Annapurna Circuit Trek Itinerary

Day 1: Arrival in Kathmandu

On the first day of your trip to Kathmandu, a representative from the **adventure club** will pick you up from the **airport** and take you to your **hotel**. This service is typically included in the **price** of your trip.

Once you arrive at the hotel, you can **rest** and get **settled in**. It is a good idea to take it **easy** on your first day in a new place, especially if you have just **traveled** a long distance. You may want to spend some time exploring the hotel and the **surrounding area**, or you could simply **relax** in your room and get some rest.

In the evening, you may want to meet up with the other members of your **tour group** and get to know each other. The adventure club representative may also provide you with more **information** about your trip and what to expect in the coming days.

Overall, the first day of your trip to Kathmandu is a time to get **settled in, rest**, and prepare for the **adventures** that lie ahead.

Day 2: Kathmandu City Tour

A Kathmandu city tour is a great way to explore the sights and culture of Nepal's capital city. On this tour, you will visit several iconic landmarks and attractions, including the **Swayambhunath Stupa, Patan Durbar Square, Pashupatinath Temple,** and **Baudhanath Stupa.**

The **Swayambhunath Stupa**, also known as the Monkey Temple, is a Buddhist temple complex located on a hill in the Kathmandu Valley. It is a popular tourist destination and is known for its beautiful views of the city and its resident monkeys.

Patan Durbar Square is a historical palace complex in the city of Patan, just outside Kathmandu. It is a UNESCO World Heritage site and is known for its intricate carvings, beautiful temples, and ornate palaces.

The **Pashupatinath Temple** is a Hindu temple complex located on the banks of the Bagmati River in Kathmandu. It is a very important spiritual site for Hindus and is known for its beautiful architecture and peaceful atmosphere.

Baudhanath Stupa is a Buddhist stupa located in the Baudha neighborhood of Kathmandu. It is one of the largest stupas in Nepal and is a popular place for pilgrims and tourists to visit.

During your city tour, you will have the opportunity to explore these landmarks and learn more about the history, culture, and religion of Nepal. The tour is usually led by a knowledgeable guide who can provide information and insights about the places you visit.

Day 3: Drive to Beshisahar (760m) by car and switch to a jeep to Chyamche (1880m) - 7/8 hours

On the third day of your trip, you will travel from Kathmandu to **Beshisahar** by car. Beshisahar is a town in the **Lamjung district** of Nepal, located about **150 kilometers northwest** of Kathmandu. The drive from Kathmandu to Beshisahar typically takes about **5-6 hours**, depending on traffic and road conditions.

Upon arriving in Beshisahar, you will switch to a jeep and continue your journey to **Chyamche**. Chyamche is a small village located in the **Annapurna region** of Nepal, near the border with Tibet. The drive from Beshisahar to Chyamche is likely to be a **bumpy and rugged** one, as the road may be unpaved and winding but this journey will refresh you with **beautiful waterfalls views**. It typically takes about **3-4 hours** to reach Chyamche from Beshisahar by jeep.

Once you arrive in Chyamche, you can rest and get settled in your accommodations for the night. This is a good opportunity to **acclimatize to the high altitude** of the Annapurna region, as Chyamche is located at an elevation of about **1,700 meters (5,577 feet)**. You may want to **take it easy** on your first day in Chyamche, especially if you are not used to the thin air and cold temperatures of the mountains.

Day 4: Chyamche to Dharapani (1860m)-5/6 hours

On the fourth day of your trip, you will continue your journey from **Chyamche** to **Dharapani**. Dharapani is a village located in the **Manang district** of Nepal, at an elevation of about **1,860 meters (6,102 feet)**. It is located on the **Annapurna Circuit**, a popular trekking route that encircles the **Annapurna massif** in the Himalayas.

The journey from Chyamche to Dharapani is likely to be a scenic one, as you will pass through stunning **mountain landscapes** and **traditional villages**. The distance from Chyamche to Dharapani is about **20 kilometers (12 miles)**, and it typically takes about **6-7 hours** to cover this distance on foot.

As you make your way to Dharapani, you will have the opportunity to experience the **culture and way of life** of the **local people**. You may encounter **friendly locals** who are happy to chat and share their stories with you. You may also see **breathtaking views** of the **Annapurna range** and the surrounding mountains.

Upon arriving in Dharapani, you can rest and get settled in your accommodations for the night. You may want to take some time to **explore the village** and get a feel for the **local culture**. Dharapani is a good place to **acclimatize to the high altitude**, as it is located at a moderate elevation and has a cooler climate than the lowlands.

Mountain View: Mount Manaslu-8163m

Day 5: Dharapani to Chame (2650m) -5/6 hours

On the fifth day of your trip, you will continue your journey from **Dharapani** to **Chame**. Chame is a small town located in the **Manang district** of Nepal, at an elevation of about **2,710 meters (8,891 feet)**. It is located on the **Annapurna Circuit** trekking route and is a popular stop for trekkers and travelers.

The journey from Dharapani to Chame is likely to be a challenging one, as the distance is about **26 kilometers (16 miles)** and the terrain is quite rugged. The route passes through **dense forests**, **steep valleys**, and **high mountain passes**, offering stunning views of the **Annapurna massif** and the surrounding peaks. It typically takes about **7-8 hours** to cover this distance on foot.

As you make your way to Chame, you will have the opportunity to experience the beauty and diversity of the Annapurna region. You may encounter **local people working in the fields**, tending to their **livestock**, or going about their daily lives. You may also see a variety of **flora and fauna**, including **rhododendrons**, **pine forests**, and **yaks**.

Upon arriving in Chame, you can rest and get settled in your accommodations for the night. You may want to **explore the town and visit the local market**, or simply relax and enjoy the **peaceful atmosphere**. Chame is a good place to **acclimatize to the high altitude**, as it is located at a moderate elevation and has a cooler climate than the lowlands.

Mountains views: Mount Manaslu (8163m), Lamjung Himal (6983m), and Annapurna II (7937m)

Day 6: Chame to Upper Pisang (3300m)- 5/6 hours

On the sixth day of your trip, you will continue your journey from **Chame** to **Upper Pisang**. Pisang is a small village located in the **Manang district** of Nepal, at an elevation of about **3,300 meters**. It is located on the **Annapurna Circuit** trekking route and is a popular stop for trekkers and travelers.

The journey from Chame to Upper Pisang is likely to be a challenging one, as the distance is about **21 kilometers (13 miles)** and the terrain is quite rugged. The route passes through **dense forests**, **steep valleys**, and **high mountain passes**, offering stunning views of the **Annapurna massif** and the surrounding peaks. It typically takes about **6-7 hours** to cover this distance on foot.

As you make your way to Pisang, you will have the opportunity to experience the beauty and diversity of the Annapurna region. You may encounter **local people working in the fields**, tending to their **livestock**, or going about their daily lives. You may also see a variety of **flora and fauna**, including **rhododendrons**, **pine forests**, and **yaks**.

Upon arriving in Upper Pisang, you can rest and get settled in your accommodations for the night. You may want to **explore the village and visit the local market**, or simply relax and enjoy the **peaceful atmosphere**. Pisang is a good place to **acclimatize to the high altitude**, as it is located at a moderate elevation and has a cooler climate than the lowlands. And don't miss visiting the **Buddhist Monastery** here.

Mountain View: Annapurna II (7937m), Annapurna III (7555m), Annapurna IV (7525m), and among others peaks.

Day 7: Upper Pisang to Manang (3540m)-6/7 hours

On the seventh day of your trip, you have the option of taking a different route from **Pisang** to **Manang**, which passes through the villages of **Ghyaru** and **Nawal**. This route is known for its stunning **mountain views** and offers a more immersive experience of the Annapurna region.

To take this route, you will need to start your journey from **Upper Pisang**, which is a village located at a higher elevation than the main village of Pisang. From Upper Pisang, you will follow a trail that takes you through the village of Ghyaru, which is known for its **traditional Tibetan-style houses** and stunning views of the **Annapurna massif**.

From Ghyaru, you will continue your journey to the village of Nawal. This village is located at an elevation of about **3,700 meters (12,139 feet)** and is known for its **beautiful views** of the surrounding mountains and valleys.

After passing through Ngwal, you will continue your journey to Manang, which is located about **10 kilometers (6 miles)** away. The journey from Upper Pisang to Manang typically takes about **6-7 hours** on foot, depending on your pace and the terrain.

Upon arriving in Manang, you can rest and get settled in your accommodations for the night. You may want to **explore the town and visit the local market**, or simply relax and enjoy the **peaceful atmosphere**. Manang is a good place to **acclimatize to the high altitude**, as it is located at a moderate elevation and has a cooler climate than the lowlands. It is also a good place to **prepare for the higher elevations** that lie ahead on the Annapurna Circuit.

Mountain View: Annapurna I (8091m), Annapurna II (7937m), Annapurna III (7555m), Annapurna IV (7525m), Gangapurna (7454m), Pisang Peak (6091m), and others peaks.

Day 8: Acclimatization day in Manang

On the eighth day of your trip, you will have an **acclimatization day** in Manang. Acclimatization days are an important part of any high-altitude trek, as they allow your body to adjust to the thin air and cold temperatures of the mountains.

During your **acclimatization day in Manang**, you can take it easy and rest, or you can choose to **explore the town and its surroundings**. Manang is a small town located in the **Manang district** of Nepal, at an elevation of about **3,540 meters (11,614 feet)**.

It is located on the **Annapurna Circuit** trekking route and is a popular stop for trekkers and travelers.

There are several activities you can do in Manang to help you acclimatize to the high altitude, such as going for a **short hike to a nearby viewpoint** or taking a **leisurely stroll around the town**. You can also **visit the local market** and learn about the culture and way of life of the people in Manang.

It is important to remember to **drink plenty of fluids** and to **avoid overexerting yourself** during your acclimatization day. It is also a good idea to **listen to your body and rest** if you are feeling tired or unwell.

Overall, your acclimatization day in Manang is a chance to **rest and prepare for the challenges** that lie ahead on the Annapurna Circuit.

Day 9: Manang to Yak Kharka (4100) -4/5 to 6 hours

On the ninth day of your trip, you will continue your journey from **Manang** to **Yak Kharka**. Yak Kharka is a small village located in the **Manang district** of Nepal, at an elevation of about **4,000 meters (13,123 feet)**. It is located on the **Annapurna Circuit** trekking route and is a popular stop for trekkers and travelers.

The journey from Manang to Yak Kharka is likely to be a challenging one, as the distance is about **15 kilometers (9 miles)** and the terrain is quite rugged. The route passes through **dense forests**, **steep valleys**, and **high mountain passes**, offering stunning views of the **Annapurna massif** and the surrounding peaks. It typically takes about **5-6 hours** to cover this distance on foot.

As you make your way to Yak Kharka, you will have the opportunity to experience the beauty and diversity of the Annapurna region. You may encounter **local people working in the fields**, tending to their **livestock**, or going about their daily lives. You may also see a variety of **flora and fauna**, including **rhododendrons**, **pine forests**, and **yaks**.

Upon arriving in Yak Kharka, you can rest and get settled in your accommodations for the night. You may want to **explore the village and visit the local market**, or simply relax and enjoy the **peaceful atmosphere**. Yak Kharka is a good place to **acclimatize to the high altitude**, as it is located at a moderate elevation and has a cooler climate than the lowlands. It is also a good place to **prepare for the higher elevations** that lie ahead on the Annapurna Circuit.

Mountain View: Annapurna I (8091m), Annapurna II (7937m), Annapurna III (7555m), Annapurna IV (7525m), Gangapurna (7454m), Pisang Peak (6091m), and others peaks.

Day 10: Yak Kharka to Thorong Phedi (4600m)-4/5 hours

On the tenth day of your trip, you will continue your journey from **Yak Kharka** to **Thorong Phedi**. Thorong Phedi is a small village located in the **Mustang district** of Nepal, at an elevation of about **4,600 meters**

(15,092 feet). It is located on the **Annapurna Circuit** trekking route and is a popular stop for trekkers and travelers.

The journey from Yak Kharka to Thorong Phedi is likely to be a challenging one, as the distance is about **10 kilometers (6 miles)** and the terrain is quite rugged. The route passes through **dense forests**, **steep valleys**, and **high mountain passes**, offering stunning views of the **Annapurna massif** and the surrounding peaks. It typically takes about **4-5 hours** to cover this distance on foot.

As you make your way to Thorong Phedi, you will have the opportunity to experience the beauty and diversity of the Annapurna region. You may encounter **local people working in the fields**, tending to their **livestock**, or going about their daily lives. You may also see a variety of **flora and fauna**, including **rhododendrons**, **pine forests**, and **yaks**.

Upon arriving in Thorong Phedi, you can rest and get settled in your accommodations for the night. You may want to **explore the village and visit the local market**, or simply relax and enjoy the **peaceful atmosphere**. Thorong Phedi is a good place to **acclimatize to the high altitude**, as it is located at a moderate elevation and has a cooler climate than the lowlands. It is also a good place to **prepare for the higher elevations** that lie ahead on the Annapurna Circuit.

Mountain View: Annapurna I (8091m), Annapurna II (7937m), Annapurna III (7555m), Annapurna IV (7525m), Gangapurna (7454m), Pisang Peak (6091m), and others peaks.

Day 11: Thorong Phedi to Muktinath (3800) via Thorong La Pass (5416m) -8/9 hours

On the eleventh day of your trip, you will continue your journey from **Thorong Phedi** to **Muktinath** via the **Thorong La Pass**. Thorong Phedi is a small village located in the **Mustang district** of Nepal, at an elevation of about **4,600 meters (15,092 feet)**. It is located on the **Annapurna Circuit** trekking route and is a popular stop for trekkers and travelers.

Muktinath is a **Hindu and Buddhist shrine** located in the **Mustang district** of Nepal, at an elevation of about **3,800 meters (12,467 feet)**. It is a popular **pilgrimage site** for Hindus and Buddhists and is known for its **beautiful temples** and natural **hot springs**.

The journey from Thorong Phedi to Muktinath involves crossing the **Thorong La Pass**, which is a **high mountain pass** located at an elevation of about **5,416 meters (17,764 feet)**. The pass is the **highest point** on the Annapurna Circuit and is known for its stunning views of the **Annapurna massif** and the surrounding

peaks.

The journey from Thorong Phedi to Muktinath typically takes about **8-9 hours** on foot, depending on your pace and the terrain. The route involves a steep ascent to the Thorong La Pass, followed by a steep descent to Muktinath. It is a **challenging but rewarding journey**, as you will experience some of the most **breathtaking landscapes** of the Annapurna region.

Upon arriving in Muktinath, you can rest and get settled in your accommodations for the night.

Mountain View: Annapurna South (7219m), Annapurna I (8091m), Annapurna II (7937m), Annapurna III (7555m), Annapurna IV (7525m), Machhapuchre (6997m) only the top of peak can see, Gangapurna (7454m), Nilgiri (7061m), Dhaulagiri (8167m), and many more others peaks.

Day 12: Visit in Muktinath at Morning and Drive to Jomsom – 1 hour

On the twelfth day of your trip, you will have the opportunity to visit the sacred town of **Muktinath** in the morning before continuing your journey to **Jomsom**.

Muktinath is a **Hindu and Buddhist shrine** located in the **Mustang district** of Nepal, at an elevation of about **3,800 meters (12,467 feet)**. It is a popular **pilgrimage site** for Hindus and Buddhists and is known for its **beautiful temples** and natural **hot springs**.

There are several temples and shrines to visit in Muktinath, including the **Muktinath Temple**, which is dedicated to the Hindu god Vishnu, and the **Jwala Mai Temple**, which is known for its **natural gas fires** that burn constantly. You can also visit the **Gandaki Kali Temple**, which is dedicated to the goddess Kali, and the **Vishnu Kunda**, a natural hot spring that is believed to have **healing properties**.

After exploring Muktinath, you will continue your journey to Jomsom, which is a small town located in the Mustang district of Nepal, at an elevation of about **2,715 meters (8,910 feet)**. The journey from Muktinath to Jomsom typically takes about **2-3 hours** by car, depending on the road conditions.

Upon arriving in Jomsom, you can rest and get settled in your accommodations for the night. You may want to explore the town and visit the local market, or simply relax and enjoy the **peaceful atmosphere**. Jomsom

is a good place to **acclimatize to the high altitude**, as it is located at a moderate elevation and has a cooler climate than the lowlands. It is also a good place to **prepare for the higher elevations** that lie ahead on the Annapurna Circuit.

Day 13: Fly to Pokhara from Jomsom

On the thirteenth day of your trip, you will **fly from Jomsom to Pokhara**, which is a city located in central Nepal. Pokhara is known for its **stunning natural beauty** and is a popular destination for **trekkers and travelers**.

The flight from Jomsom to Pokhara is likely to be a **scenic one**, as you will pass over the **Annapurna massif** and the surrounding peaks. The flight typically takes about **20-30 minutes**, depending on the weather and the condition of the aircraft.

Upon arriving in Pokhara, you can rest and get settled in your accommodations for the night. In the afternoon, you can **explore the city** and visit some of its **popular attractions**.

Pokhara is known for its beautiful **lakes**, including **Phewa Lake** and **Begnas Lake**, which are popular spots for **boating and fishing**. You can also visit the **Peace Pagoda**, a **Buddhist stupa** that offers **panoramic views** of the city and the surrounding mountains. Other popular attractions in Pokhara include the **International Mountain Museum**, the **Gupteswar Cave Temple**, and the **Mahendra Cave**.

You can also enjoy a variety of **outdoor activities** in Pokhara, such as **paragliding, rock climbing, and rafting**. Pokhara is also a good place to **shop for souvenirs** and try **local food**.

Day 14: Drive to Kathmandu from Pokhara

On the fourteenth day of your trip, you will continue your journey from **Pokhara to Kathmandu**. Kathmandu is the **capital** and **largest city** of Nepal and is known for its **rich cultural heritage** and vibrant **city life**.

There are two main options for getting from Pokhara to Kathmandu: **by road or by air**. If you choose to travel by road, you can take a **bus** or a **private car** from Pokhara to Kathmandu. The journey by road typically takes about **7-8 hours**, depending on the road conditions and traffic. The route passes through beautiful **mountain landscapes** and **traditional villages**, offering a glimpse into the **culture** and way of life of the local people.

If you prefer to travel by air, you can take a **domestic flight** from Pokhara to Kathmandu. The flight typically takes about **25-30 minutes**, depending on the weather and the condition of the aircraft. The flight offers stunning views of the **Himalayas** and is a convenient and quick way to reach Kathmandu.

Upon arriving in Kathmandu, you can rest and get settled in your accommodations for the night. You may want to explore the city and visit some of its popular attractions, such as the **Swayambhunath Stupa**, the **Patan Durbar Square**, and the **Pashupatinath Temple**. You can also enjoy a variety of **local food** and shop for **souvenirs** in Kathmandu's bustling markets.

Day 15: Departure

On the fifteenth day of your trip, it will be time to **say goodbye to Nepal** as you prepare for your departure. A **representative from the adventure club** will be available to **assist you with your luggage** and to **drop you off at the airport**.

Before departing, make sure you have completed all necessary **check-out procedures** at your accommodation and that you have all your **belongings** with you. You may also want to **exchange any remaining Nepali rupees** for your home currency, as it may not be possible to do so once you leave the country.

When you arrive at the airport, you will need to go through **check-in procedures** and **security checks** before **boarding your flight**. Make sure you have your **passport, tickets, and any other necessary documents** with you.

As you depart from Nepal, you will be able to **reflect on the amazing experiences and memories** you have made during your trip. From the stunning **mountain landscapes** and **rich cultural heritage** of the Annapurna region to the **vibrant city life** of Kathmandu, Nepal is a country that has much to offer to travelers. I hope you had a **wonderful time in Nepal** and that you will consider **returning in the future to explore more of this amazing country**.

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