



Annapurna Circuit Trek - 14 Days Itinerary

Url: <https://www.glorioushimalaya.com/trekking-and-hiking/annapurna-circuit-trek/>

Duration

14

Max. Altitude

5,416m

Difficulty

Moderate

Group Size

At least 1 person

Per Person Cost

USD 1050

Transport

Bus, Jeep, Car

Meals

Breakfast, Lunch & Dinner

Accommodation

Hotel and Lodges

Starts At

Kathmandu

Ends At

Kathmandu

Itinerary

Day 01: Arrival in Kathmandu - (1400m/4593ft)

Upon your arrival at Tribhuvan International Airport (TIA) in medieval and modernized Kathmandu, you will be warmly greeted by a representative from Glorious Himalaya and be transferred to the hotel. After check-in and some refreshments, our senior sherpa guide/ manager will come to meet you and give you a brief orientation about Annapurna Circuit Trek.

You can wander around Thamel down the street to get familiar with the neighborhood and shop some souvenir. In the evening, we host a welcome dinner at a local cultural restaurant, where we will enjoy excellent traditional Nepalese cuisine with a classic cultural dance show. This is your first overnight in the valley of temples and cows.

Accommodation Type

Hotel

Meals Included

Welcome Dinner

Day 02: Sightseeing tour at world heritages sites in Kathmandu.

Today is the day to explore the cultural, religious, and historical sites of Kathmandu Valley. Out of the seven, you will visit four UNESCO World Heritage sites. They are Pashupatinath Temple, Swyambhunath (also known as the Monkey Temple), Boudhanath Stupa, and Kathmandu Durbar Square.

Kathmandu is the heart of Nepal for its ancient history and culture. It is a well-known destination for both international and domestic tourists.

The city is a marvelous amalgamation of Hinduism, Buddhism, and Western cultural influences. It has a rich historical, cultural, and religious legacy. This entire legacy is reflected in many temples, monuments, and artifacts that it contains.

Have your hot breakfast at the hotel. You will be taken on a full-day guided sightseeing tour of Kathmandu Valley. Your city tour guide will pick you up from the hotel at 9 a.m. He has core information about all the related heritage sites that you are going to visit.

You will begin your tour from Swyambhunath Stupa and Kathmandu Durbar Square. Thereafter, discover the most famous and revered Hindu shrine 'Pashupatinath temple.

The largest Buddhist stupa in South Asia- the Boudhanath stupa, contains both Buddhist and Hindu shrines. It stands as testimony to the religious harmony that exists in the country.

Kathmandu Durbar Square is located at the heart of the bustling city. It is one of three old Durbar Squares (royal palace) inside the valley. It is also known as the Basantapur or Hanuman Dhoka Durbar Square.

The Royal Palace is full of temples and ancient buildings that are dedicated to Hindu gods. Hence, it is a prime attraction for first-time visitors with its intricate wood carvings and rich history.

Pashupatinath Temple is one of the sacred Hindu temples of Nepal dedicated to the incarnation of the Hindu god Shiva. The holiest temple of Hindus is situated on both banks of the Bagmati river on the eastern outskirts of Kathmandu.

It is also known as the "temple of living beings" that stands as a symbol of faith, religion, culture, and tradition. The shrine is famous for its awe-inspiring and notable pagoda architecture. The main temple of Pashupatinath is a building with a bunk roof and a gold spire.

Every year, this holy place attracts thousands of elderly followers of Hinduism to pay respect and seek blessings from Lord Shiva. It is a temple with a special atmosphere of death. Death is present in almost every ritual and every corner of it.

Boudhanath Stupa is also known as "Boudhanath Khasti Chaitya" and "Khasa Chaitya ". Located about 11km from the center and northeastern boundaries of Kathmandu, Nepal. The Stupa is a semicircle-shaped structure.

It is built by a Tibetan King around 600 AD to reflect the cosmological beliefs of Buddhism. Towering over the surrounding town is a giant Mandala of peace and beauty.

Swayambhunath Stupa or Chaitya is also known as a "Monkey Temple". The stupa has stood as a symbol of belief and harmony for decades, with the Hindu temple and goddess interwoven into Buddhist sites.

It represents the Buddha's mind. And it offers peace, freedom, and joy to the whole world and ultimately helps us to obtain enlightenment.

Swayambhunath is located on the highest point of a twin-peaked hill rising in the Kathmandu Valley. Climbing up the hill's eastern side's long row of steps and ascending the final section of stairs. You can overlook the panoramic view of the Kathmandu valley from the hilltop.

After a full-day sightseeing tour, you will be transferred to the hotel. An orientation session for the trek, which commences the following day will be organized in the evening. If necessary, you can buy the remaining trekking equipment around Thamel.

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Accommodation Type

Hotel

Meals Included

Breakfast

Day 03: Kathmandu to Syange (1100m/3608ft): 8-10 hours

Early in the morning, we drive along the Kathmandu-Pokhara Highway following the Trisuli and Marsyangdi River. We enjoy the gorgeous countryside of Nepal with green hills, whispering rivers, and terraced farms along the way then reach Besisahar after a long 6-7 hrs of drive, which is the headquarter of Lamjung. All the local government offices are based here.

From here, you get to see some well-known mountain peaks, a lot of natural green landscapes surrounding the valley and the daily activities of the happy local folks. This headquarters is the center from where the daily usable commodities are supplied to the different villages and other towns. A further one and half hours off-road drive from Besisahar will take us up to the exhilarating waterfall of Syange. Overnight at local lodge.

Elevation Lose

300 m/ 985 ft

Accommodation Type

Teahouse

Meals Included

Breakfast, Lunch & Dinner

Day 04: Trek to Dharapani - (1960m / 6430ft) 7-8 hrs

The first part of the Annapurna trail passes on a flat level along the bank of the Marshyangdi River. You can enjoy the sceneries and the local culture of the Gurung community. The trail goes all the way through Jagat, Chyamche, Tal, Kyodo, and Karte, passing through barley, rice and potato fields.

Not to mention the numbers of magnificent waterfalls and eye-catching scenarios surrounded by snow-

capped mountains. Overnight at lodge.

Walking Distance

21.7 KM / 13.4 Miles

Elevation Gain

860 m/ 2,821 ft

Accommodation Type

Teahouse

Meals Included

Breakfast, Lunch & Dinner

Day 05: Trek to Chame (2710m/8891ft) 7-8 hours

Today we climb through forests of pine and oak as you pass through Danaque (2210m). Soon, there comes a small wooden bridge that will take you on a steeply ascending path up to Timang which lies at the bottom of Lamjung Himal. The trail goes then on a flat level until you reach Chame, where you will find government offices, shops, and hotels. Chame is the administrative headquarters for the Manang district. Stay overnight at lodge.

Walking Distance

15.5 KM/ 9.6 Miles

Elevation Gain

750 m/ 2,460 ft

Accommodation Type

Teahouse

Meals Included

Breakfast, Lunch & Dinner

Day 06: Trek to Pisang (3,300m/10824ft): 5 - 6 hours

With Lamjung Himal (6893m) sparkling in the morning sun, we set off for Pisang. We continue through a fir and pine forest, climbing to a high, rocky area as the opposite bank becomes an impassable cliff. From this point, the valley becomes extremely steep-sided as we follow the path to Bhratang (2950m.).

You now walk through a pine forest and as the forest ends, the valley changes from a V-shape to a gentle U-shape, opening up a wonderful vista before you. You can see the east peak of Annapurna II as well as Pisang Peak (6091m.) to the north-east. Continuing, you come to a long Mani wall by a bridge and the lower village of Pisang. Stay overnight at lodge.

Walking Distance

14.5 KM/ 9 Miles

Elevation Gain

590 m/ 1,935 ft

Accommodation Type

Teahouse

Meals Included

Breakfast, Lunch & Dinner

Day 07: Trek to Manang (3,500m/11,482ft): 6 - 7 hours

Beyond Pisang, the trail climbs a steep ridge that affords good views of the Manang valley and Tilicho peak (7145m.). Descending past Manang's airstrip at Hungde (3320m.), you come to a level area from where the north-east face of Annapurna III rises majestically above you. From the wide plains of the Sabje Khola Valley, Annapurna IV (7525m.) also becomes visible. Just beyond this point, you cross the considerably reduced flow of the Marshyangdi Khola via a wooden bridge to the tiny village of Mungji. After a short steep climb, you reach Manang which is a surprisingly large village for this remote mountain region. Stay overnight at lodge.

Walking Distance

15 KM/ 9 Miles

Elevation Gain

200 m/ 656 ft

Accommodation Type

Teahouse

Meals Included

Breakfast, Lunch & Dinner

Day 08: Acclimatization Day

We will hang around for one more day in Manang for acclimatization by observing beautiful views of green landscapes, silvery mountains, Chortens, and Monasteries. We can also explore the unique culture and lifestyles of local people. We bunk out overnight at our Lodge.

Day 09: Trek to Yak Kharka (4,110m/13,484ft): 3 - 4 hours

The path gradually rises along Thorong Khola crossing Tangki Manang, Ghusang 3900m, then Ghyanchang finally to reach Yak Kharka. We get across a stream, climb to a village of Tenki above Manang, and then continue to climb out of the Marshyangdi Valley turning northwest up the valley of Jarsang Khola. We then follow the trail north to the valley, passing a few pastures, a scrub of juniper trees, as it firmly gains elevation. The path further passes near the small village of Ghunsa, a cluster of flat mud roofs just under the trailhead. The trail then follows through the meadows where horses and yaks graze. Soon we will reach Yak Kharka. Overnight at Yak Kharka.

Walking Distance

9 KM/ 6 Miles

Elevation Gain

610 m/ 2,001 ft

Accommodation Type

Teahouse

Meals Included

Breakfast, Lunch & Dinner

Day 10: Trek to Thorang Phedi: (4420m/14501ft): 3-4 hours)

Leaving Yak Kharka, you climb gradually to a ridge before descending to the headwaters of the Marshyangdi and crossing via a suspension bridge. After a short ascent up the mountain path on the right bank, you follow a narrow trail across an unstable scree slope and then descend to Thorong Phedi. Stay overnight at lodge.

Walking Distance

6 KM/ 4 Miles

Elevation Gain

310 m/ 1,010 ft

Accommodation Type

Teahouse

Meals Included

Breakfast, Lunch & Dinner

Day 11: Trek to Muktinath (3,800/12,467ft) via Thorong La (5,416m/17764ft): 7 - 8 hours trek

11th day is the most important day of the Annapurna circuit trek that you are going to conquer the height of 5,416 meters and be ready to accept the challenge. You start early today for your crossing of Thorong La [5416m]. The views are dramatic, to say the least, from the snow-covered mountains above to the head of the Kali Gandaki valley below and the brown and purple hills of Mustang which are spread out before you. Eventually, the moraines give way to grassy slopes before a pleasant walk along the Jhong Khola Valley to Muktinath and its shrines and temple. Stay overnight at the lodge in Muktinath.

Walking Distance

16 KM/ 10 Miles

Elevation Gain

996 m/ 3267 ft

Accommodation Type

Teahouse

Meals Included

Breakfast, Lunch & Dinner

Day 12: Drive to Pokhara (822m/ 2,697ft) via Jomsom - 9 hrs drive

After a long and tiring trek, our adventure journey ends here. Today, we set out for Pokhara by local bus. In our 9-10 hours bus journey, we'll traverse through the world's most profound Kali Gandaki gorge, a route that will lead us from the dry, high-altitude terrain to the enchanting lowlands adorned with vibrant jungles and fertile farmlands.

The bus journey promises a delightful spectacle of the awe-inspiring Annapurna and Dhaulagiri Himalayan ranges, treating you to breathtaking views all the way until we ultimately arrive at our destination, Pokhara, via the charming Beni Bazaar. Transfer to your hotel in Pokhara and take a restful bath after a long time.

Walking Distance

0 KM

Elevation Lose

2,978 m/ 9,770 ft

Accommodation Type

Hotel

Meals Included

Breakfast and Lunch

Day 13: Drive to Kathmandu: 6-7 hours

Begin your day in Pokhara with a hearty breakfast at your hotel. Following this, proceed to the tourist bus park for a scenic 7-hour drive to Kathmandu. Enjoy the journey as you traverse diverse landscapes and immerse yourself in the picturesque views along the banks of the Marshyangdi and Trishuli rivers.

Upon reaching Kathmandu, you will be transferred to your hotel, where you can unwind and reflect on the experiences of your journey. This road trip provides a blend of comfort and adventure, allowing you to appreciate the beauty of Nepal as you transition from Pokhara to the vibrant city of Kathmandu.

Accommodation Type

Hotel

Meal Included

Breakfast

Day 14: Departure to your destination

After breakfast and our last day in Kathmandu, our vehicle and escorts will be on standby to drop you to the international airport three hours before our scheduled flight back home. At Glorious Adventure, meeting you has been a great honor and we pray for your Safe journey home and will reflect on the wonderful times we spent together. Bon Voyage!!! We hope to see you again someday...

Meal Included

Breakfast

Annapurna Circuit Trip Includes

- All airport and hotel transfers by private vehicles.
- Nepalese cuisine welcomes dinner at a typical local restaurant in Kathmandu.
- One day Kathmandu sightseeing tour at cultural heritage sites guided by a city tour guide with private transport.
- 3 nights of 3-star standard hotel accommodation in Kathmandu inclusive of breakfast.
- 9-nights of twin-sharing local lodge accommodation during the trek.
- Full board meals during the trek. (breakfast, lunch and dinner)
- 1 night of hotel accommodations in Pokhara inclusive of breakfast.
- Local bus transport from Muktinath to Pokhara.
- An experienced and government license holder guide for the trek.
- All the essential ground transfers by bus, jeep, and car.
- Rain protection duffel and sleeping bags to use for the trek.
- All the necessary trekking permits and paperwork for the trek.
- First aid medicine for the trek.
- All the government taxes and company service charges
- Trip achievement certificate after the trek.

Annapurna Circuit Trip Exclude

- International airfares and Nepal entry visa.
- Alcoholic beverages, bottled mineral, and hot/boiled water, use of WIFI, hot shower and battery

charges, etc during the trek

- Extra nights in Jomsom due to the cancellation of your flight because of the bad weather.
- Tips to the trekking guide and porters.
- Entrance fees for Kathmandu sightseeing.
- Porters are available at an extra cost.

Checklist

Trekking Gear Checklist

Head

- Bandana or headscarf, also useful for dusty conditions.
- Warm hat that covers your ears (wool or synthetic)
- Headlamp with extra batteries and bulbs.
- Sunglasses with UV protection
- Prescription sunglasses (if required)

Upper Body

- Polypropylene shirts (1 half sleeve and 2 long sleeves)
- Light and expedition weight thermal tops.
- Fleece wind-stopper jacket or pullover.
- Waterproof shell jacket (preferably breathable fabric)
- Down jacket
- Gore-Tex jacket with hood, waterproof and breathable

Hands

- 1 pair of lightweight poly-liner gloves.
- 1 pair of lightweight wool or fleece gloves.
- 1 pair of mittens, consists of 1 Gore-Tex over mitt matched with a very warm polar-fleece mitt liner (seasonal)

Lower Body

- Non-cotton underwear briefs.
- 1 pair of hiking shorts.
- 1 pair of hiking trousers.
- 1 pair of lightweight thermal bottoms (seasonal)
- 1 pair of fleece or woolen trousers
- 1 pair of waterproof shell pants, breathable fabric

Feet

- 2 pairs of thin, lightweight inner socks.
- 2 pairs of heavy poly or wool socks.
- 1 pair of hiking boots with spare laces (sturdy, soles, water resistant, ankle support, “broken in”)
- 1 pair of trainer or running shoes/sandals
- Cotton socks (optional)
- Gaiters (winter only), optional, “low” ankle high version

Sleeping

- 1 sleeping bag (-20 degrees)
- Fleece sleeping bag liner (optional)

Rucksack and Travel Bags

- 1 medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carryon)
- 1 large duffel bag
- A small daypack/backpack for carrying your valuables should have good shoulder padding
- Small padlocks for duffel-kit bags
- 2 large waterproof rucksack covers (optional)

Medical

- Small, personal first-aid kit. (Simple and light)
- Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.
- Water purification tablets or water filter.
- 1 set of earplugs
- Extra pair of prescription glasses, contact lens supplies.

Practical Items

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 cigarette lighters, 1 small box of matches
- 1 compass or GPS (optional)
- 1 alarm clock/watch
- 1 digital camera with extra cards and batteries
- Large Ziplocs
- 2 water bottles (1 ltrs. each)
- 1 small folding knife
- Binoculars (optional)
- 4 large, waterproof, disposable rubbish sacks.

Toiletries

- 1 medium-sized quick-drying towel
- Toothbrush/paste (preferably biodegradable)
- Multi-purpose soap (preferably biodegradable)
- Deodorants
- Nail clippers
- Face and body moisturizer
- Female hygiene products
- Small mirror

Personal Hygiene

- Wet wipes (baby wipes)
- Tissue/toilet roll
- Anti-bacterial hand wash

Extras/Luxuries

- Reading books
- Trail map/guide book
- Journal and pen
- iPod
- Travel game i.e. chess, backgammon, scrabble, playing cards (to help you pass the time at teahouses or camps)
- 1 modest swimsuit
- Voltage converter
- Plug adapter (2 round pegs to 2 flat pegs)
- Lightweight pillowcase (in case if your teahouses do not provide you)

Contact Us, Head Office

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