Annapurna Heritage Trail

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

DURATION	**10 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**2100m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 1,175 per person**

Day-by-day itinerary

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

Altitude: 1400m

Stay: Hotel · Visit: Nepal · Meals: Dinner

We will pick you up from the airport. One of our representatives from Nord Extreme will be there to welcome and assist you upon arrival in Kathmandu. Our team from Nord Extreme will assist you with permit arrangements, trekking briefing, gear checking, and final trip preparation to ensure a safe and comfortable journey ahead.

You will also have free time to explore Thamel for any last-minute shopping or personal preparations before the trek begins.

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 trekking preparation and official permit arrangements. Our Nord Extreme team will handle all necessary trekking permits required for your route, ensuring smooth documentation before departure.

You will also attend a detailed pre-trek briefing covering the itinerary, altitude awareness, safety guidelines, packing checks, and cultural expectations during the trek.

We will review your trekking gear in detail and assist you with any missing or required equipment. The rest of the day is free for relaxation or exploring Kathmandu at your own pace.

Day 3 : Drive or Fly to Pokhara (820m)

Altitude: 1400- 820m

Walk: 25 min flight / 6–7 hrs drive · Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

After breakfast, you'll travel to Pokhara either by a scenic flight over the Himalayan range or by a beautiful drive following the Trishuli and Marshyangdi river valleys.

Upon arrival in Pokhara, check into your lakeside hotel and relax. You can spend the evening strolling

along Phewa Lake, enjoying mountain reflections, or visiting nearby attractions such as the World Peace Pagoda, Devi's Falls, or the International Mountain Museum.

Day 4 : Drive to Thumsikot and Trek to Rivan Village (1,200m)

Altitude: 820- 1,200m

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

After breakfast, drive about 2.5 hours west of Pokhara to Thumsikot, the starting point of your trek. From here, begin your journey on foot through terraced rice fields, forest trails, and peaceful rural paths.

The trail leads to Rivan Village, a quiet settlement in the lower Annapurna region, offering your first authentic homestay experience with a local Gurung family. Enjoy traditional homemade meals and warm rural hospitality.

Day 5 : Trek to Ghalegaon (2,100m)

Altitude: 1200- 2,100m

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

Today's trail ascends steadily through rhododendron forests, stone stairways, and hillside farms. As you climb higher, panoramic views of Annapurna II, Lamjung Himal, and Machhapuchhre begin to appear.

You arrive at Ghalegaon, a well-known Gurung heritage village. In the evening, enjoy a cultural program featuring traditional music, dance, and dress performed by the local community.

Day 6 : Trek to Bhujung (1,630m)

Altitude: 2100- 1,630m

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

The trail today takes you through scenic ridges, forests, and terraced farmlands as you descend slightly toward Bhujung, the largest Gurung settlement in Nepal.

Bhujung is known for preserving traditional stone architecture and authentic rural life. Here, you will learn about local customs such as herbal medicine practices, millet farming, and traditional honey hunting culture.

Day 7 : Trek to Pasgaun (1,550m)

Altitude: 1630- 1,550m

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

Today's walk is peaceful and culturally rich, passing through forests, hillside paths, and remote villages. The trail offers beautiful views of green valleys and distant peaks.

You reach Pasgaun, a quiet and less-visited Gurung village known for its strong cultural traditions. Spend the evening interacting with locals and learning about their lifestyle, beliefs, and daily rural practices.

Day 8 : Trek to Phedi Khola, Drive to Pokhara (820m)

Altitude: 1550- 820m

Walk: 3–4 hrs trek + 2 hrs drive · Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Enjoy a gentle final trekking section through subtropical forests, farmland, and scenic valleys leading to Phedi Khola.

From here, a vehicle will drive you back to Pokhara. After check-in, relax by the lakeside, enjoy a hot

shower, and celebrate the successful completion of your cultural trekking journey.

Day 9 : Return to Kathmandu (1,400m)

Altitude: 820- 1,400m

Walk: 25 min flight / 6–7 hrs drive · Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

After breakfast, return to Kathmandu by scenic flight or overland drive. The rest of the day is free for shopping, sightseeing, or relaxation.

In the evening, enjoy a farewell dinner with cultural performances, sharing memories and experiences from your trek.

Day 10 : Final Departure (1,400m)

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast

After breakfast, you will be transferred to Tribhuvan International Airport for your onward flight. We hope you leave Nepal with unforgettable memories, meaningful cultural experiences, and a deep connection to the Himalayas and its people.

Altitude & temperature

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

- Day 1 · Arrival 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 or Fly to Pokhara · 1,400 m · day 21°C / night 10°C
- Day 4 · Drive to Thumsikot and Trek to Rivan Village · 820 m · day 24°C / night 14°C
- Day 5 · Trek to Ghalegaon · 1,200 m · day 22°C / night 12°C
- Day 6 · Trek to Bhujung · 2,100 m · day 17°C / night 6°C
- Day 7 · Trek to Pasgaun · 1,630 m · day 20°C / night 9°C
- Day 8 · Trek to Phedi Khola, Drive to Pokhara · 1,550 m · day 20°C / night 9°C
- Day 9 · Return to Kathmandu · 820 m · day 24°C / night 14°C
- Day 10 · Final Departure · 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.
- 2 Nights 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-heritage-trail/

Contact our team in Kathmandu: sonam@nordextreme.com · +977 9851078748 · delightful-orange-chimpanzee.tarevirjungleresort.com