

14 Days Annapurna Circuit Trek

Destination: Nepal

Trip Difficulty: Moderate - Strenuous

Best Season: Spring & Autumn

Max Elevation: 5416 m

14 Days Annapurna Circuit trek is an amazing classic journey located in the northwest part of Nepal. The Annapurna conservation area is one of Nepal's popular treks that offers a wide range of outstanding natural and cultural amusement.

Annapurna Circuit Trek- 14 Days Highlights

- Sightseeing tour in Kathmandu
- thrilling drive from Kathmandu - Manang- Chame
- visit local villages of Gurung and Tibetan people
- explore the mountain culture and lifestyle of them
- Inspiring Mountain view of the Annapurna and Dhaulagiri
- Natural bath at a hot spring
- visit several unique monasteries and temples

Annapurna Circuit Trek Guide, Itinerary, Foods, Accommodations, Insurance, Season & Gears

The exciting 14-day Annapurna circuit trek is designed for all of us who desire to face some of the world's tallest and greatest mountains. It's been the ultimate hiking destination for most hikers.

Our Annapurna Circuit Trek -14 Days Itinerary has been considerably developed for a high-altitude, sickness-friendly trekking itinerary, which will allow us to take some extra days for acclimatization during the trek.

Moreover, the Annapurna Circuit trek is a perfect journey for those of us who want to explore the diversity of culture and nature.

Our Classic Annapurna Circuit Trek offers extremely outstanding Mountain views of Annapurna, Dhaulagiri, and many other magnificent snowy peaks; the trek itself immersed into the lush forest of rhododendrons, typical villages of mountains, numerous temples, and monasteries.

Nevertheless, this trek will lead us to one of the most beautiful parts of the Himalayas on earth, crossing all the way to Throng La (5416m), the highest trekking pass in the world, connecting a leisure hike through various landscapes that range from sub-tropical through striking alpine lake and peaks till the arid desert area of the Manang to Jomsom- another side of the circuit trek.

This journey is a complete package of the Himalayas trek which allows us to experience the lifestyle of the mountain people and their hospitable culture thoroughly. Hence, this trek is more than just a trek.

The 14 days Annapurna circuit itinerary is a suitable and familiar trekking itinerary that one can experience with reasonable fitness and it's comfortable for both experienced and inexperienced trekkers. No, previous hiking or trekking experience is required.

Our fourteen-day Annapurna Circuit Trek journey starts from the hustle and bustle city of Kathmandu, taking a scenic drive through the beautiful local villages to Besisahar.

For the next day, we take another drive through the hills to Chame, where we start our exciting trekking.

However, our itinerary covers the most fascinating local villages of Gurung and Magar communities and their culture. This trek is considered a moderate to challenging hike that will take us to the isolated valley of Manang and Mustang regions of Nepal.

Are you ready to challenge yourself on your adventure trip to the Himalayas? Come and experience the magnificence of Annapurna massif.

We assure you that we will make your adventure a more thrilling and memorable experience once in a lifetime.

For more information regarding the tour or customizations, please [Contact Us](#) or drop us a message on WhatsApp: **+977 9851175531 (Dil)**. We will be happy to assist you!

Additional Benefits of this Trek with ART

- Free Airport transfer from the Airport to the Hotel and visa versa.
- **Trekking equipment** such as the Sleeping bag, Down jacket, and walking poles (rental is included if needed if you do not have your own)
- High altitude sickness medicines with the first aid kit.
- **Souvenir:** Trekking route map/browser and printed ART's hiking T-shirt
- An Oximeter to measure your Oxygen and Pulse at high altitudes to find out your accurate health condition while you are trekking in the mountain.
- [WOKI TOKI \(https://en.wikipedia.org/wiki/Walkie-talkie\)](https://en.wikipedia.org/wiki/Walkie-talkie) is for communication during the trek.

- The bag store was placed at the ART safe and sound store.
- The Kathmandu Valley sightseeing tour with a guide at the end of the trek is complimentary.
- Emergency helicopter rescue assistance in arranging the helicopter in the worst-case scenario (should be paid by your travel insurance).
- Live cultural shows at the local restaurant during the farewell dinner.

Day to Day Itinerary

Day 1: Arrival in Kathmandu and preparations

Day 2: Drive from Kathmandu to Besishar by local deluxe bus (5-6 hrs)

Day 3: Drive from Besishar to Chame (5-6 hrs)

Day 4: Trek from Chame to Pisang (5-6 hrs)

Day 5: Trek from Pisang to Manang (5-6 hrs)

Day 6: Acclimatization day at Mamang

Day 7: Trek from Manag to Yak Kharka (4 hrs)

Day 8: Trek from Yak kharka to Thorong Phedi (4 hrs)

Day 9: Trek from Throng phedi- Thorung La (5,416 m/17,756 ft) - Muktinath

Day 10: Trek from Muktiunath to Jomsom (4 hrs approx)

Day 11: Drive from Jomsom to Tatopani (5-6 hrs)

Day 12: Drive from Tatopani to Pokhara (5-6 hrs)

Day 13: Drive back from Pokhara to Kathmandu by tourist bus (5-6 hrs)

Day 14: Final Depature

Cost Includes

- Private Transfers for the International airport on arrival and departure date.
- A Full-board meal (Breakfast, Lunch, and Dinner, the main course) during the trek.
- A professional, experienced, and friendly Alpine Ramble's government-licensed holder guide covering meals, flight, insurance, accommodations, and equipment for

14 days.

- All the trekking documents
- Annapurna Conservation Area Permits (ACAP) Fee
- Trekking Information Management System (**TIMS**) Card.
- **Trekking equipment** such as the Sleeping bag, down jacket, and duffle bag
- All the accommodations in the best available mountain Tea Houses during the trek
- Enough Water purification tablets to purify your water during the trek for safe drinking water
- A handful of assistance guides for the group
- Transportation from Kathmandu – Besishar- Chame, and Jonson - Tatopani - Pokhara - Kathmandu by local sharing bus / Jeep
- Pokhara -Kathmandu transfer by tourist bus
- Snacks (crackers) and seasonal fresh fruits are available during the trek.
- ART's Certificate of appreciations after the successful trek
- **Farewell dinner** at the best typical Nepalese restaurant along with the cultural performances
- Alpine Ramble's complimentary free T-shirt, route-map, and duffel bags
- **An Oximeter** to monitor your oxygen and pulse at the high altitude area.
- A basic first aid box including Diamox for high altitude sickness
- Emergency rescue operation assistance is arranged in case of complex health conditions in the mountain (funded by Travel Insurance)
- **All government**, Local taxes, and official Expenses
- **10% OF ALL PROCEEDS GO TO SUPPORT OUR [SOCIAL IMPACTS INITIATIVE](https://www.alpineramble.com/mission)**
[\(<https://www.alpineramble.com/mission>\)](https://www.alpineramble.com/mission)

Cost Excludes

- Nepal entry visa fees (you can easily issue the visa on arrival at Tribhuvan International Airport, Kathmandu). \$25 USD for 15 days Visa.

- Extra accommodation and meals behind schedule (Foods and accommodations before or after the trek)
- Extra drinks as alcoholic & non-alcoholic such as Fanta, Coca-cola, sprite, water, beer, etc.
- Additional costs are out of management control due to the landscape, weather conditions, illness, change of government policies, strikes, and physical conditions, etc.
- Personal expenses such as snacks, laundry, telephone, WIFI, hot shower, etc at tea houses on a trek.
- Travel insurance has to cover emergency rescue evacuation from high-altitude
- Personal [trekking equipment \(https://www.alpineramble.com/trekking-equipment.html\)](https://www.alpineramble.com/trekking-equipment.html) for this trek
- Tips for guide and staff (Recommended by culture)
- Any other expenses that are not mentioned in the Price Include section of this trek.