



SOME BEAUTIFUL PATHS CAN'T BE  
DISCOVERED WITHOUT ADVENTURE...

# ANNAPURNA *Circuit Trek*

## HIMALAYAN PATHS

Founded by Padmashri Premlata Agarwal, the first Indian woman to conquer the seven summits, Himalayan Paths stands as a pioneering sustainable adventure company. Agarwal's mountaineering passion, honed as a senior officer at Tata Steel Adventure Foundation, inspired the creation of this exceptional enterprise. Himalayan Paths' mission is to offer purpose-driven, sustainable travel adventures curated by blending thrilling outdoor activities, captivating excursions, and team challenges. Leadership workshops impart invaluable skills, providing a competitive edge in personal and academic spheres. Immersing in Himalayan Paths ensures a transformative expedition, fostering a profound connection with nature and promoting environmental sustainability. Committed to responsible tourism, each adventure leaves a positive impact on communities and ecosystems. Join Himalayan Paths for an exploration of untamed mountain beauty, pushing personal growth boundaries in a sustainable journey transcending geographical and personal limits.



*"Within every human being resides a primal spirit, an unwavering longing for adventure. It is an innate calling to venture into the unknown, conquer the impossible, and embrace the boundless possibilities that await. Through steady determination, we rise above challenges, pushing our limits and persevering with relentless effort, to reach our goals and unlock the extraordinary potential that lies within us"*

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## Annapurna Circuit Trek Highlights:

### **THORONG LA PASS:**

- Conquer Thorong La Pass, one of the world's highest trekking passes, and savor the breathtaking views from its summit.

### **PANORAMIC MOUNTAIN VIEWS:**

- Witness the majestic Annapurna range and other prominent peaks, including Gangapurna, Khangsar Kang, Tarke Kang, Lachenal Peak, Nilgiri Himal North/Central/South, and numerous peaks towering above 6,000 meters.

### **CULTURAL IMMERSION:**

- Immerse yourself in the lifestyle of the Gurung and Magar communities, serving as the custodians of Buddhist culture in the Himalayas.

### **MUKTINATH PILGRIMAGE:**

- Visit Muktinath, Nepal's holiest pilgrimage site for both Hindu and Buddhist devotees. The temple is a symbol of religious harmony and significance.

### **SUB-TROPICAL FOREST EXPLORATION:**

- Wander through a sub-tropical forest adorned with vibrant and diverse flora and fauna, adding a touch of natural beauty to your trekking experience.
- Witnessing breathtaking views of Annapurna II, III, IV, Gangapurna, Tilicho, and Pisang Peak, as well as the Marsyangdi River
- Exploring Tibetan settlements and Buddhist culture along the trail

THE ANNAPURNA CIRCUIT TREK IS NOT JUST A PHYSICAL CHALLENGE; IT'S A HOLISTIC EXPERIENCE THAT ENCOMPASSES DIVERSE LANDSCAPES, RICH CULTURES, AND SPIRITUAL ENCOUNTERS. THESE HIGHLIGHTS SHOWCASE THE VARIETY AND UNIQUENESS THAT MAKE THIS TREK A TRULY UNFORGETTABLE ADVENTURE IN THE HEART OF THE HIMALAYAS.



## Arrival in Kathmandu

Upon your arrival at Kathmandu International Airport, our guide and staff will warmly welcome you. They will ensure a smooth transfer to your designated hotels situated in the heart of Kathmandu city. Once you've settled into your hotel rooms and refreshed after your flight, you will have the opportunity to connect with fellow members of the Annapurna Circuit trekking group later in the evening. During this group briefing, our experienced guides will provide valuable information about the hotels, trekking details, local lodges, overland transportation, and essential do's and don'ts to ensure a successful and enjoyable trekking experience.

**Accommodation: Lo mustang Hotel**  
**Type: 4 Star Hotel**  
**Meals: Not Included**



## Day 2: Drive to Dharapani:

Drive from Kathmandu to Besisahar (760m/2493ft) for 6 hours.  
Then, drive from Besisahar to Dharapani (1860/6102 ft) for 4 hours.

On the first day, we will pick you up from your respective hotel in Kathmandu at 5 am and depart in a private vehicle, driving to Besisahar (760m/2493ft). This journey will take approximately 6 hours without any traffic jams. However, please be aware that any potential traffic jams might cause delays. We will stop for lunch in Besisahar. After lunch, we will board another 4-wheeler vehicle, as the road to Dharapani (1860m/6103ft) is rough. Along the way to Dharapani, feel free to request the driver to make stops for taking pictures of the beautiful local villages, waterfalls, and snow-capped Himalayas that we will encounter. The drive from Besisahar to Dharapani will take approximately 4 hours.



**FOOD:**  
Breakfast, Lunch & Dinner: Local restaurant  
Highest altitude: 1860m  
Drive duration: approx 10 hours  
Drive distance: 118kms



## Day 03: Trek from Dharapani (1860m/6103ft) to Chame (2670m/8760ft)

Today, we begin our trek from Dharapani (1860m/6103ft) towards Chame (2670m/8760ft). The hike is expected to take around eight hours. Along the way, we will trek alongside the Marshyangdi River, with stunning views of the surrounding mountains, including Mount Manaslu, the 8th highest peak in the world. We will encounter a suspension bridge, and there will be a steep climb until we reach the first tea break in Timang after about two hours of walking. After Timang, we will stop for lunch in Thanchowk. The path then becomes relatively straight until we reach Chame, which should take about three and a half hours from Thanchowk.

You will find yourself surrounded by lush green forests, and as you look up, you will be rewarded with remarkable views of Lamjung Himal, Annapurna II, and Annapurna IV (7,525m).

**FOOD**  
Breakfast: Local restaurant  
Lunch & Dinner: At local teahouse  
Highest altitude: 2670m  
Trekking duration: 6 hours  
Trekking distance: 15.5kms

## DAY 04: Trek from Chame (2650m/8694ft) to Upper Pisang (3300m/10826ft).

After breakfast in Chame, we will begin our 7-hour hike to Upper Pisang. Our trail will pass through apple farms, offering clear views of Annapurna II in the south and Pisang Peak in the northeast along the way. At Bhra Tang, we will take a short break to enjoy fresh apple treats such as apple juice, apple tea, apple donuts, apple pie, and many more delicacies. Afterward, we will hike for two hours to Dukurpokhari, where we will stop for lunch while admiring the stunning views of Mount Lamjung. After lunch, we will continue our hike to Upper Pisang, where breathtaking views of Annapurna II and the surrounding mountains will greet us upon arrival.

### FOOD

Breakfast: Local restaurant  
Lunch & Dinner: At local teahouse  
Highest altitude: 3300m  
Trekking duration 6 hours  
Trekking distance: 13.2kms



## DAY 05: Day 5: Trek from Upper Pisang ( 300 meters /10,827 ft) to Nagawal 3,660 meters (12,008 ft)

The trek from Upper Pisang to Ngawal is 10 kilometers over 6 hours of hiking. It begins with an easy trail to the village of Ghyaru, but then involves a steep, zigzagging climb to reach Ghyaru.

After resting in Ghyaru, the trek will continue walking towards Ngawal, initially ascending further. As you ascend, be aware of potential altitude sickness symptoms during this day.

Descending into Ngawal will provide relief, passing through the larger village to reach the lodge for the night. The day's strenuous climbing makes it a challenging stretch of the circuit.

### FOOD

Breakfast: Local restaurant  
Lunch & Dinner: At local teahouse  
Highest altitude: 3660m  
Trekking duration 6 hours  
Trekking distance: 10 kms

## Day 6: Trek from Nagawal (3,660 meters /12,008 ft) to Manang (3540m/11300ft).

The trek from Ngawal to Manang takes about 5 hours of hiking, involving a 140-meter descent in elevation. It begins with a steep descent from Ngawal to the valley floor and the village of Humde. From Humde, the trail continues through the valley, passing fields and forests before reaching the village of Braka. The final stretch from Braka to Manang is an easy 2 km walk along the main road. Manang is a larger, lively village with amenities such as hotels, bakeries, and medical clinics, making it a popular rest stop on the Annapurna Circuit. The scenic descent provides relief from the high altitudes while offering views of peaks like Annapurna III and the Gangapurna glacier.

### FOOD

Breakfast: Local restaurant  
Lunch & Dinner: At local teahouse  
Highest altitude: 3660m  
Trekking duration 6 hours  
Trekking distance: 8 kms



## DAY 07: Spend an acclimatization day at Manang (3540m/11300ft).

Day 4 serves as an acclimatization day, but we'll stay active exploring Manang village. In the morning, we'll begin on a 3 to 4-hour hike to the Gangapurna Viewpoint at 3,850 meters elevation. There, you'll be treated to breathtaking views of Gangapurna, Annapurna III, Glacier Dome, and the surrounding glaciers. After this scenic adventure, we'll return to Manang for lunch and then spend the afternoon resting and gearing up for the hike to Tilicho Base Camp. Later in the afternoon, you have the option to visit the Himalayan Rescue Association, conveniently situated in front of our hotel. Here, at 3 pm, you'll receive a briefing about acute mountain sickness, its symptoms, and prevention methods, ensuring we are well-prepared for the higher altitudes ahead. Alternatively, you can explore the nearby Bojo and Braga gompas, just a half-hour walk away.

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

After a day of acclimatization in Manang, we move towards Yak Kharka. We cross a stream, climb to Tenki village, and head out of Marshyangdi valley northwest into Jarsang Khola valley. The trail ascends slowly as we head northwards, passing through pastures, juniper forests, and the small village of Gunsan with its flat mud-roofed houses and yak/horse pastures. After crossing a wooden bridge over a small river, we make our way up the spectacular valley to the open, peaceful meadow of Yak Kharka. Today's relatively short 5-6 hour hike features a gentle uphill ascent initially, followed by a steep downhill descent, passing by picturesque yak pastures.



### FOOD

Breakfast: Local restaurant  
Lunch & Dinner: At local teahouse  
Highest altitude: 4050m  
Trekking Duration: 5-6 hours  
Trekking distance: 9.4 kms

# DAY 09: Trek from Yak Kharka (4,050m/14,275ft) to Thorong Phedi(4,525m/14,525ft).

Today's hike is a relatively short 4-5 hours in duration. Starting from Yak Kharka, we'll ascend to a ridge before descending and crossing the Marsyangdi River. The trail begins with a horizontal path for the first few hours, providing a moderate start to our journey. After crossing a suspension bridge and reaching Lader, we'll continue along another horizontal path. It's important to note the risk of landslides in certain areas after passing the tea shop, so we'll need to remain vigilant. After navigating this section, we'll soon arrive at Yak Kharka.

Overnight Stay at Thorong Base Camp Lodge

## FOOD

Breakfast: Local restaurant

Lunch & Dinner: At local teahouse

Highest altitude: 4525m

Trekking Duration: 4-5 hours

Trekking distance: 6.5 kms



## DAY 10 : Trek from Thorong Phedi (4,525m/14,525ft) to Muktinath (3,760m/12,623ft) via Thorong La High Pass (5,416m/17,756ft)

Today will be a remarkable and challenging day as we trek from Thorong Phedi (4,525m/14,525ft) to the sacred Muktinath Temple (3,760m/12,623ft) via the iconic Thorong La High Pass (5,416m/17,756ft). This pass is one of the highest in the world and marks the highest point of our trek. We will begin our ascent at 4 am after an early breakfast at Phedi, hiking uphill for roughly 1 to 1.5 hours to reach High Camp. After a short break, we'll continue our uphill climb for another 1.5 hours until reaching a tea shop. From there, a long horizontal path of 1.5 to 2 hours awaits before we finally reach the famous Thorong La Pass. Take your time to capture pictures and enjoy a reviving cup of tea at the pass before beginning our 3 to 4-hour descent to Muktinath, where we'll have a well-deserved lunch. Muktinath is a sacred pilgrimage site for Hindus and Buddhists alike. The Buddhists refer to it as Chumig Gyatsa, meaning "Hundred Waters," due to the 108 stone water sprouts flowing from the Kaligandaki River

### FOOD

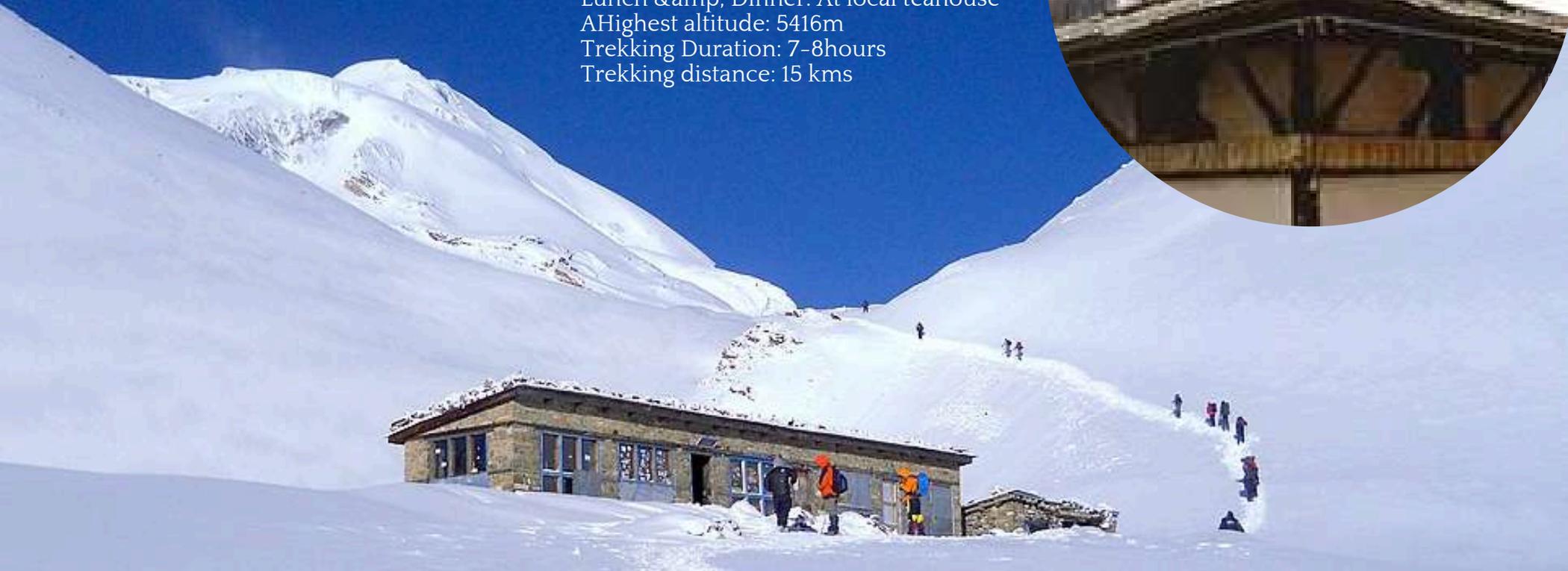
Breakfast: Local restaurant

Lunch & Dinner: At local teahouse

A Highest altitude: 5416m

Trekking Duration: 7-8 hours

Trekking distance: 15 kms



## DAY 11: Drive from Muktinath to Pokhara (822m/2696ft).

After the spiritual experience at Muktinath Temple, we will board a private vehicle for the drive to Pokhara, covering approximately 170 kilometers (106 miles) in 6-7 hours. The journey descends from the high Himalayas through arid regions, lush forests, and alongside the Kali Gandaki River, offering stunning views of the Annapurna and Dhaulagiri ranges. We will make stops for refreshments and to capture the breathtaking scenery. As we approach Pokhara, the serene beauty of Phewa Lake surrounded by the Annapurna massif will greet us. Pokhara, known for its natural beauty and adventure activities, will be our final destination after the strenuous yet rewarding Annapurna Circuit Trek. Over night stay at the City inn Pokhara

### FOOD

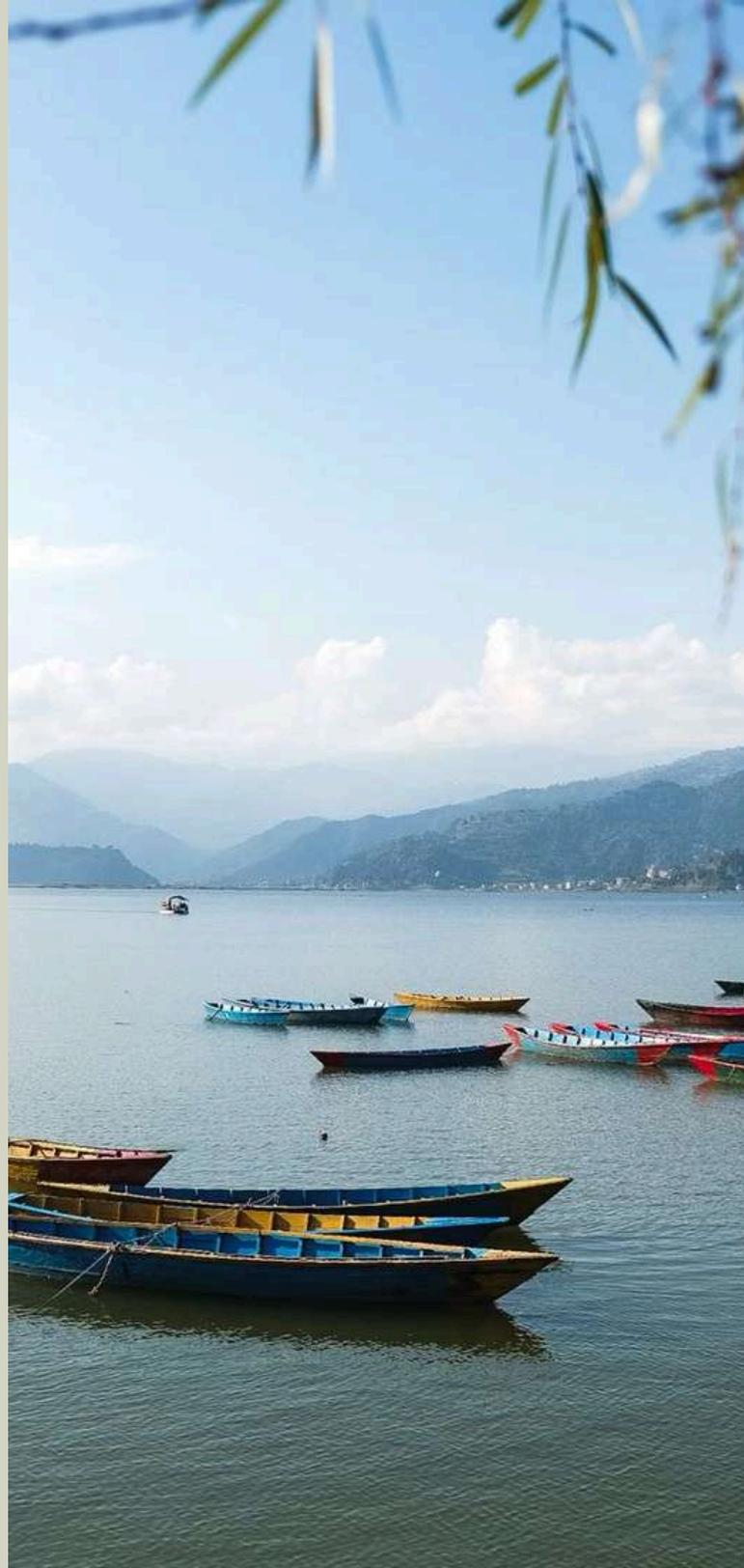
Breakfast: Local restaurant

Lunch At local teahouse

Highest altitude: 3760m

Drive duration: approx 6-7 hours

Drive distance: 170 kms



## Day 12: Final Moments in Pokhara and Return to Kathmandu

As you savor your final moments in the serene and picturesque city of Pokhara, bid a fond, albeit somewhat hesitant, farewell to this enchanting place. If you wish, extend your stay in Pokhara for a few more days to soak in its natural beauty, explore its tranquil lakes, or simply unwind amidst the breathtaking Himalayan backdrop.

When ready, board a scenic flight from Pokhara back to the bustling city of Kathmandu. This short journey offers stunning aerial views of the mountains you've come to know and love. Upon landing in Kathmandu, the remainder of the day is yours to decide. You may choose to return home or take advantage of this extra time to further explore the vibrant capital city.

Consider visiting the historic sites, bustling markets, and serene temples that Kathmandu has to offer. Embrace this opportunity for personal exploration and reflection, allowing yourself to absorb the rich cultural experiences and the bustling life of the city.

As you prepare to bid farewell to Kathmandu, carry with you the memories of an unforgettable Annapurna Circuit trek and the rich experiences gained in the heart of the Himalayas. These moments will stay with you, a testament to the beauty and adventure of your journey.

Safe travels, and may the spirit of the Himalayas always be with you!

## COSTS

### PACKAGE COST :

**INR 95500/- FOR INDIAN CITIZENS**

**GST: 5%**

**REGISTRATION AMOUNT: 25000 + 5% GST**

**NON REFUNDABLE IN ANY CIRCUMSTANCES**

**BALANCE AMOUNT : 60 DAYS PRIOR TO THE**

**TRIP DATE**

### CANCELLATION POLICY

- BOOKING AMOUNT /REGISTRATION AMOUNT WILL NOT BE REFUNDABLE IN ANY CIRCUMSTANCES.
- THE CANCELLATION CHARGES ARE EXPRESSED HEREFTER AS A PERCENTAGE OF THE TOTAL TOUR PRICE EXCLUDING BOOKING AMOUNT
- CANCELLATION 45 DAYS AND MORE BEFORE TRIP DATE: 30% OF COST OF SERVICES BOOKED EXCLUDING BOOKING AMOUNT.
- CANCELLATION WITHIN 44 DAYS PRIOR TO TRIP DATE: LOSS OF DEPOSIT REGISTRATION/ BOOKING AMOUNT WILL NOT BE REFUNDED IN ANY CIRCUMSTANCES OTHER THAN CANCELLATION OF TREK BY THE COMPANY
- THE PARTICIPANT IS STRONGLY ADVISED TO TAKE OUT CANCELLATION INSURANCE AT THE TIME OF MAKING THE BOOKING.
- PLEASE NOTE THAT NO REFUNDS WILL BE MADE IF YOU VOLUNTARILY LEAVE A TRIP FOR ANY REASON BEFORE OR AFTER THE TRIP HAS BEGUN.
- NO REFUNDS WILL BE MADE FOR ANY UNUTILISED SERVICES
- IT IS RECOMMENDED TO HAVE A FEW EXTRA DAYS BESIDE THE TRIP SCHEDULE SO THAT YOU DON'T MISS YOUR FLIGHT.
- GST OF 5% WILL BE WILL NOT BE REFUNDABLE

## COSTS INCLUDED:

- Arrival : Pick-up from the airport to the hotel.
- Hotel Accommodation: Twin-sharing room with bed and breakfast basis in Kathmandu one night and Pokhara one night
- Permit: All necessary permits, including TIMS permit and conservation entry fees.
- Member Transportation: Ground transportation as mentioned in the itinerary. Transportation of necessary equipment for all.
- Member Luggage: Each member is allowed up to 10 kg of personal baggage during the trek, carried by porters.
- Lodging and Food: Accessible accommodation in hotels and lodges, along with three meals a day (B/L/D) during the trek.
- Guide and Porter: One English-speaking guide, required assistance guide, and porters
- (2 trekkers: 1 porter) during the trek.
- (For every 5 trekkers, there will be 1 assistance guide.)
- Staff Salary and Allowance: Daily wages, salary, food, and accommodation for all Nepalese staff.
- First Aid Kit: A well-stocked first aid kit will be available for emergencies.
- Oxygen bottle with mask and regulator if you use have to pay extra INR 10500

## COSTS EXCLUDED:

- Lunch and Dinner: Meals in Kathmandu and Pokhara, excluding those specified in the itinerary.
- Airfare and Visa: International flight fares to/from Kathmandu and Nepal entry visa fees.
- Flight from Pokhara to Kathmandu
- Personal Transportation: Any personal transportation beyond the specified programs in the itinerary.
- Extra Night in Kathmandu or Pokhara: Additional accommodation in Kathmandu due to early arrivals, late departures, or early returns from the trek.
- Rescue Evacuation: Costs associated with medical insurance and emergency rescue evacuation, if required. This includes expenses for rescue operations, repatriation, medication, medical tests, and hospitalization.
- Personal Expenses: Expenses for personal items such as telephone calls, internet usage, battery recharge, showers, laundry, beverages, boiled water, mineral water, coke, and personal trekking gear and equipment.
- Tips: Gratuity for guides, porters, and staff.
- All meals in Kathmandu & Pokhara except breakfast.
- Extra beverages mineral water & hot water during the trek.
- Personal expenses during trek like wi-fi, battery charging, hot water bath, etc.
- Emergency Medical Evacuation/Helicopter rescue.
- Any extra costs incurred due extension/change of the itinerary, flight.
- delays/cancellations at Pokhara or Kathmandu Airport etc. factors beyond the control of the organizers of this event
- Evacuation or cancellation of trip due to natural calamity or any unforeseen circumstances
- Any cost arising due to additional days while on trek such as wages of guides, porters, food, accommodations, transportations etc
- Oxygen bottle with mask and regulator if you use you have to pay extra INR 10500.



- FIRST INDIAN WOMEN TO CLIMB THE SEVEN SUMMITS
- FIRST INDIAN WOMEN TO CLIMB MOUNT DENALI THE HIGHEST PEAK OF NORTH AMERICA
- FIRST INDIAN WOMEN TO CLIMB MOUNT CARSTENST PYRAMID THE HIGHEST PEAK IN AUSTRALASIA
- OLDEST INDIAN WOMAN MOUNTAINEER TO CLIMB EVEREST (2011)
- FIRST FROM JHARKHAND TO CLIMB MOUNT EVEREST
- AWARDED PADMA SRI IN 2013
- AWARDED TENZING NATIONAL ADVENTURE AWARD 2017



# PREMLATA AGRAWAL

Founder of Himalayan Paths

An intrepid adventurer who began mountaineering in her late 30s, Premlata Agrawal is the first Indian woman to scale the Seven Summits, the seven highest continental peaks of the world. She was awarded the Padma Shri by the Government of India in 2013 and the Tenzing Norgay National Adventure Award, the highest award in the field of adventure sports, in 2017 for her achievements in the field of Mountaineering. On May 20, 2011, she became the oldest Indian woman to have scaled the world's tallest peak, Mount Everest at the age of 48 years.

Being a true icon in the mountaineering community, Tata Steel retained her in the adventure sports department to further motivate future adventurers. With her unwavering commitment to the sport and unflinching courage, she infused her passion, grit, and determination of being an adventurer and a mountaineer to students, women, and the youth of the country by taking them on multiple treks and expeditions.

Her 20 years of dedication to mountaineering is a testament to the human spirit's boundless potential for greatness, as she has shown time and again that with grit, determination, and a fierce will to succeed, anything is impossible. This has also won her multiple accolades over the years- Today, after moving on from Tata Steel and with a heart full of passion and a soul that craves adventure, Padmashree Premlata Agrawal has devoted her life to the pursuit of mountaineering excellence. She has started her institution called "Himalayan Paths" with the vision of unleashing the untouched potential within the students, youth and women of our country.





**JOIN US FOR THE  
ULTIMATE ADVENTURE:**

# ANNAPURNA CIRCUIT TREK

**DATES:**

**17TH - 29TH APRIL 2026**



**+91 9031110011**



**[himalayanpaths.com](http://himalayanpaths.com)**

