

Annapurna Circuit Trek – Autumn 2025

Explore, ascend, and reach new heights with our expert-guided mountaineering expeditions.

COUNTRY

Nepal

ACTIVITY

Trekking

ACCOMMODATION

Hotel/Lodges/Teahouse

WALKING

4-6 hrs

MAX ALTITUDE

5,416

m

DURATION

14

Days

DIFFICULTY

Moderate

Difficult

GROUP SIZE

5

People

Expedition Overview

The **Annapurna Circuit Trek** is one of the most famous and scenic treks in Nepal, known for its breathtaking landscapes, diverse culture, and high mountain passes. This adventure takes you around the massive **Annapurna range**, offering stunning views of famous Himalayan peaks like **Annapurna I, Dhaulagiri, Machhapuchhre (Fishtail), Tilicho Peak, and Manaslu**.

Walking alongside the **Marshyangdi River**, passing through the world's deepest gorge – **Kali Gandaki Valley**, and experiencing life in the Gurung and Ghale villages, this trek is a true Himalayan journey. The trail reaches its highest point at the famous **Thorong La Pass (5,416m)**, close to the Tibetan plateau.

If you're looking for a complete experience of **trekking in Nepal**, combining mountains, valleys, and culture, the Annapurna Circuit Trek is the ideal choice.

INCLUDES

- 1. All Kathmandu airport transfers –
- 2. 4 nights in a 5-star hotel in Kathmandu (Bed & Breakfast) –
- 3. Licensed English-speaking trekking guide and porter support –
- 4. All required permits (Annapurna Conservation Area Permit & TIMS card) –
- 5. Private ground transport: Kathmandu ? Chame, Jomsom ? Kathmandu –
- 6. All meals during the trek (Breakfast, Lunch, Dinner, Tea & Coffee) –
- 7. Lodges/tea house accommodation during the trek –
- 8. Kathmandu sightseeing tour (Swayambhunath, Boudhanath & Pashupatinath) –
- 9. Staff wages, insurance, and proper trekking gear –
- 10. Complimentary trekking duffle bag, neck warmer, and cap –
- 11. Comprehensive first-aid kit for safety –

EXCLUDES

- 1. International flights to/from Kathmandu –
- 2. Nepal entry visa fee (\$50 for 30 days) –
- 3. Meals in Kathmandu unless mentioned –
- 4. Travel insurance covering high-altitude trekking & evacuation (mandatory) –
- 5. Extra hotel nights in Kathmandu due to delays or early return –
- 6. Internet, laundry, phone calls, and drinks during the trek –
- 7. Camera/drone permits (if required) –

• 8. Tips for guides and porters (optional but customary) –

Trip Itinerary

Days	Program	Meals	Accommodation	Description
1	Arrive in Kathmandu (1,400m), transfer to hotel	B	Hotel	
2	Kathmandu sightseeing & trek preparation	B/D	Hotel	
3	Drive from Kathmandu to Besisahar (760m)	B/L/D	Lodge	
4	Drive to Chame (2,630m), gateway to Annapurna	B/L/D	Lodge	
5	Trek to Pisang (3,300m), stunning Himalayan views	B/L/D	Lodge	
6	Trek to Manang (3,500m), explore mountain culture	B/L/D	Lodge	
7	Rest & acclimatization day in Manang	B/L/D	Lodge	
8	Trek to Ledar (4,200m), heading towards Thorong La	B/L/D	Lodge	
9	Trek to Thorong Phedi (4,600m)	B/L/D	Lodge	
10	Cross Thorong La Pass (5,416m), descend to Jomsom (3,710m)	B/L/D	Lodge	
11	Drive from Jomsom to Pokhara	B/L/D	Hotel	
12	Domestic flight: Pokhara ? Kathmandu	B/L/D	Hotel	
13	Contingency day (for weather or delays)	B	Hotel	
14	Final departure from Kathmandu	B	-	

Trekking Gear List

Travel Documents

- Valid Passport
- Debit/Credit Card
- PP Size Photos(4 Pieces)
- Insurance Paper/Certificate

Medicine / First Aid Kits

- Paracetamol

Upper Body

- Thermal Base Layer
- Fleece Jacket
- Gore Tex Jacket
- Warm Jacket
- Wind Proof Jacket
- Down Jacket
- Cotton T-Shirt

Lower Body

- Trowser
- Bottom Base Layer
- Fleece Trouser
- Gore Tex Pant
- Heavy Weight Pant
- Mid Weight Pant
- Trekking Pant
- Under Wear
- Down Pant
- Gaiters for Trekking Boots
- Climbing Boot -6000m
- Normal Socks
- Summit Socks
- Trekking Shoes
- Thermal Bottom Base Layer
- Trekking Pants

Foot Wear

- Summit Boot - 8000m
- Sport Shoes

Hand

- Thin Fleece Gloves
- Wind Stopper Gloves
- Heavy Gloves(Guide)
- Summit Gloves

Head

- Sun Cap
- Desert Cap
- Fleece Hat/Warm Hat
- Neck Gaiter

Eating & Drinking

- Water bottle
- Thermos

Bag Packs

- Rucksack 35L-50L
- Duffle Bag
- Dry Bags

Miscellaneous

- Trekking Pole
- Pocket Knife
- Nail Cutter
- Umbrella/Rain Coat
- Hot Water Bag
- Pee Bottle
- Tenacious Tape Repair
- Altimeter Watch
- Satellite Phone(Optional)
- GPS Tracker
- Power Bank
- Camera