

Detailed Itinerary

Day 1: Kathmandu Arrival (1,400m)

Arriving in Tribhuvan International Airport(Kathmandu) our representative will be there with your name board to pick you up. After receiving you, he/she will drive you to your hotel in Thamel checking you in. Later in the day you will meet our representative for a pre-trip meeting, any queries on trip will be answered and all formalities will be done either in your hotel lobby or Mount Elegance office depending on time schedule. The rest of the day is yours to explore the city and prepare for the trip.

Max Altitude	Drive Duration	
Kathmandu (1,400 m / 4,593 ft)	30-45 Minutes	

Note:

After your arrival we will have a pre trip meeting which will be held at the hotel you will be staying. Our team will explain to you everything about the trip and necessary things like: Documents, Equipment and Travel insurance are checked during this time. Remaining due is also cleared during the meeting and in the evening you can buy or rent remaining equipment or gear.

Day 2: Drive from Kathmandu to Besisahar (760m)

Today after breakfast you meet your trip guide. He/she will take you to your bus from there you will drive through the winding roads carved into the mountain side offering the views of terracing fields and local settlement scattered throughout the route. On the drive to Besisahar you will find roads carved on the side of high mountains covered in green forests and the route follows the raging rivers. Upon reaching the small town you will get to pack your gears and rest up for the walk tomorrow. Your guide will provide you information on what and how to pack your bag for the other day.

Altitude	Trek Duration	Meals	
Besisahar (760 m / 2,493 ft)	6-7 hours	Breakfast, Lunch & Dinner	

Day 3: Drive from Besisahar to Chame (2,630m)

Yet another day of drive, taking you on a jeep ride through the off roads into the Himalayas you will find yourself in the middle of the lush, subtropical green hills, terraced rice paddies, and small roadside villages. As the gorge narrows dramatically, the road gets rougher. You will drive right under massive waterfalls that literally spray water across the windshield of the jeep. You'll pass Chamje and climb steeply before dropping into Tal (1,700m), a striking village sitting on a flat, sandy riverbed. A major checkpoint where your ACAP trekking permits are stamped, the final stretch climbs steeply through dense pine and rhododendron forests. The temperature drops fast, the air crisp and cool. As you rattle into Chame, the towering snowy peak of Annapurna II greets you, signaling your arrival at the district headquarters.

Max Altitude	Trek Duration	Meals	
Chame (2,630 m / 8,629 ft)	5-6 hours	Breakfast, Lunch & Dinner	

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

Today, full of energy, Leaving Chame day begins with walking along the river through dense pine forest. You'll soon reach Bhratang, an area famous among trekkers for its massive apple orchards. Your guide will stop here at the local teahouse for fresh apple juice or an apple donut is a must. Short walk you will cross suspension bridges you will encounter one of the most jaw-dropping sights on the entire circuit. After a steep climb through the pine trees to reach lower Pisang, crossing that you will again climb for a peaceful stay at Upper Pisang. It is usually less crowded than lower village.

Max Altitude	Trek Duration	Meals	
Pisang (3,300 m / 10,827 ft)	4-5 hours	Breakfast, Lunch & Dinner	

Day 5: Guided Trek from Pisang to Manang (3,370m)

From here path splits into two lower via Hongde is an easier alternative and is a quicker route and the other high route through Ghyaru and Ngawal is highly recommended for experiencing the incredible views of high panoramic mountains, you will cross upper Pisang you will meet with a challenging steep zigzag climb up a scree slope to the village of Ghyaru (3,670m). It takes about 1.5 to 2 hours of pure uphill gasping, but the reward at the top is legendary facing across the valley at the massive, eye-level ice walls of Annapurna II, III, and IV. Trekkers universally agree that while this route is physically punishing, it offers the best views of the entire trek and kicks your body's acclimatization into high gear. Merging route into Mungji on to the final push for Manang.

Max Altitude	Trek Duration	Meals	
Manang (3,370 m / 11,056 ft)	5-6 hours	Breakfast, Lunch & Dinner	

Day 6: Acclimatization day at Manang

Today will be the last day you will have time to breath through all the hectic climbing from the beginning of the trip. Today you can rest up in the tea house and later take a short hike and descend to incredible points of interest such as Gangapurna lake and icefall, Braga Monastery, Milarepa cave or ice lake at 4600m. Short hiking is an option that will be best for acclimatizing to the altitude and adapting to the mountaineers principle of climb high and sleep low that makes your body adapt to the higher altitude without long exposure to thin air, a very good acclimatization tip.

Max Altitude	Meals		
Manang (3,370 m / 11,056 ft)	Breakfast, Lunch & Dinner		

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

Today starts with steady climb out of Manang passing the western chorten uphill climb the trail leads you out of the wide valley floor and starts ascending the slopes of the Jarsang Khola valley. Through dry terrain you will reach a small settlement of Gunsang teahouse here because the panoramic views looking back at Annapurna III and Gangapurna are absolutely breathtaking. Crossing the suspension bridge gradual, winding uphill walk terrain becomes noticeably more barren, rocky, and open. Soon, you will start seeing old stone fences and basic teahouses appearing on the hillside, marking your arrival in Yak Kharka.

Max Altitude	Trek Duration	Meals	
Yak Kharka (4,050 m / 13,287 ft)	4-5 hours	Breakfast, Lunch & Dinner	

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

Beginning the day with a gentle climb along the east bank of the Jarsang Khola. The landscape is a stark, rocky alpine desert. After a couple of hours of steady walking, the trail drops sharply down to the riverbank. You will cross a small suspension bridge and you will climb a steep and narrow slope that leads into the infamous landslide-prone area. For about 30 to 45 minutes, you will walk along a narrow, single-file dirt track carved into a nearly vertical cliffside. As you round the final corner of the landslide zone, the small, stone-walled settlement of Thorong Phedi appears at the bottom of a massive, sweeping canyon.

Max Altitude	Trek Duration	Meals	
Thorong Phedi (4,450 m / 14,600 ft)	3-4 hours	Breakfast, Lunch & Dinner	

Day 9: Guided Trek Thorong Phedi to Muktinath Via Thorong La pass (5,416m)

Day starts early in the morning in freezing, pitch black darkness you will climb a zigzagging climb up a gravel slope. Under the headlamp walk slowly with deep breaths you will summit the Thorong La Pass at 5416 m. Standing at the world's highest trekking pass, you are surrounded by thousands of fluttering prayer flags. Reaching the top rewards you with an unforgettable, freezing sunrise and a massive 360-degree panorama of the Annapurna and Dhaulagiri giants. Soaking in the views and gathering memories in photographs you will start to descend the pass a steep, knee-busting drop of over 1,600 vertical meters. The snow slowly fades away, and the landscape completely flips into the dramatic, arid, and wind-swept desert of the Mustang region. Today's long, exhausting descent ends at this ancient, sacred site of Muktinath.

Max Altitude	Trek Duration	Meals	
Thorong La Pass (5,416m /17,769ft)	7-8 hours	Breakfast, Lunch & Dinner	

Day 10: Drive from Muktinath to Tatopani (1,190m)

Dropping about 2500m you will descend to Tatopani today. Day begins with windy routes through Jharkot and Kagbeni dropping into the wide, grey riverbed of the Kali Gandaki River. This valley is the deepest gorge in the world, flanked by the massive Annapurna massif on one side and Dhaulagiri on the other. Then through the incredible village of Marpha, famous as Apple Capital. As you move past Tukche and Larjung, the barren mountain desert of Mustang completely disappears. The valley narrows again, and you find yourself walking back into pine forests and green vegetation near the village of Ghasa. After the final stretch brings you deep into the settlement of Tatopani.

Max Altitude	Drive Duration	Meals	
Muktinath (3,800m)	5-6 hours	Breakfast, Lunch & Dinner	

Day 11: Trek from Tatopani To Ghorepani (2,860m)

On to the last stretch of the trek, a day of long walks coming to an end, you will walk a gentle route till crossing a suspension bridge over Kaligandaki river. Facing Pokhara you will climb toward Ghorepani. Hiking through Ghara and Sikha will be the challenging parts due to thousands of steep, hand-carved stone stairs. You will reach the settlement of Ghorepani.

Max Altitude	Trek Duration	Meals	
Ghorepani (2,860m/ 9,350 ft)	7-8 hours	Breakfast, Lunch & Dinner	

Day 12: Hike Poonhill and Trek to Nayapul, Drive to Pokhara (822m)

4 am in the morning the alarm goes off to wake up early. Clutching a headlamp and dressed in your warmest layers, you will join a quiet stream of headlamps climbing the steep, stone-stair trail to the summit. It takes about 45 to 60 minutes of steady climbing to reach the grassy tower of Poon Hill. As the sun rises, it paints the Annapurna and Dhaulagiri ranges in brilliant shades of pink, gold, and orange. Looking at Dhaulagiri I (8,167m) and Machhapuchhare (Fishtail) glowing in the early light is a sight you will never forget. On to the final stretch of the trek you will hike down a long descent. You'll walk through beautiful rhododendron forests and past rushing waterfalls, eventually arriving at the top of the infamous Ulleri steps. Following the Bhurungdi Khola riverbed through peaceful farms you will cross a suspension bridge then check out of ACAP onwards to Nayapul.

From Nayapul you will take a shared jeep ride to reach the City of Pokhara. On your drive to Pokhara passing through small riverside towns and offering final, distant glimpses of the Annapurna range. Upon reaching Pokhara, you will check into a comfortable hotel and enjoy the afternoon at your own leisure. Perfect time to celebrate the successful completion of the trip.

Max Altitude	Trek Duration	Drive Duration	Meals
Poonhill (3,210 m / 10,531 ft)	6-7 hours	2-3 hours	Breakfast & Lunch

Day 13: Drive from Pokhara To Kathmandu

After completing your long, grueling trek and enjoying a well-deserved rest in a comfortable hotel in Pokhara, you will journey back to Kathmandu. Though traveling the same route, your return offers a completely different perspective of the winding roads and terraced hillsides. You will board a comfortable tourist bus or travel by private jeep for the scenic 6-to-8-hour drive along the Prithvi Highway, tracing the Trishuli River back to the bustling capital.

Upon arriving in Kathmandu, the rest of the day is yours to relax or do some final sightseeing. If you are eager to explore, we highly recommend visiting iconic cultural landmarks such as Swayambhunath (the Monkey Temple), Boudhanath Stupa, or the historic Basantapur Durbar Square. For last-minute souvenir shopping, the vibrant local stalls of Ason Bazar and the bustling streets of Thamel offer endless treasures.

To celebrate our shared journey and your incredible achievement, our team will host a special farewell dinner tonight. Over a delicious meal, we will present you with your official trek completion certificate as a token of our gratitude and a memory of this Himalayan adventure to cherish for a lifetime.

Altitude	Drive Duration	Meals	
Kathmandu (1,400 m / 4,593 ft)	7-8 hours	Breakfast & Dinner	

Day 14: Final Departure

Ending the trip today you will be returning. According to your flight schedule our team will manage your transport to the airport. If you have time before your flight you can try different local food around Thamel, beautiful cafes around Thamel providing unique tastes. Reflecting on the journey, interaction and bond you made during your flight.

Altitude Kathmandu (1,400 m / 4,593 ft)	Drive Duration 30-40 Minutes	Meals Breakfast	
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