

# **ANNAPURNA CLASSIC FULL 17 day**

## **Highlight information**

- ✓ Classic trek through Nepal's most diverse landscapes — from rice terraces to alpine deserts
- ✓ Cross Thorong La Pass (5,416 m), one of the world's highest trekking passes
- ✓ Explore colorful villages of Manang, Mustang, and Muktinath, and meet Gurung, Thakali, and Tibetan communities
- ✓ Enjoy panoramic views of Annapurna, Dhaulagiri, Manaslu, and Tilicho Peak
- ✓ Optional side trips to Tilicho Lake, Ice Lake, Tatopani hot springs, and Lupra (Bön village), ending with a scenic drive or flight from Jomsom or Pokhara

## **Overview**

The Annapurna Circuit is a legendary trek beloved by mountain lovers, known for its breathtaking views of the Annapurna and Dhaulagiri ranges and its remarkable diversity of landscapes and cultures. The journey begins in lush rice terraces and sub-tropical forests, then climbs through rhododendron-covered hills and alpine meadows before reaching the arid, high-altitude Mustang region.

Along the trail, trekkers enjoy stunning sunrise vistas from famous spots like Poon Hill and the quieter Mohare Danda, each offering sweeping panoramas of snow-capped peaks. A highlight of the adventure is crossing Thorong La Pass at 5,416 m—a challenging yet rewarding experience with unforgettable views across the Himalayan horizon.

From vibrant valleys to wind-swept plateaus, and from traditional Gurung villages to Tibetan-influenced hamlets, the Annapurna Circuit is a journey of constant discovery. Every step reveals new scenery and stories, making this trek one of Nepal's most varied and enriching experiences.

## **Trekking level**

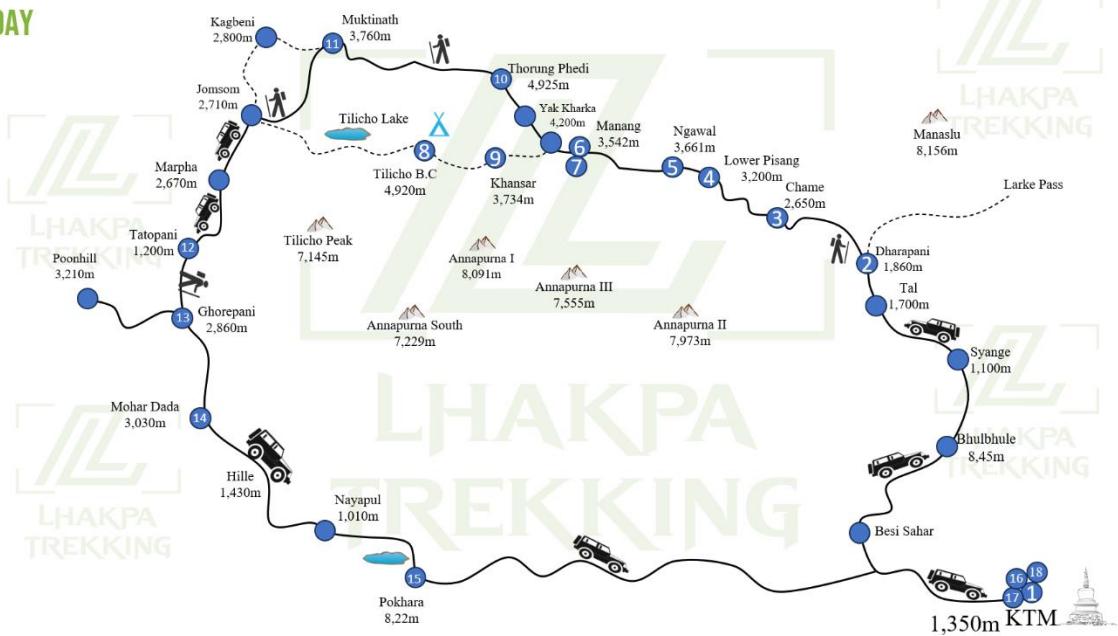
### **Grade 5: Very Strenuous/Challenging Treks**

- ✓ Altitude: Above 6,000 meters
- ✓ Duration: 7–9 hours of walking per day
- ✓ Terrain: High-altitude passes, glaciers, and technical sections
- ✓ Experience Required: Suitable for seasoned trekkers with high-altitude experience
- ✓ Examples: Annapurna Circuit via Thorong La Pass, Makalu Base Camp Trek

## **Trekking Map**

## ANNAPURNA CLASSIC FULL

17 DAY



### Itinerary & map

#### Day 1. Arrive Kathmandu 1350m. Transfer to the hotel

Your happy holiday starts in Kathmandu. From airport to hotel transferred included depending on arrival times, you will be able to have a freshen up before briefing with guide in the late afternoon. According to the time, you can walk/drive to Swayambhunath Stupa (Monkey Temple) and from here watch your first Nepali sunset over the Kathmandu Valley, from the oldest stupas in Nepal and is now an important centre for Buddhism. This is one of the most Important world heritage sites of Nepal.

**Accommodation: Hotel. Meals excluded: Breakfast included, Transfer: 20 M drive**

#### Day2. Kathmandu - Besi Sahar (760 m) - Dharapani (1860 m)

Early morning departure to Besisahar. This route main highway between Nepal and India, we allow till Mugling. Throughout passing numerous villages we arrive to Besisahar to change the jeeps. After Besisahar, the road then turns into a stony track, a little bumpy but bordered by beautiful landscapes of rice fields and traditional Nepalese villages. A few landslides can sometimes delay us or force us to change vehicles several times; Faced with these little daily adventures, it is wise to follow the example of the Nepalese who maintain a smile and good humor... We finally arrive at the Dharapani. Installation at the lodge.

**Accommodation: lodge. Meals included: morning noon evening. Transfer: 6h drive (Besi Sahar) + 3 hours jeep**

### **Day 3. Dharapani - Chame (2700 m)**

After breakfast, the trail climbs steeply to Timang, which marks the end of the vast Marsyangdi Gorge. From there, it gradually levels out as the landscape shifts from dense pine forests to drier hillsides. Beyond Besi Sahar, Chame — the district headquarters of Manang — is the largest settlement in the area.

**Accommodation: lodge. Meals included: morning noon evening.  
Elevation gain: 750 m. Elevation loss: 340 m. 5 hours walking.**

### **Day 4. Chame – Lower Pisang (3200 m)**

After breakfast, the trail follows the Marsyangdi River through pine forests to Bhratang, known for its apple orchards. The valley then opens to the impressive curved rock face of Paungda Danda. After crossing a suspension bridge, you climb to Dukur Pokhari (3,240 m) for lunch with great mountain views, before gently descending to Lower Pisang (3,200 m). You can also visit Upper Pisang for its monastery and wider views. This stage combines forests, river views, and striking mountain scenery.

**Accommodation: lodge. Meals included: morning, noon, evening.  
Elevation gain: 830 m. Elevation loss: 350 m. 6 hours of walking.**

### **Day 5. Pisang - Ghyaru (3720) - Tibetan village of Ngawal (3661 m)**

Today, we climb steeply to Ghyaru, a small Tibetan village at 3,720 meters, known for its stunning mountain views and traditional stone houses. From Ghyaru, the trail crosses open hills to Ngawal (3,661 m), a larger village featuring a beautiful monastery and ancient stone buildings. This quieter route offers beautiful scenery and helps your body acclimatize to the higher altitude before continuing on to Manang.

**Accommodation: lodge. Meals included: morning, noon, evening.  
Elevation gain: 685 m. Elevation loss: 217 m. 6 hours of walking.**

### **Day 6. Ngawal - Braga Monastery - Manang (3542 m)**

After breakfast we follow a scenic, gradually descending trail. Leaving Ngawal, the path winds through open alpine terrain with scattered juniper trees, mani walls, and sweeping views of Annapurna III and Gangapurna. After about 1.5 hours, we reach the historic village of Braga,

home to a 600-year-old monastery perched on a cliff—well worth a short visit for its spiritual ambiance and amazing views. From Braga, the trail becomes easy and mostly flat, following the Marsyangdi River until we reach Manang, a vibrant village and key acclimatization stop on the Annapurna Circuit.

**Accommodation: lodge. Meals included: morning, noon, evening.**

**Elevation gain: 140 m. Elevation loss: 273 m. 4 hours of walking.**

#### **Day 7. Ice Lake (4610 m) (Kicho Tal): Panorama of the Annapurnas / Rest and acclimatization day in Manang**

Starting from Braga or the small hamlet of Manang, the trail climbs steeply through alpine meadows. Due to the high elevation and rugged terrain, the path can be difficult to follow. The highlight of this trek is a stunning glacier lake with crystal-clear turquoise waters that beautifully reflect the surrounding peaks. From here, you'll enjoy panoramic views of Gangapurna and the Annapurna range, including Annapurna II, III, and IV. As an option, Gangapurna Lake offers a shorter and easier alternative for a quick visit or acclimatization, requiring less effort to reach.

**Accommodation: lodge. Meals included: morning, noon, evening**

**Elevation gain: 1100 m. Elevation loss: 1100 m. 7 hours of walking.**

#### **Day 8. Manang - Leather (4217 m)**

Today is a short, easy trek to help your body adjust to the altitude. You'll walk through dry, rocky high-altitude desert land, very different from forests and meadows. Along the way, you might see eagles, marmots, yaks, and blue sheep. The slow pace lets you enjoy mountain views and rest before the next climb.

**Accommodation: lodge. Meals included: morning, noon, evening.**

**Elevation gain: 720 m. Elevation loss: 56 m. 4.5 hours of walking.**

#### **Day 9. Leder - Thorung Phedi (4500m), at the bottom of Thorong La**

Today is another short but important day on the Annapurna Circuit. This trek brings you closer to the challenging Thorong La Pass (5,416 m), one of the highest trekking passes in the world. Along the way, you'll enjoy stunning views of snow-capped peaks, glacial rivers, and the dry, high-altitude landscape. Mountains like Thorong Peak (6,144 m) and Khatung Kang (6,484 m) tower on the horizon, adding to the thrill of this stage.

**Accommodation: lodge. Meals included: morning, noon, evening.**

**Elevation gain: 380 m. Elevation loss: 71 m. 3 hours of walking.**

#### **Day 10. Thorung Phedi - Thorong La pass (5416 m) - Muktinath (3760 m)**

Starting very early, you'll climb steeply but steadily to Thorong La Pass at 5,416 meters, one of the highest trekking passes in the world. At the top, you'll see colorful prayer flags, a Buddhist stupa, and piles of stones made by trekkers. Take a break to enjoy the amazing views of snowy mountains and valleys. After the pass, the trail goes down sharply to Chabarbu, passing meadows and a deep gorge before going up a little again. Then the path gets wider as you reach Muktinath, a sacred place for both Buddhists and Hindus, known for its old temple and natural springs believed to have healing powers. This day is tough but very special. Elevation gain: 912 m.

**Accommodation: lodge. Meals included: morning, noon, evening**

**Elevation loss: 1691m. 8 hours of walking.**

#### **Day11**

##### **Muktinath - Lupra (3000 m) – Drive to Tatopani (1200 m)**

Today is an important day as you spend the morning near Mount Dhaulagiri. After leaving Muktinath, the trail goes to the small, old village of Lupra, avoiding the main road. This area has some of the last Bön monasteries, an ancient religion before Buddhism. To reach Lupra, you go down a steep path into a riverbed. From there, you take a three-hour jeep ride to Tatopani, a busy town by the Kali Gandaki River. Tatopani means “hot water” in Nepali because of its natural hot springs, where you can relax for a small fee of 150 rupees. Don’t forget your swimming gear !

**Accommodation: lodge. Meals included: morning, noon, evening.**

**Transfer: 3 hours**

**Elevation gain: 200 m. Elevation loss: 1100 m. 5 hours of walking.**

#### **Day 12. Tatopani - Sikha (2000 m) – Ghorepani (2860 m)**

The day starts with a short walk on a road and crossing a bridge. Then, you climb uphill through farms and small traditional villages. No need for heavy winter gear today—just a couple of t-shirts will be enough. Near the top, you'll enjoy stunning views of the Annapurna and Dhaulagiri mountains from Poon Hill.

**Accommodation: lodge. Meals included: morning, noon, evening.**

**Elevation gain: 1200 m. Elevation loss: 150 m. 5 hours of walking.**

### **Day 13. Ghorepani – Poonhil (3210 m) Phulbari (3000 m) – Mohare Danda (3030 m)**

To see the beautiful sunrise from Poon Hill, you begin with a steep climb early in the morning over stone steps. On this lovely day, you walk through rhododendron forests, away from the busy trail. The views of the Annapurna and Dhaulagiri mountains are stunning. Then, you follow the ridge to Mohare Danda community lodge, where you can see many peaks, including Annapurna, Machapuchare, Hiunchuli, Mardi Himal, Lamjung Himal, and the towering Dhaulagiri on the other side.

**Accommodation: lodge. Meals included: morning, noon, evening.**

**Elevation gain: 700 m. Elevation loss: 274 m. 5 hours of walking.**

### **Day 14. Mohare Danda – Pokhara (850 m)**

After enjoying the sunrise, the day continues along magnificent ridges filled with rhododendron and tropical forests before descending steeply toward the village of Ulleri via long stone steps. Following lunch in Ulleri, you will catch jeeps to Pokhara

**Accommodation: Hotel. Meals included: morning.**

**3h hour transport.**

**Elevation up: 1260 m. Elevation down: 72 m. 4 hours of walking**

### **Day 15. Pokhara - Kathmandu**

After breakfast, you will drive back to Kathmandu. The scenic journey along the Prithvi Highway takes approximately six to seven hours.

### **Day 16. Kathmandu – souvenirs day, sightseeing day or free day.**

If you choose the sightseeing option, this full-day cultural tour offers a well-rounded experience of Kathmandu's history, spirituality, and art. You will be guided by an expert, certified guide who will enrich your understanding of the city's unique heritage.

Below is a suggested itinerary and price that balances history, culture, and local experiences, visiting a maximum of three sites in one day.

Swayambunath

Bhaktapur

Boudhanath

Patan Darbar square

Kathmandu Darbar square

In this price, an expert and certified cultural and tour guide a vehicle reserved and a professional driver for whole during the sightseeing.

2-3 pp 70€

4-6 pp 50€

7-10 pp 35€

11-15+ 30€

## **Day 17**

### **Back to the native land**

According to your flight schedule the grand departure. We will come to drive you to the airport.