



## ● Trekking at a Glance

### DURATION

**14 Days**

### MAX ALTITUDE

**5460m**

### BEST TIME

**Mar - May & Sep - Nov**

### ACCOMMODATION

**Hotel / Tea House**

## THE OVERVIEW

Annapurna Circuit Trek has long been considered as one of the world's greatest like all the best journeys. The trek reveals itself gradually as it climbs through subtropical jungle to a Tibetan influenced valley and then over the high Thorang La pass to the Kali Gandaki valley, a desert like Trans Himalayan region that was once a vital trade corridor to Tibet. Although road construction has affected the treks, the side trips that line the circuit rank among Nepalese. Most spectacular there is a round from Beni and Nayapul. Jomsom spent walking on the road. The trek's real appeal of this...

01

### Arrival at Kathmandu

Upon your arrival at Kathmandu, our representative will meet you at the Tribhuvan International Airport and transfer you to your hotel. You can relax after your journey and prepare for the upcoming trek.

02

### Drive from Kathmandu to Jagat

After breakfast, begin your journey with a scenic drive from Kathmandu to Jagat, which will take approximately 7-8 hours. The drive will take you through beautiful landscapes, crossing rivers and small villages. Once you reach Jagat, you can settle into your lodge and prepare for the trek ahead.

**ALT: 1,300m MEAL: Breakfast, Lunch, Dinner**

03

### Trek from Jagat to Dharapani

Begin your trek to Dharapani, passing through small villages and crossing suspension bridges over rivers. Enjoy the stunning views of the valley and surrounding landscapes as you make your way uphill. The trek today will take approximately 5-6 hours, with a gradual ascent to Dharapani.

**ALT: 1,860m HIKE: 5-6 hours MEAL: Breakfast, Lunch, Dinner**

04

### Trek from Dharapani to Chame

Today's trek leads you through dense forests and traditional villages. The trail offers great views of the surrounding peaks. After a 5-6 hour trek, you'll reach Chame, a small town where you'll stay the night.

**ALT: 2,670m HIKE: 5-6 hours MEAL: Breakfast, Lunch, Dinner**

05

### Trek from Chame to Upper Pisang

The trek takes you through picturesque villages and forests. From Chame, you will ascend to Upper Pisang, which offers magnificent views of the Annapurna range. The trek today will take around 5-6 hours.

**ALT: 3,300m HIKE: 5-6 hours MEAL: Breakfast, Lunch, Dinner**

06

### Trek from Upper Pisang to Nawal

As you continue your trek, you'll pass alpine meadows and beautiful landscapes. The area offers amazing panoramic views of the Annapurna range and other peaks. You will reach Nawal after around 5-6 hours of trekking.

**ALT: 3,660m HIKE: 5-6 hours MEAL: Breakfast, Lunch, Dinner**

07

### Trek from Nawal to Manang

Today, you'll trek to Manang, a beautiful village situated at the foot of the Annapurna mountains. This village is a great place for acclimatization and exploring local culture. The trek will take about 6-7 hours.

**ALT: 3,540m HIKE: 6-7 hours MEAL: Breakfast, Lunch, Dinner**

08

### Acclimatization Day at Manang

Today is a rest and acclimatization day in Manang. You can take a short hike to Bhojo Gumpa or visit the Himalayan Rescue Association for an informative session on altitude sickness and high-altitude trekking. This day allows your body to adjust to the higher altitude before continuing the trek.

**MEAL: Breakfast, Lunch, Dinner**

**09**

### **Trek from Manang to Ledar**

The trail continues through beautiful landscapes, gradually ascending towards Ledar. Enjoy views of the surrounding snow-capped peaks. The trek takes about 4-5 hours today, with a gradual climb through the alpine terrain.

**ALT: 4,200m HIKE: 4-5 hours MEAL: Breakfast, Lunch, Dinner**

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**10**

### **Trek from Ledar to Thorung La High Camp**

Today's trek is more challenging as you ascend towards Thorung La High Camp. The altitude starts to affect your breathing, but the magnificent views of the Annapurna peaks make the effort worthwhile. You will trek for around 5-6 hours to reach the High Camp.

**ALT: 4,925m HIKE: 5-6 hours MEAL: Breakfast, Lunch, Dinner**

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**11**

### **Trek from Thorung La High Camp to Muktinath via Thorung La Pass**

The main challenge of the trek comes today with the crossing of Thorung La Pass (5460m). The views from the top are unparalleled, with panoramic vistas of the Annapurna and Dhaulagiri ranges. After reaching the pass, you will descend towards Muktinath, a sacred pilgrimage site. The trek will take approximately 8 hours.

**ALT: 5,460m HIKE: 8 hours MEAL: Breakfast, Lunch, Dinner**

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**12**

### **Drive from Muktinath to Pokhara**

After the long trek, you will take a jeep or bus ride to Pokhara, a beautiful lakeside city. The journey takes about 7-8 hours and offers scenic views along the way. Once you arrive, you can relax and enjoy the tranquility of the lakeside.

**MEAL: Breakfast, Lunch, Dinner**

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**13**

### **Drive from Pokhara to Kathmandu**

You will now drive back to Kathmandu, where the journey began. The drive will take about 6-7 hours. Once you reach Kathmandu, you can spend your time shopping, exploring, or relaxing in the city.

**ALT: 1,400m MEAL: Breakfast, Lunch, Dinner**

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**14**

### **Departure**

On the final day of your adventure, we will transfer you to the Tribhuvan International Airport for your flight back home. You can look back on your incredible journey through the Annapurna region and the memories you've made along the way.

**ALT: 1,400m MEAL: Breakfast**

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**END OF SERVICES**

## - What's Included

- All Airport Arrival – Departures. Transfers as per schedule in Nepal.
- Hotel Accommodations in Kathmandu with Breakfast (twin sharing).
- Teahouse / Lodge Accommodations During Trek (twin sharing) as per schedule.
- Meals During trek – Breakfast / Lunch / Dinner / Tea or Coffee a day.
- Kathmandu – Pokhara – Pokhara – Kathmandu Tourist Bus Transportation.
- Porters to carry your personal Luggage (2 trekkers equal 1 porter).
- Guide and Porter insurance fee.
- Annapurna Conservation Park Entrance Fee.
- Kathmandu Sightseeing Tour
- Duffle Bag
- First Aid Kit
- Filter Drinking Water.

## - What's Not Included

- International Airfare
- Nepalese Visa fee
- Travel and Rescue insurance
- Personal expenses (phone calls, laundry, bar bills, Battery recharge extra.
- Lunch and dinner in Kathmandu and Pokhara
- Tips for Guide, porter and Driver

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CERTIFIED & AUTHORIZED AGENCY

TAAN   NMA   NTB   NEPAL GOVERNMENT

## Ready for the adventure?

Contact our travel specialists to customize your trek experience or book your spot today.

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