14 PEAKS EXPEDITION

Annapurna Circuit Trek – Autumn 2026

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

BEST SEASON
Summer, Spring, Winter, Autumn

Overview

The **Annapurna Circuit Trek** is one of the **most iconic and diverse trekking adventures in the Himalayas**, offering an unforgettable journey through the heart of Nepal's world-renowned **Annapurna Conservation Area**. Renowned as one of the **best treks in Nepal**, the route showcases an extraordinary variety of landscapes, from lush subtropical forests and terraced farmland to alpine meadows, glacial valleys, and the rugged high-altitude terrain surrounding the majestic Annapurna massif.

This spectacular Himalayan adventure circles the **Annapurna Range**, rewarding trekkers with breathtaking views of **Annapurna I (8,091m), Dhaulagiri (8,167m), Machhapuchhre (Fishtail), Tilicho Peak, Manaslu, and numerous snow-capped Himalayan giants**. The trail follows the scenic **Marshyangdi River**, traverses traditional Gurung, Thakali, and Tibetan-influenced villages, crosses the legendary **Thorong La Pass (5,416m)**, and descends through the dramatic **Kali Gandaki Gorge**, the deepest gorge in the world.

With **14 Peaks Expedition**, you'll experience the Annapurna Circuit Trek with experienced local guides, premium logistics, carefully selected accommodations, and uncompromising safety standards. Whether you're seeking one of the **most scenic treks in the Himalayas**, an authentic cultural journey, or a classic Nepal trekking experience, the **Annapurna Circuit Trek** offers an extraordinary adventure through some of the world's most spectacular mountain landscapes.

Experts

- Tashi Lakpa Sherpa
- Nima Rinji Sherpa
- Pasang Phurba Sherpa
- Dinesh Rai
- Phurkitar Sherpa
- Mitenji Sherpa

Services

INCLUDES

- **1. Transportation & Logistics** – Your journey begins with private airport transfers between Tribhuvan International Airport and your hotel in Kathmandu. The package includes private ground transportation from Kathmandu to Chame, the starting point of the trek, and from Jomsom

back to Kathmandu upon completion of the adventure. All trekking logistics are professionally managed by 14 Peaks Expedition to ensure a seamless and comfortable experience.

- **2. Accommodation** – The package includes four (4) nights' accommodation in a carefully selected 5-star hotel in Kathmandu on a bed and breakfast basis. During the trek, accommodation is provided in comfortable mountain lodges and traditional tea houses, offering a warm and authentic Himalayan experience.
- **3. Meals** – Three freshly prepared meals each day (breakfast, lunch, and dinner), including tea and coffee, are provided throughout the trekking period. Our guides carefully select hygienic lodges serving nutritious meals to keep you energized while trekking through the Annapurna region.
- **4. Permits & Government Fees** – All required trekking permits and government fees are included, including the Annapurna Conservation Area Permit (ACAP) and the Trekkers' Information Management System (TIMS) Card, together with all applicable local administrative fees.
- **5. Professional Guides & Trek Support** – Your trek is led by an experienced English-speaking licensed trekking guide, supported by professional porters and the operations team of 14 Peaks Expedition. All staff salaries, accommodation, meals, insurance, equipment, and wages are fully covered throughout the trek.
- **6. Safety & Medical Support** – Your safety is our highest priority. The expedition includes a comprehensive first-aid medical kit carried by your guide, continuous safety monitoring, and full emergency assistance throughout the trek.
- **7. Sightseeing & Hospitality** – Before your trek, enjoy a guided sightseeing tour of Kathmandu's UNESCO World Heritage Sites, including Swayambhunath (Monkey Temple), Boudhanath Stupa, and Pashupatinath Temple. A pre-trek briefing and welcome meeting with your guide ensure you are fully prepared for the journey ahead.
- **8. Complimentary Trekking Gear** – Each participant receives a complimentary 14 Peaks Expedition Duffle Bag, Expedition Cap, and Neck Warmer as part of the trekking package.

EXCLUDES

- **1. International Travel & Entry Requirements** – International airfare to and from Kathmandu and the Nepal Entry Visa fee are not included. Visitors may obtain a Nepal visa upon arrival at Tribhuvan International Airport or through their nearest Nepalese Embassy.
- **2. Meals & Accommodation in Kathmandu** – Lunch and dinner during your stay in Kathmandu are not included unless specifically mentioned in the itinerary. Additional hotel accommodation resulting from early arrival, late departure, itinerary changes, or personal preferences is also excluded.
- **3. Personal Travel Insurance** – Comprehensive travel insurance covering high-altitude trekking, emergency helicopter evacuation, medical treatment, rescue, repatriation, trip cancellation, and trip interruption is mandatory. A copy of your insurance policy must be provided before your arrival in Nepal.
- **4. Personal Expenses** – Personal expenses including internet access, telephone calls, laundry services, battery charging, hot showers, bottled beverages, alcoholic drinks, snacks, souvenirs, and any other items of a personal nature are not included.
- **5. Personal Equipment & Special Permits** – Personal trekking equipment, including clothing, trekking boots, sleeping bag, trekking poles, backpack, and personal medical kit, is not included. Fees for professional filming, camera permits, and drone permits are also the responsibility of the

participant.

- **6. Staff Gratuities** – Tips for your trekking guide and porters are not included. While entirely voluntary, gratuities are customary and greatly appreciated in recognition of their professionalism and dedication throughout the trek.
- **7. Additional Services** – Any services, activities, transportation, or personal expenses not specifically mentioned under the "What's Included" section, including costs resulting from itinerary changes, weather conditions, flight delays, or circumstances beyond the control of 14 Peaks Expedition, are excluded.

Itinerary

Days	Date	Program	Altitude	Meals	Accommodation	Description
1	12 Oct, 2026	Arrival in Kathmandu & transfer to the hotel (1,400m).	1,400m	B	Hotel	
2	13 Oct, 2026	Kathmandu sightseeing & trek preparation	1,400 m	B/D	Hotel	
3	14 Oct, 2026	Drive from Kathmandu to Besisahar (760m)	760 m	B/L/D	Lodge	
4	15 Oct, 2026	Drive to Chame (2,630m), gateway to Annapurna	2,630 m	B/L/D	Lodge	
5	16 Oct, 2026	Trek to Pisang (3,300m), stunning Himalayan views	3,300 m	B/L/D	Lodge	
6	17 Oct, 2026	Trek to Manang (3,500m), explore mountain culture	3,500 m	B/L/D	Lodge	
7	18 Oct, 2026	Rest & acclimatization day in Manang	3,500 m	B/L/D	Lodge	
8	19 Oct, 2026	Trek to Ledar (4,200m), heading towards Thorong La	4,200 m	B/L/D	Lodge	
9	20 Oct, 2026	Trek to Thorong Phedi (4,600m)	4,600 m	B/L/D	Lodge	
10	21 Oct, 2026	Cross Thorong La Pass (5,416m), descend to Jomsom (3,710m)	3,710 m	B/L/D	Lodge	
11	22 Oct, 2026	Drive from Jomsom to Pokhara	822m	B/L/D	Hotel	
12	23 Oct, 2026	Domestic flight: Pokhara ? Kathmandu	1,400 m	B/L/D	Hotel	
13	24 Oct, 2024	Contingency day (for weather or delays)	1,400 m	B	Hotel	
14	25 Oct, 2026	Final departure from Kathmandu	-	B	-	

Gear List

Travel Documents
Valid Passport | Debit/Credit Card | PP Size Photos(4 Pieces) | Insurance Paper/Certificate | Emergency Contact Details

Medicine / First Aid Kits
Paracetamol 500 mg | Ibuprofen 400mg | Oral Rehydration Salts (ORS) | Loperamide | Cetirizine | Omeprazole | Antacid Tablets | Cough Lozenges | Lubricating Eye Drops | Antiseptic Wipes | Blister Plasters | Acetazolamide (Diamox) 250 mg | Aspirin 300mg | Ondansetron 4 mg

Upper Body
Thermal Base Layer | Fleece Jacket | Gore Tex Jacket | Heavy Down Jacket | Cotton T-Shirt | Dry-Fit Tshirt | Light Down Jacket

Lower Body
Thermal Base Layer | Fleece Trouser | Gore Tex Pant | Trekking Pant | Under Wear | Down Pant | Gaiters for Trekking Boots

Foot Wear
Normal Socks | Trekking Shoes | Sport Shoes | Slippers

Hand
Thin Fleece Gloves | Wind Stopper Gloves

Head
Sun Cap | Fleece Hat/Warm Hat | Neck Gaiter

Sun Stuff
Sunscreen | Lip Guard (SPF) | Moisturizer

Eating & Drinking
Water bottle | Thermos

Toiletries
Toothbrush | Towel | Wet Wipes | Toothbrush | Shampoo | Body Lotion

Sleeping Stuffs
Sleeping Bag

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

Miscellaneous
Pocket Knife | Nail Cutter | Umbrella/Rain Coat | Tenacious Tape Repair | Power Bank | Camera

Climbing Equipment
Trekking Pole | Head Light

Gallery



FAQs

What is the Annapurna Circuit Trek?
The Annapurna Circuit Trek is one of Nepal's most popular trekking routes that circles the Annapurna Massif. It takes you through diverse landscapes, remote Himalayan villages, and crosses Thorong La Pass (5,416m), one of the highest trekking passes in the world.

How difficult is the Annapurna Circuit Trek?

The Annapurna Circuit Trek is considered moderate to challenging, depending on your fitness level and prior trekking experience. The main challenge is crossing Thorong La Pass at 5,416 meters. With proper acclimatization and an experienced guide, it is achievable for anyone with good fitness.

How many days does the trek take?

Our standard Annapurna Circuit Trek itinerary is 14 days, including arrival, acclimatization, trekking days, and sightseeing. The actual trekking portion takes around 10–11 days.

When is the best time to trek the Annapurna Circuit?

The best seasons are: ? Autumn (September – November): Clear skies, stable weather, and stunning mountain views. ? Spring (March – May): Warm temperatures, blooming rhododendrons, and great views. These are the peak trekking in Nepal seasons.

What is the maximum altitude on the trek?

The highest point of the Annapurna Circuit is Thorong La Pass at 5,416 meters (17,769 feet), one of the highest trekking passes in the world.

What permits do I need for the Annapurna Circuit?

You'll need two permits: • Annapurna Conservation Area Permit (ACAP) • TIMS (Trekkers' Information Management System) card We arrange all necessary permits for you.

Do I need travel insurance?

Yes, travel insurance is mandatory, and it should cover high-altitude trekking and emergency evacuation by helicopter. You will need to send us a copy of your insurance before your trip.

What kind of accommodation is available during the trek?

Accommodation includes: ? 4 nights in a 5-star hotel in Kathmandu ? Simple but cozy tea houses/lodges along the trekking route, providing basic rooms with twin beds and shared bathrooms.

Is there Wi-Fi and charging facilities on the trek?

Wi-Fi and charging are available in some villages for a small fee, but connection can be slow and unreliable. We recommend enjoying the nature and taking this as a digital detox.

Can beginners do the Annapurna Circuit Trek?

Yes, beginners with good fitness levels and a positive attitude can do the Annapurna Circuit, especially if they are hiking with a guided group and take enough time to acclimatize properly.

What is the food like on the trek?

The food is freshly prepared in the tea houses and includes: ? Dal Bhat (Nepali rice & lentils) ? Pasta, noodles, soups, and fried rice ? Eggs, bread, porridge for breakfast ? Tea and coffee are included during meals.

Can I rent trekking gear in Kathmandu?

Yes, you can rent or buy most trekking equipment in Kathmandu, including sleeping bags, down jackets, and trekking poles. However, we recommend bringing your own well-fitted boots and personal gear.

What happens if I get altitude sickness?

Our guides are trained in altitude sickness prevention and first aid. If symptoms appear, we follow safe acclimatization practices, and in serious cases, we arrange immediate helicopter evacuation.

How do I book the trek and make payments?

You can reserve your spot by paying 30% of the total cost to confirm your booking. The full balance is due 10 days before arrival in Kathmandu. We accept bank transfer and credit card payments (4% charge applies for credit card use).