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Annapurna Circuit Trek with Luxury Helicopter Return

Duration: 13 Days Days

Itinerary (Plan)

Day 1 Arrival in Kathmandu

- **Time :** Whole Day
- **Max Altitude :** 1,350 m

Accommodation: Hotel / Teahouse

Meal: BLD

You arrive at Tribhuvan International Airport, where your team welcomes you and transfers you to a luxury hotel. This day is fully dedicated to rest, recovery from travel, and preparation for the trek. You will meet your guide, check trekking gear, and attend a detailed briefing about altitude safety and route planning.

Day 2 Kathmandu Sightseeing & Trek Preparation

- **Time :** 4–5 hours
- **Max Altitude :** 1,350 m

Accommodation: Hotel / Teahouse

Meal: BLD

You explore UNESCO World Heritage Sites such as Swayambhunath Stupa and Kathmandu Durbar Square. In the afternoon, your guide conducts a full trek briefing, covering altitude precautions, packing check, and route overview.

Body impact: Light activity helps you adjust gradually after international travel while staying at low altitude.

Day 3 Flight to Chame | Explore Village

- **Time :** 2–3 hours
- **Max Altitude :** 2,670 m

Accommodation: Hotel / Teahouse

Meal: BLD

A scenic domestic flight takes you toward the Annapurna region, followed by arrival in Chame. You explore the village and surrounding landscapes.

Body impact: You enter moderate altitude for the first time. Oxygen levels slightly drop, but physical strain is minimal due to light walking.

Day 4 Trek to Upper Pisang

- **Time :** 5–6 hours
- **Max Altitude :** 3,300 m

Accommodation: Hotel / Teahouse

Meal: BLD

The trail passes forests, suspension bridges, and terraced fields with views of Annapurna II. Gradual ascent makes this a steady trekking day.

Body impact: Breathing becomes slightly heavier as altitude increases. Slow pacing is important for adaptation.

Day 5 Trek to Braga / Manang

- **Time :** 5–6 hours
- **Max Altitude :** 3,540 m

Accommodation: Hotel / Teahouse

Meal: BLD

You pass through Gyaru and Ngawal villages, crossing monasteries and mani walls. The landscape becomes more alpine and culturally rich.

Body impact: Mild fatigue may appear due to altitude gain, but terrain is manageable.

Day 6 Acclimatization Day in Manang

- **Time :** 3–4 hours
- **Max Altitude :** 3,540 m

Accommodation: Hotel / Teahouse

Meal: BLD

You explore Gangapurna Lake or nearby viewpoints for acclimatization.

Body impact: This “climb high, sleep low” method helps your body adjust to reduced oxygen levels, reducing altitude sickness risk.

Day 7 Trek to Yak Kharka

- **Time :** 4–5 hours
- **Max Altitude :** 4,050 m

Accommodation: Hotel / Teahouse

Meal: BLD

You enter alpine meadows and yak grazing lands with increasingly dramatic landscapes.

Body impact: Oxygen levels drop noticeably. Walking becomes slower and more effortful.

Day 8 Trek to Thorong Phedi

- **Time :** 3–4 hours
- **Max Altitude :** 4,450 m

Accommodation: Hotel / Teahouse

Meal: BLD

A shorter but important acclimatization stage before the pass. Terrain becomes rocky and steep.

Body impact: Body begins adapting to high altitude stress; hydration and rest become crucial.

Day 9 Cross Thorong La Pass ? Descend to Muktinath

- **Time :** 8–10 hours
- **Max Altitude :** 5,416 m

Accommodation: Hotel / Teahouse

Meal: BLD

You cross the iconic Thorong La Pass, one of the highest trekking passes in the world, before descending to Muktinath.

Body impact: This is the most physically demanding day due to extreme altitude and long duration. Slow pace and strong mental endurance are essential.

Day 10 Drive Muktinath ? Jomsom

- **Time :** 2–3 hours
- **Max Altitude :** 2,700 m

Accommodation: Hotel / Teahouse

Meal: BLD

A scenic drive through the Kali Gandaki valley brings you to Jomsom.

Body impact: Oxygen levels improve as you descend, allowing faster recovery.

Day 11 Fly Jomsom ? Pokhara

- **Time :** 25–30 minutes
- **Max Altitude :** 820 m

Accommodation: Hotel / Teahouse

Meal: BLD

You fly over dramatic mountain landscapes into Pokhara. Free time to relax at the lakeside.

Body impact: Rapid descent significantly improves oxygen intake and energy levels.

Day 12 Fly Pokhara ? Kathmandu

- **Time :** 25–30 minutes
- **Max Altitude :** 1,350 m

Accommodation: Hotel / Teahouse

Meal: BLD

You return to Kathmandu for rest, shopping, or leisure activities.

Body impact: Full recovery phase begins as altitude stabilizes.

Day 13 Departure

- **Time :** Whole Day
- **Max Altitude :** 1,350 m

Accommodation: Hotel / Teahouse

Meal: BLD

Transfer to Tribhuvan International Airport for your international flight.

Cost Include

- Pre-trek briefing in Kathmandu
- Airport pick-up and drop-off services in Kathmandu
- 2 nights' accommodation in a 4-star category hotel in Kathmandu on a twin-sharing basis, including daily breakfast
- 1 night's accommodation in Pokhara on a twin-sharing basis
- Guided city sightseeing in Kathmandu including UNESCO sites (Swayambhunath Stupa and Kathmandu Durbar Square)
- Domestic flight from Kathmandu to Chame as per itinerary routing
- Domestic flight from Jomsom to Pokhara
- Scenic helicopter flight from Muktinath/Jomsom area to Pokhara (luxury return)
- Experienced, government-licensed English-speaking trekking guide
- Porter service (1 porter for every 2 trekkers)
- All guide and porter expenses, including salary, insurance, meals, accommodation, and equipment
- Twin-sharing accommodation in the best available deluxe teahouses/lodges throughout the trek
- Three meals per day (breakfast, lunch, and dinner) during the trek
- Fresh seasonal fruit during the trek
- Annapurna Conservation Area Permit (ACAP)
- TIMS Card (if applicable)
- Ground transportation (Muktinath ? Jomsom drive as per itinerary)
- Welcome or farewell dinner in Kathmandu at a cultural restaurant (complimentary)
- First Aid Medical Kit (Carried by the guide) Aarogya PC-303 Portable Vital Signs Monitor Device
- Government taxes and office service charges
- Emergency evacuation coordination assistance (evacuation costs covered by the traveler's travel insurance)

Cost Exclude

- Nepal entry visa fee
- International airfare to and from Nepal
- Travel insurance (mandatory, including high-altitude trekking and helicopter evacuation coverage)
- Lunch and dinner in Kathmandu and Pokhara
- Personal trekking equipment and clothing
- Personal expenses (laundry, Wi-Fi, battery charging, hot showers, telephone calls, etc.)

- Alcoholic beverages, soft drinks, bottled water, and snacks not included in the itinerary
- Extra nights in Kathmandu, Pokhara, or on the trekking route due to weather delays or flight cancellations
- Tips and gratuities for guides, porters, drivers, and helicopter crew (optional but appreciated)
- Emergency evacuation or helicopter rescue costs not included in standard package
- Any services or expenses not specifically mentioned under Package Includes