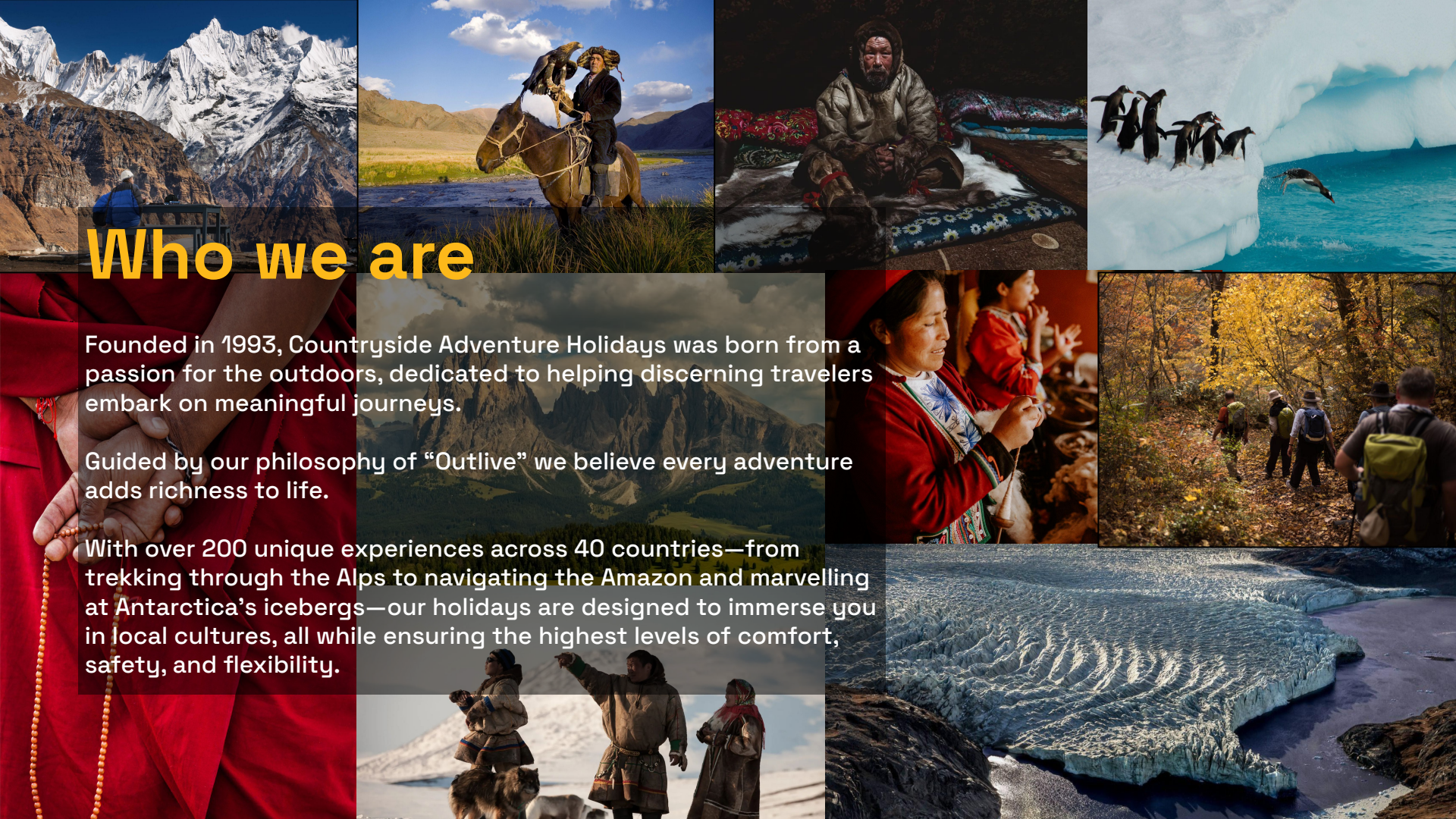


Around Annapurna

Trek/ Nepal
03-17 Oct 2026



Who we are

Founded in 1993, Countryside Adventure Holidays was born from a passion for the outdoors, dedicated to helping discerning travelers embark on meaningful journeys.

Guided by our philosophy of “Outlive” we believe every adventure adds richness to life.

With over 200 unique experiences across 40 countries—from trekking through the Alps to navigating the Amazon and marvelling at Antarctica’s icebergs—our holidays are designed to immerse you in local cultures, all while ensuring the highest levels of comfort, safety, and flexibility.

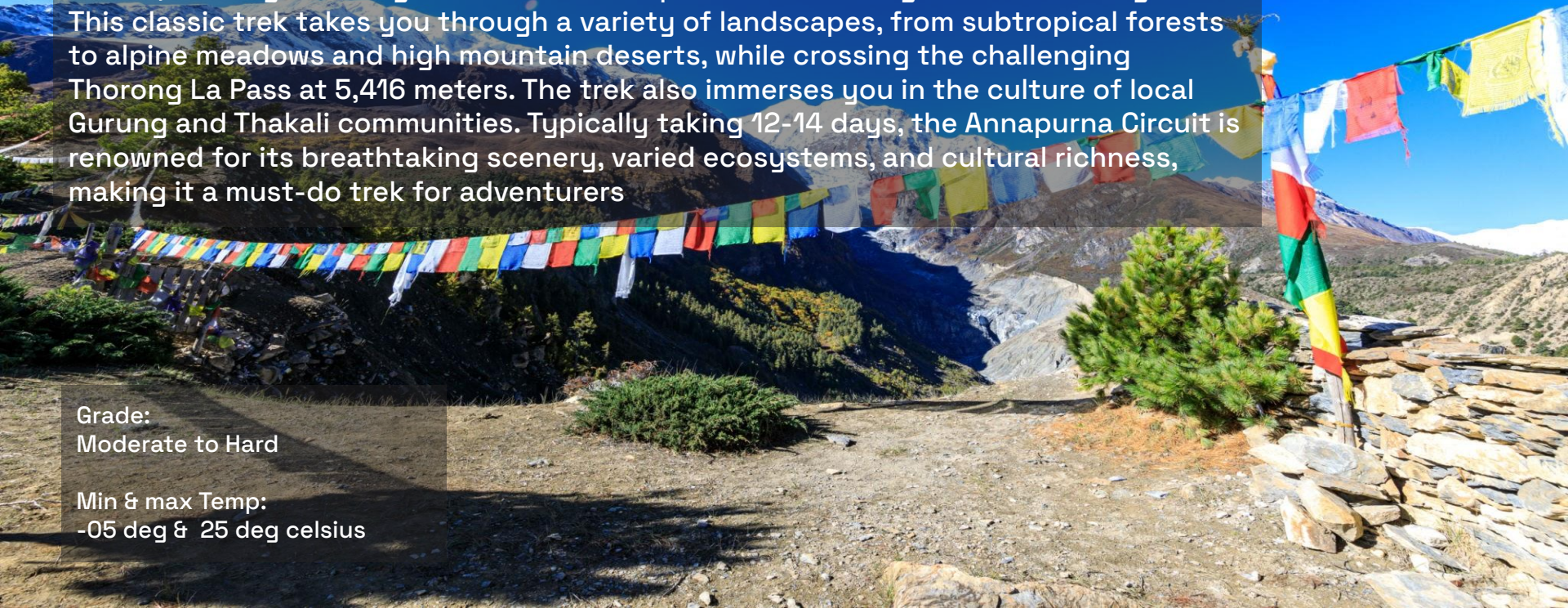
About

COUNTRYSIDE™
ADVENTURE HOLIDAYS
OUTLIVE

The Annapurna Circuit Trek is one of Nepal's most popular and diverse trekking routes, offering stunning views of the Annapurna and Dhaulagiri mountain ranges. This classic trek takes you through a variety of landscapes, from subtropical forests to alpine meadows and high mountain deserts, while crossing the challenging Thorong La Pass at 5,416 meters. The trek also immerses you in the culture of local Gurung and Thakali communities. Typically taking 12-14 days, the Annapurna Circuit is renowned for its breathtaking scenery, varied ecosystems, and cultural richness, making it a must-do trek for adventurers

Grade:
Moderate to Hard

Min & max Temp:
-05 deg & 25 deg celsius



Brief Itinerary

COUNTRYSIDE™
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OUTLIVE

Day 01 Arrival in Kathmandu. Overnight at hotel.

Day 02 Drive to Besishahar; 177 km/ 6 hrs

Day 03 Drive to Chame(2,620 m / 8,595 ft) ; 61km/ 3-4 hrs

Day 04 Trek to Upper Pishang(3,240 m / 10,627 ft) ; 6 hrs

Day 05 Trek to Nagwal (3,700 m / 12,139 ft) ; 6-7 hrs.

Day 06 Trek to Manang(3,530 m / 11,580 ft) ; 5-6 hrs

Day 07 Trek to Shree Kharka(3,800 m / 12,464 ft)

Day 08 Trek to TilichoBase Camp (4,150 m / 13,612 ft) ; 5-6 hrs

Day 09 Climb to Lake Tilicho(4,910 m / 16,104 ft) and backtrack to Shree Kharka (3,800 m / 12,464 ft)

Day 10 Trek to Yak Kharkha(4,035 m / 13,234 ft) ; 5 hrs

Day 11 Trek to Thorung Phedi(4,220 m / 13,840 ft) and continue to High Camp (4,800 m / 15,745 ft) ; 5 hrs

Day 12 Trek toThorungla pass (5,416 m / 17,770 ft) and descend to Muktinath (3,802 m / 12,530 ft)Drive
to Kalapani(2,530 m / 8,298 ft) ; 9-10 hrs

Day 13 Drive to Pokhara (827 m / 2,712 ft) ; 5 hrs

Day 14 Spend a leisure day in Pokhara. Eve: Fly to Kathmandu.

Day 15 Final departure.

Trip Overview

COUNTRYSIDE™
ADVENTURE HOLIDAYS
OUTLIVE

- Crossing Thorong La Pass (5,416 m), one of the highest navigable passes in the world and a physically demanding yet rewarding accomplishment with panoramic Himalayan views.
- Spectacular mountain scenery, with close-up views of peaks such as Annapurna II-IV, Dhaulagiri, Machhapuchhre, Manaslu, Gangapurna, and Tilicho Peak
- Diverse landscapes, ranging from lush subtropical forests and terraced farmland, through alpine meadows and glacial lakes (like Tilicho and Ice Lake), to the high-altitude arid deserts of Mustang.
- Rich cultural experiences as the route passes through traditional villages inhabited by Gurung, Magar, Manangi, and Thakali communities, with changing religions and architecture from lower Hindu villages to high-altitude Buddhist settlements in areas such as Manang and Muktinath.

Stay in 4* hotel and deluxe tea house

14 Breakfasts, 12 lunches & 10 Dinners Incl

Tour cost: 1,35,300/- per person
(Indian Nationals with internal flight)
Foreign nationals: USD 1529+ USD
106 internal flight

Day 01: Arrival in Kathmandu (1337m/4387 ft.).

Upon arrival in Kathmandu's Tribhuvan International Airport, meet, assist and transfer to Hotel.

Day 02: Drive to BesiShahar ; 177 km/ 6 hrs

Early morning is free to visit Pashupatinath temple darshan or any last-minute shopping at Thamel market, post breakfast we will drive to Besi Shahar. Overnight at resort.

Day 03: Drive to Chame(2,620m/8,595ft);61km/3-4hrs

After breakfast, drive to Chame. After 3hrs, the drive is on unpaved mountain road mostly following the Myarshyangdi River. The drive is rough but beautiful as we pass through several villages and cascading waterfalls. Dinner and overnight at teahouse lodge.

Day 04: Trek to Upper Pishang(3,240 m / 10,627 ft) ; 6 hrs

We begin our trek by following the river, passing through a beautiful pine forest with stunning views of Lamjung and Annapurna II and IV. We eventually reach Bhartang village (2919m), primarily inhabited by Tibetans, where we stop for a hearty lunch. After lunch, it takes about two hours to reach the summit. Traditionally, trekkers would plant a pine sapling at the top, not only to mark their achievement but also to help with the area's reforestation. From here, we leave the main trail and cross the Marshyangdi River via a wooden bridge. We then gently ascend toward the village of Upper Pishang. Dinner and overnight stay at teahouse lodge.

Day 05: Trek to Nagwal (3,700 m / 12,139 ft) ; 6-7 hrs

After breakfast, we begin our trek along the upper trail towards Ghyaru village, which involves an uphill climb. Ghyaru is a traditional Tibetan village in Manang. From there, we continue traversing the mountains and reach Ngawal village for lunch. After lunch, we'll have some free time to explore the village as part of the acclimatization process. On a clear day, from Ngawal, you can enjoy views of Annapurnall, Annapurnalll, Lamjung Kailash, and Gangapurna peaks. Dinner and overnight stay at a teahouse.

Day 6: Trek to Manang(3,530 m / 11,580 ft) : 5-6 hrs

From Ngawal village, we descend to the ancient village of Braga (3505m). We can take some time to explore Braga, a charming village with its flat-roofed houses, and visit the Gompa, the largest and richest in the region, known for its impressive collection of Thangkas (religious scroll paintings) and prayer books. It takes just 45 minutes to reach Manang, located on a plateau at 3530m. Dinner and overnight stay at a tea house lodge.

Day 07: Trek to Shree Kharka (3,800 m / 12,464 ft); 3- 4 hrs

Post breakfast we will walk down to Khangsar, beyond Khangsar, the trail climbs steeply to a small chorten, then climbs more gently through juniper and sea buckthorn bushes to a Shree Kharka at an altitude of 3,800 m. Dinner and overnight at the tea house.

Day 08: Trek to Tilicho Base Camp (4,150 m / 13,612 ft) ; 5-6 hrs

After breakfast, we proceed towards Tilicho Base Camp. The trail then traverses into a side valley, crosses a stream, and ascends to a shepherd's hut at 4,050 meters. The high trail to Tilicho Base Camp veers to the right, offering the safest route to reach the camp. We will have dinner and spend the night at a teahouse lodge.

Day 09: Climb to Lake Tilicho (4,910 m / 16,104 ft) and backtrack to Shree Kharka (3,800 m / 12,464 ft)

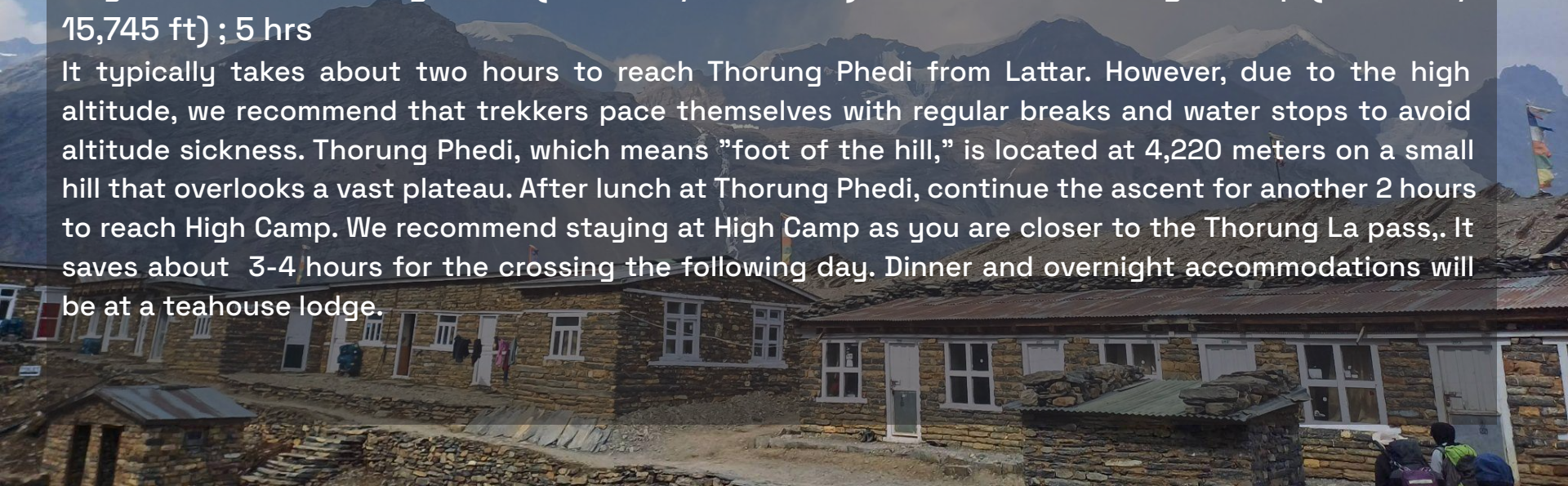
The trail to Tilicho Tal begins by ascending a valley before crossing into a moraine, where it climbs steadily to 4,710 meters. Along the way, there are stunning views of Khangsar Kang, Tarke Kang, and Gangapurna, as well as impressive vistas down the valley toward Manang and Upper Pisang. The trail then winds through a series of steep switchbacks, ascending for an hour to a false summit before reaching a crest at 5,010 meters. From this point, the trail leading to the lake is lined with hundreds of large stone slabs placed upright. After passing two lakes, the trail reaches a cairn and prayer flags, offering the first view of Tilicho Lake (4,910 m), which spans 4 kilometers in length and 2.5 kilometers in width, making it the highest lake on Earth. After visiting the lake, descend to Base Camp for lunch. Following lunch, begin the return journey to Shree Kharka. Dinner and overnight stay will be at a teahouse lodge.

Day 10: Trek to Yak Kharkha (4,035 m / 13,234 ft) ; 5 hrs

After breakfast, take an upper trail towards left through the Pine, Juniper and Rhododendron Forest. You will arrive above Khangsar and may see Yaks & Horses grazing around. From here steep descend to the River. Cross the river on suspension bridge and continue to Yak Kharkha and check in at a Teahouse lodge.

Day 11: Trek to Thorung Phedi (4,220 m / 13,840 ft) and continue to High Camp (4,800 m / 15,745 ft) ; 5 hrs

It typically takes about two hours to reach Thorung Phedi from Lattar. However, due to the high altitude, we recommend that trekkers pace themselves with regular breaks and water stops to avoid altitude sickness. Thorung Phedi, which means "foot of the hill," is located at 4,220 meters on a small hill that overlooks a vast plateau. After lunch at Thorung Phedi, continue the ascent for another 2 hours to reach High Camp. We recommend staying at High Camp as you are closer to the Thorung La pass,. It saves about 3-4 hours for the crossing the following day. Dinner and overnight accommodations will be at a teahouse lodge.

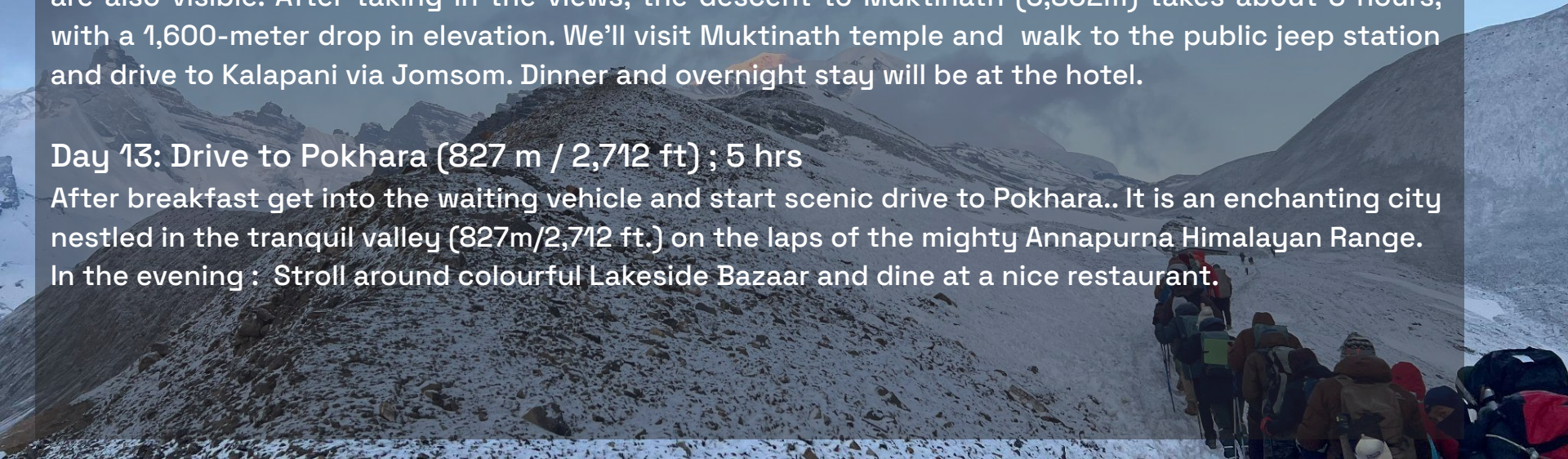


Day 12: Trek over Thorung la pass (5,416 m / 17,770 ft) and descend to Muktinath (3,802 m / 12,530 ft) Drive to Kalapani (2,530 m / 8,298 ft) ; 9-10 hrs

We start early in the morning to begin the ascent to Thorung La Pass. The route involves crossing about twenty small hills on the way to the summit at 5,416 meters, which takes approximately 2-3 hours from Thorung Phedi. From the top, we will enjoy panoramic views of Yakgawa Kang (Thorungse) to the north (6,481m), Khatung Kang to the south (6,484m), and the Annapurnas and Gangapurna to the southeast. To the west, the majestic peaks of Dhaulagiri (8,169m) and Mount Tukuiche (6,920m) are also visible. After taking in the views, the descent to Muktinath (3,802m) takes about 3 hours, with a 1,600-meter drop in elevation. We'll visit Muktinath temple and walk to the public jeep station and drive to Kalapani via Jomsom. Dinner and overnight stay will be at the hotel.

Day 13: Drive to Pokhara (827 m / 2,712 ft) ; 5 hrs

After breakfast get into the waiting vehicle and start scenic drive to Pokhara.. It is an enchanting city nestled in the tranquil valley (827m/2,712 ft.) on the laps of the mighty Annapurna Himalayan Range. In the evening : Stroll around colourful Lakeside Bazaar and dine at a nice restaurant.



Day 14: Spend a leisure day in Pokhara. Eve: Fly to Kathmandu.

Spend a relaxing day in Pokhara for a most deserved rest. Meanwhile you are free to go on excursion of this beautiful city. This is also a free day in the event of delays on trek due to unavoidable circumstances.

Evening: Fly to Kathmandu. Upon arrival check in at a hotel.

Day 15: Final departure.

After breakfast, transfer to Tribhuvan International Airport to board your flight to home country.

End of the arrangements..

Inclusions & Exclusions

- ✓ Kathmandu, beshiseher & Pokhara: In a deluxe hotel on twin sharing basis; Bed & Breakfast.
- ✓ On the trek: In a Tea lodges on twin sharing basis; All meals included.
- ✓ Pokhara- kathmandu airtickets (For Indian national only)
- ✓ Trek and other internal transfers in small vehicles/coach/SUV/MUV.
- ✓ Complimentary duffle bag.
- ✓ All applicable Trek permits (ACAP & TIMS)
- ✓ Contribution to Porter insurance and equipment
- ✓ Necessary portorage on the trek.
- ✓ One Local Experienced Sherpa on the trek.
- ✓ Comprehensive medical kit along with the oxygen cylinder.
- ✓ One experienced Countryside Outdoor professional from Mumbai.
- ✗ Goods & Service Tax 5% or as applicable for Indian nationals.
- ✗ TCS 20% or as applicable for Indian nationals on total tour cost.
- ✗ Travel to & from Kathmandu & Any chopper services in this region.
- ✗ Adventure travel insurance.
- ✗ Lunch & dinner expenses in Kathmandu & Pokhara.
- ✗ Hot water for drinking on the trek & hot shower.
- ✗ Additional Night stay cost in Pokhara/ Kathmandu in case of flight cancellation / delays
- ✗ Any expenses of personal nature such as mineral water, laundry, liquor, etc.
- ✗ Any extra costs incurred due extension/change of the itinerary, because of natural calamities, flight delays/cancellations, road blocks, vehicle breakdown, etc. factors beyond the control of the organizers of this event and its associates.



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ADVENTURE HOLIDAYS

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