



Annapurna Circuit Trek 14 Days

ANNAPURNA REGION

14 Days
DURATION

Easy
DIFFICULTY

USD \$1,800
FROM (PER PERSON)

QUICK FACTS

Duration		Trip Difficulty	
Activities		Accommodation	
Meals		Max Elevation	
Group Size		Best Time	

TRIP HIGHLIGHTS

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OVERVIEW

The Annapurna Circuit Trek is one of the most popular trekking routes in Nepal, renowned for its diverse landscapes, rich culture, and stunning mountain views. A 14-day itinerary provides a comprehensive experience of this trek, including acclimatization, cultural exploration, and the enjoyment of its natural beauty.

Annapurna circuit trial offers variety of length for trekking according to the desire of mountain lovers at Annapurna Conservation Area. Countryside that comes behind the Himalaya you'll find diverse culture with innocent heart which reveals the deed of spiritual beings. Floating with the Marsyandi that comes through pure melting ice of Giant Himalaya and from the untouched mystical land there you'll reach at the source of crystal water. Amazing glaciers, hidden valley, Gompas, Stupas and many more is on the way where the Rimpoche, Monks are always chanting for the betterment of living being around Annapurna Circuit. Moreover, for scenario and cultural diversity this has been considered the best classical trekking trial in Nepal.

Following by the Marsyangdi valley toward the north of Himalayan range and crosses the 5416m at Thorong pass then to descend into the dramatic dessert relatively as a scenario of Tibetan landscape. Afterward the trial takes you Upper Kaligandaki Valley then continuing the float of Kaligandaki.

Actually it is teahouse based trek, that's why most of the time will be spent with Nepali inhabitants, variation on culture, Buddhist and Hindu society. Numerous amounts of peaks we could found above 7000 meters whereas Dhaulagiri and Annapurna range are visible around the circuit. Specially, Tibetan influenced is shown in particular Himalaya people from their cultural aspect, food and their daily life. Overall experience through trial is just mesmerizing, far out with quite adventure as well.

DAY-BY-DAY ITINERARY

DAY 1 **Arrival at Kathmandu**

Overnight: 3 star Hotel

Meals: Dinner

Your international flight arrives in Kathmandu today. One of our team will be waiting for you at Tribhuvan Airport, holding a sign with your name. We will transfer you directly to your hotel in the bustling Thamel district. The afternoon is yours to rest and shake off the jet lag. In the evening, we will all gather for a proper welcome dinner. Over a meal of momos and dal bhat, your guide will sit down with a well-worn map and walk us through the entire itinerary, answering every question. It is an exciting night, full of anticipation. We spend our first night in a comfortable Kathmandu hotel.

DAY 2 **Kathmandu to Besisahar - Chamje (1360m)**

Max. Altitude: Chamje (1360m)

Meals: breakfast

Today is a long travel day, but it is our bridge from city to mountain. After an early breakfast, we board a private vehicle for the scenic drive to Besisahar. The road winds alongside rivers and terraced hillsides, offering glimpses of rural life. In Besisahar, we switch to sturdy local jeeps for the final, bumpy ride up the Marsyangdi River valley to Chamje. The jeep ride itself is an adventure, clinging to the hillside. By late afternoon, we arrive in Chamje, a village built on steep slopes. The sound of the roaring river below will be our lullaby in our first teahouse.

DAY 3 **Chamje - Dharapani(1960m)**

Max. Altitude: Dharapani(1960m)

Meals: dinner

We lace up our boots for our first real day of walking. The trail today is a gentle introduction, following the powerful Marsyangdi River upstream. We cross exciting suspension bridges that sway gently underfoot, passing through beautiful patches of forest and terraced fields of barley and buckwheat. The culture begins to shift, with Tibetan Buddhist influences appearing in the architecture. We will pass through the small village of Kodo before reaching Dharapani, a major checkpoint. Our five to six hour walk ends at a cozy teahouse where we will share our first stories of the trail over dinner.

DAY 4 **Dharapani - Chame (2726m)**

The mountains begin to reveal themselves today. The valley narrows into a steep, wooded gorge, and the trail climbs over several ridges. With each new vista, the snow peaks seem to grow larger. Suddenly, we get our first full, face-on view of the magnificent Annapurna II and the sharp pinnacle of Lamjung Himal. It is a sight that stops us in our tracks. The six to seven hours of walking feel rewarding as we arrive in Chame, the administrative capital of the Manang district. The hot shower at our teahouse here feels like a luxury.

DAY 5 **Chame - Pisang (3300)**

Leaving Chame, the landscape transforms. We enter the rain shadow of the Annapurna range, and the vegetation becomes more sparse and dramatic. We walk through a steep, narrow valley dominated by the huge, smooth rock face of Paungda Danda. The scale is humbling. The five hour walk is filled with awe as Annapurna II remains in view, presiding over traditional stone villages like Pisang, where we spend the night. The air is crisp and clean at 3,300 meters.

DAY 6 Pisang (3300m) - Manang (35400 m)

Today we have an option. We can take the higher route via Upper Pisang and Geru, which we highly recommend. It is a longer climb but offers what we consider the most outstanding views of the entire circuit. The panorama of Pisang Peak and the entire Annapurna massif from here is unforgettable. We also visit the ancient Braga Monastery, a 500-year-old spiritual site clinging to the cliffs. The lower route is easier and follows the river. Both paths converge as we descend into the wide, spectacular Manang Valley. Reaching Manang feels like a major achievement. We settle into our guesthouse for a two-night stay.

DAY 7 Acclimatization at Manang (3540m)

This is a vital rest day for our bodies to adapt to the altitude, but it is far from boring. After watching the sunrise turn the ice of Gangapurna golden, we take a short but steep hike up to the Gangapurna Lake. The view back over the Manang Valley is incredible. Back in the village, we can visit the little cinema that shows old mountaineering films, stock up on snacks, or simply wander the stone lanes, observing the unique culture of the Manang people. The key is to relax, drink plenty of ginger tea, and let our bodies adjust.

DAY 8 Manang - Yak Kharka (4200 m)

Leaving the comforts of Manang behind, we continue our ascent. The trail climbs steadily to the village of Tenki and then turns northwest into the barren, beautiful Jharsang Khola valley. The air is thin now. We are above the tree line, walking through landscapes of juniper and dwarf rhododendron. We pass high pastures where we might see our first yaks grazing. The sound of their bells is the music of the high Himalaya. Our destination is the small collection of lodges at Yak Kharka. The night is cold and silent under a blanket of endless stars.

DAY 9 Yak Kharka - Thorong Phedi (4550m)

Meals: dinner

Today is short but significant. We have a steady four to five hour climb to Thorong Phedi, the last settlement before the pass. The trail feels more exposed and dramatic, with thrilling sections that hug the cliffside. We cross a few last wooden bridges over icy streams. Our pace is slow and deliberate. Thorong Phedi is a literal translation of "Foot of the Thorong Hill." It is a stark, purposeful place, just a few lodges huddled together at 4,550 meters. We eat an early dinner, prepare our gear for the big day, and try to rest in the thin air.

DAY 10 Thorong Padi - Muktinath (3800m) via Thorong La Pass.

Today is the pinnacle. We start in the bitter cold, long before dawn, our headlamps carving beams of light in the darkness. The climb to Thorong La Pass is a long, grueling, and unforgettable pilgrimage. We switchback up a relentless slope for five to six hours, walking slowly, breathing deeply. And then, we are there. At 5,416 meters, we stand at the highest point of our lives. Colorful prayer flags whip in the wind, and the 360-degree view of Himalayan giants is absolutely staggering. We celebrate with a quick photo and a cup of hot tea from a small shack, knowing a long descent awaits. The trail down to Muktinath is steep and dusty, a full desert landscape. The total journey takes eight to ten hours. Reaching the sacred pilgrimage site of Muktinath, exhausted but elated, is a feeling of pure triumph. We sleep deeply that night.

DAY 11 Muktinath- Jomsom (2743m) via Kagbeni

After the trials of the pass, today is a welcome descent. We leave the desert and drop into the astonishing Kali Gandaki Gorge, the deepest in the world. The landscape is dramatic and windswept. We follow the ancient trading route south, the river our constant companion, for about five hours. We pass through Kagbeni, the medieval gateway to Upper Mustang, with its narrow alleys and imposing monastery. Our day ends in Jomsom, a windy town with a small airstrip. The apple pie here is famous and well-earned.

DAY 12 Jomsom - Tatopani by Bus

We have a leisurely morning to explore Marpha, just south of Jomsom. This beautiful village is known for its spotless flagstone streets, whitewashed houses, and excellent apple brandy. By late morning, we board a local bus for the long but incredibly scenic drive down the Kali Gandaki valley. The road clings to the cliffside, offering breathtaking views. After about six hours, we arrive in Tatopani, which literally means "hot water." Our reward for two weeks of walking is a long, luxurious soak in the natural hot springs by the river. The muscles unwind instantly. We spend the night in a simple lodge, soothed and relaxed.

DAY 13 Tatopani-Pokhara by bus.

Meals: dinner

Another travel day by road, but the scenery is a gentle, rolling farewell to the mountains. We drive from Tatopani to Pokhara, watching the arid landscapes give way to lush, subtropical greenery. By afternoon, we arrive in beautiful Pokhara, nestled beside Phewa Lake. We check into a comfortable hotel. The evening is ours to celebrate. We can enjoy a lakeside dinner, stroll the peaceful streets, and revel in the accomplishment of having completed one of the world's great walks.

DAY 14 Pokhara - Kathmandu

Meals: breakfast

We enjoy a final, relaxed breakfast together in Pokhara, perhaps with a view of the Machhapuchhre mountain reflecting in the lake. Then, we take a tourist coach or a short flight for the journey back to Kathmandu. Upon arrival, we will transfer you to your hotel. The afternoon is free for last-minute souvenir shopping or simply resting. In the evening, we gather one last time for a farewell dinner, to share memories, laughter, and perhaps already dream of the next adventure. This concludes our incredible journey around the Annapurna.