Global Treks & Expedition P. Ltd.
Chakshibari Marg 591, Thamel
Kathmandu, Nepal

Annapurna Circuit Trek Brief Itinerary

Day 1 : Kathmandu arrival (1,350 M)

Welcome to Nepal! Upon your arrival at Tribhuvan International Airport (KTM) in Kathmandu, you will be warmly greeted by a representative from **Global Treks Nepal** waiting for you outside the terminal with a welcome sign.

You will then be transferred in a private vehicle to your hotel in the city. After checking in, take time to unwind and refresh after your flight. In the afternoon or evening, you can meet with your trekking guide for a comprehensive pre-trip briefing, go over your gear list, and address any last-minute questions about the journey ahead. The remainder of the day is yours to rest or take a gentle stroll around the vibrant streets of Thamel before turning in for an early night.

Day 2 : Drive from Kathmandu to Besisahar [Drive time ~8 hours. 700 M)

Our 2nd -day Himalayan adventure kicks off early in the morning! After a hearty breakfast, we board our tourist bus and depart from the bustling streets of Kathmandu. As we leave the city behind, the road winds along scenic river valleys, opening up to a landscape of crisp mountain air, lush green hills, rushing rivers, and picturesque countryside villages.

The drive to Besisahar takes about 5 to 6 hours, with planned stops along the way to stretch your legs, enjoy lunch, and take in the changing scenery. Upon arriving in Besisahar—the gateway to the Annapurna Circuit—we check into our hotel. You will have plenty of free time in the afternoon to stroll through the vibrant mountain town, relax in a local cafe, admire the views of Lamjung Himal in the distance, and soak in the local atmosphere before enjoying dinner and resting up for the journey ahead.

Day 03 : Drive Besisahar to Chame (2720M)

Today we officially "turn the corner" into the Marshyangdi River valley as we journey toward Chame, the administrative headquarters of the Manang District. We switch to a local Jeep for an adventurous ride along rugged, winding mountain roads—so be sure to hold onto your seats! The drive takes us through lush, dense forests of oak and rhododendron (which burst into brilliant hues of red and pink during spring) and past traditional Gurung and Magar villages, offering a glimpse into the diverse indigenous cultures of the hills.

As we gain altitude, passing small settlements like Syange (2,360m) and Kopar (2,590m), the landscape grows more dramatic. We will make several stops along the way to capture photos of sweeping river gorges and cascading waterfalls. Noticeably, the architecture and cultural elements begin shifting

toward Tibetan-influenced traditions, reflecting centuries of trans-Himalayan migration.

After 5 to 6 hours on the road, we arrive at the mountain town of Chame (2,670m). Upon arrival, we are greeted by breathtaking, up-close panoramas of Annapurna II, Lamjung Himal, and Annapurna IV (7,525m). After checking into our teahouse, you will have free time to explore the town's bustling main street, visit the small natural hot springs near the river, or simply relax before dinner. Tonight, we rest well—for tomorrow, our trekking on foot officially begins!

Day 04 : Trek Chame to Pisang (About 5 hours. 3,300 M)

It is the fourth day of our trekking quest, and we begin with a hearty breakfast to fuel up for the journey ahead. Today's trail leads us along a well-maintained path through a captivating landscape filled with alpine pine forests and sprawling apple orchards.

After crossing a suspension bridge over the rushing river, we arrive at the peaceful village of Dhukur Pokhari for a brief rest. Beyond here, the spectacular outlines of Chulu Peak and Pisang Peak rise in the distance, rewarding every step of the effort. Following 4 to 5 hours of steady trekking, we finally reach Pisang. Divided into Upper and Lower Pisang by the rushing waters of the Marshyangdi River, both halves possess a distinct charm and vibrant atmosphere. For our stay, we will climb up to Upper Pisang to enjoy its sweeping panoramic views and traditional mountain character.

Day 05 : Trek Pisang to Manang (About 6 hours. 3,440 M)

If you didn't feel the gain in altitude yesterday, you certainly will today as we climb toward Manang Village, situated at an elevation of 3,540 meters (11,614 feet). Following our morning routine, we begin with a warm breakfast before hitting the trail. Today's trek seamlessly blends natural grandeur with deep spirituality, highlighted by a visit to the ancient **Braga Monastery (Barga Gompa)**—a sacred site estimated to be over 900 years old, where we can pause for blessings. Spinning the prayer wheels and watching colorful prayer flags flutter in the mountain breeze against a backdrop of Annapurna II, Annapurna III, Gangapurna, and Pisang Peak makes for an unforgettable experience. Afterward, we resume our trail to Manang Village, our home for the next two nights as we prepare for high-altitude acclimatization

Day 06 : Trek to Chame (2,630 M)

Today we "turn the corner" the trail climbs to Syanja (2,360 M), then continuing through a forest, but near the river to Kopar (2,590 M).the trail becomes more challenging as we cross some steep and forested ridges and negotiate sites of the old and more recent landslide that cut across the trail. As we reach the Chame, the headquarters of the Manang district, we are rewarded by the fine views of Annapurna II, Lamjung Himal, Annapurna IV (7525 M) as you approach Chame and two small hot springs by the town. Along with this route we are introduced to a local community of which the residents are said to have migrated from Tibet centuries ago, noticeable by their distinct physical features and lifestyle as well as architecture and livelihood unique to Tibet. Overnight at a guesthouse.

Day 08 : Rest day in Manang. Trekking lodges

Today is dedicated to essential acclimatization, giving our bodies time to adapt to the higher altitude in preparation for crossing the formidable Thorong La Pass in the coming days. While it serves as an important rest day, there are

plenty of ways to spend it based on your energy levels and interests.

You can spend a relaxed morning exploring the historic cobblestone alleys of Manang Village, or head out on a scenic hike. Popular options include a short climb to **Gangapurna Lake** for striking views of the turquoise water backed by Gangapurna Mountain and its hanging glacier, or a trip toward **Manang Glacial Lake**. For those seeking a bigger challenge, the full-day trek up to **Ice Lake (Kicho Tal, 4,600m)** offers an incredible high-altitude workout with breathtaking panoramas of the entire Annapurna range.

Whatever you choose, your guide will help select the best option for your fitness and interests. Just remember to eat well, stay hydrated, and rest up—because the most thrilling leg of our Annapurna Circuit trek lies just ahead!

Day 07 : Trek Manang to Yak Kharka (About 5 hours. 4,110 M)

Our rest day comes to an end, and an exciting new leg of our journey begins. Today we ascend even higher into the alpine zone, keeping a slow and steady pace to conserve energy and adapt to the thinning air.

As we trek, the dramatic shift in the landscape becomes unmistakable. The dense pine forests of earlier days give way to low-lying juniper shrubs and arid mountain pastures—a clear sign of increasing altitude and scarcer oxygen. Along the trail, you will likely pass herds of yaks and horses, which serve as the vital lifelines for transporting goods across these high-altitude settlements.

After passing through Gunsang, we make our way to **Yak Kharka (4,050m)** for a warm lunch. Since today's walk to Yak Kharka is relatively short (around 4 hours), we have the option to push slightly further up to **Ledar (4,200m)**, adding about 1 hour of trekking. Continuing to Ledar helps shorten our route over the next two days as we approach Thorong La.

Regardless of where we spend the night, the surrounding vistas of Chulu West and the Annapurna range are simply breathtaking. After checking into our teahouse, you are free to relax, take in the views, and get an early night's sleep to prepare for the high pass ahead.

Day 08 : Continue higher from Yak Kharka to Thorong Phedi or high Camp (About 4 hours. 4,600 M)

It is the eighth day of our journey, and while we have already gained significant altitude, the highest point of our trek still lies ahead. Our destination today depends on where we spent last night: if we stayed in Yak Kharka, we will trek up to **Thorong Phedi (4,450m)**; if we stayed in Ledar, we will push directly up to **High Camp (4,880m)**.

Following our morning routine, we set off after an early breakfast into the rugged, high-alpine wilderness. Deep in the heart of the Himalayas, the landscape becomes stark and dramatic, offering ever-expanding panoramas of Thorong Peak, Tilicho Peak, Gangapurna, and the majestic Annapurna Range.

After 3 to 5 hours of steady climbing—including crossing a notorious landslide section near Thorong Phedi—we arrive at our camp. Once we check into

our teahouse, the focus turns entirely to preparation: staying well-hydrated, enjoying a warm dinner, and heading to bed as early as possible. Tomorrow will be our biggest day yet, with an alpine start around 3:00 to 4:00 AM to conquer the Thorong La Pass!

Day 09 : Trek Thorong Phedi to Muktinath – via the 5,416 m Thorong La Pass (About 8 hours. 3,800 M at Muktinath)

Today is the defining highlight of our entire journey as we set out to conquer **Thorong La Pass (5,416m / 17,769 ft)**, one of the world's highest navigable mountain passes. To ensure a safe crossing before strong afternoon winds whip through the high saddle, we begin in the dark around 4:00 to 4:30 AM.

Guiding our way with headlamps under a crisp, starry sky, we climb steadily upward as dawn breaks over the Himalayas. Arriving at the summit, adorned with fluttering prayer flags, we are rewarded with an unforgettable 360-degree panorama. Giant peaks rise all around us, including Dhaulagiri, Annapurna range, Gangapurna, Tilicho Peak, and Thorong Peak.

After celebrating at the top and snapping photos by the famous pass sign, we begin our long, steep descent into the Mustang District. We pause at **High Camp or Charabu** for a well-deserved hot lunch and rest before continuing down the winding path. By late afternoon—after 8 to 9 hours of intense hiking—we reach the sacred pilgrimage town of **Muktinath (3,760m)**, where comfortable teahouses, warm showers, and a profound sense of accomplishment await us.

Day 10 : Trek Muktinath to Kagbeni Or jomsom (About 3 hours. 2,800 M)

The tenth day arrives, and our trekking days are officially behind us! Your legs can finally enjoy a well-deserved rest, as we transition to ground transport for the return journey. While this route was historically completed on foot, road development now allows us to travel comfortable distances by local shared Jeep.

After a hearty breakfast, we board our Jeep and begin our drive back toward Kathmandu. The scenic route offers breathtaking vistas of the Dhaulagiri and Nilgiri ranges looming in the background. We stop at Jomsom—a mountain hub renowned for its vibrant Thakali culture and lush apple orchards—to enjoy a traditional lunch.

Continuing our drive following the Kali Gandaki River, we arrive in Tatopani in the late afternoon. Fittingly named *Tatopani* (translating to "hot water" in Nepali), this village is famous for its natural geothermal hot springs. After checking into our hotel, you can head straight down to the hot spring pools to soak away any remaining trail fatigue—the ultimate reward after a magnificent trek.

Day 11 : Drive Jomsom To Pokhara by Jeep/Bus

Our trek along the Annapurna Circuit draws toward its close today as we leave Tatopani behind and drive to the vibrant lakefront city of Pokhara. A scenic 4 to 5-hour drive brings us out of the rugged Kali Gandaki gorge and

back into civilization just in time for lunch.

After checking into our hotel, the rest of the day is entirely yours to enjoy. Pokhara is Nepal's ultimate adventure and relaxation hub, offering something for every mood. Thrill-seekers can try zip-lining or paragliding, while those preferring a slower pace can take a peaceful wooden boat across mirror-still Phewa Lake to reflect on the mountain vistas.

For most returning trekkers, the afternoon is best spent booking a soothing massage at a local spa to ease tired muscles, browsing local shops along Lakeside, and indulging in fresh multi-cuisine meals that were hard to come by high in the mountains. Whatever you choose, today is all about celebrating your incredible Himalayan achievement in your own way!

Day 12 : Drive from Pokhara to Kathmandu. (Flight an optional extra.) (About 6-8 hours drive. 1,350 M)

After an unforgettable journey to the Annapurna Circuit, our final day has arrived. It is sad that it is over but also opens a new door for other travels in your life. And saying that, we will board a tourist bus after a delicious breakfast. Hold on, because it is a long drive back. The roads open a view of the countryside, and the mountains will seem further and further away. You can also catch up on a nap or two by the time you arrive in Kathmandu.

The distinct atmosphere of Kathmandu will welcome you as you are taken back to your hotel. You can take time to relax and rest after such a long journey, and we will see you later in the evening for a farewell dinner. We truly hope you had the best experience trekking the Annapurna Circuit and wish you well for your future endeavors and hope to assist you on your future adventure as well.

Please note: The trekking times indicated above are approximate and are best used as general guidelines. During the Annapurna Circuit Trek, you'll be able to travel freely at your own pace.

Day 13 : Free day in Kathmandu for sightseeing and shopping

Today is yours to enjoy at your own pace in the vibrant capital city of Kathmandu. After a leisurely breakfast at your hotel, you can spend the day exploring UNESCO World Heritage Sites, hunting for unique souvenirs, or simply relaxing in local cafes.

If you wish to do some sightseeing, iconic destinations like the ancient stupa of **Swayambhunath (Monkey Temple)**, the sacred complex of **Pashupatinath**, or the historic brick courtyards of **Kathmandu Durbar Square** are all within easy reach.

For shopping, the bustling streets of **Thamel** and **Asan Bazaar** offer an endless array of treasures—from handmade singing bowls, pashmina shawls, and felt crafts to local spices and outdoor gear. In the evening, gather for a farewell dinner or enjoy a quiet drink in one of Thamel's cozy garden restaurants, reflecting on the incredible journey and memories created along the Annapurna Circuit.

Cost include

- Airport transfer through private tourist vehicle.
- 1 Night Pokhara Hotel accommodation with B/B plan.

- All your standard mentions Meals during the trek **(B-Breakfasts, L-Lunches, D- Dinners).**
- Lodges/Guesthouses accommodation during the 10 Days trek
- Local GLOBAL TREKS English speaking guide
- National Park permits and TIMS permit for trekking.
- Transportation on Delux bus. (Kathmandu-Besisahar /Pokhara-Kathmandu)
- Food, accommodation, salary, insurance, and medicine for all staff.
- All our government taxes, vat, tourist service charges
- Official expenses
- farewell dinner at Kathmandu.

Cost Exclude

- Lunch /Dinner whilst in Pokhara & Kathmandu.
- Travel insurance covers emergency Rescue and Evacuation.
- Alcoholic, hot and cold drinks.
- Personal trekking Equipment (See the trekking equipment page).
- Tips for trekking staff and driver (Tipping is expected).
- Any others expenses which are not mentioned in the ‘Price Includes’ section.

Trip Map



+9779851002579, +977-1-4701585
info@globaltreksnepal.com, globaltreksnepal15@gmail.com