Annapurna Circuit Trek

Nepal / Annapurna Region | Trekking package



Your journey at a glance

Duration: 15 days

Trip grade: Moderate

Maximum altitude: 5416 m

Best season: September–November & March–May

Group size: 1 - 20

Route: Kathmandu - Kathmandu

Price from: USD 2,000.00 per adult

Accommodation: Deluxe hotels in Kathmandu and Pokhara; tea-house accommodation during the trek.

Transportation: Private road transport from Kathmandu to Jagat, flights from Jomsom to Pokhara and Pokhara to Kathmandu, plus ground transfers as listed.

Meals: Breakfast, lunch and dinner during the trek; welcome and farewell dinners and other meals as specified.

Package overview

The high point of the trek is the 5,416 m Thorong La Pass, crossed from the arid Upper Manang Valley, home to Tibeto-Buddhist communities, towards the Hindu pilgrimage site of Muktinath and the Kali Gandaki Valley before continuing to Pokhara. Along the route, trekkers encounter Gurung, Manangi and Thakali communities.

The Annapurna Circuit has been a highly regarded trekking route since it opened to foreign trekkers in 1977. The route follows the Marshyangdi River, with views of Manaslu and Himal Chuli, and passes villages inhabited by diverse ethnic groups. The circuit is generally walked counter-clockwise because of the challenge of crossing Thorong La Pass.

Day-by-day itinerary

Day 1 - Arrival in Kathmandu

Arrive in Kathmandu (1,300 m). A representative will meet you at the airport and transfer you to the hotel. In the evening, attend a welcome dinner with authentic Nepalese cuisine hosted by Ojha Holidays.

Meals: Dinner
Accommodation: Hotel
Altitude: 1,300 m

Day 2 - Kathmandu sightseeing and trek preparation

After breakfast, take a guided tour of Kathmandu’s historical and spiritual sites, including Durbar Square, Pashupatinath, Swayambhunath and Boudhanath. Overnight in Kathmandu.

Meals: Breakfast
Accommodation: Hotel

Day 3 - Drive to Jagat

Drive to Jagat (1,300 m), following the Trishuli River, crossing the Mugling bridge and continuing through the Marshyangdi River Valley via Besisahar. The final section follows an off-road route to Jagat.

Meals: Breakfast, Lunch and Dinner
Accommodation: Hotel / lodge
Altitude: 1,300 m
Travel time: About 6–7 hours

Day 4 - Trek from Jagat to Dharapani

Trek from Jagat to Dharapani (1,960 m). Descend to the river, continue through forest and climb along cliff-side trails. Pass Chyamje, cross a suspension bridge and continue via Sattale, Tal and Karte, passing waterfalls and cliffs before reaching Dharapani.

Meals: Breakfast, Lunch and Dinner
Accommodation: Tea house
Altitude: 1,960 m
Walking / trekking: About 7–8 hours

Day 5 - Trek from Dharapani to Chame

Walk through forested ridges to Chame (2,710 m), headquarters of Manang District. Views include Lamjung Himal, Annapurna II and Annapurna IV. The route also passes small hot springs.

Meals: Breakfast, Lunch and Dinner
Accommodation: Tea house
Altitude: 2,710 m
Walking / trekking: About 5–6 hours

Day 6 - Trek from Chame to Pisang

Follow a steep and narrow trail through dense forest to a curved rock face rising above the river. Continue past Paungda Danda, a large sloping rock face, to Lower Pisang (3,300 m).

Meals: Breakfast, Lunch and Dinner
Accommodation: Tea house
Altitude: 3,300 m
Walking / trekking: About 5–6 hours

Day 7 - Trek from Pisang to Manang

Take the route via Upper Pisang and Geru for views of the landscape and mountains. Visit Barge Monastery, described in the source as the largest monastery in Manang District, before reaching Manang (3,500 m).

Meals: Breakfast, Lunch and Dinner
Accommodation: Tea house
Altitude: 3,500 m
Walking / trekking: About 6–7 hours

Day 8 - Manang acclimatization day

Take a short acclimatization hike to either Bhojo Gumba or Gangapurna Lake. If energy permits, walk to Vraga Village and visit the Himalayan Rescue Association.

Meals: Breakfast, Lunch and Dinner
Accommodation: Tea house
Altitude: Manang

Day 9 - Trek from Manang to Yak Kharka

Cross a stream and climb towards Tenki before turning northwest into the Jarsang Khola Valley. Follow pastures and juniper scrub, pass Ghunsa and continue across meadows where horses and yaks graze to Yak Kharka (4,110 m).

Meals: Breakfast, Lunch and Dinner
Accommodation: Tea house
Altitude: 4,110 m
Walking / trekking: About 3–4 hours

Day 10 - Trek from Yak Kharka to Thorong Phedi

Climb to Ledar, cross a suspension bridge and continue below towering cliffs to Thorong Phedi (4,600 m), the last settlement before Thorong La Pass. Views include Mt. Gundang, Mt. Syagang, Thorung Peak and Mt. Khatungkan.

Meals: Breakfast, Lunch and Dinner
Accommodation: Tea house
Altitude: 4,600 m
Walking / trekking: About 3–4 hours

Day 11 - Cross Thorong La Pass to Muktinath

Start early and cross Thorong La Pass (5,416 m) from east to west, travelling from Manang to Muktinath (3,800 m). After reaching the pass, descend towards Muktinath Valley.

Meals: Breakfast, Lunch and Dinner
Accommodation: Tea house
Altitude: 5,416 m at Thorong La Pass
Walking / trekking: About 7–8 hours

Day 12 - Trek from Muktinath to Jomsom

Visit the Vishnu Temple and a gompa in the morning. Descend from Ranipauwa through the hillside towards Kagbeni and Jomsom (2,700 m), following the Kali Gandaki River valley.

Meals: Breakfast, Lunch and Dinner
Accommodation: Tea house
Altitude: 2,700 m
Walking / trekking: About 4–5 hours

Day 13 - Fly from Jomsom to Pokhara and visit Pokhara

Take an early-morning flight from Jomsom to Pokhara. After lunch, visit Devi’s Fall, Seti River Gorge and Phewa Lake. Enjoy free time at the lakeside market.

Meals: Breakfast
Accommodation: Hotel in Pokhara
Travel time: Jomsom–Pokhara flight

Day 14 - Fly from Pokhara to Kathmandu

After breakfast, fly to Kathmandu. The rest of the day is free for rest or souvenir shopping. Farewell dinner in the evening.

Meals: Breakfast, Dinner
Accommodation: Hotel in Kathmandu
Travel time: Pokhara–Kathmandu flight

Day 15 - Departure

After breakfast, transfer for departure. The trip concludes.

Meals: Breakfast

What is included

- Airport pick-ups and drop-offs in a private vehicle.

- Deluxe star hotel accommodation in Kathmandu and Pokhara with breakfast.

- Tea-house accommodation during the trek.

- All meals (breakfast, lunch and dinner) during the trek.

- All ground transportation in a comfortable private vehicle as per the itinerary.

- Welcome and farewell dinners.

- Guided Kathmandu city tour by private vehicle.

- Entrance fees for sightseeing and monument visits as per the itinerary.

- Experienced, English-speaking, government-licensed trekking guide and assistant trek guide (one assistant guide for four trekkers).

- Porter service (one porter for two trekkers).

- Staff costs, including salary, insurance, equipment, food and accommodation.

- Ojha Holidays trekking bag / duffel bag, T-shirt and trekking map to keep.

- All necessary paperwork and trekking permits (ACAP and TIMS).

- Medical kit.

- All government and local taxes.

- Jomsom–Pokhara–Kathmandu flight tickets.

What is excluded

- Nepalese visa fee.

- International airfare to and from Kathmandu.

- Excess baggage charges.

- Lunch and dinner in Kathmandu and Pokhara.

- Extra-night accommodation in Kathmandu and Pokhara in case of early arrival, late departure or early return from the mountain for any reason, outside the scheduled itinerary.

- Travel and rescue insurance.

- Personal expenses such as phone calls, laundry, bar bills, battery recharge, extra porters, bottled or boiled water and showers.

- Tips for guides, porters and driver.

Plan your journey

Prices, itinerary and availability may change. Contact our team to confirm travel dates, inclusions and final pricing.

https://ojhaholidays.com.np/package/annapurna-circuit-trek