

Annapurna Circuit Trek with Kingdom of Mustang

Proposed Itinerary
Start Kathmandu October 31
End Kathmandu November 25



Day 01: Arrival in Kathmandu 31 October

You will arrive in Kathmandu, the capital city of Nepal, which lies at an elevation of about 1,400 meters above sea level. After landing at Tribhuvan International Airport, you will transfer to your hotel. During the day, you can rest from your flight or take a short walk around the lively streets of Thamel. Kathmandu is rich in culture and history, and it serves as the main gateway for trekking in the Himalayas.



Day 2 – Free Day Kathmandu to prepare for your trek. (B) 1 November

Day 3 Drive to Chame November 2

After breakfast, you will begin a long but scenic drive to Chame, which is the district headquarters of Manang. The road follows the Marsyangdi River valley and passes through villages like Besisahar and Dharapani. Chame sits at around 2,670 meters. Along the way, you will see terraced fields, waterfalls, and distant snow peaks. Although the drive takes many hours, the changing landscapes make it very interesting. (BLD)

Day 04: Hike to Pisang November 3

Today you start trekking toward Pisang at about 3,200 meters. The trail continues along the Marsyangdi River and passes through pine forests and small settlements. As you walk higher, the mountain views become wider and more dramatic. You will see beautiful views of Annapurna II and other peaks of the Annapurna range. The air becomes cooler as you gain elevation. (BLD)

Day 05: Hike to Manang November 4

You continue trekking to Manang, located at 3,540 meters. The landscape slowly changes into a drier and more open valley. The trail offers impressive views of Annapurna III, Gangapurna, and Tilicho Peak. Manang is a large village with bakeries, lodges, and trekking shops. It is an important stop for acclimatization before heading higher. (BLD)

Day 06: Acclimatization Day November 5

This day is for rest and acclimatization in Manang. Although it is called a rest day, you will take a short hike to higher viewpoints such as Gangapurna Lake or the Himalayan Rescue Association viewpoint. These hikes help your body adjust to the altitude. It is very important to move slowly and drink enough water.(BLD)



Day 07: Hike to Tilicho Lake November 6

Today you walk toward Tilicho Lake, one of the highest lakes in the world at about 4,919 meters. The trail crosses landslide areas and rocky paths. The landscape is wild and dramatic. After several hours of trekking, you reach the lake, which is surrounded by high snow-covered peaks. The turquoise water against the mountain background creates a stunning view. Day 07: Hike to Tilicho Base Camp

After visiting the lake area, you descend carefully and continue to Tilicho Base Camp, located at

around 4,150 meters. The path requires attention due to loose rocks in some sections. However, the surrounding mountain scenery makes the journey rewarding.



Day 08: Hike to Yak Kharka November 7

You rejoin the main Annapurna Circuit trail and trek to Yak Kharka at about 4,050 meters. The trail gradually climbs and passes through alpine meadows where yaks graze during summer. The vegetation becomes sparse, and the air is thinner.(BLD)

Day 09: Hike to High Camp November 8

Today you continue ascending to High Camp, situated at around 4,800 meters near the base of Thorong La. The trail is steep in sections and the temperature drops significantly. You will rest early to prepare for the next day's pass crossing. (BLD)



Day 10: Cross Thorong La Pass to Kagbeni November 9

This is one of the most challenging and rewarding days. You wake up early and begin the climb to Thorong La Pass at 5,416 meters, the highest point of the trek. From the top, you can see vast Himalayan landscapes stretching in every direction. After celebrating at the summit, you descend steeply to Kagbeni at 2,800 meters, entering the region of Mustang.(BLD)

Day 11: Hike to Chele (Upper Mustang) November 10

You enter Upper Mustang and trek to Chele at about 3,050 meters. This region lies in the rain shadow of the Annapurna range and has a dry, desert-like landscape. The culture here is strongly influenced by Tibetan traditions. (BLD)

Day 12: Hike to Syangboche November 11

The trail climbs over passes and descends into small valleys before reaching Syangboche at 3,800 meters. The red cliffs and ancient caves along the route show the unique geography of Mustang. (BLD)



Day 13: Hike to Dhakmar November 12

Today you trek to Dhakmar, famous for its dramatic red rock formations. According to local legend, the red color is linked to an ancient story of a lama. The village lies at about 3,820 meters. (BLD)

Day 14: Hike via Ghar Gompa to Lo Manthang November 13

You visit Ghar Gompa, one of the oldest monasteries in the region, before continuing to Lo Manthang at 3,840 meters. Lo Manthang was once the capital of the former Kingdom of Mustang. The walled city contains monasteries, narrow alleys, and traditional mud-brick houses.(BLD)

Day 15: Rest Day in Lo Manthang November 14

You spend a full day exploring Lo Manthang. You can visit monasteries such as Jampa and Thubchen, and walk to nearby villages. This day allows you to experience the unique culture and history of Mustang.(BLD)

Day 16: Return to Charang November 15

You trek back to Charang, passing through wide valleys and ancient chortens. Charang is known for its large monastery and old fortress-like structures.(.)BLD)



Day 17: Jeep to Kagbeni, Hike to Muktinath November 16

You travel by jeep to Kagbeni and then hike to Muktinath Temple at 3,800 meters. Muktinath is an important pilgrimage site for both Hindus and Buddhists. The temple complex includes 108 water spouts and an eternal flame. (BLD)

Day 18: Hike to Dhumba Lake November 17

You trek toward Dhumba Lake near Jomsom. This sacred lake is surrounded by hills and offers peaceful views of Nilgiri and surrounding peaks. (BLD)

Day 19: Hike to Chimang November 18

The trail continues through traditional Thakali villages and agricultural fields as you reach Chimang. The lower altitude makes walking easier. (BLD)

Day 20: Hike to Larjung November 19

You trek to Larjung, passing apple orchards and following the Kali Gandaki River valley. The region is famous for apple farming. (BLD)

Day 21: Hike to Kalopani via Nupsang Kharka, Titi Lake, and Lete November 20

Today you pass through Nupsang Kharka and visit Titi Lake before reaching Kalopani at about 2,530

meters. Kalopani offers excellent views of Dhaulagiri and Annapurna I.

Day 22: Jeep to Pokhara November 21 November

You take a jeep drive to Pokhara, a beautiful lakeside city at 827 meters. Pokhara is known for Phewa Lake and panoramic Himalayan views. (BL)



Day 23: Explore Pokhara November 22

You spend the day relaxing or sightseeing in Pokhara. You may visit Davis Falls, the Peace Pagoda, or enjoy boating on Phewa Lake. After many trekking days, this is a comfortable rest. (B)

Day 24: Fly to Kathmandu 23 November

You take a short scenic flight back to Kathmandu. The flight offers clear mountain views if the weather is good. After arrival, you can enjoy shopping or a farewell dinner. (B)

Day 25: Free Day Kathmandu 24 November

Day 26 - Departure 25 November Transfer to the airport for your flight home

Finally, you transfer to the airport for your international departure. Your Annapurna Circuit with Mustang journey ends with unforgettable memories of high mountains, unique culture, and diverse landscapes.

Cost Includes •

Airport arrival and departure transfers by private vehicle •

* 4 nights' hotel accommodation in Kathmandu with breakfast (single room)

• 2 nights' hotel accommodation in Pokhara with breakfast (single room)

• Teahouse/lodge accommodation during the trek on single where available otherwise twin-sharing basis

*All meals on trek – tea/coffee/hot chocolate provided at meals times

* Fruit supplied for the 1st week of the trek

- All required trekking permits (ACAP, TIMS, Restricted Area Permit for Upper Mustang)
- Experienced, government-licensed trekking guide • Necessary number of porters (1 porter for 2 trekkers)
- Guide and porter salaries, meals, accommodation, and insurance
- Annapurna Circuit and Upper Mustang entry fees
- Jeep transportation as per itinerary (Kathmandu–Chame and Kagbeni–Pokhara)
- Domestic flight from Pokhara to Kathmandu
- Muktinath local entry fees (if applicable)
- First aid medical kit carried by the guide
- All government taxes and company s

Everest Scenic Flight

Cost Excludes

- International airfare
- Nepal entry visa fees
- Travel insurance (compulsory, including high-altitude coverage)
- Lunch and dinner in Kathmandu and Pokhara
- * Morning afternoon tea stops at own expense
- Personal expenses (Wi-Fi, hot shower, battery charging, drinking water, laundry, etc.)
- Personal trekking equipment
- Tips for guide and porter (highly expected)
- Any additional costs due to itinerary changes, weather conditions, natural disasters, or unforeseen circumstances • Extra accommodation or transportation not mentioned in the itinerary



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