



Annapurna Circuit x Cho La Pass — Trek 2026

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

COUNTRY

Nepal

ACTIVITY

14 Peaks Exclusive

ACCOMMODATION

Hotel | Mountain Lodge

WALKING

5 - 8 Hrs

MAX ALTITUDE

5,420

m

DURATION

19

Days

DIFFICULTY

Challenging

Difficult

BEST SEASON

Autumn

Overview

The Annapurna Circuit leads to the world-renowned Thorong La Pass, the highest mountain pass on Earth at 5,416m, offering stunning 360-degree views of the surrounding ranges. The trek winds through culturally rich villages and dramatic, varied landscapes, following a well-paced itinerary built around safety and proper acclimatization.

The journey continues to the Cho La Pass, a physically demanding high-altitude route in the Everest region, adding a serious mountaineering challenge to the trek's second half.

Led by 14 Peaks Expedition, this Ultimate VIP Trekking and Expedition experience combines adventure, comfort, and a high standard of safety, backed by experienced leaders and Sherpa support throughout.

Services

INCLUDES

- **1. ARRIVAL AND DEPARTURE** – Airport - Hotel transfers – Airport (Pick Up and Drop), by Tourist vehicle.
- **2. HOTEL ACCOMMODATION IN KATHMANDU** – 4 nights hotel in Kathmandu (5-star category) - on twin sharing basis (B & B plan).
- **3. WELCOME DINNER** – One welcome dinner in a tourist standard restaurant in KATHMANDU with office staff.
- **4. PERMIT** – Annapurna conservation area entry permit, TIMS, Khumbhu Rural municipality and Sagarmatha national park entry permit.
- **5. INSURANCE** – Medical & Emergency rescue insurance for all involved Nepalese staff during the trek.
- **6. DUFFLE BAG** – One 120L 14 Peaks Expedition's duffle bag (Caps/neck warmer).
- **7. MEMBER TRANSPORTATION** – Heli flight from Kathmandu to Chame/Pisang and heli flight from Muktinath to Everest Base camp via Kathmandu and while returning as per itinerary.
- **8. MEMBER LUGGAGE** – Up to 15 Kg per member for personal baggage during the trek to be carried by porters. (1 porter: 2 members)

- **9. FOOD AND LODGING** – Food 3 meals a day (including tea and coffee) and accommodation at Hotel/Lodge/Tea house during the trek.
- **10. Trekking GUIDE** – Local government licensed guide (English speaking) during the trek and two assistant guide and necessary porter during the trek.
- **11. STAFF SALARY AND ALLOWANCE** – All Nepalese staff & porters' daily wages, salary, equipment, foods & clothing.
- **12. MEDICAL KIT** – Comprehensive medical kit for members and staff.

EXCLUDES

- **1. AIR FARE** – International flight airfare (from and to Kathmandu).
- **2. NEPAL ENTRY VISA FEE** – Nepalese visa fee is \$50 USD for 30 Days or (\$125 for 90 days).
- **3. LUNCH & DINNER** – In case of early return from trekking than the scheduled itinerary.
- **4. EXTRA NIGHT IN KATHMANDU/LUKLA** – In case of early arrival or late departure, early return from trekking or domestic flight cancellation (due to any other reason) than the scheduled itinerary.
- **5. INSURANCE POLICY** – Insurance to cover both medical and high-altitude evacuation costs (If incase for the trip cancellation, high-altitude rescue & air evacuation, medical treatment, etc.) Mandatory (Send us a copy of your insurance policy before your arrival.)
- **6. PERSONAL EXPENSES** – Clothing, packing items, personal medical kit, personal trekking gears and equipment, telephone Calls, internet, toiletries, battery recharge, hot shower, laundry, soft drinks, alcoholic beverages
- **7. FILMING** – Special filming, camera, and drone permit fee.
- **8. INTERNET SERVICE** – Not included during the trek and expedition.
- **9. TIPS** – For guide, assistant guides and porters
- **10. EXTRA** – Any services or activities, which are not mentioned in the itinerary and not listed in the “Cost Includes” section.

Itinerary

Days	Date	Program	Altitude	Meals	Accommodation	Description
1	24 Oct, 2026	Arrival in Kathmandu and transfer to the hotel.	1,400 m	B	Hotel Aloft	
2	25 Oct, 2026	City tour and final preparation	1,400 m	B	Hotel Aloft	
3	26 Oct, 2026	Heli flight to Chame acclimatization hike and rest day	2,650 m	B L D	Lodge	
4	27 Oct, 2026	Drive from Chame to Lower Pisang and hike to upper Pisang	3,300 m	B L D	Hotel Royal Nyeshang Cottage	
5	28 Oct, 2026	Ascend steeply to Ghyaru to Ngawal and descend down to Manang via Braga	3,540 m	B L D	Lodge	
6	29 Oct, 2026	Acclimatization day with a hike and rest day	3,540 m	B L D	Lodge	
7	30 Oct, 2026	Trek to Yak Kharka	4,110 m	B L D	Hotel Gangapurna	
8	31 Oct, 2026	Trek to Thorong Phedi	4,450 m	B L D	Thorong Base camp lodge	

Days	Date	Program	Altitude	Meals	Accommodation	Description
9	01 Nov, 2026	Ascend to Thorong La Pass (5,416m) and descend down to Phedi/Muktinath	3,800 m	B L D	Hotel De Purang	
10	02 Nov, 2026	Heli flight to Lukla from Muktinath (or night in Kathmandu in case of bad weather)	2,860 m	B L D	Hotel Ganesh Himal	
11	03 Nov, 2026	Heli flight to Lukla and to EBC, Lunch at Gorakshep. Hike to Kalapatthar (5,550m) and descend down to Lobuche	4,940 m	B L D	Himalayan eco Lodge	
12	04 Nov, 2026	Trek down from Lobuche to Dzongla	4,830 m	B L D	Cholatse Inn	
13	05 Nov, 2026	Ascend to Chola pass (5,420m) and descend down to Thaknak and to Gokyo lake	4,750 m	B L D	Himalayan eco lodge	
14	06 Nov, 2026	Trek down from Gokyo lake to Machhermo	4,470 m	B L D	Lodge Machhermo	
15	07 Nov, 2026	Descend down to Namche Bazzar	3,440 m	B L D	Lodge/Hotel Sheriyang	
16	08 Nov, 2026	Trek down to Lukla and if possible heli transfer to Kathmandu	2,840 m	B L D	Ganesh hotel /Aloft	
17	09 Nov, 2026	Contingency day	1,400 m	B	Hotel Aloft	
18	10 Nov, 2026	Souvenir Shopping day in Kathmandu and farewell dinner	1,400 m	B	Hotel Aloft	
19	11 Nov, 2026	Departure for home or continue your next adventure	-	-	-	

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
- Electrolyte tablets
- Cetirizine
- Omeprazole
- Antacid Tablets
- Cough Lozenges
- Lubricating Eye Drops
- Antiseptic Wipes
- Blister Plasters
- Acetazolamide (Diamox) 250 mg
- Dexamethasone 4 mg
- Nifedipine 30mg
- Aspirin 300mg
- Ondansetron 4 mg

Upper Body

- Thermal Base Layer
- Fleece Jacket
- Gore Tex Jacket
- Warm Jacket
- Wind Proof Jacket
- Heavy Down Jacket
- Cotton T-Shirt
- Light Down Jacket
- Dry-Fit Tshirt

Lower Body

- Thermal Base Layer
- Fleece Trouser
- Gore Tex Pant
- Heavy Weight Pant
- Mid Weight Pant
- Trekking Pant
- Under Wear
- Down Pant
- Gaiters for Trekking Boots

Foot Wear

- Summit Boot - 8000m
- Normal Socks
- Summit Socks
- Trekking Shoes
- Sport Shoes
- Camp Booties
- Slippers
- Warm Climbing Socks
- Liner Socks

Hand

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

Head

- Glacier Glasses (Polarized UV Protection)
- Sun Cap
- Desert Cap
- Fleece Hat/Warm Hat
- Neck Gaiter
- Snow Goggles (UV Protection)
- Balaclava

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
- Down Sleeping Bag
- Therm-a-Rest Mattress
- Sleeping Bag Liner
- Inflatable Pillow

Bag Packs

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

Miscellaneous

- 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

Climbing Equipment

- Climbing Boot -6000m
- Trekking Pole
- Ice Tool/AXE
- Crampons
- ATC GUIDE
- Unlock Carabiner
- Jumar/Ascender
- Locking Carabiner
- Head Light
- Tape Sling
- Summit Down Suit
- Climbing Harness
- Climbing Helmet

FAQs

What is the highest altitude reached?

The Annapurna section reaches Thorong La Pass at 5,416m, while the Cho La section crosses Cho La Pass at approximately 5,420m.

What makes this trek special?

It combines two of Nepal's most spectacular trekking experiences—the Annapurna Circuit and Cho La Pass—for a diverse journey through contrasting Himalayan landscapes and cultures.

What mountains can I see during the trek?

Depending on the route and weather, you can enjoy views of Annapurna, Dhaulagiri, Manaslu, Machhapuchhre, Everest, Lhotse, Ama Dablam, Cho Oyu and other Himalayan peaks.

What type of accommodation is provided?

Accommodation is provided in carefully selected hotels, lodges, and mountain teahouses, depending on the location and availability.

How can we book the trek?

Contact the 14 Peaks Expedition team with your preferred dates and group details. Our team will guide you through availability, itinerary, preparation, and booking.

Why choose 14 Peaks?

Expert Himalayan guides, premium logistics, personalized service, and uncompromising attention to safety.

What makes 14 Peaks different?

We combine Himalayan expertise, seamless logistics, and personalized service to create exceptional mountain journeys.