

Annapurna 7 Pass Trek - 19 days

Facts

Destination: Nepal

Trip Difficulty: Moderate

Trip Style: Camping Trek

Transport: Private Bus or Car & Airplane

Food: Breakfast + Lunch + Dinner

Accommodation: Hotel + Lodge + Camping

Group Size: 2 to 12

Max Elevation: 5400

Annapurna Seven Pass Trek is the newly opened restricted area trekking trail in the Annapurna region. So, if you are looking for a hardcore trekking route, we recommend you try this route. As the name indicates, on this trek, you will cross the infamous seven passes of the Annapurna region. The passes featured in this trek are Kuchumro (4,900m), Yarcha Pass (4,860m), Meta Pass (4,782m), Phu Pass (5,050m), Naar Pass (5,400m), Kang La (5,306m), and Thorong Pass (5,416m). In Tibetan, "La" signifies "pass." Traversing these passes during a trek is a challenging feat, making the Annapurna Seven Pass Trek an exciting and adventurous destination in Nepal.

The areas included in this trek lack basic infrastructure, keeping the beauty of the trekking trail pure and intact. Throughout the journey, you will have views of the Annapurna range, Nilgiri, Himchuli, Dhaulagiri, and Machhapuchre. Besides breathtaking natural beauty, the exquisite culture of the Annapurna region is also a highlight. The people of this region follow

Buddhism so you will come across many monasteries, gompas, Chorten, mani walls, and prayer flags.

The trek starts with a thrilling road drive to Dharapani. Therefore, the adventure begins not just after the trek starts, but with the drive to Dharapani. The trail consists of narrow, steep hills, small paths, dense rhododendron jungles, traditional villages, and riverbanks, always accompanied by views of the majestic Himalayas. On this trek, you will meet yaks and mules more than human beings. This remote trekking trail is not crowded like other trekking paths in the Annapurna or Everest region, making it the perfect escape for those seeking a less-travelled adventure in Nepal.

The **Annapurna Seven Pass Trek** offers a unique and raw trekking experience in Nepal's restricted area. For trekkers who want a taste of the more popular [Annapurna Circuit Trek](https://www.himalayanecologicaltrek.com/annapurna-circuit-trek) (<https://www.himalayanecologicaltrek.com/annapurna-circuit-trek>) or those looking to combine both adventures, this trek offers a challenging but equally beautiful extension into the Annapurna region."

Highlights

- **New and Challenging Route:** A newly opened restricted trekking trail in the Annapurna region, featuring seven high-altitude passes.
- **Seven Majestic Passes:** Cross Kuchumro (4,900m), Yarcha Pass (4,860m), Meta Pass (4,782m), Phu Pass (5,050m), Naar Pass (5,400m), Kang La (5,306m), and Thorong Pass (5,416m).
- **Stunning Mountain Views:** Panoramic sights of Annapurna range, Nilgiri, Himchuli, Dhaulagiri, and Machhapuchre throughout the trek.
- **Rich Buddhist Culture:** Encounter monasteries, gompas, Chorten, mani walls, and prayer flags reflecting the region's cultural heritage.

- **Untouched Wilderness:** Remote and pristine trails, with minimal human interaction and natural beauty preserved in its purest form.
- **Thrilling Adventure:** Begins with an adventurous road drive to Dharapani, followed by trekking through narrow paths, steep hills, dense rhododendron forests, traditional villages, and riverbanks.
- **Exclusive Experience:** Less crowded than other popular trekking routes, offering a peaceful and raw trekking experience in Nepal.
- **Combination Opportunities:** Ideal for trekkers seeking a blend of the Annapurna Circuit Trek and a more rugged adventure.

Day to Day Itinerary

Day 1: Pick up from airport transfer to the Hotel

Day 2: Sightseeing in UNESCO world sites in Kathmandu valley

Day 3: Drive to Dharapani

Day 4: Trek to Tache

Day 5: Trek to Shongle

Day 6: Trek to Kuchumro Phedi

Day 7: Trek to Namakyu via Kuchumro pass (4900m) and Yarcha pass (4860m)

Day 8: Exploring day (Especially Namakyu lake) with best panoramic landscape views

Day 9: Trek to Meta via Meta pass (4782m)

Day 10: Trek to Phu Village

Day 11: Trek to Loang via Phu pass (5050m)

Day 12: Trek to Chekchu via Naar pass (5400m)

Day 13: Trek to Nar village

Day 14: Trek to Nawal via Kang-la (5306)

Day 15: Trek to Manang

Day 16: Trek to Siri Kharka

Day 17: Trek to Tilicho base camp

Day 18: Trek to Tilicho lake

Day 19: Trek to Yak Kharka via Mesokanto pass (5330m)

Day 20: Trek to Jomsom

Day 21: Fly to Kathmandu via Pokhara

Day 22: Rest day in Kathmandu

Day 23: Flight to your destination

Cost Includes

- Airport pick up and drop all with tour planning
- 3-star category hotel with BB plan in the city
- Teahouse or homestay accommodation during the trek
- During the trek three meals:- Breakfast, Lunch, and dinner
- All Government paperwork with Annapurna conservation fees
- All camping gear
- Company Duffel bag
- Domestic flight as per itinerary
- All transportation as per itinerary
- Insurance and Equipment Nepali crew
- Government license holder Trekking Guide and Porter (2 Trekker = 1 porter)
- City Tour Guide with entrance fees and private vehicle
- Medical Kit (first add box)
- All government and local taxes
- Farewell dinner tradition Nepali restaurant with a culture program

Cost Excludes

- Nepali visa fee
- Personal expenses
- Travel Insurance
- City meals (Lunch and Dinner) and Extra night due to early arrival from trekking overstay compare to itinerary any reason
- Any bottle of drink and all kinds of alcohol
- Money wire charge
- Tips for Guide, porter, and driver (all crew during the trek with driver)