

14-Day Trekking Circuit

A two-week trekking circuit through varied mountain terrain starting and ending at the same base town. Progressive difficulty with a high pass crossing mid-trip, two rest days, and a mix of mountain huts, teahouses, and wild camps. Covers 150 km with 8,500 m total elevation gain.

Day 1 — Arrival & Briefing

Transfer to Base Town Transport

Description:	Airport or station transfer to the base town at the circuit start/end. The drive climbs through foothills — first views of the mountain range ahead. The base town has shops for last-minute supplies.
Duration:	2h 0min
Price:	50 €

Base Town Hotel Accommodation

Description:	Comfortable hotel in the base town. Twin rooms with hot showers and a gear drying room. Secure storage available for items not needed on the trek. The hotel arranges early breakfast for departure day.
Price:	85 €
Address:	Central square of the valley town, a short walk from the trailhead bus
Check-in:	Invalid Date

Trek Briefing Info

Description:	Fourteen-day circuit covering 150 km with 8,500 m cumulative elevation gain. Route follows a clockwise loop through three distinct mountain valleys, crossing a 4,200 m pass on Day 8. Two designated rest days (Day 5 and 10). Accommodation varies: hotel (start/end), staffed huts, teahouses, and wild camps. Trail grades range from T2 to T4.
Group Size:	4–10 trekkers, 2 guides
Fitness Requirement:	High — 14 days, 4,800 m ascent, a 4,200 m pass

Gear Check & Short Walk ●●●● Easy Activity

Description:	Group gear check at the hotel, then a short acclimatization walk around the base town and to the trailhead entrance. Check boots, adjust pack straps, and familiarize with the first section of trail visible from town.
Duration:	1h 30min
Distance:	3.0 km

Welcome Dinner & Route Briefing Meal

Description:	Group dinner with day-by-day route briefing. Distribute maps, review camp locations, and discuss the weather forecast for the first week. Carb-load for tomorrow's first proper trekking day.
Price:	30 €
Start Time:	19:00

Day 2 — Valley Approach

Trek Through Main Valley Moderate Activity

Description:	First full trekking day. Follow the river upstream through the main valley. Well-marked trail through forest and meadows with gentle elevation gain. Water refill at several streams. The pace is deliberately steady — this is the warm-up day.
Distance:	16.0 km
Elevation Gain:	600 m
Hiking Time:	6h
Start Time:	07:30

Trail Lunch Meal

Description:	Packed lunch at the valley meadow rest point. Scenic spot with mountain views opening up ahead.
Duration:	40 min

Valley Teahouse Accommodation

Description:	Simple teahouse accommodation in the valley. Basic rooms with beds and blankets. Hot meals available. Communal bathroom. Friendly owners who know the trail conditions ahead.
Price:	35 €

Teahouse Dinner Meal

Description:	Hearty dal bhat or stew at the teahouse. Hot tea afterward. Early bed — tomorrow climbs higher.
Start Time:	18:00

Day 3 — Ascending to Mid-Altitude

Climb to Upper Valley Moderate Activity

Description:	Steeper climbing today as the trail leaves the main valley and enters a narrower side valley. Pass through rhododendron forest and cross several tributary streams. The air gets noticeably thinner above 2,500 m.
Distance:	12.0 km
Elevation Gain:	800 m
Hiking Time:	5h 30min
Start Time:	07:00

Mountain Hut Accommodation

Description:	Staffed hut at 3,000 m. Dormitory sleeping, half-board. Order packed lunch for tomorrow before 20:00. The hut terrace has sunset views.
Price:	55 €

Hut Dinner

Meal

Description: Half-board dinner at the hut. Mountain fare — soup, main, dessert. Drink extra water to aid acclimatization.

Start Time: 18:30

Evening Rest

Free Time

Description: Rest at the hut. Check feet for blisters, stretch, and prepare for tomorrow. Altitude may affect sleep — this is normal at 3,000 m.

Day 4 — Ridge Approach

Trek Along Ridge Approach

●●●●● Challenging

Activity

Description: Follow the ridge approach trail with exposed sections and some scrambling. Views open up dramatically. The trail is well-cairned but requires attention in poor visibility. First sight of the high pass ahead.

Distance: 10.0 km

Elevation Gain: 700 m

Hiking Time: 5h

Start Time: 07:00

High Teahouse

Accommodation

Description: Teahouse at 3,500 m — the highest fixed accommodation on the circuit. Basic but warm. Stove-heated dining room. Extra blankets available on request.

Price: 40 €

Dinner

Meal

Description: Dinner at the teahouse. Limited menu at this altitude but filling. Garlic soup is a local altitude remedy — worth trying.

Acclimatization Check

Info

Description: Monitor all participants for altitude symptoms. At 3,500 m, mild headaches are common. Rest day tomorrow helps. Anyone with persistent symptoms should not go higher.

Day 5 — Rest & Acclimatization

Rest Day Protocol

Info

Description: Mandatory rest day at 3,500 m. Walk high, sleep low — a short hike to 3,800 m and return helps acclimatization. Do not over-exert. Hydrate aggressively. The high pass crossing on Day 8 depends on proper acclimatization now.

Optional Acclimatization Hike ●●●●● Easy Activity

Description:	Short hike to a viewpoint at 3,800 m and return. Gentle pace, 200 m gain. The view from the top shows the entire circuit — past and future days visible.
Distance:	4.0 km
Hiking Time:	2h

Rest at Teahouse Free Time

Description:	Relax, read, write in your journal, repair gear. The teahouse has board games and a small library of books left by previous trekkers. Nap if needed — sleep debt from altitude-disturbed nights is real.
Duration:	3h 0min

Lunch & Dinner Meal

Description:	Two meals at the teahouse. Eat well — calories are critical at altitude. Tomorrow begins the high country section.
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Day 6 — High Country Traverse

High Plateau Traverse ●●●●● Challenging Activity

Description:	Enter the high country above the treeline. Cross a vast plateau at 3,700-3,900 m. Navigation by cairns and GPS. Exposed terrain — no shelter for 4 hours. Wind can be fierce. The landscape is lunar and magnificent.
Distance:	14.0 km
Elevation Gain:	500 m
Hiking Time:	6h
Start Time:	06:30

Wild Camp — High Plateau Accommodation

Description:	First wild camp at 3,800 m. Pitch tents behind a rock wall for wind shelter. Water from snowmelt stream nearby — filter and purify. Cold night — full sleeping bag needed.
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Camp Setup & Safety Info

Description:	Anchor tents with rocks (pegs won't hold in rocky ground). Cooking area 20 m from tents — boil all water, add purification tablets. Food in sealed bags. Wind chill at 3,800 m can bring effective temperature to -15°C even in summer. Layer up before you get cold — rewarming at altitude is slow.
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Camp Dinner Meal

Description:	Hot dehydrated meal and soup. Warm drinks essential. Eat inside the tent vestibule if wind is too strong. Review tomorrow's route before dark.
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Day 7 — Approach to High Pass

Approach March to Pass Base Camp ●●●●● Challenging Activity

Description:	Traverse moraine fields and glacial terrain toward the base of the high pass. Technical but not extreme — careful foot placement on loose rock. The pass looms ahead. Camp at 4,000 m tonight for the pre-dawn start tomorrow.
Distance:	10.0 km
Elevation Gain:	400 m
Hiking Time:	5h
Start Time:	06:30

Wild Camp — Pass Base Accommodation

Description:	Camp at the base of the high pass at 4,000 m. Sheltered site in a glacial hollow. Water from stream. Prepare everything for tomorrow's early start — pack, snacks, layers, headlamp ready.
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Early Camp Dinner Meal

Description:	Early dinner — eat by 17:00 to allow digestion before sleep. High-calorie meal. Prepare snacks for tomorrow in accessible pockets. Headlamp tested, batteries checked.
Start Time:	17:00

Pass Day Briefing Info

Description:	Tomorrow is the hardest day: 4,200 m pass crossing with a pre-dawn start. Review emergency protocol, turnaround time (11:00), and descent route. Sleep with boots inside the sleeping bag to keep them from freezing.
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Day 8 — High Pass Crossing

High Pass Crossing — 4,200 m ●●●●● Hard Activity

Description:	The crux of the entire circuit. Pre-dawn start with headlamps across frozen scree. The final 300 m is steep and exposed — fixed ropes in the steepest section. Thin air makes every step an effort. The pass itself is a narrow saddle with prayer flags and views of both valleys.
Distance:	8.0 km
Elevation Gain:	600 m
Hiking Time:	5h
Start Time:	04:30

Altitude & Weather Protocol Info

Description:	Turnaround time: 11:00 — regardless of position. If clouds build from the south, descend immediately (lightning danger on the exposed ridge). Group must stay together on the steepest section. Fixed ropes: clip in with carabiner, one person per section. If anyone shows confusion, staggering, or persistent vomiting, initiate emergency descent.
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Pass Summit Break

Meal

Description: Brief stop at the pass for photos and high-calorie snacks. Do not linger — conditions deteriorate rapidly. Celebrate, then descend.

Duration: 15 min

Descent to Valley Settlement

●●●●● Challenging

Activity

Description: Long descent from the pass into a new valley system. Steep scree at first, then grassy slopes, then forest. The descent is hard on knees — trekking poles and short steps. The settlement appears after 5 hours of descent.

Distance: 12.0 km

Elevation Loss: 1400 m

Hiking Time: 5h

Valley Lodge

Accommodation

Description: Lodge in the valley settlement at 2,800 m. Private rooms, hot showers, real beds. The relief after two nights of wild camping at altitude is immense.

Price: 65 €

Check-in: Invalid Date

Celebration Dinner

Meal

Description: Celebration dinner at the lodge. The high pass is behind you — the hardest section of the circuit is complete. Fresh food, cold drinks, warm room.

Price: 25 €

Day 9 — Easy Valley Walk

Valley Floor Walk

●●●●● Easy

Activity

Description: Easy day through the broad valley floor. Pass through farming villages, cross suspension bridges, and walk alongside the river. Low altitude, warm air, green landscape — a contrast to the barren high country.

Distance: 14.0 km

Elevation Loss: 600 m

Hiking Time: 5h

Start Time: 08:00

Village Lunch

Meal

Description: Lunch at a village teahouse. Simple, fresh food. The villages in this valley see fewer trekkers — friendlier, more curious, better food.

Price: 10 €

Village Teahouse

Accommodation

Description: Teahouse in the main valley village. Garden setting, mountain views. Hot shower available (solar-heated — best in afternoon).

Price: 30 €

Village Evening

Free Time

Description: Explore the village, visit the local monastery, or just sit and watch village life. Tomorrow is another rest day.

Day 10 — Rest Day in Village

Full Rest Day

Free Time

Description: Second rest day of the circuit. Sleep in, wash clothes, repair gear. The village has a small shop for resupply. Visit the hot spring if one exists nearby.

Duration: 5h 0min

Optional: Village Walk or Market

●●●● Easy

Activity

Description: Explore the village and surroundings. Visit a local school, monastery, or weekly market if timing aligns. Light walking only.

Duration: 2h 0min

Lunch & Dinner at Teahouse

Meal

Description: Two relaxed meals at the teahouse. Eat well — the next three days involve steady climbing back toward the circuit's return ridge.

Second Week Briefing

Info

Description: Briefing for the return leg: Days 11-12 climb to the ridge route, Day 13 descends back to the base town. Less altitude than the first week but longer daily distances. The trail is well-marked throughout.

Day 11 — Ridge Route Ascent

Climb to Ridge Route

●●●●● Challenging

Activity

Description: Leave the valley and climb back up through forest to gain the return ridge. Steady ascent on a good trail. The ridge route ahead is visible from the halfway point — a dramatic skyline traverse.

Distance: 13.0 km

Elevation Gain: 900 m

Hiking Time: 6h

Start Time: 07:00

Exposure Warning

Info

Description: The ridge route has a 3-hour exposed section with no shelter. If thunderstorms threaten, take the lower alternative trail through the forest (adds 2 hours, avoids all exposure). Decision point is at the ridge junction cairn — check weather before committing.

Ridge Hut Accommodation

Description: Small hut on the ridge at 3,200 m. Basic dormitory, half-board. Spectacular location with sunrise and sunset views. Cash only.

Price: 50 €

Hut Dinner Meal

Description: Dinner at the ridge hut. Simple mountain food. Early bed — the ridge traverse tomorrow needs a strong start.

Day 12 — Ridge Traverse & Forest Descent

Ridge Traverse ●●●●● Challenging Activity

Description: Follow the ridge for 8 km with continuous views of both valleys. Some exposed sections with drop-offs — concentrate on footing. The trail undulates along the ridge crest before beginning the long descent into forest.

Distance: 8.0 km

Elevation Gain: 300 m

Hiking Time: 3h 30min

Start Time: 07:00

Forest Descent ●●●●● Moderate Activity

Description: Descend from the ridge through dense forest. Shaded, steep switchbacks. Knees take the strain — short steps and poles. The forest is beautiful — ancient trees, mossy rocks, bird song.

Distance: 8.0 km

Elevation Loss: 1200 m

Hiking Time: 3h

Forest Teahouse Accommodation

Description: Teahouse in a forest clearing. Simple rooms, hot meals, garden with mountain views. Penultimate night on the trail.

Price: 35 €

Dinner Meal

Description: Last teahouse dinner of the circuit. Tomorrow you reach the base town. A reflective evening — share the best moments from 12 days on the trail.

Day 13 — Final Descent to Base Town

Descent to Base Town ●●●●● Easy Activity

Description:	Easy final day — descend through the lower valley to the base town. The trail follows the river downstream, passing waterfalls and bridges. The base town church tower becomes visible in the last hour. A bittersweet arrival — the circuit is nearly complete.
Distance:	12.0 km
Elevation Loss:	1600 m
Hiking Time:	4h
Start Time:	08:00

Base Town Hotel (Return) Accommodation

Description:	Return to the same hotel from Day 1. Hot shower, real bed, your stored luggage waiting. The hotel staff will congratulate your return — they see it every season.
Price:	85 €
Check-in:	Invalid Date

Celebration Lunch Meal

Description:	Celebratory lunch at the best restaurant in base town. Real food, cold beer, and the satisfaction of completing a 150 km mountain circuit. Share highlights and toast to the group.
Price:	25 €

Afternoon Rest Free Time

Description:	Afternoon to rest, shower properly, tend to feet, and start packing. Wander the base town — it looks different after two weeks in the mountains. Collect stored valuables from hotel reception.
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Day 14 — Departure

Farewell Breakfast Meal

Description:	Final group breakfast at the hotel. Exchange contacts, share photo links, and plan the next trek. The post-trek sadness is real — embrace it.
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Transfer to Airport/Station Transport

Description:	Transfer back to the airport or train station. The drive descends through the foothills — the mountains shrink in the mirror.
Duration:	2h 0min
Price:	50 €

Trek Summary Info

Description: Circuit complete: 150 km, 8,500 m elevation gain, 14 days, 1 high pass (4,200 m). A significant achievement. Recovery: stretch daily for the next week, eat well, stay hydrated. Mild soreness for 3-5 days is normal.

What's Included Info

Description: Two guides for the full fourteen days, airport transfers at both ends, all accommodation on the circuit — hotel either side, staffed huts, teahouses and two wild camps — all meals from the day-one dinner to the day-fourteen breakfast, camping equipment including tents and cooking kit, group safety equipment with satellite communicator and pulse oximeter, and the porter support for the camp legs on days six to eight.

What's Not Included Info

Description: Personal equipment and clothing, sleeping bag rated to -10°C for the plateau camps, travel and high-altitude rescue insurance, drinks throughout, the day-ten village resupply, laundry on the rest days, and gratuities for guides and porters. Teahouses and huts are cash only for the full two weeks — there is no cash point between the base town and day thirteen, so bring the whole fortnight's spending money with you.

Insurance & Documents Info

Description: Insurance covering trekking to 4,500 m with helicopter evacuation is mandatory and non-negotiable on this route — the pass on day eight is at 4,200 m and the nearest road is three days behind you. Standard travel policies almost always stop at 3,000 m. Bring photo ID, two passport photos for the trekking permit, an alpine-club card if you hold one, and your insurer's 24-hour number written on paper as well as saved offline. The trekking permit is arranged for you and issued in the base town on day one.