Detail Itinerary

A Complete Himalayan Pilgrimage

The Annapurna Round Trek takes you on an epic journey encircling the entire massif, culminating in a thrilling crossing of **Thorong La Pass (5,416m)**—the highest point of the adventure. This legendary route offers unbeatable perspectives of Annapurna I (8,091m), the world's 10th tallest peak, and Mt. Dhaulagiri (8,167m) towering to the west.

From the subtropical farmlands of Besisahar to the high-altitude trans-Himalayan landscape of Manang (3,597m) and Muktinath, this trek captures the ultimate geographical and cultural diversity of the Nepal Himalayas.

Major Highlights & Scenic Attractions

- **Thorong La Pass (5,416m):** Traverse one of the highest trekking passes in the world for rewarding mountain views.
- **Poon Hill Sunrise (3,210m):** Catch a breathtaking dawn view over the Annapurna Panorama, Dhaulagiri range, and Machhapuchhre (Fishtail, 6,993m).
- **Kali Gandaki Gorge:** Walk along the valley floor between two massive 8,000-meter giants—Dhaulagiri and Annapurna.
- **Sacred Muktinath Temple:** Discover the revered shrine known as the "God of Salvation," sacred to both Hindus and Buddhists, set in the rain-shadow landscape.
- **Mountain Panoramas:** Enjoy close-up views of Mt. Manaslu (8,163m), Lamjung Himal, Tukuche Peak, and the Annapurna range.

Rich Culture & Biodiversity

Starting from Besisahar, your trail weaves through terraced paddy fields, friendly traditional villages, and lush bamboo and rhododendron forests within the protected **Annapurna Conservation Area (ACAP)**. As you ascend, you will meet diverse ethnic communities, explore ancient Buddhist monasteries, and experience authentic mountain hospitality.

Whether you choose to conclude your journey at Jomsom or continue down through Ghorepani Poon Hill toward Annapurna Base Camp, **Nepal Kailash Trekking** will ensure your trip is seamlessly organized. Contact us today to plan your adventure!

Trip Facts

- Trip Duration: 28 days
- Trek Duration: 22 days
- Primary Activity: Trekking
- Starts Point: Kathamadnu
- Ends Point: Kathmandu
- Trip Grade: Medium hard
- Max. Height: 5416m
- Trip Mode: Car/Jeep/Bus/Flight
- Accommodation: Lodge

- Season: March - May, Sept - Dec.

Detail Itinerary

Day 01: Arrival at Tribhuwan 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 there situated 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 a 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 staring 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 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. Some time 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 option for acclimatization to head towards the Thorong la pass 5416m. There are places to Gangapurna lake (Chongar view point), it is the easiest and near one from the village, Melaripa cave, and ice lake4620m is a day hike which need 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 recommend the visit to 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 alpines. 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 letder. 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 letder. 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 start 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 the 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 View's of The Dhaulagiri 8167m. Overnight Lodge at Muktinath.

Day 14: Trek to Marpha 2670m, 5 /6 hrs
If you would not have visited Muktinath temple in a previous day then walk back to the Muktinath temple zone and trek downhill to Kagbeni via Old traditional village of Jhaekot. At Muktinath motors, services are available. Kagbeni to Marpha walks along the Kali Gandaki via Jomsom. Marpha is the garden of Apple in Nepal and the village culturally deferent than Manang part, they are called Thakali. Overnight at Marpha, lodge.

Day 15: Trek to Kalopani 2530m, 5 hrs
The trail follows gradually flat via Tukuche, Larjung and Kokhethati along the Kali Gandaki river. This valley gives you a good view of the Dhaulagiri and Nilgiri north. From larjung, you can see huge icefall og the Mount Dhaulagiri . It is still worth full to trek even the road, there is still some trekking route which is not destroyed by the road. You can see panoramic Annapurna 1st, Fang (Barah Shikhar) Nilgiris, Dhaulagiri, Tukuche peaks. Today, the lodge would be the best up to today. Overnight lodge.

Day 16: Trek to Tatopani 1190m, 4 hrs
Tatopani (hot spring), After Ghasa, you can trek via old trekking trail opposite side of the road which joined to you at Rupse waterfall. It is one of the reasons why you are following trek to downhill from Jomsom. And also there is a claim that between Annapurna and Dhaulagiri deepest gorge in the world, at Dana and Rupse Chhahara (beautiful waterfall). Overnight lodge.

Day 17: Trek to Ghorepani, 7 hrs
Today, you have to cross the Kali Gandaki then gradually ascent for Ghorepani. This trail gives you different test with the cultural and people. You will walk along the villages and farming field, such a Villages of Ghara Shikha, chitre etc. The last section will be a trek through a lush forest of Nepali national flower called Rhododendron and magnolia. Overnight lodge, at Ghorepani.

Day 18: Trek to Tadapani 2590m, 5 hrs
An early morning hikes with taking headlight to Pun Hill 3210m. Pun hill gives you a superb panoramic view of the Nilgiri, Barahshikhar (Fang), Annappurna1st, Annapurna South, Hiunchuli, Machhapuchhre (Fishtail), Dhampus peak, Dhaulagiri more Himalayas. It gives also sunrise view as well on clear weather. You need to walk up about an hour to get the view point of Pun hill. After taking a life memories photograph back to Ghorepani lodge and eat breakfast then start trekking for Tadapani about next 4 to 5 hours. At first climb to Gurung danda which also almost similar mountain views which you have seen from Pun hill. The day walks through a forest of the Rhododendron and bamboo.The route provides beautiful waterfalls. Thus, you will see spectacular views of the Annapurna South, Hiunchuli, and Fishtail from Tadapani. Overnight lodge.

Day 19: Trek to Chhomrong 2210m, 4 hrs
There are two trails, one follows to Ghandruk – Pokhara to turn off the trekking and another is to Chhomrong – Annapurna base camp. According to our itinerary, the trail is leading you to Annapurna base camp. Today walk first down through the forest and along Chule, Gurjung villages. The region is mostly Gurung cast culturally and religiously Buddhist. When you reach to Chhomrong then it gives you refreshment and smile by a view of the mountains and village. Overnight lodge.

Day 20: Trek to Bamboo 2310m, 4 hrs
Walk down to end the Chhomrong village and after cross the Chhomrong River and gradually ascend crossing by small settlement through the forest of Oak, Rhododendron, and bamboo. The last lodge at Sinuwa afterward just at bamboo. This is why; make sure that you have enough drinking water as well as snickers. Somewhere trails are stones stairs steeply, slippery and rocky so far. You can hear the sound of the Modi River which is most popular in the region to following up the Annapurna base camp trekking. Bamboo, it is enough the name of the place where you are going to stay for a night. Overnight lodge.

Day 21: Trek to Deurali 3140m, 4 hrs
Today, you are heading to Deurali through the forest with some wild animals like mostly visiting langur monkeys. All the way up follow the Modi river which gives you feeling peace along the trail crossing to Dovan 2500m and Himalaya2840m settlements for tourist lodges. At the end of the trek, this day cross an avalanche to reach Deurali. Overnight lodge.

Day 22: Trek to Machhapuchhre Base camp 3700m, 2 hrs - Annapurna Base Camp 4130m 2hrs
Regarding avalanche, we – Nepal Kailash Trekking Company suggest you ask this day or previous when you reach to Deurali or tourist who passed you back from Annapurna sanctuary. The day, you are heading towards through avalanche zone. Paths go through bamboo, sparse birch forest, and moraine brings you to Machhapuchhare Base Camp known MBC. You can take some hot drinks or some food then head to Annapurna Base Camp, known as ABC too. The spot which provides you 360 degrees spectacular views of the Annapurna Mountains. Overnight lodge.

Day 23: Trek to Bamboo 6 /7 hrs
Some people stay at MBC for night and next early morning trek to Annapurna Base Camp and take pictures, breakfast and back to the bamboo same day. Overnight lodge.

Day 24: Trek to Jhinu 1780m, 5 hrs
Trek back till Chhomrong – Talung, from there, trek descend to Jhinu danda hot spring. This is a day take another or third hot spring experience in this trekking. Overnight lodge.

Day 25: Trek to Nayapul 1100m, 3 / 4 hrs, and drive 1:30 hrs to Pokhara
Today, you are doing trekking with following to Modi River through the forest by leaving several villages, down and uphill so far as usual previous days. Off course, it being hot already because you are in the low land than the Himalayas. Thus, trek till to Nayapul and take a vehicle about one and half hour with scenic views of the fields, villages, and hills as well as Pokhara valley with Lakes. Overnight Pokhara Hotel.

Day 26: Pokhara
Pokhara sightseeing of Fewa Lake, Davi's fall, Santi Stupa and relaxing day.

Day 27: Drive 6 /7 hrs or fly back 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 28: 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 as per itinerary required
- Kathmandu and Pokhara accommodation inclusive breakfast as per itinerary
- All entry fees as per itinerary like Annapurna Conservation Area Protection fee {ACAP}, Trekker's Information Management System Card fee {bring 2 copies passport size picture}
- Three times meals including Lunch, Dinner and breakfast during trek with tea/coffee
- 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
- 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
- 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 on natural disaster
- Sleeping bag, can be rented from company @ USD 00.80 cent per day per piece
- Kathmandu sightseeing {it will be extra because we should arrange according your staying in Nepal}
- Any other expenses which is not mentioned in the cost include
- Tips to staffs