

# 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   Summit Down Suit – 8000M

### 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

Trouser   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  
Snow Goggles   Balaclava

### 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   GPS Tracker