

Travel Itinerary

DAY : 1

Arrive at Tribhuvan International Airport and transfer to your hotel. Spend the day preparing for the trek and attending a briefing.

DAY : 2

Drive to Dharapani (1,960m / 6,430ft) An early morning scenic drive by jeep or bus to Dharapani, the starting point of the trek, takes approximately 8-9 hours. Overnight at a comfortable lodge.

DAY : 3

Trek to Chame (2,710m / 8,890ft) The trek begins, passing through villages and forests with views of Manaslu and Annapurna peaks. The trek takes 5-6 hours. Overnight at a comfortable lodge.

DAY : 4

Trek to Pisang (3,115m / 10,200ft) Continue through pine forests and up the Marsyangdi Valley, reaching Pisang in 4-5 hours. Enjoy views of Annapurna II and Mt. Pisang

DAY : 5

Trek to Manang (3,540m / 11,614ft) The trail enters the upper Manang area with a more barren landscape. This segment takes 6-7 hours. Explore the large Buddhist monastery in the village.

DAY : 6

Acclimatization Day in Manang (3,540m / 11,614ft) Spend the day acclimatizing to the altitude. Recommended activities include a short hike to Gangapurna Lake or a viewpoint for improved acclimatization.

DAY : 7

Trek to Siri Kharka (4,060m / 13,320ft). Leave the main circuit trail and head towards Tilicho Lake. The trail leads through Khangsar village to Siri Kharka in 4-5 hours.

DAY : 8

Trek to Tilicho Base Camp (4,150m / 13,615ft) Trek on narrow and sometimes landslide-prone paths along the mountainside to Tilicho Base Camp. This trek takes 4-5 hours

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DAY : 9

Visit Tilicho Lake (4,919m) and back to Siri Kharka (4,060m) An early morning, challenging hike takes you to the stunning Tilicho Lake. After enjoying the views, descend back to Siri Kharka. This long day involves 8-9 hours of trekking.

DAY : 10

Trek to Yak Kharka (4,040m / 13,254ft) Rejoin the main Annapurna Circuit trail and trek to Yak Kharka. This section takes about 4-5 hours.

DAY : 11

Trek to Thorong Phedi (4,420m) or High Camp (4,850m) A gradual ascent to Thorong Phedi (4-5 hours) or a further climb to High Camp (total 5-6 hours) to shorten the next day's trek over the pass.

DAY : 12

Cross Thorong La Pass (5,416m), trek to Muktinath (3,800m) This is the most challenging day. Start very early (around 4 AM) for a 7-9 hour trek, ascending to the high pass and then descending to the sacred site of Muktinath to Jomsom.

DAY : 13

Flight from Jomsom to Pokhara and Pokhara to Kathmandu Overnight at Hotel in Kathmandu.

DAY : 14

Departure from Kathmandu Transfer to airport for international departure.