



Annapurna semi circuit trek via Thorong La Pass - 16 Days

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The Annapurna semi- circuit trek via Thorong La Pass is an adventurous trekking route in the [Annapurna region](#) of Nepal that combines two popular trekking routes, the classic Annapurna circuit trek with a crossing of the [Thorong La Pass](#). This trek is not as demanding as the standard Annapurna circuit but also offers a more remote and less crowded trekking experience for true wilderness adventure lovers.

Thorong La Pass (5416 m), one of the highest trekking passes in the world. It is one of the key highlights of the Annapurna circuit trek, in the Annapurna region of the [Himalayas](#) in Nepal. The pass is located in the [Manang district](#), in the [Annapurna Conservation Area](#) (7629 sq. km), established in 1992. During the trek, you will pass through diverse landscapes, from subtropical forests to high desert, and eventually reach the Thorong La Pass. Crossing this pass can be physically demanding and challenging due to the high altitude, extreme cold, and potentially harsh weather conditions, including snowstorms. However, the pass provides heart appealing panoramic views of the Annapurna and Dhaulagiri mountain ranges, including peaks like [Annapurna I \(8091 m\)](#), [Annapurna II \(7937 m\)](#), [Annapurna III \(7555 m\)](#), and [Annapurna IV \(7525 m\)](#) and [Gangapurna \(7455 m\)](#), and more. The sight of these majestic peaks is a reward for the strenuous climb and a great source of inspiration. Crossing Thorong La offers remarkable achievement and a sense of accomplishment as well as allows you to witness natural wonders up close. The ever- changing landscapes, dramatic terrain, and mountain vistas make for memorable photos. After descending from Thorong La Pass, you will reach [Muktinath](#) (3710 m), a sacred Hindu and Buddhist pilgrimage site with 108 water spouts and a temple. The area is also dotted with monasteries and chortens, making it a place for spiritual exploration.

Along the [trekking route](#), you will pass through several charming villages, including Chamje, Chame, Pisang and more, provides an opportunity to interact with local communities as it is a home to diverse ethnic groups, including Thakali, Gurung, and Manangi people, each with their unique cultures and traditions. The serene and remote environment, make it an excellent destination for meditation, reflection, and finding a sense of peace. It allows you to connect with nature and appreciate its beauty. To conclude, Annapurna semi circuit trek via Thorong La Pass is a memorable and transformative experience, offering a unique blend of natural beauty, adventure, cultural encounters, and personal growth. It is considered one of the most iconic trekking experiences in the world, attracting adventurers from around the globe.



Thamel Chowk, Kathmandu, Nepal
Tel: +977-9851180916
E-Mail: info@visitmount.com
www.visitmount.com

PRICE INCLUDES

- Airport Pick up and drop by private vehicles
- Three times meals a day- Breakfast, Lunch, Dinner and accommodation in teahouse/ lodge during the trek
- One experienced (government licensed) and qualified English speaking guide
- One porter for two trekkers
- Guide/ Porters: food, lodge, transportation, salary, insurance, equipment etc
- First aids kit
- All taxes and company service charge
- Kathmandu to Khudi by Local bus and Jomsom to Pokhara by fly
- Pokhara to Kathmandu by tourist bus

PRICE EXCLUDES

- International airfare and visa fees
- Lunch and dinner in Kathmandu
- Personal expenses of bar and beverage bills, wifi, hot shower, bottle of water, extra porters, laundry or any other things which are not mentioned by the company
- Your trekking gears and extra nights in a certain destination
- Your travel insurance which should include the emergency rescue
- Tips for your guide and porters
- Extra expenses due to any event such as strikes, weather conditions, or flight delays



ITINERARY IN DETAIL

Day 1: Arrival in Kathmandu and transfer to hotel

You will be welcomed by our representatives with warm greetings on the airport and will transfer you to the hotel in Kathmandu. On this day, you will have plenty of time to take a rest and a time to preparing for tomorrow's journey onwards.

Day 2: Drive from Kathmandu to Khudi via Besisahar

The first day of our journey begin with an early drive from Kathmandu to Khudi (850 m). After taking 8 hours of drive, we will reach Khudi, passing through beautiful city of Besisahar (823 m). From there, you will get glimpse of stunning mountain peaks. Stay overnight at a guesthouse in Khudi.

Day 3: Trek from Khudi to Sirung

On this day, we will hike for 5 to 6 hours to reach Sirung (2200 m). We will also cross few suspension bridges along with waterfalls and get closer view of the Nadi Chuli and Manaslu. You can enjoy alluring mountain views and homestay at Sirung. This is a beautiful village where you will get a chance to interact with Tamang people.

Day 4: Trek from Sirung to Chamje

Today, we will make our journey to Jagat which is known by stone village. We will trek through the bank of Marshyangdi River to reach this village. After reaching there, we will have our lunch and then continue to trek to Chamje for overnight stay. Chamje is situated at an altitude of 1425 m which takes about 4 to 5 hours scenic walk. Along the trail we can explore spectacular waterfall.

Day 5: Trek from Chamje to Dharapani

On the fifth day of trekking, we will hike following the Marshyangdi River to Tal to enter the Manang district where you can witness one of the largest waterfalls. We will also cross a flat valley and climb a stone stairway up to 1860 m before reaching Dharapani at 1930 m. It takes about 5 to 6 hours to reach there. Stay overnight at a teahouse in Dharapani.

Day 6: Trek from Dharapani to Chame

Today's our estimated destination chame (2660 m). We will start our journey through the Tamang village to the fine pine forest. We will see breathtaking views of Annapurna II and Lamjung Himal from Chame. We will explore the market, take a natural hot spring bath in the evening and have our overnight stay at a teahouse.

Day 7: Trek from Chame to Pisang

We will cross the Marshyangdi River and continue to trek through amazing pine and spruce forests. After walking 4 to 5 hours, the trek end at a beautiful village Pisang (3185 m). It offers impressive views of Mount Annapurna all the way of trekking. Stay overnight at a teahouse in Pisang.

Day 8: Trek from Pisang to Manang via Ngwal.

You may not know that there are two routes from Pisang to Manang i.e the lower route and the upper route but both are similar in providing the best views. We will trek through the lower route which will take us to Hume and Braga



village where you can witness a 600 years old monastery and Tibetan style houses. We will reach there on 4 to 5 hours walk from Pisang. Stay overnight at a teahouse.

Day 9: Acclimatization Day in Manang

We will spend another day strolling around the village of Manang, interacting with the local peoples, and take a rest to adjust our body to the high altitude. The stunning views of the Annapurna as well as Gangapurna Lake will truly most pleasing to the eyes. Stay overnight at a teahouse in Manang.

Day 10: Trek from Manang to Churilattar / Yak Karka

After exploring beautiful Manang village, we will start to ascent up to 2000 m to reach the Throng La. We will have to cross a stream and Mani stone from Manang trail before reaching Tenki Manang. The trek continues through the small village of Gunsang. We will take a short tea/coffee break. We will stop at Yak Kharka, also known as Kochi, from where it will take approximately 1 hour to Churilattar. Stay overnight at the teahouse.

Day 11: Trek from Yak Karka to Thorang Phedi or Thorang high camp

This day, we will start our trek after having a breakfast in a teahouse. Then, we will slowly follow up and down trails until crossing the stream on a wooden bridge at 4310 m. Before heading to Thorong Phedi, we will make a short ascent on easier trail to a teashop then the route follows a narrow path across a high and unstable slope. If you are active enough to move ahead then we will make all the way to Thorong high camp which will help to save our energy for tomorrow. If you are not feeling well, we will take a rest at teahouse.

Day 12: Trek from Thorong Phedi to Muktinath via Thorong La Pass (5416 m)

Crossing the challenging Thorong La Pass at a dizzying height of 5,416m is one of the most exciting moments of this trek. We will hike through the icy high- altitude trail so we will begin our journey in an early morning. The picturesque mountain vistas are more than compensates the strenuous walk through the grueling trail. We will reach Muktinath by sunset. It is an important pilgrimage site for both Hindus and Buddhist. We will stroll around the area which hosts a Vishnu temple and a Monastery nearby.

Day 13: Trek from Muktinath to Jomsom via Jharkot

Jomsom is the administrative headquarters of Mustang district. It offers easy trekking routes but sometimes you can experience tedious walk if there is a strong wind. The trail descends very fast to the Eklai Bhatti than along the Kali Gandaki to the Jomsom. In the afternoon, you will have a chance to visit Mustang Eco Museum. Stay overnight at the teahouse.

Day 14: Take a flight from Jomsom to Pokhara by air

Today, we will have our breakfast in an early morning. Then, we will take you to the airport for short but scenic flight to the lakeside city of Pokhara. It is the second biggest city after Kathmandu for tourism. After refreshment, we will have sightseeing tours in the valley. Stay overnight at the hotel.

Day 15: Drive back to Kathmandu from Pokhara

This is the last day of our trek where we will spend some time in sightseeing in Pokhara. After having a breakfast, we will have a drive from Pokhara to Kathmandu on a tourist bus. If you do not like to travel on a bus, you can also take a



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35 minutes scenic flight from Pokhara. Stay overnight at hotel.

Day 16: Departure from Kathmandu

We will pick you up from your hotel and transfer to the International airport. If you have enough time then you can extend your journey to another amazing trip or any adventurous activity with us.