforeseen circumstances.

4. Personal Expenses

- Tips, gifts, and souvenirs for trekking guides and porters.
- Personal trekking equipment and gear.
- Charges for lodge Wi-Fi, hot showers, battery charging, and laundry services.

5. Meals & Beverages

- Lunch and dinner in Kathmandu, Pokhara, and other locations where accommodation is provided in 3-star category hotels.
- Soft drinks, bottled water, alcoholic beverages, and snacks consumed during meals

Ready to book or have a question?

Trip page: https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/annapurna-circuit-trek/

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