

Detail Itinerary

A World-Class Himalayan Passage

Annapurna Circuit Trekking is renowned globally for its dramatic diversity of landscapes and cultural encounters. Crossing the formidable **Thorong La Pass (5,416m)**—one of the highest trekking passes in the world—this classic journey offers an extraordinary loop through Nepal's most dynamic Himalayan ecosystems.

Along the trail, trekkers pass ancient monasteries, vibrant prayer flags, and traditional Mani walls while immersing in the rich hospitality of local ethnic communities. For those with extra time, side trips to **Tilicho Lake (4,920m)** and Ponkar Lake add an unforgettable dimension to the adventure.

Key Trek Highlights:

- **Thorong La Pass (5,416m):** Conquer one of the highest navigable passes on Earth, rewarded with expansive views of Mt. Dhaulagiri (8,167m) and the Great Barrier.
- **Iconic 8,000m Peaks:** Marvel at close-up panoramas of Annapurna I (8,091m)—the world's 10th highest peak—and Dhaulagiri (8,167m), the world's 7th highest peak.
- **Tilicho Lake Side Trip:** Option to visit one of the highest glacial lakes in the world nestled in a high-altitude alpine basin.
- **Scenic Scenic High Routes:** Follow the traditional upper trail from Pisang via Ghyaru (3,670m) and Ngawal (3,660m) for breathtaking panoramic vistas and superior acclimatization.
- **Sacred Muktinath Temple:** Visit the iconic pilgrimage site for Hindus and Buddhists, home to the eternal flame at Jwalamai Temple.

Expert Route Recommendation:

While road development has reached parts of the valley, authentic footpaths remain well-preserved. At **Nepal Kailash Trekking**, we strongly recommend taking the higher scenic trail from Pisang via Ghyaru and Ngawal rather than the lower valley road. Spending an extra night in Ngawal or taking an acclimatization day-hike to Ice Lake (4,620m) from Manang greatly ensures a safer, more rewarding crossing of Thorong La.

After descending to Muktinath, travelers can either fly/drive to Pokhara from Jomsom or extend their adventure toward Tatopani, Ghorepani, or Annapurna Base Camp. Contact our expert team today to personalize your journey!

Trip Facts

- Trip Duration: 17 days
- Trek Duration: 11
- Trip Cost: US 920 starts
- Primary Activity: Trekking
- Starts Point: Kathamadu
- Ends Point: Kathmandu
- Trip Grade: Medium hard
- Max. Height: 5416m

- Trip Mode: Car/Jeep/Bus/Flight
- Accommodation: Lodge
- Season: March - May, Sept - Dec.
- Other Info: 20% Off

Detail Itinerary

Day 01: Arrival at Tribhuvan International Airport (TIA), Kathmandu 1350m, overnight Hotel

Arrival in Kathmandu. Pick you up from Airport & transfer to Hotel by our company representative and brief about the program, Bed, and Breakfast

Day 02: Preparation day Overnight Hotel

This day in Kathmandu - for preparation and conformity, evening briefing about the tour, overnight Hotel on BB plan

Day 03: Drive private car 4-5 hrs/local bus 6-7hrs to Bulbule 840m

Depart about 6 to 7 am from your hotel. Sometimes, it depends on what kinds of vehicle you are going to drive either private or local for the timing. Approximately, about 13 kilometers to the west from tourist hub reaches to a pass called Nagdhunga. It is the main traders pass for Kathmandu from India. You drive downhill from this pass with scenic mountains view to the north across the beautiful hills as well as villages. Thus, you will see Trishuli river where people do raft (maybe you will see it) and also follow up Marshyangdi river which runs from Manang valley. Most tourists used to stay overnight at Beshishahar but we, Nepal Kailash Trekking Pvt Ltd decide to bring you to Bulbule because Beshishahar is already modernized and crowds noisy. Bulbule is peace and village environmental. Overnight lodge.

Day 04: Trek to Ghermu phat 1100m, 4/5 hrs

After breakfast, your Nepal trekking is stats for four to five hours. You will be following the Marshyangdi River after cross immediately you leave your hotel at Bulbule. There is another option as well if you follow the road then all the way walks on the road which brings you to Syange waterfall within 3 hours. But we recommend you trek to the old trekking trail via Bahun danda which gives you real Nepal trekking experiment. You would have seen already huge Mountains called Himchuli and Ngadi chuli, known as the Manaslu 2nd 7879 also called peak 29. Overnight lodge.

Day 05: Trek to Tal 1700m, 5hrs

This day, at the first couple of hours you have to follow the rocky road mostly till Chamje. Afterward, you will cross the Marshyangdi River by left the road left-hand side. You trek through forest and bamboo by passing some villages. There is beautiful water fall and will be seen adventurous driving on cutting hill above your head to the opposite side. Just climbing a last steep hill about 20 minutes where you will see a map of the route and situated there military camp and welcome gate to Manang district. Staying at Tal gives you peace and refreshment. Overnight lodge.

Day 06: Trek to Danaque 2210m, 4 hrs

Partly walk through the road after cross the suspension bridge after Tal. Walk along the forest of oak, maple, blue pine, and spruce. Leaving by Dharapani give you the superb view of the Himlung Himal from the ACAP check post to the east north and peaks of the Manaslu, to west Lamjung Himal and Annapurna 2nd. Overnight lodge.

Day 07: Trek to Chame 2670m, 4 hrs

As the daily starting your trekking trail leads you steeply uphill to Timang situated at 2630 elevation. Along the uphill surprisingly backward you would have seen one of the highest mountains above 8000m, it's mount Manaslu 8163m beautiful scenery across the forest. Some trekkers stay in this place for overnight. The trail goes often flat after Timang to Chame through one of the traditional villages like Thannchowk and Koto through pine forest. Chame is the District administrative headquarters of Manang. At the Chame, you can visit hot spring. Overnight lodge.

Day 08: Trek to Pisang 3200m, 5 hrs

You are heading towards to Pisang this day. It is a beautiful trail with the forest as well as large apple orchard garden at Telku. The day views of the Annapurna 2nd to the south, Himchuli and ngadi Chuli to the down Valley East and most north Pisang peak behind above the big cliff rock. There are a two trails to Pisang from Dhukure Pokhari. One is crossing the Marsyangdi river brings you upper Pisang and straight to Lower Pisang. You may walk for lower Pisang too because from lower Pisang you can walk as a sightseeing to upper Pisang Monastery from where you will see better and brilliant mountains view. The village of Pisang is a traditional atmosphere. Upper Pisang would be colder than lower for sleep. Overnight lodge.

Day 09: Trek to Manang 3540m, 4 hrs

Today, by leaving Pisang there are two trails one follows to upper route through pine forest via Ghyaru 3670m and Ngawal 3660m which gives you superb mountains view and the valley view of the Manang as well as added good acclimatized for Thorong pass 5416m. Another trail leads you as the simply highway trekking route and also road via Honde airport 3420m. This is why Nepal Kailash Trekking Pvt. Ltd. strongly suggest you trek via Ngawal route. By the way, Ngawal trekking route is steeply uphill till to Ghyaru, afterward an easy. Sometimes the Manag is occupied in peak trekking season, make sure with your guide as well as by local people. Overnight lodge.

Day 10: Acclimatization day,

At Manang, several options for acclimatization to head towards the Thorong la pass 5416m. There are places to Gangapurna lake (Chongar viewpoint), it is the easiest and near one from the village, Melaripa cave, and ice lake 4620m is a day hike which needs you to carry pack lunch and enough drinking water with you. Praken Gompa 3995m which is popular one above the Manang. We, Nepal Kailash Trekking suggest visiting Ice Lake for perfect acclimatized and brilliant mountains view. Back to the lodge for overnight, Manang.

Day 11: Trek to Letdar 4200m, 3 /4 hrs

The vegetation is scrub juniper and alpiners. About 30 minutes walk you will reach to Tengi 3690m, it is the last inhabitant in the Manang valley towards Thorong pass but about an hour walk small village called Gunsang 3920 as well. You are already in the zone of high altitude, regarding highland trekking Nepal Kailash Trekking company strongly advice you walk slowly and drink enough water. You will see mountain views surrounding you mostly. There will encounter the place called Yak kharka 4020m where much better lodge than ledar. From Yak, kharka letdar lies about 40 minutes further. After lunch better to hike uphill around acclimatize again. Overnight lodge.

Day 12: Trek to Thorong Phedi 4440m/High camp 4850m 2 / 3 hrs

It is a short trekking day to Thorong Phedi from letdar. Trek carefully while you trek to Thorong Phedi after crossing the river because sometimes rock falls and after sunny wild goats start to grazing in the morning time which makes rocks fall so far. Also, you have to attention in the morning time around riverside or bridge because of icy or frozen water which can make you slippery. If your physical is fit at this altitude then head towards Thorong high camp which makes you better for next day, and also if you feel something wrong with altitude at Thorong high camp then descend to Phedi.

It is always better to hike uphill from your camp. Overnight lodge.

Day 13: Trek to Thorong Pass 5416m, 3 / 4 hrs - Muktinath 3800m, 3 hrs

Trekking in Nepal, Annapurna circuit is the one of the best destination. The day, today is the hardest and longest trekking day as well as one of the highest altitude pass of Nepal. It will be yours lifetime experiment memorable day in the life. Early morning starts the trip after breakfast with packed lunch and enough drinking water about 4 am if you stayed the last night at Thorong Phedi or 5 am if your last night sleep at Thorong high camp. Some people start around even 2 or 3 am (night). As a high experienced trekking company from Nepal, Nepal Kailash Trekking suggests you above timing to follow because night time walking can be frostbite. Mostly at the Thorong top, you may drink tea, coffee, and some soup in a single little tea shop, make sure with your guide or ask to local while you reach to Thorong high or Phedi. Oh, it's outstanding superb mountains view and a barren valley of Kali Gandaki to the west below from the Thorong La (pass 5416 meters above sea level). During descend to Muktinath there will be new Mountain Views of The Dhaulagiri 8167m. Overnight Lodge at Muktinath.

Day 14 Trek to Jomsom 2760m, 3 / 4 hrs

If you would not have visited Muktinath temple in the previous day then walk back to the Muktinath temple zone and trek downhill to Kagbeni via Old traditional village of Jharkot. At Muktinath, motors services are available. The day will be windy along the kali Gandaki River reach to Jomsom. Overnight lodge.

Day 15 Fly to Pokhara 820m

An early morning takes a flight from Jomsom to Pokhara, it takes about 25 minutes. It gives you lifetime adventurous and scenic flight with the views of Annapurna and Dhaulagiri Himalaya ranges. This day you may have sightseeing in Pokhara or continue to Kathmandu either by flight or drive. Overnight Hotel

Day 16: Drive 6 /7 hrs /fly 30 minutes to Kathmandu

Normally, people take a tourist bus or private vehicle as a size of the group to come back to Kathmandu along the scenic view and adventurous experience by driving. There is another possible by airlines come back to Kathmandu which is available with mountains view of the Annapurna, Manaslu, Ganesh Himal, Langtang, Rolwaling. Transfer to Hotel Kathmandu.

Day 17: Departure

Nepal Kailash Trekking Company representative will come to your hotel to pick you up and transferred to your on next board. The program is finished.

Cost Includes

- All ground transports by private vehicle except Kathmandu to Bulbule, Pokhara to Kathmandu
- Kathmandu and Pokhara accommodation in tourist standard Hotel in tourist hub with one breakfast as per itinerary
- All entry fees as per itinerary like Annapurna Conservation Area Protection fee (ACAP), Trekker's Information Management System
- Three times meals including Lunch, Dinner, and breakfast during the trek with tea/coffee with the available lodge in twin sharing bedroom
- An English speaking highly experienced friendly and helpful trekking guide
- One porter for two-member

- Guide salary/food/accommodation/insurance and required transports
- Porter salary/food/accommodation/insurance and required transports
- Rain protection duffel bag for luggage
- Jomsom-Pokhara airfare and airport tax + guide
- Company guarantee the rescue services if needed; please hand over your insurance policy copy to us
- Government taxes and office service charge

Cost Excludes

- International airfare
- A Nepal visa fee, which obtained at the airport on arrival, a multiple tourist visa for 15 days US \$ 25, for 30 days US \$ 40 and for 90 days US \$ 100 or Equivalent convertible currency {bring 2 copies passport size picture}
- Alcoholic beverages, soft drinks bottle of mineral/hot water, hot shower and snack foods during trekking
- Meals in Kathmandu and Pokhara
- Battery charge during trekking
- Any personal medical or evacuation expenses incur and strongly recommend international Travel Insurance
- Extra porter for the personal day bag pack
- Extra cost of natural disaster
- Sleeping bag, can be rented for company @ USD 00.80 cent per piece per day
- Kathmandu sightseeing {it will be extra because we should arrange according to your staying in Nepal}
- Any other expenses which are not mentioned in the cost included
- Tips to staffs
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