Discovery World Trekking



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Annapurna Trek - 20 Days

20 days. Grade: Challenging.

5.0 2295+ reviews on TripAdvisor

US$ 1560
per person, for 2 to 3 people

Made on 26 November 2026

https://dev.discoveryworldtrekking.com/trips/annapurna-trek-20-days







This trek takes you to the magnificent Annapurna Circuit, letting you enjoy the dramatic gorges, glorious snow peaks, fierce rivers, traditional villages, Buddhist monasteries, and Hindu temples as you circle the Annapurna massif. In addition, you will spend a few days in Kathmandu Valley, exploring its historical and cultural richness as you enjoy Nepali hospitality.

TRIP FACTS

Destination	Nepal
Grade	Challenging
Accomodation	Hotel in Kathmandu, Pokhara and Hotel/Lodge/Tea House during the trek
Best season	Feb, Mar, Apri, May, June, Sep, Oct, Nov & Dec.
Activity	Annapurna Treks
Max. altitude	Thorong La Pass 5416 m
Activity per day	Approx. 4-6 hrs walking
Meals included	Breakfast in Kathmandu, Pokhara Hotel and All Meals (Breakfast, Lunch, Dinner) during the trek
Start / end point	Kathmandu / Kathmandu

PRICE

US$ 1560

per person, for 2 to 3 people

The full price is US$ 1850. You save US$ 290 per person.

Group-size discounts

People	Price per person
2 to 3	US$ 1560
4 to 7	US$ 1530
8 to 15	US$ 1360

Group discounts are exclusive to your group size only. We do not merge groups.

Highlights

- Experience the beauty of the alpine region of Nepal
- Yaks and their pastures
- Relaxing hot springs at Tatopani
- Stay at the stunningly beautiful Jomsom, the headquarters town of the Mustang district.
- Spend a day in Pokhara, the tourist capital of Nepal
- Spectacular views of Mount Annapurna, Thorung Peak, Nilgiri, Chulu West and East, Tukuche Peak, Dhaulagiri, Lamjung Himal, Annapurna II, and Annapurna IV
- Magnificent glaciers, gorges, and waterfalls
- Muktinath temple, a sacred place for both Hindus and Buddhists
- Visit the beautiful Manang district.
- Visit Barge Monastery, the largest monastery in the Manang district.
- Traversing through one of the world's highest passes– the Thorong La Pass (5,416m)
- Explore Kathmandu Valley, including several UNESCO World Heritage Sites

Annapurna Trek Overview

The Annapurna Trek – 20 Days is a spectacular journey that showcases the entire Annapurna region, providing you with an immersive experience of Nepal's diverse landscapes and rich cultural heritage. This extended trek allows you to witness the changing terrain—from subtropical valleys and dense forests to alpine meadows and rugged high-altitude deserts—while enjoying panoramic views of the entire Annapurna range from multiple perspectives.

The adventure begins in Kathmandu, where you explore historical landmarks and prepare for the Annapurna trek before embarking on a scenic drive to Bhulbhule, the gateway to the Annapurna region. From Bhulbhule, the journey ascends gradually, passing through Jagat, Dharapani, Chame, and Pisang, each offering unique scenery and insights into local life. Manang serves as a crucial acclimatization point, allowing you to adjust to the altitude while exploring monasteries and nearby viewpoints.

The trek reaches its pinnacle at Thorong La Pass (5,416m)—the highest point of the journey—where breathtaking views of Annapurna, Dhaulagiri, and Manaslu unfold in every direction. After the exhilarating pass crossing, the descent leads to the sacred site of Muktinath, followed by exploration through Kagbeni, Marpha, and Ghasa, known for their stunning landscapes and cultural richness.

The last stretch of the trek takes you through Tatopani, where the soothing natural hot springs provide the perfect relief for tired muscles. From there, the trail ascends to Ghorepani and leads to Poon Hill, offering a breathtaking sunrise spectacle that bathes the towering Himalayan peaks in golden light. With this unforgettable vista marking the journey's high point, the adventure concludes in Pokhara, leaving you with lasting memories of Nepal's stunning landscapes.

This once-in-a-lifetime journey captures the essence of high-altitude trekking, cultural immersion, and breathtaking scenery, making it an unparalleled adventure for those seeking the ultimate Himalayan experience.

Day to Day Short Itinerary

Day 1 Arrival in Kathmandu at Tribhuvan International Airport (1,350m), Transfer to hotel.

Day 2 Full-Day Kathmandu Valley sightseeing and trek preparation

Day 3 Drive from Kathmandu to Bhulbhule (845m). Drive time: Approx. 7-8 hours.

Day 4 Trek from Bhulbhule to Jagat (1,300m). Trek time: Approx. 5 hours.

Day 5 Trek from Jagat to Dharapani (1,860m). Trek time: Approx. 5 hours.

Day 6 Trek from Dharapani to Chame (2,610m). Trek time: Approx. 6 hours.

Day 7 Trek from Chame to Pisang (3,115m). Trek time: Approx. 5-6 hours.

Day 8 Trek from Pisang to Manang (3,540m). Trek time: Approx. 5-6 hours.

Day 9 Rest and acclimatization day at Manang.

Day 10 Trek from Manang to Yak Kharka (4,050m). Trek time: Approx. 3-4 hours.

Day 11 Trek from Yak Kharka to Thorong Phedi (4,525m) / Thorong High Camp. Trek time: Approx. 4-5 hours.

Day 12 Trek from Thorong Phedi to Muktinath Temple (3,760m) Via Thorung La High Pass. Trek time: Approx. 9 hours.

Day 13 Trek from Muktinath to Kagbeni (2,804m). Trek time: Approx. 3 hours.

Day 14 Trek from Kagbeni to Marpha (2,665m). Trek time: Approx. 4-5 hours.

Day 15 Trek from Marpha to Ghasa (2,113m). Trek time: Approx. 6-7 hours.

Day 16 Trek from Ghasa (2,113m) to Tatopani (1,200m). Trek time: Approx. 6-7 hours.

Day 17 Trek from Tatopani to Ghorepani (2,860m). Trek time: Approx. 6-7 hours.

Day 18 Early morning hike to Poon Hill - then trek to Birethanti (1,039m). Trek time: Approx. 4-5 hours. Drive to Nayapul - Pokhara. Drive time: Approx. 2 hours.

Day 19 Drive from Pokhara to Kathmandu (1,350m). Drive time. Approx. 6-7 hours.

Day 20 Transfer to Kathmandu's Tribhuvan International Airport (TIA) for departure.

Annapurna Trek Itinerary

DAY 1

Arrival in Kathmandu at Tribhuvan International Airport (1,350m / 4,450ft), Transfer to hotel

You will arrive at Tribhuvan International Airport in Kathmandu. At the arrival terminal, you will find **our representative holding a pamphlet with your name** and our company logo. They will first greet you and present you with a marigold garland as a welcome gesture. Then, they will take you to your hotel in a private vehicle.

Overnight stay at a 3-star hotel in Kathmandu.

DAY 2

Full-Day Kathmandu Valley sightseeing and trek preparation

Kathmandu Valley is like a microcosm of Nepal. It is known for its unique architecture and rich culture. There are seven UNESCO World Heritage sites in Kathmandu, among which you will be visiting **Pashupatinath**, **Swayambhunath** (the Monkey temple), and the **historic Durbar Squares.**

As you relish these wonders, our Kathmandu tour guide will provide you with information about these sites. After exploring Kathmandu for a day, you will prepare for the trek departure, scheduled for the next day.

Overnight stay at a 3-star hotel in Kathmandu
Included standard meal (Breakfast)

DAY 3

Drive from Kathmandu to Bhulbhule (845m / 2,815ft)

Drive duration (200km / 124 miles)7-8 hrs

Trekking begins. We start our trek through a pleasant trail, traversing through lush forests and terraced fields following the **Marsyangdi River**. The path is easy yet surprisingly beautiful as we pass through traditional **settlements and farmlands** to reach the isolated village of **Jagat**. Today's trek will be more like a warm-up, and it is a fun way to begin your trek in the Annapurna **region**. You will notice the declining settlements as we trek further. We halt at the peaceful village of **Jagat** to rest for the night.

Overnight stay at Holiday Trekkers Lodge
Included standard meals (Breakfast + Lunch + Dinner)

DAY 4

Trek from Bhulbhule (845m / 2,815ft) to Jagat (1,300m / 4,265ft)

Trek Distance 19 km / 11.8miles Highest Altitude 1,300m / 4,265ft Trek Duration 5 hrs

Trekking begins. We start our trek through a pleasant trail, traversing through lush forests and terraced fields following the **Marsyangdi River**. The path is easy yet surprisingly beautiful as we pass through traditional **settlements and farmlands** to reach the isolated village of **Jagat**. Today's trek will be more like a warm-up, and it is a fun way to begin your trek in the Annapurna **region**. You will notice the declining settlements as we trek further. We halt at the peaceful village of **Jagat** to rest for the night.

Overnight stay at Tilicho Guest House (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 5

Trek from Jagat (1,300m / 4,265ft) to Dharapani (1,860m / 6,200ft)

Trek Distance 15km / 9.3miles Highest Altitude 1,860m / 6,200ft Trek Duration 5 hrs

After a peaceful stay at **Jagat**, we follow the trail to reach **Dharapani**. We enjoy several stunning waterfalls forming small sandy beaches on our way. Walking past the rice and potato fields and crossing numerous bridges, you will reach one of the biggest villages of **Manang, Kodo**. After a short climb of the **stone Kani**, you will reach Dharapani. **Dharapani** has a checkpoint where we will get our **Annapurna permits** checked before trekking further. We conclude our trek day at Dharapani and enjoy the delicious food of the place.

Overnight stay at Heaven Guest House (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 6

Trek from Dharapani (1,860m / 6,200ft) to Chame (2,610m / 8,890ft)

Trek Distance 16km / 10miles Highest Altitude 2,610m / 8,890ft Trek Duration 6 hrs

Along the Marsyangdi River, we follow a trail that passes through pine, fir, oak, and maple forest and head to Chame, the district headquarters of **the Manang district**. This area is covered with natural greenery. The views of glorious mountains - **Lamjung Himal**, **Annapurna II**, and **Annapurna IV** - will make your trek very fulfilling. We'll also stop by a small **hot spring** where we can relax all our sore muscles.

Overnight stay at Tilicho Guest House (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 7

Trek from Chame (2,610m / 8,890ft) to Pisang (3,115m / 10,200ft)

Trek Distance 13.2km / 8.2 miles Highest Altitude 3,115m / 10,200ft Trek Duration 5 - 6 hrs

We leave Chame and head to **Pisang** today. As you trek through a steep and narrow valley, you will get glimpses of a massive rock wall, known as **Pinguda Danda rock**, which locals believe to be holy. You will find yourself wondering about this rock as you see it. Because this rock rises 1,500m from the river, it is **undeniably beautiful**. From the path, you can see a clear view of **Annapurna II** in the south and **Pisang peak** in the northeast. We descend further to the Manang Valley floor. The trail throughout the journey, without a doubt, looks breathtaking.

Overnight stay at New Trekkers Hotel (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 8

Trek from Pisang (3,115m / 10,200ft) to Manang (3,540m / 11,300ft)

Trek Distance 17km / 10.6 miles Highest Altitude 3,540m / 11,300ft Trek Duration 5 - 6 hrs

We start at the upper Pisang path, which steeply ascends to Ghyaru, providing stunning views of the north face of **Annapurna (II, III, IV)**, **Gangapurna, Tilicho**, and **Pisang Peak**. The air starts to turn cold and dry. As you pass through small Tibetan-style settlements, you will witness Buddhist culture and realize that the trail is dotted with Buddhist shrines and mani walls.

You will also visit one of the largest and most famous monasteries of Manang - **Barge Monastery**. As you trek ahead, you will reach a lively area that caters to many tourists, **Manang**. **Manang** is full of wonders, and we will be staying one more day at Manang for rest and acclimatization.

Overnight stay at Hotel Himalayan Singi
Included standard meals (Breakfast + Lunch + Dinner)

DAY 9

Rest and acclimatization day at Manang

To acclimatize, we will spend one whole day in **Manang**. You are free to spend the entire day exploring this village. However, we will stay busy, taking part in side hikes. You are free to hike to **Gangapurna Lake** and spend the day admiring the beauty of **Annapurna III, Tilicho, Pisang,**and **Chulu Peaks**. There are several monasteries in this area that you might like to visit.

We will also visit the **Himalayan Rescue Association** in Vajra Village to learn about acute mountain sickness, its symptoms, and precautions. After a relaxing day exploring the enigmatic **village of Manang**, we will have acclimatized to this altitude, and we will be ready to trek ahead the next day.

Overnight stay at Hotel Himalayan Singi
Included standard meals (Breakfast + Lunch + Dinner)

DAY 10

Trek from Manang (3,540m / 11,300ft) to Yak Kharka (4,050m / 14,275ft)

Trek Distance 9.4km / 5.8miles Highest Altitude 4,050m / 14,275ft Trek Duration 3-4 hours

After a day of acclimatization **at Manang**, we will continue the trek. From Manang, we head to Tenki Village, crossing several beautiful streams. Further, we head out of **Marshyangdi Valley** northwest to **Jar Sang Khola Valley** on a trail full of uphills and downhills. You will also be passing through dense Juniper forests and a few pastures. Along the way lies Gunsan Village, known for houses with flat mud roofs. After crossing a small river on a wooden bridge, we make our way up the spectacular valley to an open, peaceful **meadow known as Yak Kharka**.

Overnight stay at Hotel Gangapurna
Included standard meals (Breakfast + Lunch + Dinner)

DAY 11

Trek from Yak Kharka (4,050m / 14,275ft) to Thorong Phedi (4,525m / 14,525ft) / Thorong High Camp

Trek Distance 8.5km / 5.2miles Highest Altitude 4,525m / 14,525ft Trek Duration 4-5 hrs

Today we head to the foot of Thorong La Pass -**Thorong Phedi**. From Yak Kharka, we first climb up to a ridge, then head down and cross the Marsyangdi river on a wooden bridge. Then, we will ascend one more time, following a narrow trail, and descend to Thorong Phedi. The uninhabited, rugged terrain is otherworldly and much different than the lush lowlands we passed on the way up during the initial trekking days. Thorong Phedi is well situated to cross the Thorong La Pass. We will stay at Thorong Phedi for the night.

Overnight stay at Thorong High Camp Hotel
Included standard meals (Breakfast + Lunch + Dinner)

DAY 12

Trek from Thorong Phedi (4,525m / 14,525ft) to Muktinath Temple (3,760m / 12,623ft) Via Thorung La High Pass (5,416m / 17,756ft)

Trek Distance 15.6km / 9.6miles Highest Altitude 5,416m / 17,756ft Trek Duration 9 hrs

We begin this day as early as possible, ready to conquer the most challenging parts of the trek. From Thorong Phedi, **we ascend to Thorong La Pass,** the highest point of this trek. Due to the high elevation and low level of oxygen in the air, the hike will be challenging. We take this hike slow and steady and conquer it. However, despite the climbing difficulty, the view from the pass is unquestionably worth it.

You will enjoy the panoramic views of glorious mountains extending northwards into Tibet, and on the other side, you will see the Annapurna massifs smiling back.

From Thorong La Pass, we descend to **Muktinath** and visit the famous Muktinath temple. This site is holy for both Hindus and Buddhists. The Buddhists call it Chuming Gyatsa, which in Tibetan means "Hundred Waters". The name is quite fitting for a temple complex having 108 water sprouts. In addition, there is an eternal flame inside the temple premises.

We will be staying at Muktinath for the night.

Overnight stay at Hotel Town House Muktinath (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 13

Trek from Muktinath (3,760m / 12,623ft) to Kagbeni (2,804m / 9,200ft)

Trek Distance 10.6km / 6.6miles Highest Altitude 3,760m / 12,623ft Trek Duration 3 hours

The hike today is comparatively concise and easy. You descend from **Muktinath to Kagbeni,** while on the way, you will witness famous **sky caves**. These caves are as old as 3,000 years, but no one is sure about their purpose.

You can also have a short detour to the traditional villages of **Chhyongkhar, Jhong, and Purang**. A culturally rich place, **Kagbeni is a package** of wonders, and as you explore the narrow alleys of Kagbeni, you will discover several wonderful sites.

Overnight stay at the best possible lodge/hotel
Included standard meals (Breakfast + Lunch + Dinner)

DAY 14

Trek from Kagbeni (2,804m / 9,200ft) to Marpha (2,665m / 8,744ft)

Trek Distance 18.4km / 11.4miles Highest Altitude 2,804m / 9,200ft Trek Duration 4-5 hrs.

Today, you will be trekking from Jomsom to Marpha. The hike is easy and consists of only a few downhills. We continue trekking along the Kaligandaki River to Marpha on a rough road that often gets windy.

Marpha is known for its distinct whitewashed houses and narrow, winding alleys that reflect its rich ethnic heritage. As you trek through the area, you'll encounter mountain views and stark, high-altitude desert landscapes. The journey also takes you to the Kali Gandaki Gorge, the world's deepest river gorge, offering a striking contrast between lush greenery and rugged terrain.

Overnight stay at the best possible lodge/hotel
Included standard meals (Breakfast + Lunch + Dinner)

DAY 15

Trek from Marpha (2,665m / 8,744ft) to Ghasa (2,113m / 6,932ft)

Trek Distance 22km / 13.6miles Highest Altitude 2,665m / 8,744ft Trek Duration 6-7 hrs

We follow the **Kali Gandaki River** as we head to **Ghasa from Marpha**. The motorable road is easy to walk, and you will be passing through several apple farms as you head back. The view is astonishing and relaxing. You walk past the **Khobang Village** on a narrow trail and move ahead to **Larjung** and then to **Kalapani** while enjoying the views of Annapurna peaks. After hiking along a wave-like trail from **Lete**, we **reach Ghasa**. We halt at Ghasa and enjoy this Tibetan-styled **small village**.

Overnight stay at the best possible lodge/hotel
Included standard meals (Breakfast + Lunch + Dinner)

DAY 16

Trek from Ghasa (2,113m / 6,932ft) to Tatopani (1,200m / 3,940ft)

Trek Distance 17km / 10.5miles Highest Altitude 2,113m / 6,932ft Trek Duration 6-7 hrs

Today's trek to **Tatopani** will be an exciting one. Tatopani in Nepali means **hot water**. The natural hot springs, amidst a quiet and **peaceful place**, let you enjoy and relax in lukewarm water. The trail from Ghasa to Tatopani is broad and more comfortable to walk. The sound of birds chirping and the lush forest will make your trek very enjoyable. We end our day with a dip in the **hot springs of Tatopani**.

Overnight stay at Hotel Himalaya (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 17

Trek from Tatopani (1,200m / 3,940ft) to Ghorepani (2,860m / 9,385ft)

Trek Distance 17km / 10.5miles) Highest Altitude 2,860m / 9,385ft Trek Duration 6-7 hrs

After a relaxing day enjoying the hot spring, we move forward to **Ghorepani**. We cross the east side of the **Kali Gandaki** River and ascend to Ghorepani past the villages of **Sikha, Chitre**, and several other ethnic Thakali villages. You will be hiking through trails along **terraced farmlands** surrounded by huge mountains and then continue through forests full of rhododendron, birch, and magnolia to reach Ghorepani, which sits on top of a ridge. As a popular **hiking route**, Ghorepani is often full of tourists, and here, you can find standard to luxurious restaurants and hotels.

Overnight stay at the Hotel Snow Land (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 18

Early morning hike to Poon Hill (3,210m / 10,525ft) -then trek to Birethanti (1,039m / 3,250ft), Drive to Nayapul - Pokhara

Trek Distance 12.5km / 7.7miles Highest Altitude 3,210m / 10,525ft Trek Duration 4-5 hrs
Drive duration 2hrs

Today you will ascend to **Poon Hill (3,210m) Viewpoint** early in the morning. From this viewpoint, you can enjoy the sun kissing the **Annapurna Range** and **Dhaulagiri Massif**. It is one of the most photographic spots on this trail, you will find yourself surrounded by stunning mountain peaks, and the cold fresh air from the peaks enhances your experience. After enjoying the views from Poon Hill, we head back to **Ghorepani** and enjoy breakfast.

After breakfast, we descend to Birethanti, trekking through marvelous forests. From Birethanti, you will drive back to Pokhara. In Pokhara, you will be staying at a hotel near the **famous Phewa Lake**. As one of the most happening cities in Nepal, Pokhara is full of restaurants and bars. And, there are many things you can do in Pokhara like boating and paragliding.

Overnight stay at the Silver Oaks Inn (room with attached bathroom)
Included standard meals (Breakfast + Lunch)

DAY 19

Drive from Pokhara (820m / 2,690ft) to Kathmandu (1,350m / 4,450ft) Distance(200km / 124miles) - 6-7 hrs

Drive duration (200km/ 124miles) 6-7 hrs

After breakfast, we will drive **back to Kathmandu** on a tourist bus. It's a **200-km route** that **follows the Marsyangdi** River first and then the Trishuli River. Alternatively, you may also choose to return to Kathmandu by a 25-minute flight (not included in the package) from Pokhara. Our trek package completes at Kathmandu.

Overnight stay at Three Star hotel in Kathmandu
Included standard meal (Breakfast)

DAY 20

Transfer to Kathmandu's Tribhuvan International Airport (TIA) for departure

Our company **representative** will accompany you in a **private vehicle to the international airport** for your departure back home. We hope you've enjoyed the trip and will be back in Nepal for future trips.

Included meal (Breakfast)

What is included in this trek package?

Transportation

- Airport arrival and departure transfer to/from hotel by private transportation.
- Full-day Kathmandu Valley sightseeing with a tour guide, on private transport, including entrance fees to world heritage sites
- Kathmandu to Bhulbhule (trek start) by local bus and Birethanti (trek endpoint) to Pokhara by private transport service
- Pokhara to Kathmandu on a tourist bus

Accommodations

- Three-night accommodations with breakfast at a three-star hotel in Kathmandu
- One night accommodation with attached bathroom at Hotel Silver Oaks Inn in Pokhara
- Best possible teahouse/lodge accommodation (twin sharing room) - 15 nights.

Food

- Standard full-board meals (16 Lunches, 15 Dinners, and 19 Breakfasts), with one main course per meal during the trek
- Seasonal fresh fruits every day

Guide and Porter

- Government licensed and experienced trek leader(guide), assistant trekking guide (12 or above trekkers: 1 assistant guide), and porter to help trekkers luggage. 1 porter for every two trekkers.
- Guides and porters' costs, their meals, insurance, salary, lodging, transportation, and other necessary equipment

Trek Permits and Expenses

- Annapurna Conservation Area Permit (ACAP) Fee.
- Trekkers Information Management System (TIMS) card fee
- All government, local taxes, and official expenses

Medical Assistance

- Rescue operation arrangements in case of complicated health conditions (funded by travel insurance).
- Medical kits, including an oximeter to monitor blood oxygen saturation levels in high altitudes

Souvenir

- a company's T-shirt & cap

Farewell

- Discovery World Trekking trek achievement certificate after the trek
- Farewell dinner at Kathmandu at the end of the trek

Benefits

- Sleeping bags and down jackets, duffle bag (one for every two trekkers) if you do not have your own
- Free excess luggage storage at the Discovery World Trekking store for the duration of the trek

What is excluded in this trek package?

International Flight

- International flight costs

Accommodations

- Extra night accommodation in Kathmandu and Pokhara due to early arrival or late departure, and early return from the trek.

Food

- Meals (lunch, dinner) in Kathmandu and Pokhara
- Extra night meals in Kathmandu and Pokhara due to early arrival or late departure, and early return from the trek.

Guide and Porter

- Tips for guide and porters

Visa

- Nepal entry visa fees. Current rate is USD 50 for a 30-day stay.

Travel Insurance

- Travel insurance which has to cover emergency high-altitude rescue and evacuation compulsory

Personal Expenses

- Personal expenses (shopping, snacks, boil bottled water, hot (tea/coffee), cold and alcoholic drinks, hot shower, Wi-Fi, telephone call, battery re-charge fee, extra porters, etc
- Personal clothing and gear

Other Expenses

- Excess baggage charges (Limit is 9 kg per person)
- Additional costs or (due to) delays caused by circumstances beyond our control, like landslides, bad weather, itinerary modifications for safety concerns, illness, changes in government policies, strikes, etc
- All the costs and expenses not listed in "What is included?" are counted as excludes

Planning Your Trek Schedule

Our trips have flexible departure dates. You can select a travel date that fits your schedule and easily confirm your booking through our website at any time.

Packing List

We recommend you **carry only the required clothing and accessories** for the trek. Please remember that you can buy equipment in Kathmandu as well. Porters will carry the main luggage, but your luggage weight limit is 9 kg. We assign one porter for every two trekkers, and the combined luggage weight for a porter should not exceed 18 kg. Though individual preferences may differ, here is an equipment list to consider while packing for the trek.

Head

- Sun hat (wide-brimmed)
- Beanie (for warmth)
- Buff or neck gaiter (for sun protection and warmth)
- Lightweight headlamp (with adjustable brightness)
- High SPF sunscreen
- Lip balm with SPF
- Sunglasses with UV protection
- Face wipes

Upper Body

- Moisture-wicking t-shirts (short and long sleeves)
- Thermal base layer (for colder conditions)
- Fleece jacket and down jacket **
- Lightweight puffy jacket (for extra warmth)
- Waterproof and windproof jacket (Gore-Tex or similar)
- Raincoat
- Lightweight, breathable long-sleeve shirt
- Polypropylene underwear (four)

Hands

- Insulated gloves or mittens (for cold weather)
- Waterproof gloves (for wet conditions)

Lower Body

- Quick-drying pants/trousers (convertible or full-length)
- Insulated pants (for colder conditions)
- Lightweight cotton pants
- Thermal leggings or long underwear (for colder weather)
- Two pairs of thermal/trekking trousers (pants)

Feet

- Thick Wool or synthetic moisture-wicking socks (4 pairs)
- Waterproof, ankle-supportive broken-in full hiking boots (with good traction)
- Sandals (for camp use or river crossings)
- Gaiters (for protection against mud, water, and debris)
- Crampons/spike

Toiletries

- Biodegradable bar soap
- Toothbrush and toothpaste
- Medium-size drying towel
- Wet wipes or hand sanitizers
- Toilet paper (In a Ziplock bag)
- Feminine hygiene products
- Travel-sized shampoo
- Nail clippers
- Small mirror

Backpacks

- Duffle bag (capacity of over 60 liters) for porters** (One duffle bag for two trekkers).
- Backpack or daypack (capacity 20-30 liters) for yourself

Accessories

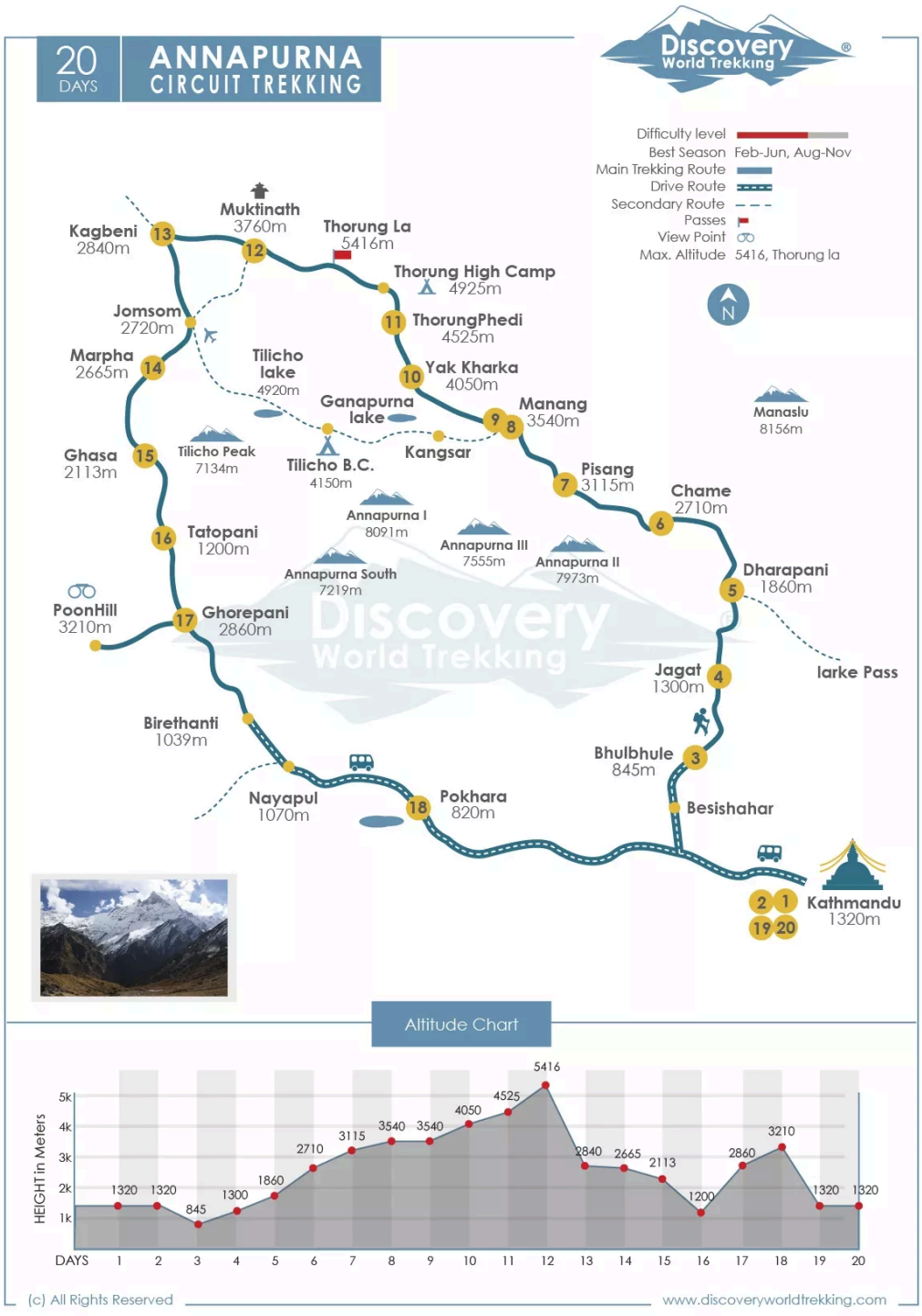
- Adjustable and lightweight poles (preferably collapsible)
- Water bottle or bladder with a capacity of at least 2 liters (insulated for cold weather)
- Water purification system (tablets, filter, or UV purifier)
- Sleeping bag (-10 to -15 degrees is the best) **

Extra Items

- Camera/smartphone (extra memory cards and batteries)
- Extra batteries or rechargeable power bank (for charging devices)
- Two-pin charging plug
- Basic first aid supplies (band-aids, antiseptic wipes, pain relievers, Diamox)
- Personal medications (inhalers, allergy meds, etc.)
- Few passport-size photos
- Passport photocopies
- Notebook and pen
- Binoculars
- Swiss army knife or multi-tool (with scissors, can opener, etc.)

**We can provide you with a (used, non-waterproof) duffle bag, (used) down jacket, and (used) sleeping bag if you do not have your own.

Annapurna Trek Map



Trip Notes

Arrival, Welcome, and Trek Start

When you arrive in Nepal, our representative will be at Tribhuvan International Airport, holding a pamphlet with your name and our company logo. After receiving you, they will present you with a marigold garland and take you to your hotel in a private vehicle.

The following day, you'll enjoy a full-day sightseeing tour of Kathmandu, including visits to world heritage sites. On the third day, we'll begin your journey with a drive to Bhulbhule via Besisahar on local transport, where your trek will start. For comfort, you can take a private jeep for an additional cost.

Accommodations

Your trek package includes accommodations for 15 days in the trek regions, with three nights in a three-star hotel in Kathmandu and one night in Pokhara. During the trek, you will stay in local teahouses or hotels with a homely atmosphere.

These accommodations provide basic facilities, including hot showers (available at a small cost). Rooms typically have two beds, with shared or occasional en-suite bathrooms. You'll experience the renowned Nepalese hospitality and interact with the locals.

Meals

Throughout your trek, you will enjoy 19 breakfasts, 16 lunches, and 15 dinners on a full-board basis. The meals typically include a variety of local, Asian, and Western cuisines. Breakfast options include pancakes, eggs, oatmeal, and Tibetan bread.

For lunch and dinner, you'll enjoy dishes like Dhal Bhat, Sherpa Stew, Tibetan bread, momos, and noodles. At higher elevations, the menu may be more limited.

Please note that our package does not include hot drinks (tea/coffee), cold drinks, or alcohol.

We recommend plenty of liquids such as ginger/lemon/green tea and garlic soup for health benefits at high altitudes.

For health benefits, we recommend avoiding meat, dairy products, alcoholic beverages, caffeine, and hot chocolate.

Luggage

Your luggage weight limit is 9 kg per trekker. A porter will carry luggage for two trekkers (18 kg combined). We recommend teaming up with a fellow traveler and packing your luggage in a duffel bag of at least 60 liters. You can store any excess luggage at your hotel or our store for free.

Facilities and Essentials

- **Water**

During the trek, you can either buy mineral water or refill your bottle with boiled water (for an extra cost) at the teahouses. Some trek regions do not allow plastic bottles, so carrying your own reusable bottle is highly encouraged. If necessary, we provide water purification pills to ensure the water is safe to drink.

- **Communication**

You can purchase a local SIM card in Kathmandu, but the signal strength may vary depending on the region. We will maintain regular communication with our trek teams using mobile via trek guide daily to ensure trek progress. We are always ready for emergencies.

Travel Essentials

- **Visa**

Most travelers (except Indian nationals) require a visa to enter Nepal, which can be obtained on arrival at Kathmandu International Airport. You will need a passport with at least six months of validity and a passport-sized photo. The visa fee for a 30-day stay is USD 50. For the latest visa information, visit the official Nepal immigration website - https://www.immigration.gov.np/en.

- **Travel Insurance**

Travel insurance is compulsory for this trek. Your policy must cover medical expenses and emergency helicopter rescue up to the highest trek altitude. Call your insurer to verify your policy covers emergency helicopter evacuation.

- **Currency Exchange**

Nepali Rupee (NPR) is the local currency, and 1 USD is worth around 133 NPR. You can exchange (major) foreign currency in Kathmandu and Thamel, where many banks and exchange services are available. However, please bring new, crisp notes, as banks may not allow old, worn, and torn notes. You can also use your international card to withdraw Nepali Rupees from ATMs in Kathmandu, but the service comes with some fees. If you have Indian Rupees, only 100 INR notes are legal in Nepal.

- **Extra Expenses**

While the trek package covers most expenses, you will need to cover other expenses like lunch and dinner in Kathmandu and Pokhara, extra meal courses, snacks, alcoholic drinks, hot (tea, coffee) and cold beverages, and tips for the trekking crew. You will need around USD 15 per trek day to cover these expenses.

Trek Season and Weather Conditions

Spring (March-May) marks the start of the trekking season, with rhododendrons blooming in vibrant red, pink, and white, even above 3,000 meters. Temperatures gradually rise, offering comfortable weather and clear skies. Summer (June–August) brings the monsoon, with daytime temperatures ranging from 10°C to 23°C and cooler nights at 5°C–10°C. While trails can become slippery, the rain transforms valleys into lush green landscapes.

Autumn (September–November) is a prime trekking season, featuring moderate temperatures, clear skies, and breathtaking views. Daytime temperatures at high altitudes reach 20°C, with cooler nights around 5°C. Post-monsoon hues of golden and amber contrast beautifully with blue skies, and Nepal's major festivals, Dashain and Tihar, add cultural vibrancy to the experience.

The best time to trek Annapurna is during spring (March-May) and autumn (September-November), when the weather is clear and the skies are perfect for enjoying mountain views. Summer (June-August) brings monsoon rains, while winter (December-February) is cold and snowy at high altitudes. The Annapurna guide provides month-wise information of the weather in detail.

Typical Day

Your trek day will begin with an early morning tea/coffee. After breakfast, you'll start the trek around 7-8 AM. The morning trek typically lasts 3-4 hours, followed by a lunch break. The afternoon trek lasts around 2-3 hours.

Upon reaching your lodge, you can relax, explore, and enjoy snacks before dinner. We provide dinner at around 7 pm, then our guide will brief you about the next day’s plan. After the briefing and before bed, you can spend the time, as you like - playing games, watching videos, or socializing.

Trip Conclusion

- **Farewell Dinner**

At the end of your trek, we will celebrate your achievements with a farewell dinner in Kathmandu. You will have the opportunity to share feedback and experiences, which help us improve our services. Later, we will provide you with a trek achievement certificate.

- **Departure**

If you provide us with the hotel name, room number, and departure time, we will provide a free hotel-to-airport (Kathmandu Airport) transfer during your departure. We hope you will return to Nepal for more treks.

Trek Bookings

- **Private Treks**

We organize private treks exclusively, ensuring no additional participants join your group. For groups exceeding twelve people, we will provide an assistant guide.

- **Safe Trek Bookings**

As a government-authorized trekking operator in Nepal and a proud member of the Trekking Agency Association of Nepal (TAAN) and the Nepal Mountaineering Association (NMA), you can confidently book treks with us. We have been providing this service for over twelve years. To confirm your trek, you'll need to make a 10% advance payment, which can be done via bank transfer, credit card, Wise, or Western Union.

After booking, please provide the required documents within a week, including a photocopy of your passport, travel insurance, and flight details. The remaining balance can be settled upon your arrival in Nepal using cash, bank transfer, Wise, Western Union, or a credit card. Detailed payment options will be emailed to you for convenience.

- **Last-Minute Bookings**

We offer last-minute booking arrangements for spontaneous travelers. If you want to use this service, make sure to prepare your essential documents and travel insurance, then contact us directly to confirm availability and finalize the arrangements quickly.

For last-minute treks, we require full payment at least 24 hours before your intended departure. While we strive to run your trip on schedule, last-minute bookings may face delays due to factors like weather, landslides, or limited accommodations. For more details, contact Paul at +977-9840055491 or email info@discoveryworldtrekking.com.

- **Flexible Schedule**

Our treks are designed to accommodate your schedule. If you need to adjust your departure date, let us know, and we will organize the trek at your convenience.

- **Trip Extension**

If you wish to extend your trip, we can arrange additional activities like sightseeing, Chitwan Jungle Safari, or another trek.

DWT Family

By trekking with us, you become part of our global family. Our team of experienced, government-licensed guides and Sherpas ensures a safe and memorable trekking experience. Trained in wilderness first aid and ecological conservation, they bring years of expertise.

Our guides come from the high Himalayas and are well-compensated, with their insurance, food, and lodging fully covered during the trek. Their well-being fosters a dedicated and enthusiastic team, creating an exceptional trekking adventure for all our valuable clients.

Ecotourism Practices

We follow ecotourism practices by minimizing environmental impact. Our guides and porters follow the leave-no-trace policy, and we encourage responsible tourism to preserve the beauty of the Annapurna region. Further, we partner with the Kathmandu Environmental Education Project (KEEP) and organize eco-friendly trips.

Tipping Culture

Tipping is not mandatory but is a nice way to show gratitude. We advise you to tip as a group at the end of the trek. Tips should reflect the quality of service received, trek length, and costs.

FAQs For Annapurna Trek

GENERAL INFORMATION

What is the Annapurna Trek?

The Annapurna Trek is a renowned trekking route in north-central Nepal, circling the Annapurna massif. It takes trekkers through diverse terrains ranging from subtropical forests and paddy fields to alpine meadows, deserts, and the high Himalayan passes. It offers majestic views of peaks like Annapurna I, Dhaulagiri, and Machapuchare, combined with the rich culture of local communities.

How long does the Annapurna Trek take?

The standard duration of the Annapurna Trek is 20 days, depending on side treks and rest days. You can complete the shorter Annapurna Base Camp (ABC) treks in a week.

What are the main highlights of the Annapurna Trek?

- **Thorong La Pass (5,416m):** One of the highest passes in the world.
- **Tilicho Lake (4,919m):**One of the highest lakes in Nepal, offering a unique alpine view.
- **Muktinath Temple:** A sacred site for both Hindus and Buddhists.
- **Manang and Mustang:** Cultural experiences in traditional Tibetan-influenced villages.
- **Diverse landscapes:** From lush subtropical forests to alpine deserts, glaciers, and snow-capped peaks

How difficult is the Annapurna Trek?

The trek is considered moderate to challenging. Although no technical climbing is involved, the long days of trekking, high altitudes (especially at Thorong La Pass), and varying weather conditions demand good physical fitness and stamina. Altitude acclimatization is essential.

What are the different routes available for the Annapurna Trek?

- **Annapurna Circuit:** The classic route circling the Annapurna massif.
- **Annapurna Base Camp (ABC):** A shorter trek leading to the base of Annapurna I.
- **Tilicho Lake and Ice Lake Trek:** You can add these side trips to your lake.
- **Poon Hill Trek:** A shorter and easier route offering panoramic sunrise views over the Annapurna range.

Can I customize a private Annapurna Trek for 20 days?

Yes, you can customize a private 20-day Annapurna Trek according to your personal preferences, fitness levels, and interests.

What is included in a private 20-day Annapurna trek?

This private trek includes permits, accommodations, meals in trek regions, a professional guide and porter, private transportation, and flexibility in choosing rest days or additional activities. See our includes section for details.

PREPARATION & FITNESS

How fit do I need to be for the Annapurna Trek?

You must be moderately fit with stamina for walking long distances (6-8 hours a day) over rough terrain at high altitudes. Cardiovascular endurance, leg strength, and mental toughness are key. You can prepare for this trek with regular exercise, such as hiking or long walks.

Do I need prior trekking experience for the Annapurna Trek?

Prior trekking experience is not mandatory for the Annapurna Trek but can be beneficial. If you do not have trekking experience, you should pay attention to your fitness and prepare accordingly a few weeks in advance.

How should I physically prepare for the Annapurna Trek?

You should consider preparing as follows.

- **Cardiovascular exercises:** Running, swimming, or cycling to improve stamina.
- **Strength training:** Leg muscles (squats, lunges), core, and balance exercises.
- **Trekking practice:** Hike with a weighted backpack to get used to the terrain and weight.

PERMITS

What permits are required for the Annapurna Trek?

You will need two permits.

1. **Annapurna Conservation Area Permit (ACAP)**
2. **Trekkers' Information Management System (TIMS) card**

We will acquire these permits for you.

Are the permits included in the trek package?

Yes. Discovery World Trekking packages cover all permit costs.

Where can I obtain the necessary permits for the trek?

You can obtain the permits at the Nepal Tourism Board office in Kathmandu or Pokhara. However, for a hassle-free travel, we will acquire these permits for you.

INSURANCE & VISA

Do I need travel insurance for the Annapurna Trek?

Yes, you must be adequately insured for this trek.

What should my insurance cover during the Annapurna Trek?

The insurance must cover health care costs, including the emergency helicopter evacuation upto the highest trek point (5,416 m). Please double-check your insurer to ensure that your insurance covers helicopter evacuation.

Do I need a visa to enter Nepal for the trek?

Yes. All nationalities (except Indians) need a visa to enter Nepal. Fortunately, you can obtain an on-arrival visa at the Kathmandu airport or from a Nepalese consulate before departure. To apply for an on-arrival visa, you will need a passport with six months of validity, two passport-size photos, and an application fee based on your planned stay. The current cost is USD 50 for a 30-day stay.

GUIDES & PORTERS

Is a guide included in the Annapurna Trek package?

Yes! Our Annapurna Trek package includes an experienced Nepal-government licensed guide.

Can I do the Annapurna Trek independently, or is a guide recommended?

From April 2023, the Nepal government has made it mandatory to have a guide or porter if trekking in national parks or protected areas. Since the Annapurna Trek lies in the Annapurna Conservation Area Project, you will need a guide. Guides help with navigation, language barriers, and safety, especially at high altitudes.

What role do the guides and support staff play during the trek?

The guides lead the trek, provide information about the culture and geography, and ensure safety while the porters carry your luggage so that you can enjoy your trek to the fullest. You do not need any extra support staff for this trek.

ACCOMMODATION

What kind of accommodation can I expect on the Annapurna Trek?

Teahouses (small lodges) are available along the trek, offering basic rooms with shared bathrooms. Some teahouses in popular areas provide more comfortable amenities, including private rooms and hot showers. We handpick the best lodges/tea houses in the trek regions so that you will be as comfortable as possible.

Are there electricity and Wi-Fi facilities along the trek?

Yes, all teahouses have electricity. Wi-Fi is available in most places but can be slow and may require additional payment. You might have to pay for charging your devices.

Are hot showers available during the trek?

Hot showers are available in most teahouses but come at an extra charge, and the hot showers may be limited at higher altitudes.

FOOD & DRINKS

What kind of meals will be provided during the trek?

Teahouses offer a variety of meals, typically consisting of Nepalese staples like **dal bhat**Tarkari (Veggies, lentil soup with rice), noodles, soups, and Tibetan bread. You can also find Western dishes like pasta, pizza, and omelets.

Are vegetarian or vegan options available?

Yes, you will have plenty of vegetarian food. Vegan options are more limited but possible. Please inform your guide beforehand if you are vegan. We do not recommend non-veg food at high altitudes due to meat hygiene concerns.

Is it safe to drink tap water on the Annapurna Trek, or should I bring water purification tablets?

No! You should not drink from local water resources such as taps, wells, and rivers. We advise you to carry a water bottle and fill it with boiled/filtered water that you can buy at the lodges and tea houses. You can also carry a water filter. Most en-route shops sell bottled water, but we discourage bottled water for ecological reasons.

WEATHER

What is the best time of year for the Annapurna Trek?

The best time to trek is during the **spring (March-May)** and **autumn (September-November)**. These seasons offer stable weather, clear views, good trail conditions, and comfortable temperatures.

How does the weather affect the trek conditions?

Weather can greatly impact the trek, particularly at higher altitudes. Heavy snowfall can close passes, while rain in lower altitudes may cause slippery trails.

Can I trek during the monsoon or winter seasons?

Yes, you can choose to trek during the monsoon or winter season. During the monsoon (June-August), trails can be muddy and prone to landslides. However, it is a great season if you love water. Winter (December-February) brings cold temperatures, heavy snow, and potential trail closures. Yet, some adventurers love snow and trekking during winter as well.

HEALTH & SAFETY

What are the health risks during the Annapurna Trek?

Major health risks include altitude sickness, dehydration, cold-related issues, and injuries due to falls. However, with proper guidance, you will reduce these risks significantly

How can I prevent altitude sickness on the Annapurna Trek?

There are several methods to reduce the chances of altitude sickness. The major ones include walking at your own pace, staying hydrated, ascending gradually, and proper acclimatization. Our guide will suggest other methods.

What emergency procedures are in place if I fall ill or face an emergency?

We will arrange emergency helicopter evacuation in coordination with your insurer during critical situations. Our guides are trained in basic first aid and will assist you as needed.

PACKING & GEAR

What essential gear should I bring for the Annapurna Trek?

You will need different gear for the trek. These include sturdy broken-in trekking boots, warm layers of clothing, headlamps, sunglasses, sunscreen, first aid kit, etc. Please refer to our equipment section for details.

Are trekking poles and crampons necessary for this trek?

We recommend trekking poles for balance, especially on steep descents. You might need crampons at the Thorong La Pass.

Should I bring a sleeping bag, or is bedding provided in the teahouses?

Teahouses provide basic bedding. However, we advise you to bring a sleeping bag for warmth, especially at higher altitudes where it gets very cold at night.

BOOKING & PAYMENTS

How far in advance should I book the Annapurna Trek?

It's ideal to book at least a few months in advance, especially for peak trekking seasons (spring and autumn).

What is the payment process for booking the trek?

We require ten percent of the trek package cost as advance to confirm booking. You can pay through our website, using bank transfer, Wise, or Western Union. The rest of the cost is due when you arrive in Kathmandu. Again, you can pay in cash, through bank transfer, credit cards, Wise, or Western Union.

Are there any cancellation or refund policies for this trek?

Yes, we do have cancellation or refund policies. Please visit our terms and conditions page.

TRANSPORTATION

How do I get to the starting point of the Annapurna Trek?

The starting point of the Annapurna Trek is Bhulbhule. We will drive you to Bhulbhule by a local bus. For an extra cost, we can hire a private transport for you.

Are domestic flights needed for the trek?

Flights are not necessary for the main Annapurna Trek. However, if you want, you can opt to fly from Pokhara to Kathmandu at the end of the trek.

What are the transportation options if my flight or road transfer is delayed?

Annapurna trek does not require flights. However, if you decide to take a flight to Pokhara from Kathmandu or vice versa, there can be chances for flight delays. In case of delays, you can choose to take the road transport or wait for the next flight. If road transfer is delayed, you can hire a private jeep.

Discovery World Trekking

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