Annapurna Circuit Trek

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Trip Summary

Package: Annapurna Circuit Trek

Total Days: 21 days

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DAY 1

Arrival, transfer to hotel

A Taleju Adventure representative will be there to pick you up from the Tribhuwan International Airport in Kathmandu. We take a short drive from the airport to our Taleju Boutique Hotel or any 3-star rated hotel. After a short rest, you can visit Taleju Adventure's office to discuss more about the trek. Alternatively, you can have a discussion at your hotel. Overnight in Kathmandu.

DAY 2

Trekking preparation day, Heritage sightseeing

After short introduction with our tour guide, you will be having a tour to Kathmandu UNESCO world heritage sites with our tour guide. First visit would be to Pashupatinath Temple (Nepal's biggest Hindu temple). It is also a place for dead body cremation for Hindu community. Then we drive to Bouddhanath Stupa, one of the most revered and biggest Stupa of Nepal. It was damaged by 2015 earthquake but now completely repaired.

Then after we drive to Swyambhunath Stupa, popularly known as "monkey temple". This stupa is on the small hill where you can see the entire Kathmandu valley. Last visit would be to Patan Durbar Square, an "Ancient Royal Palace". Inside the square you can see different Hindu temples, among which Krishna Temple is very popular. Besides, you can study the Newari architecture, arts and culture. Overnight in Kathmandu.

DAY 3

Drive to Khudi (800m/2,624ft): 7- 8 hours

Our journey into the mountains begins along a winding road that follows the Trishuli River, offering scenic views of terraced farmlands and charming village huts. Upon reaching the junction at Mugling, we continue straight toward Pokhara. At Dumre, we leave the main highway and head north toward Besisahar. From there, a short 30-minute drive brings us to Khudi, the starting point of our trek. Alternatively, we can disembark at Besisahar and enjoy a one-hour walk along a wide trail to reach Khudi. Here, we are treated to our first breathtaking view of the majestic Manaslu range.

DAY 4

Khudi to Sirung (2200m/7216 ft): 6 - 7 hours

Our first day of trekking takes us across several suspension bridges and past cascading waterfalls, with a mix of ascents and descents through rice paddies and lush subtropical forest. The trail begins gently but gradually becomes steeper as we progress. The mountains we glimpsed from Khudi now appear much closer. Along the way, we pass through the Tamang village of Taranche, offering a glimpse into the region's rich cultural heritage. Upon reaching Sirung, we are rewarded with stunning close-up views of the Nadi Chuli and Manaslu mountains.

DAY 5

Sirung to Jagat (1,300m/4265ft): 6 - 7 hours

We depart from Sirung and head toward Jagat along a relatively easy trail. Leaving behind the village's terraced fields, we enter a landscape of forest, ferns, and dense woodland. Along the way, we spot a variety of bird species and pass through several small villages and a few temples that add cultural richness to the journey. At Mipra, we cross a suspension bridge over the Sangu Khola, and later at Syange, we cross another bridge spanning the Marshyangdi River, near a scenic waterfall. From here, the trail follows the powerful flow of the Marshyangdi River, with one final bridge crossing before we arrive at Jagat.

DAY 6

Jagat to Dharapani (1,960m/6,430ft): 7-8 hours

After breakfast, we begin our trek at a relaxed pace. The trail from Jagat descends toward the river, then winds through a lush forest. A steady ascent brings us to a sharp cliff edge overlooking the river. Along the way, the village of Chyamje appears, set against the magnificent backdrop of the towering Annapurna range. After crossing a suspension bridge, we make a steep and challenging climb to Sattale, navigating a slippery and physically demanding trail.

Continuing along rocky paths, we descend to a grassy riverbank that leads us to the village of Tal. As we leave Tal, the trail becomes increasingly rugged and winding. We then arrive at the steeply forested village of Karte. Passing by waterfalls and cliffs, we eventually reach Dharapani after one final suspension bridge crossing. Overnight in Dharapani.

DAY 7

Dharapani to Chame (2,710m/8,891ft): 5 - 6 hours

Today's trek takes us through several forested ridges on our way to Chame, the administrative center of the Manang District. Along the trail, we will be treated to breathtaking views of the Himalayas, including Lamjung Himal, Annapurna II, and Annapurna IV (7,525m / 24,688ft). A highlight of the day is the chance to relax in small natural hot springs along the route—perfect for soothing tired muscles. We spend the night in Chame.

DAY 8

Chame to Pisang (3,300m/10824ft): 5 - 6 hours

We follow a steep and narrow trail through a dense forest, eventually arriving at a strikingly dramatic curved rock face that towers 1,500 meters above the river below. This section marks one of the steepest parts of the Marshyangdi Valley—so sheer that the trail has been carved directly into the vertical cliffside. After navigating this remarkable stretch, the valley suddenly opens up, revealing sweeping, majestic views. Dominating the landscape is Paungda Danda, a massive, sloping rock formation that rises over 5,000 feet (1,500 meters) above the trail. After taking in the scenery, we continue trekking until we reach Lower Pisang, where we spend the night.

DAY 9

Pisang to Manang (3520m/11545ft): 6 - 7 hours

There are two routes to Manang, but we take the trail that leads through Upper Pisang via Geru—renowned for its spectacular views of the surrounding landscapes and towering peaks, including Annapurna and Pisang. As we ascend, the scenery begins to shift noticeably; the lush greenery gives way to a more arid and rugged terrain. The cold, dry climate marks a stark contrast, creating a much harsher environment. Along the way, we make a brief but memorable stop at Barge Monastery, the largest monastery in the Manang District. Overnight in Manang.

DAY 10

Manang: Acclimatization day

To stay active and acclimate to the higher altitude, we will do a short hike today to either Bhojo Gumba or Gangapurna Lake. If we're feeling energetic, we can extend our trek to Vraga Village, where we'll have the opportunity to visit the Himalayan Rescue Association. This visit will provide valuable insights into Acute Mountain Sickness (AMS) and how to recognize its symptoms. We return to Manang for the night.

DAY 11

Manang to Yak Kharka (4,110m/13,484ft): 3 - 4 hours

Leaving Manang village, the trail crosses a stream and ascends to the village of Tenki before continuing its climb out of the Marshyangdi Valley, turning northwest into the valley of Jarsang Khola. The trail follows this valley northward, passing through pastures and scrubby juniper trees, steadily gaining elevation. Along the way, we pass by the small village of Ghunsa, a cluster of mud-roofed homes nestled just below the trailhead. As we continue, the trail winds through meadows where horses and yaks graze peacefully. After crossing a small river on a wooden bridge, we pass an ancient Mani wall set in a scenic meadow before reaching the small village of Yak Kharka. Overnight in Yak Kharka.

DAY 12

Yak Kharka to Thorong Phedi (4,600m/15,092ft): 3 - 4 hours

Today's trek is an uphill climb to Thorang Phedi. After some time on the trail, we cross a suspension bridge and arrive at Ledar village. From there, we continue ascending, passing towering cliffs as we approach Thorang Phedi, the last village before reaching Thorong-La Pass. Along the way, we are rewarded with stunning views of Mt. Gundang, Mt. Syagang, Thorung Peak, and Mt. Khatungkan. The term *Phedi* in Nepali refers to the foot of a mountain, signifying our proximity to the towering pass ahead. Overnight in Thorong Phedi.

DAY 13

Phedi to Muktinath (3,800m/12,467ft) via Thorong La pass (5416m/17764ft): 7 - 8 hours

Our main objective today is to cross Thorong-La Pass, one of the highest passes in the world. We will be traversing the pass from east to west (Manang to Muktinath), which is the safest and most manageable direction. We rise early, around three in the morning, and begin our ascent. The climb is challenging, but when we finally reach the summit, the sense of accomplishment makes it all worthwhile. After taking a few photos and soaking in the panoramic views, we descend into Muktinath Valley, located at the base of the pass. Overnight in Muktinath.

DAY 14

Muktinath to Marpha (2,670m/8,760ft): 4 - 5 hours

Muktinath is a significant pilgrimage site for both Hindus and Buddhists. In the morning, we visit the Vishnu Temple and a nearby Gompa, soaking in the spiritual atmosphere. Afterward, we descend from the village of Ranipauwa, navigating the steep and barren hillside toward Kagbeni, and then continue on to Jomsom, finally arriving in Marpha. Today's trail offers a surreal experience as we trek along a plateau above the Kali Gandaki River, the world's deepest gorge. The stark, barren landscape here bears a striking resemblance to Tibet. Marpha is renowned as the apple capital of Nepal, where we can enjoy a variety of apple-based products, including the famous local apple brandy, which is well-known throughout the country. Overnight in Marpha.

DAY 15

Marpha to Kalopani (2,530 m/8,300 ft): 5 - 6 hours

From Marpha, we take a new route toward Kalopani, passing through the village of Chokhopani. Along the way, we encounter traditional villages of Thakali people, known for their rich culture and warm hospitality. We also pass through beautiful apple orchards, offering a scenic glimpse into the region's agriculture. As we continue, we are treated to panoramic views of Dhaulagiri, Tukuche, Nilgiri, Fang, and Annapurna I. After Chokhopani, we proceed to Kokhethanti, cross a river, and pass a newly constructed road site before finally reaching Kalopani. Overnight in Kalopani.

DAY 16

Kalopani to Tatopani (1,200m/3,937ft): 6 - 7 hours

Today's journey is mostly downhill. Early in the trek, we cross the bridge at Ghasa, and as we descend to lower elevations, we re-enter subtropical forests rich with lush vegetation. The trail leads us past the beautiful Rupse Chahara waterfall, continuing along the east bank from Kopchepani through Garpar to a bridge at Dana. At Narchyang Besi, we pass a hydroelectric powerhouse that supplies energy to the region. As we move through larger villages, we get a glimpse of the daily lives of the local people. Finally, we reach Tatopani, where we can unwind and enjoy a relaxing soak in the natural hot springs.

DAY 17

Tatopani to Ghorepani (2,850m/9,350ft): 7 - 8 hours

We leave the Kali Gandaki behind and head up the Ghar Khola Valley. The trail takes us through terraced farmlands, surrounded by towering mountains. We pass through the villages of Shikha and Chitre before entering a stunning rhododendron forest. When in bloom, the rhododendron trees, which can reach heights of up to 100 feet, are covered in vibrant pink or red flowers. Continuing on, we reach Ghorepani, a picturesque village perched atop a ridge. Overnight in Ghorepani.

DAY 18

Ghorepani to Poon Hill to Tadapani (2,700m/8,860ft): 6 - 7 hours

To catch the stunning sunrise over the Himalayas, we begin our day with an early morning climb up the steep trail to Poon Hill (3,210m/10,529ft), one of the most popular trekking destinations in the Annapurna region. From the viewpoint, we are treated to breathtaking panoramas of Mustang, Pokhara, and more than 20 towering peaks, including close-up views of the Annapurna and Dhaulagiri ranges. The snow-capped summits shine brightly in the early morning light. After capturing some photographs, we descend back to Ghorepani for breakfast. Later, we head east, climbing a nearby ridge before descending through beautiful rhododendron forests. We pass by magnificent waterfalls and eventually reach Tadapani, where we spend the night.

DAY 19

Tadapani to Pokhara (827m/2,789ft) via Ghandruk: 5 - 6 hours trek, 1 hour drive

From Tadapani, we begin a steep descent through a dense, dark forest, winding our way through a thick expanse of ancient rhododendron trees. When in bloom, these forests transform into vibrant, colorful gardens. Depending on the season, by afternoon, we may also have the chance to admire cherry blossoms blooming on the slopes across the ravine. After trekking a little further, we reach the village of Ghandruk, a hillside settlement with traditional stone houses, primarily inhabited by the Gurung people. From here, we are treated to spectacular close-up views of the towering Fishtail, Annapurna South, and Hiunchuli mountains. We continue our trek to Nayapul, where we board a drive back to Pokhara. Overnight in Pokhara.

DAY 20

from Pokhara to Kathmandu: 5-6 hours

After breakfast, we bid farewell to the beautiful lake city of Pokhara and begin our drive back to Kathmandu. Upon arrival, the rest of the day is free for you to rest or enjoy some souvenir shopping. In the evening, we come together to celebrate the successful completion of our journey with a farewell dinner. Overnight in Kathmandu.

DAY 21

Final departure

Our adventure in Nepal comes to an end today! A Taleju Adventure representative will escort you to the airport approximately 3 hours before your scheduled flight. On your way home, you have plenty of time to plan your next adventure in the wonderful country of Nepal.