

NEPAL - ANNAPURNA CIRCUIT

The most popular trek in the world - around the Annapurna with overnight stays in huts

The ANNAPURNA CIRCUIT is a true classic among alpine treks. We will experience the contrasts of Nepal - from rice paddies in the subtropical jungle through mountain forests, past Buddhist stupas in traditional villages to the rugged barren landscape of rocks and glaciers around Lake TILICHO and in the THORUNG LA saddle (5416 m). Panoramas of the eight-thousand-meter giants ANNAPURNA (8091 m), DHAULAGIRI (8167 m) and MANASLU (8163 m) open up before our eyes. Together we will enjoy the atmosphere of the Himalayas, an adventure in one of the most breathtaking mountain areas in the world with perfect hut facilities and the hospitality of the local people.

What awaits us in Nepal

- the famous ANNAPURNA circuit with views of the other eight-thousanders DHAULAGIRI and MANASLU and the seven-thousanders ANNAPURNA II, ANNAPURNA III, GANGAPURNA and TILICHO PEAK
- crossing the THORUNG LA saddle (5416 m), the highest point of the entire route
- ascent to the high-altitude Lake TILICHO (4940 m) surrounded by glacier peaks
- relax in THE TATOPANI hot springs in the valley of the KALI GANDAKI River, considered the deepest in the world
- sunrise from THE TOP OF POON HILL (3210 m) with a panorama of the Himalayas
- daily hikes 5-8 hours (including breaks) with an elevation gain of 400-900 m up when climbing through the valley, 800-1000 m up and 1000-1700 m down when climbing Tilicho lake, crossing Thorung La saddle and crossing Poon Hill
- Dusty roads and rocky trails through mountainous terrain, without technically demanding and exposed parts
- gradual acclimatization with the possibility of rest and acclimatization hikes, the highest place of overnight stay THORUNG PHEDI (4450 m)
- overnight stays in mountain lodges and hotel in KATHMANDU and POKHARA
- All food available for purchase at the huts, no need to bring any food
- transport by contracted jeeps, minibuses and long-distance tourist buses, possibility to hire porters

Term

24.10.2026 – 15.11.2026 – 23 days

Price

1 604 EUR / person

Tour program

Day 1:

Departure.

Day 2:

Arrival in KATHMANDU. Accommodation in a hotel in the Thamel district. Processing of trekking permits and tickets.

Day 3:

Tour of the historic center of Kathmandu forever changed by the earthquake (2015) - wooden pagoda-like Hindu temples in DURBAR SQUARE, holy men "sadhus", Tibetan stupa Kathesimbu. The large Buddhist stupa of Swayambunath, called the "Monkey Temple" due to its animal inhabitants.

Day 4:

Transfer by bus and then by jeep (9 hours in total) from Kathmandu through the region of rice fields through the last larger center, the town of BESISAHAR (750 m), to the village of JAGAT (1300 m), accommodation in the guesthouse.

Day 5:

Beginning of our journey by climbing the valley of the MARSYANGDI KHOLA River through the picturesque settlement of TAL (1700 m) to the village of DHARAPANI (1950 m). (7 hours, ↑ 1300 m, ↓ 700 m)

Day 6:

A long climb to the village of THANCHOK (2650 m) with a STONE BUDDHIST MANI wall (according to the Buddhist prayer "Om mani padme hum") and a nice stupa, along the way the first views of the glaciated peaks of LAMJUNG HIMAL (6983 m) and ANNAPURNA II (7937 m). (6 hours, ↑ 1000 m, ↓ 250 m)

Day 7:

The first overcoming of 3000 m and ascent through a narrow valley to the village of UPPER PISANG (3400 m). Along the way, the 1500 m high rocky smoothed wall OF PAUNGDA DANDA. (8 hours, ↑ 900 m, ↓ 250 m)

Day 8:

A more beautiful upper road with amazing views of the mountain giants OF SEVEN THOUSAND ANNAPURNA II, III, IV to the small village of BHRAGA (3500 m), or to the mountain trading center of this area, the village of MANANG (3540 m). (8 hours, ↑ 700 m, ↓ 450 m)

Day 9:

A relaxing and acclimatization day. A short transition to the pretty Nepalese village of KHANGSAR (3700 m). (2 hours, ↑ 300 m, ↓ 100 m)

Day 10:

In some places a surreal lunar landscape with views of the icy seven-thousand-meter RIDGE OF THE GRANDE BARRIERE to TILICHO LAKE BASE CAMP (4165 m). (5 hours, ↑ 600 m, ↓ 200 m)

Day 11:

Climb to the viewpoint of the high-altitude TILICHO LAKE (4940 m) in an amazing alpine world. Quality acclimatization and return to Base Camp and further to THE TILICHO PEAK Hotel (4050 m). (9 hours, ↑ 1000 m, ↓ 1100 m)

Day 12:

Traverse to the MARSYANGDI River valley to THE YAK KHARKA homestead (4050 m). (5 hours, ↑ 600 m, ↓ 600 m)

Day 13:

A gradual ascent through THE THORUNG KHOLA valley to the highest village below the saddle - THORUNG PHEDI (4450 m). Night at the highest altitude. (3 hours, ↑ 500 m, ↓ 100 m)

Day 14:

Climb through serpentines along an ancient trail used by caravans hundreds of years ago to THE THORUNG LA saddle (5416 m), a unique place with an amazing atmosphere, lots of stone men, prayer flags and a sharp icy wind. Spectacular views of the entire ANNAPUREN massif, GANGAPURNA, KHATUNG KANG, in the east of the amazing panorama of the KALI GANDAKI River Valley. A challenging and steep descent from the saddle to the village of MUKTINATH (3800 m), a view of the eighththousander DHAULAGIRI. (9.5 hours, ↑ 900 m, ↓ 1700 m)

Day 15:

The village of MUKTINATH is an important pilgrimage site for Buddhists and Hindus alike. Descent through dry countryside along the border of the MUSTANG Kingdom to the village of KAGBENI (2840 m). Then transfer by jeep (1h) to the village of MARPHA (2700 m). (5 hours, ↑ 100 m, ↓ 900 m)

Day 16:

Transfer by jeep (4-5 hours) to TATOPANI (1250 m). TATOPANI is the deepest valley in the world, with DHAULAGIRI (8167 m) on one side and the ANNAPUREN Massif (8091 m) on the other. The best rest after crossing the saddle in the "hot water" OF TATOPANI (1250 m) with hot springs, relaxation, walks around the area.

Day 17:

Gradual ascent from THE KHALI GANDAKI valley through a region of rice terraces through the Nepalese agricultural villages of GHARA and SIKHA (2000 m). (5 hours, ↑ 850 m)

Day 18:

Continue the ascent to the village of GHOREPANI (2850 m) with views of the majestic DHAULAGIRI peak (8167 m). (6 hours, ↑ 850m)

Day 19:

Early morning hike to the top of POON HILL (3210 m) for sunrise - the famous views of ANNAPURNA I, DHAULAGIRI and the sacred MOUNTAIN OF MACHHAPUCHHRE (6997 m). Descent to the village of ULLERI (2000 m) above the valley of the MODI KHOLA River, the final point of the trek around ANNAPURNA (6 hours, ↑ 350 m, ↓ 1200 m). Jeeps to POKHARA.

Day 20:

A well-deserved free time in the quiet town of Pokhara with many shops, restaurants and a lake whose surface reflects the Himalayan peaks under favorable conditions.

Day 21:

Transfer by bus (7-8 hours) to Kathmandu.

Day 22:

Shopping in Kathmandu, completing a city tour.

Day 23:

Departure from Kathmandu.

The price of the tour includes:

- accommodation in a hotel in Kathmandu (4x) and in Pokhara (2x) and in loggias on the trek (15x)
- local transport (buses, minibuses, jeeps, taxis to and from Kathmandu airport)
- Trekking permit
- Czech guide
- Completing the Pre-Arrival Visa Application
- electronic information materials
- travel agency insurance against bankruptcy.

The price of the tour does not include:

- Necessary expenses: Round-trip ticket, Nepalese visa 50 USD (processed on arrival), meals throughout the entire stay, travel insurance (the travel insurance must match the nature of the trip/it must cover altitudes above 5,000 meters).
- Optional expenses: porter on the trek (approx. 480 USD + approx. 100 USD tip), possible entrances to monuments in Kathmandu (up to about 3000 NPR in total) and transport to them.
- Optional dana offering to Ronny for the Dharma teachings at the end

Accommodation

In Kathmandu we will sleep 4 times and in Pokhara 2 times in a clean travel hotel with a hot shower, the only problem is occasional power outages. During the trek, we will use a total of 15 local Himalayan lodges (huts). Rooms in hotels and loggias are mostly double. The quality of the loggias is constantly improving, but we must still remember that Nepal is one of the poorest countries in the world. A high-quality sleeping bag is required for sleeping in loggias. Most rooms are equipped with blankets, which can be used to improve the thermal comfort of the sleeping bag. The loggias also have a simple shower with hot water for an additional fee, the toilet is flushing in some places, dry in others. Many lodges on the trek offer the possibility of connecting to wifi for a fee, the fee usually increases with increasing altitude. In Kathmandu and Pokhara, connecting to free wifi is not a problem.

Meals

In Kathmandu and Pokhara, we eat in local restaurants, on the trek we eat in loggias or in restaurants along the way - breakfast, dinner, during the day we also stop for lunch. It is usually not a problem to order Western food (spaghetti, soups) or other delicious dishes of international cuisine. Traditional food is dal bhat (rice with lentils and vegetables), fried noodles with vegetables, fried potatoes, momo dumplings (dough bags filled with vegetables). For breakfast, you can choose eggs in various ways, toast with butter, cheese or jam, oatmeal, muesli, pancakes. The local diet is influenced by Indian cuisine, so even in modest conditions it is very tasty. At each cottage, you can also buy energy bars (Snickers, Mars, Bounty) and biscuits or other supplementary food. It is possible to order various teas for drinking (at higher altitudes it is worth having tea brewed in a stainless steel thermos), hot fruit drinks, coffee (in some cottages they also have a coffee machine). Bottled drinking water can be purchased anywhere, but after treatment by filtering (e.g. Sawyer mini filter) or disinfection (e.g. Sanosil), you can also drink tap water or springs. Also take a water bottle or Camelbag with you (weigh the volume according to your personal thirst).

Eating on the trek, where the food has to be carried by porters, and in tourist restaurants in Kathmandu, is not as cheap as in some other parts of Asia - you have to count on the cost of food on average around 3000 - 6000 NPR per day (i.e. 20 - 45 USD), prices will rise the further we are from civilization. Dal bhat costs 600 - 1000 NPR in the mountains, tea 100 - 250 NPR, espresso 300 - 600 NPR, bottled water in Kathmandu 20 - 30 NPR/liter, in the mountains from 100 NPR/liter. It is useless to take any food supplies to Nepal. However, you can take a few energy sweets with you, such as a muesli bar, chocolate, grape sugar, dried fruit or nuts, or energy powdered drinks.

Do not buy street ice cream on the spot, drink only water from proven sources (preferably bottled), or boiled water, in restaurants it is better to have tea instead of water, where you are sure of boiling, and fundamentally refuse water with ice. It is necessary to be careful about what you eat and who you buy it from.

More information about the tour

Transport on site: In Kathmandu, we will move by taxis. From Kathmandu to the Annapurna area and back, we will take a long-distance bus. We make other crossings in the area by jeeps.

Rental of porters: It is possible to rent a porter for the trek, which we recommend sharing with another trekker in half. The carrier can carry 20 kg, the price for it is about 30 USD per day and at the end of the trek a tip of about 100 USD. Reservation is made in advance, payment for the service is then made on the spot in cash. Please state your interest in the application form. We always reserve one carrier for two interested parties, which they then pay for together (you give them 10 kg and pay half of its price).

Travel formalities: To enter the country, you need a passport valid for at least 6 months exceeding the departure time from Nepal. You can get your Nepal On Arrival visa directly at Kathmandu Airport. The visa is issued for a period of 30 days and costs \$50. Two weeks before departure, we will fill out **an online visa form** for you, an application for the so-called Pre Arrival Visa, which will significantly speed up and simplify entry into the country. It is a good idea to take a photo of your travel document to make it easier to deal with the situation in case of loss.

Vaccination: We recommend that you be vaccinated against hepatitis A and typhoid fever. Also, make sure you have a valid tetanus vaccination.

Information needed for application: first name, last name, date of birth, place of residence, email, phone

Six weeks before departure is needed from participants:

- confirmation of arranged travel insurance
- a copy of the passport and a photo of the participant
- information on whether you want porters and how many

Payment information:

1 604 EUR/person due by March 31

Fees: Any applicable transaction fees are always paid by the payer (OUR)

IBAN: CZ4120100000002000038374

BIC code/SWIFT: FIOBCZPPXXX

Information for recipients 1: *each participant will receive a unique number*

Information for recipients 2: 802

Account holder: Alpina cestovní kancelář s.r.o., Kotlářská 5, Brno, Czech Republic