



Bridge Nepal Treks & Travels

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Annapurna Circuit Trek with Kathmandu and Pokhara and Ghorepani Exploration: 17 Nights and 18 Days | Bridge Nepal Packages

Price	1700.00
Duration	17 Nights and 18 Days
Location	Nepal

Tour Overview

The 18-Day Annapurna Circuit Trek is one of the most complete and rewarding trekking adventures in Nepal, combining high-altitude Himalayan exploration, rich mountain culture, breathtaking landscapes, and iconic viewpoints. This unforgettable journey takes you through the heart of the Annapurna region, from the vibrant city of Kathmandu to the remote valleys of Manang, across the legendary Thorong La Pass (5,416m), through the sacred pilgrimage site of Muktinath, the charming apple village of Marpha, and finally to the world-famous Poon Hill viewpoint.

Your adventure begins with a warm welcome in Kathmandu and a cultural exploration of Nepal's heritage before heading into the Himalayas. The trail leads through traditional Gurung, Manangi, and Thakali villages, ancient monasteries, alpine forests, deep river gorges, and dramatic high-mountain landscapes. Along the way, you will witness spectacular views of Annapurna I, Annapurna II, Annapurna III, Annapurna IV, Gangapurna, Tilicho Peak, Dhaulagiri, Nilgiri, Machhapuchhre, and numerous snow-capped Himalayan giants.

The highlight of this Annapurna Circuit trekking experience is crossing the magnificent Thorong La Pass, one of the highest trekking passes in the world. Additional highlights include acclimatizing in Manang, visiting the sacred Muktinath Temple, relaxing in the natural hot springs of Tatopani, exploring the picturesque village of Marpha, and enjoying a breathtaking sunrise over the Annapurna and Dhaulagiri ranges from Poon Hill.

This trek is perfect for travelers seeking the ultimate trekking in Nepal experience, offering an exceptional blend of adventure, culture, nature, mountain scenery, and authentic Himalayan hospitality. It showcases the very best of the Annapurna region in a single journey.

With Bridge Nepal Treks and Travels, your Annapurna Circuit Trek is led by experienced local guides, supported by reliable logistics, comfortable accommodations, personalized service, and a strong commitment to safety, ensuring a seamless and memorable Himalayan adventure from arrival to departure.

Trip Highlights

- Experience the ultimate Annapurna Circuit Trek, one of the world's most iconic trekking adventures.
- Enjoy a warm VIP (traditional Nepali welcome) and cultural exploration of Kathmandu before heading into the Himalayas.
- Journey through diverse landscapes, from lush valleys and pine forests to alpine meadows and high-altitude deserts.
- Explore the beautiful Himalayan village of Manang, the cultural heart of the Annapurna region.
- Acclimatize in Manang with breathtaking views of Gangapurna Glacier, Tilicho Peak, and surrounding Himalayan giants.
- Cross the legendary Thorong La Pass (5,416m), one of the highest and most spectacular trekking passes in the world.
- Visit the sacred pilgrimage site of Muktinath Temple; a well-reknowned temple with historical and cultural importance.
- Discover the charming apple village of Marpha, famous for its traditional architecture and local apple products.
- Trek through traditional Gurung, Manangi, and Thakali villages rich in Himalayan culture and heritage.
- Witness panoramic views of Annapurna I, Annapurna II, Annapurna III, Annapurna IV, Gangapurna, Tilicho Peak, Dhaulagiri, Nilgiri, Machhapuchhre, and Chulu Peaks.
- Experience the world-famous sunrise from Poon Hill, one of Nepal's finest mountain viewpoints.
- Relax and rejuvenate in the natural hot springs of Tatopani after days of trekking.

- Enjoy spectacular panoramic views of the Annapurna and Dhaulagiri mountain ranges from Poon Hill.
- Walk through rhododendron forests, ancient monasteries, suspension bridges, deep river gorges, and picturesque mountain settlements.
- Experience authentic Himalayan hospitality with comfortable teahouse accommodation throughout the trek. Explore the beautiful lakeside city of Pokhara, Nepal's adventure capital.
- Perfect combination of high-altitude adventure, cultural immersion, natural beauty, and iconic Himalayan landscapes.
- Professionally guided trek with expert local support, safety-focused services, and personalized care from Bridge Nepal Treks and Travels.

Detailed Itinerary

Day 1: Arrive in Kathmandu with VIP Welcome (1,400m)

Upon your arrival at Tribhuvan International Airport, a representative from Bridge Nepal Treks and Travels will warmly welcome you and transfer you to your hotel with traditional Nepali welcome. After check-in, enjoy some free time to relax or explore the vibrant streets of Kathmandu. In the evening, we will attend a trek briefing session, meet with our guide and share some beautiful time together.

Overnight: Hotel in Kathmandu

Day 2: Kathmandu Cultural Exploration & Trek Preparation (1,400m)

After breakfast, embark on a guided cultural tour of Kathmandu's historical and spiritual landmarks. Discover ancient temples, traditional architecture, bustling local markets, and UNESCO World Heritage Sites. In the afternoon, complete final trek preparations, equipment checks, and permit arrangements.

Overnight: Hotel in Kathmandu

Meals: Breakfast

Day 3: Drive to Besisahar & Jeep to Chame (2,670m)

Driving Duration: 8-10 Hours

Begin your Himalayan adventure with a scenic drive from Kathmandu to Besisahar. From there, continue by local jeep through mountain roads, lush valleys, waterfalls, and picturesque villages before arriving in Chame, the administrative center of Manang District.

Overnight: Teahouse in Chame
Meals: Breakfast, Lunch, Dinner

Day 4: Trek from Chame to Upper Pisang (3,300m)

Walking Duration: 5-6 Hours
Distance: Approximately 14 km

Today's trail passes through pine forests, traditional settlements, and dramatic landscapes. Enjoy magnificent views of Annapurna II, Pisang Peak, and surrounding Himalayan giants as you reach the culturally rich village of Upper Pisang.

Overnight: Teahouse in Upper Pisang
Meals: Breakfast, Lunch, Dinner

Day 5: Trek from Upper Pisang to Manang via Upper Trail (3,540m)

Walking Duration: 6-7 Hours
Distance: Approximately 17 km

Follow the spectacular upper route through traditional villages, ancient monasteries, prayer flags, and breathtaking viewpoints. The trail offers incredible views of Annapurna III, Annapurna IV, Gangapurna, and Tilicho Peak before arriving in the beautiful village of Manang.

Overnight: Teahouse in Manang
Meals: Breakfast, Lunch, Dinner

Day 6: Acclimatization Day in Manang

Walking Duration: 3-4 Hours (Optional Hike)

To assist acclimatization, enjoy a short hike to nearby viewpoints overlooking Gangapurna Glacier and the surrounding peaks. Spend the remainder of the day exploring Manang, visiting local monasteries, bakeries, and cultural attractions while allowing your body to adapt to the altitude.

Overnight: Teahouse in Manang
Meals: Breakfast, Lunch, Dinner

Day 7: Trek from Manang to Yak Kharka (4,050m)

Walking Duration: 4-5 Hours

Distance: Approximately 10 km

Leaving Manang behind, the trail gradually ascends through alpine landscapes and yak grazing pastures. The terrain becomes more rugged as you gain elevation and approach the higher reaches of the Annapurna Circuit.

Overnight: Teahouse in Yak Kharka

Meals: Breakfast, Lunch, Dinner

Day 8: Trek from Yak Kharka to Thorong Phedi (4,450m)

Walking Duration: 4-5 Hours

Distance: Approximately 7 km

Today's journey follows a gradual ascent through barren mountain terrain. Cross suspension bridges and rocky paths before reaching Thorong Phedi, the base camp for the legendary Thorong La Pass crossing.

Overnight: Teahouse in Thorong Phedi

Meals: Breakfast, Lunch, Dinner

Day 9: Cross Thorong La Pass (5,416m) & Trek to Muktinath (3,760m)

Walking Duration: 8-10 Hours

Distance: Approximately 15 km

Begin before dawn for the most challenging and rewarding day of the trek. Ascend steadily to Thorong La Pass (5,416m), one of the highest trekking passes in the world. From the summit, enjoy breathtaking panoramic views of the Annapurna and Dhaulagiri ranges before descending to Muktinath, one of Nepal's most sacred pilgrimage sites.

Overnight: Teahouse in Muktinath

Meals: Breakfast, Lunch, Dinner

Day 10: Drive to Marpha via Kagbeni

Driving Duration: 3-4 Hours

After breakfast, drive through the beautiful Kali Gandaki Valley. Pass the ancient village of Kagbeni, known for its medieval architecture and gateway to Upper Mustang. Continue to Marpha, a charming Thakali settlement famous for apple orchards, traditional houses, and local culture.

Overnight: Teahouse in Marpha

Meals: Breakfast, Lunch, Dinner

Day 11: Trek from Marpha to Kalopani (2,530m)

Walking Duration: 5-6 Hours

Distance: Approximately 14 km

Follow the Kali Gandaki Valley through traditional villages, forests, and scenic riverside trails. Enjoy magnificent views of Dhaulagiri, Nilgiri, and Annapurna South while trekking toward Kalopani.

Overnight: Teahouse in Kalopani

Meals: Breakfast, Lunch, Dinner

Day 12: Drive to Tatopani & Hot Springs (1,190m)

Driving Duration: 2-3 Hours

Enjoy a scenic drive to Tatopani, a popular mountain village renowned for its natural hot springs. Spend the afternoon relaxing in the therapeutic pools and recovering from the high-altitude section of the trek.

Overnight: Teahouse in Tatopani

Meals: Breakfast, Lunch, Dinner

Day 13: Trek from Tatopani to Ghorepani (2,860m)

Walking Duration: 7-8 Hours

Distance: Approximately 17 km

Today's trail climbs steadily through terraced farmland, traditional villages, and dense rhododendron forests. As you gain altitude, enjoy stunning mountain views before reaching the beautiful hill station of Ghorepani.

Overnight: Teahouse in Ghorepani

Meals: Breakfast, Lunch, Dinner

Day 14: Sunrise at Poon Hill & Trek to Tadapani (2,630m)

Walking Duration: 6-7 Hours

Distance: Approximately 12 km

Rise early and hike to Poon Hill for a spectacular sunrise over the Annapurna and Dhaulagiri ranges. After enjoying one of Nepal's most famous mountain panoramas, return for breakfast and continue trekking through enchanting rhododendron forests to Tadapani.

Overnight: Teahouse in Tadapani

Meals: Breakfast, Lunch, Dinner

Day 15: Trek to Ghandruk & Drive to Pokhara (820m)

Walking Duration: 3-4 Hours

Distance: Approximately 6 km

Driving Duration: 2-3 Hours

Descend through beautiful forest trails to Ghandruk, one of the most picturesque Gurung villages in Nepal. Explore its traditional stone houses and cultural heritage before driving to Pokhara. Upon arrival, enjoy the relaxing lakeside atmosphere.

Overnight: Hotel in Pokhara

Meals: Breakfast, Lunch

Day 16: Free Day in Pokhara

Enjoy a full day at leisure in Pokhara. Explore Phewa Lake, visit local attractions, relax at lakeside cafés, shop for souvenirs, or simply enjoy the magnificent mountain views.

Overnight: Hotel in Pokhara

Meals: Breakfast

Day 17: Fly or Drive to Kathmandu (1,400m)

Depending on your package preference, either take a scenic flight or drive back to Kathmandu. Upon arrival, enjoy free time for shopping, sightseeing, or relaxing before your departure.

Overnight: Hotel in Kathmandu

Meals: Breakfast

Day 18: Departure from Kathmandu

After breakfast, a representative from Bridge Nepal Treks and Travels will transfer you to Tribhuvan International Airport according to your flight schedule. Depart Nepal with unforgettable memories of the Annapurna Circuit Trek, Thorong La Pass, Muktinath, Poon Hill, and the magnificent Himalayas.

Meals: Breakfast

Included Services

- Airport arrival and departure transfers by private vehicle.
- Warm welcome and trip briefing upon arrival in Kathmandu.
- 2 nights hotel accommodation in Kathmandu on a twin-sharing basis with breakfast.
- 2 nights hotel accommodation in Pokhara on a twin-sharing basis with breakfast.
- Guided cultural sightseeing tour in Kathmandu with private transportation.
- Tourist bus transportation from Kathmandu to Besisahar.
- Shared local jeep transportation from Besisahar to Chame.
- Shared local transportation from Muktinath to Marpha and from Kalopani to Tatopani.
- Tourist bus or flight arrangement assistance from Pokhara to Kathmandu (as per package selection).
- Accommodation in the best available teahouses/lodges during the trek.
- Three meals a day (breakfast, lunch, and dinner) during the trekking period.
- Seasonal fresh fruits after dinner during the trek.
- Experienced, government-licensed English-speaking trekking guide.
- Porter service (1 porter for every 2 trekkers, carrying up to 20kg combined baggage).
- Guide and porter salaries, meals, accommodation, transportation, equipment, and insurance.
- Annapurna Conservation Area Permit (ACAP) and TIMS (Trekking Information Management System) Card.
- Comprehensive first-aid medical kit carried by the guide.
- All applicable government taxes and service charges.
- Trek completion certificate from Bridge Nepal Treks and Travels.
- 24/7 emergency support throughout the trip.

Excluded Services

- International airfare to and from Nepal.
- Nepal entry visa fees.
- Travel insurance
- Lunch and dinner in Kathmandu and Pokhara.
- Personal porter for individual luggage beyond the allocated limit.
- Personal expenses
- Tips and gratuities for guides, porters, drivers, and hotel staff.
- Any services not specifically mentioned in the "Included" section.

Fixed Departure Dates

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Frequently Asked Questions

Q: How difficult is the 18-Day Annapurna Circuit Trek?

The Annapurna Circuit Trek is considered a moderately challenging to strenuous trek. The trail includes high-altitude walking and crossing Thorong La Pass (5,416m), requiring good physical fitness and proper acclimatization.

Q: What is the highest point of the trek?

The highest point of the trek is Thorong La Pass at 5,416 meters (17,769 feet), one of the highest and most famous trekking passes in Nepal.

Q: Do I need previous trekking experience?

Previous trekking experience is helpful but not essential. Anyone with a good fitness level, determination, and proper preparation can successfully complete the trek.

Q: What is the best time for the Annapurna Circuit Trek?

Spring (March to May) and autumn (September to November) are the best seasons, offering clear mountain views, pleasant temperatures, and stable weather conditions.

Q: Why is acclimatization in Manang important?

The acclimatization day in Manang helps your body adjust to the increasing altitude and significantly reduces the risk of altitude sickness before crossing Thorong La Pass.

Q: Is altitude sickness a concern during the trek?

Yes. Since the trek reaches elevations above 5,000 meters, altitude sickness can occur. Proper acclimatization, hydration, and a gradual ascent are essential for a safe trek.

Q: What mountains can I see during the trek?

The trek offers magnificent views of Annapurna I, Annapurna II, Annapurna III, Annapurna IV, Gangapurna, Tilicho Peak, Dhaulagiri, Nilgiri, Machhapuchhre, Chulu Peaks, and numerous Himalayan summits.

Q: What type of accommodation is available?

Accommodation is provided in comfortable teahouses and mountain lodges during the trek, along with hotel stays in Kathmandu and Pokhara.

Q: What kind of food is available on the trail?

Teahouses serve a variety of meals including Dal Bhat, noodles, soups, fried rice, pasta, potatoes, eggs, pancakes, tea, coffee, and local specialties.

Q: Are permits required for the trek?

Yes. The Annapurna Conservation Area Permit (ACAP) and TIMS Card are required and are usually arranged by the trekking agency.

Q: What makes Thorong La Pass special?

Thorong La Pass is one of the highest trekking passes in the world and the ultimate highlight of the Annapurna Circuit Trek, offering spectacular panoramic Himalayan views.

Q: Is the Annapurna Circuit Trek suitable for solo travelers?

Yes. Solo travelers frequently join this trek and can choose either private or group trekking arrangements.

Q: What should I pack for the trek?

Essential items include trekking boots, warm clothing, a down jacket, gloves, a hat, sunglasses, sunscreen, trekking poles, a sleeping bag, and personal medications.

Q: Is Wi-Fi available during the trek?

Wi-Fi is available in many villages along the route, although the connection may be slow and additional charges may apply at higher elevations.

Q: Can I charge my electronic devices during the trek?

Yes. Most teahouses provide charging facilities for phones, cameras, and other devices for a small fee.

Q: Is drinking water available along the trail?

Yes. Drinking water is available throughout the trek. We recommend carrying a reusable water bottle and water purification tablets or a filter.

Q: What is special about Manang?

Manang is a beautiful Himalayan village renowned for its unique culture, breathtaking mountain scenery, ancient monasteries, and its importance as an acclimatization stop.

Q: What is Muktinath famous for?

Muktinath is one of Nepal's most sacred pilgrimage sites, especially for its spiritual significance and natural beauty.

Q: What is special about Marpha Village?

Marpha is a charming Thakali village famous for its traditional architecture, apple orchards, apple products, and rich local culture.

Q: Are the Tatopani Hot Springs included in the itinerary?

Yes. The itinerary includes a visit to the natural hot springs of Tatopani, offering a relaxing experience after several days of trekking.

Q: Why is Poon Hill included in this Annapurna Circuit Trek?

Poon Hill provides one of the most spectacular sunrise viewpoints in Nepal, offering panoramic views of the Annapurna and Dhaulagiri mountain ranges.

Q: Is travel insurance necessary?

Yes. Comprehensive travel insurance covering high-altitude trekking and emergency helicopter evacuation is strongly recommended.

Q: Is emergency helicopter evacuation available?

Yes. Helicopter rescue services are available in case of medical emergencies, subject to weather conditions and insurance coverage.

Q: Can the itinerary be customized?

Yes. Bridge Nepal Treks and Travels can customize the itinerary according to your schedule, interests, fitness level, and trekking preferences.

Q: What is the total trekking distance of the Annapurna Circuit Trek?

This itinerary covers approximately 160-180 kilometers, depending on the route taken and side excursions during acclimatization and exploration days.

Q: What fitness level is required for this trek?

A moderate to good level of physical fitness is recommended. Regular hiking, walking, cardio exercises, and endurance training before the trek can enhance your experience.

Q: Why is this 18-day itinerary better than shorter versions?

This itinerary allows for proper acclimatization, deeper cultural immersion, visits to Marpha, Tatopani, and Poon Hill, and a more complete exploration of the Annapurna region.

Q: What are the major highlights of the Annapurna Circuit Trek?

Highlights include Kathmandu sightseeing, Manang acclimatization, crossing Thorong La Pass, visiting Muktinath Temple, exploring Marpha Village, relaxing in Tatopani Hot Springs, witnessing sunrise from Poon Hill, and enjoying spectacular views of the Annapurna and Dhaulagiri Himalayas.

Q: Are guides and porters included?

Yes. Professional government-licensed trekking guides and experienced porters can be arranged to ensure safety, comfort, and an enjoyable trekking experience.

Q: Why choose Bridge Nepal Treks and Travels for the Annapurna Circuit Trek?

Bridge Nepal Treks and Travels offers experienced local guides, carefully designed itineraries, reliable logistics, comfortable accommodations, personalized service, 24/7 support, and a strong commitment to safety, ensuring an authentic and unforgettable trekking experience in Nepal.

Trip Information

- About The Trek

Bridge Nepal Treks & Travels
www.bridgenepaltreksandtravels.com

