

# Annapurna Circuit Trekking

<b>Trip code</b>	0
<b>Package name</b>	Annapurna Circuit Trekking
<b>Duration</b>	16
<b>Max. elevation</b>	5416 m
<b>Level</b>	MODERATE
<b>Transportation</b>	All the grounded transportation are provided.
<b>Accomodation</b>	3 star Hotel Pokhara, Lodge twin sharing bed basis during the Trekking
<b>Starts at</b>	Kathmandu
<b>Ends at</b>	Kathmandu
<b>Trip route</b>	Kathmandu - Besisahar - Chame - Pisang - Manang - Yak Kharka - Thorong la Pass - Muktinath - Jomsom - Tatopani - Ghorepani - Gharndruk - Pothana - Pokhara - kathmandu .
<b>Cost</b>	USD 1,750 per person

## Highlights

- The Annapurna Circuit Trek is one of the best trekking routes in the world, inside the protected Annapurna Conservation Area in Nepal.
- Enjoy spectacular views of Mt. Annapurna I East (8010m/ (26,280 ft)), Annapurna II (7,937 m /26,040 ft), Annapurna III 7,555 m (24,786 ft), Annapurna IV 7,525 m (24,688 ft), Dhaulagiri I (26,795 feet /8,167 metres), and more.
- Cross the Thorong La pass (5416 m), the widest pass in the world.
- Challenge yourself to cross Throng La Pass, which is an amazing and great hiking achievement.
- Explore Manang Village at an altitude of 3800 m, famous for its high-altitude natural herbs, vegetation, and rural settlement areas.
- Discover the oldest Buddhist monastery in Braga Monastery, Mustang, at 3,519 m altitude.
- Visit Muktinath Temple, the holy shrine of Buddhists and Hindus with revered holy significance.
- Pass through villages occupied by diverse ethnic groups( Magars, Gurungs, Thakalis, Tamangs, and Brahmins).
- Experience the vibrant local culture of natives in north-central Nepal, which expanded between the Marsyandi River and Kali Gandaki George, from the east to the west.

## Overview

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**[Annapurna Base Camp Trekking](#) is one of the best trekking areas in the world, lying in the Annapurna Conservation Area of Nepal. The word Annapurna is a Sanskrit name that literally means “full of food” but is normally translated as Goddess of the Harvests. The Annapurna region is a majestic section of the Himalayas in Nepal.**

Commencing with an overland journey to Beshi Sahar, 130 km west of Kathmandu, where we overnight. Our trek follows the gorge of the Marshyangdi River through lush fields of paddy, innumerable tiny streams, waterfalls, and beautiful villages, eventually emerging into the high desert country at Manang (3597 m). It lies close to the Northern massif of Annapurna, where the World's high altitude lake Tilicho 4,919 metres (16,138 ft) is situated.

The Annapurna circuit trek gains in height fairly gently, reducing the chances of altitude sickness, although, we do spend a day acclimatizing before crossing the Thorong-La Pass (5,416 m). From a high lodge camp, we are up early for our crossing of the Thorong-La pass (tremendous high mountain feelings) before our descent to Muktinath in the lower Mustang region, one of the holiest pilgrimage sites for Buddhist and Hindu people in Nepal.

We continue through the dry, arid landscape to Kagbeni, a fascinating historical fortress town. The trail back follows the Kali Gandaki River to Jomsom (optional fly out here) beneath the shadow of immense Himalayan peaks and through the deepest canyon in the world. We descend to Tatopani before ascending to Ghorepani and Poon Hill for some tremendous sunrise views of both the [Dhaulagiri](#) and Annapurna Himalayas.

A further two days are spent trekking through the beautiful Rhododendron, bamboo, and oak forest in Annapurna trekking route. Before eventually reaching Nayapul for a short drive to the beautiful lakeside town of Pokhara. This Annapurna Circuit trek is considered to be the classic trek in Nepal to experience the vast biodiversity and cultural heritage Nepal is renowned for. [Annapurna Circuit Trekking](#) is the most important and famous trekking area in the Annapurna region and the right adventure for those seeking solace in the isolated and remote villages of Annapurna, chasing the spectacular views of the Annapurna massif.

What is less known about Annapurna circuit trek is that Annapurna, means "full of food" Mata Annapurni of Hindu religion resembles goddess of food. Hence, you can taste numerous regional cuisines in Annapurna trekking trail, with ginger garlic soup, coffee, traditional style wine, thukpa, theknag, and traditional Dal Bhat.

## Annapurna Circuit Trek- Itinerary (outline)

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Day 01: Drive Kathmandu / Besisahar (760 m, 2493 ft)—approximately 6 hours drive

Day 02: Besisahar / Bahun Danda (1310 m, 4298 ft) – 5 hrs walk

Day 03: Bahun Danda / Chamje (1430 m, 4692 ft) – 6 hrs walk

Day 04: Chamje / Dharapani (1860 m, 6102 ft) – 6 hrs walk

Day 05: Dharapani / Chame (2670 m, 8760 ft) – 5 hrs walk

Day 06: Chame / Pisang (3200 m, 10499 ft) – 6 hrs walk

Day 07: Pisang / Manang (3540 m, 11614 ft) – 4 hrs walk

Day 08: Rest at Manang. Stroll around at Manang.

Day 09-10: Manang / Yak Kharka (4018 m, 13182 ft) / Thorang Phedi (4450 m, 14600 ft)

Day 11: Thorang phedi / Thorang pass (5416 m, 17770 ft) descend to Muktinath (3800 m, 12467 ft) – 8 hrs walk

Day 12: Muktinath / Tatopani (1190 m, 3904 ft) – 3 hrs drive)

Day 13: Tatopani / Shikha (1935 m, 6348 ft) / Ghorepani (2750 m, 9022 ft) – 8 hrs

Day 14: Ghorepani / Ghandruk (1940 m, 6365 ft) – 7 hrs walk

Day 15: Ghandruk / Nayapul (1900 m, 6234 ft) / Pokhara – 4 hours walk and 1-hour drive

Day 16: Drive back to Kathmandu (1350 m, 4430 ft) - 7 hours

In the Annapurna region, your Circuit Trek begins through the villages of Annapurna, Ngadi, Chamje, Dharapani, Chame, Pisang, Manang, Yak Kharka, Phedi, and Jomsom, while you return to Pokhara after circuit exploration of Annapurna, (8,091 m)

## Best Time of Annapurna Circuit Trek

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The best season and most favored time for the Annapurna Circuit Trek (Round Annapurna) is autumn (from September to November) and spring (from March to May). During this period the daytime is sunny and warm, with outstanding views. At this time, the temperature is between 10 and 30 °C. The nights are often cold, with a temperature between 5 °C and 20 °C.

Trekking in Annapurna roundtrip brings challenges in winter (Dec, Jan, Feb) is also possible, but the temperature during the winter could be harsh for most people. Trekking in summer (June, July, and August) will be affected by rain/monsoon but the summer trek could be an advantage for a keen botanist. For safe navigation in season and off-season carry Annapurna Circuit Trek map, updated for 2024/25. The trekking routes may be altered due to rocky trail or landslides, at times. If you are early before season, you will be one of the few groups trekking in Annapurna which makes navigation more fun, but risky at the same time. You can [contact us](#) for life time memorable. [Enquiry now.](#)

## **Trip Itinerary**

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### **Day 1 : Drive from Kathmandu to Besisahar by local bus. (approx. 6 hrs drive)**

After breakfast, you will drive to Besisahar (approx. 185 km), which takes about 6 hours. You will drive past beautiful landscapes. Overnight at guest house/lodge.

### **Day 2 : Trek from Besisahar to Bahun Danda – 5 hrs walk**

Today's trek begins to introduce us to the many cultural elements of Nepal. You will come across typical houses and the different faces of the local people, exchanging greetings as we pass. Crossing the suspension bridge at Besisahar to the eastern side of the Marshyangdi River and climb up the trail. The trail has a mix of ascent and descent as we pass small valleys, the mix of Nepali people is clearly seen in the faces of the local people we meet as we pass through the villages. Nadi is a settlement of families originally from Manang village while Taranche, immediately above it, is a Gurung village. The last hour and half we climb uphill to reach Bahun Danda, where we stay overnight.

### **Day 3 : Trek from Bahun Danda to Chamje – 6 hrs walk**

From Bahun Danda we gain slight altitude to reach Chamje. Drop down from the ridge on which Bahun Danda is perched and follow the river to Syange, where we cross the river by suspension bridge. From here we climb uphill for about an hour to the village of Jagat, there are some great views of the river below as well as of the waterfall across the river. Chamje is another hour and half following the river.

### **Day 4 : Trek from Chamje to Dharapani – 6 hrs walk**

The route today passes villages and local communities that are said to have migrated from Tibet a long time ago. As we trek you will feel the difference in the lifestyle of the people and their settlements. We cross the suspension bridge below Chamje and climb two steep sections of the trail to reach the village of Tal. Tal is populated with Gurungs and Tibetans. From the end of the valley above Tal, the trail rises steeply initially and then rises and falls as it cuts across the mountain side to Dharapani.

### **Day 5 : Trek from Dharapani to Chame – 5 hrs walk**

Today the trail mostly climbs as we increase in altitude, you will find that even though we are not walking for that long each day, you do consume a lot of energy. We reach Bagarchap, a Tibetan village, within the first hour of today's trek, followed by Dangyung, a small Tibetan settlement shortly afterwards. We then enter dense forest, cross bridges over tributaries and at the foot of a waterfall ascend steep stone steps to reach the new trail to Chame. It will take us about 3 and half hours with some fine views of Annapurna II on the approach to Chame.

### **Day 6 : Trek from Chame to Upper Pisang – 6 hrs walk**

Today's walk passes several rivers and so we climb up and down between them. From Chame, we reach the small settlement of Taleku, in approximately forty minutes. In just under two hours, we cross a bridge to the sparsely inhabited settlement of Bartang. This former Khampa settlement is now an orchard and marks the traditional boundary between the Manang area to the north and the predominantly Gurung area to the south. From Bartang, we follow the river for forty-five minutes, cross the bridge and then ascend to the floor of the Manang valley and Lower Pisang. A spectacular rockwall is in view for much of the climb. You will notice a real change in the landscape as the area becomes much more arid as we climb.

### **Day 7 : Trek from upper Pisang to Manang – 7 hrs walk**

The trail continues to climb and by now, you will be encountering the windy and dry atmosphere of the area. This is one of the reasons that makes Manang a special place of interest for the visitors. The trail rises, first gradually and then more steeply from Lower Pisang to reach the crest of a ridge overlooking the upper Manang Valley. The airfield and settlement area of Ongre are clearly visible from this vantage-point. We then head down to the flat valley floor and reach Ongre, shortly after this we cross the Sabche Khola River with a great view of the amphitheatre formed by Annapurna III and IV. Watch out for the village of Braga, built impressively into a cliff-wall. Manang is about half an hour past Braga.

### **Day 8 : Rest at Manang. Stroll around at Manang.**

Today will be day for acclimatization, allowing our bodies a chance to adjust to our increase in height. We will make some short hikes around the area during the day.

### **Day 9 : Trek from Manang to Yak Kharka - 3.5 hrs**

The way slowly ascends through the Manang village. The houses are made by clay and stone and joint each other. The path keeps on going up slowly by crossing the innumerable tiny streams, which come from the Chulu east and Chulu west.

### **Day 10 : Trek from Yak Kharka to Thorong Phedi 4550m . – 4 hrs walk**

Today we head to the foot of Thorong La pass, Thorong Phedi. From Yak Kharka, we will climb up to a ridge, then head down and cross the Marsyangdi river on a wooden bridge. After climbing up the mountain, we follow a narrow trail across a slope and descend to Thorung Phedi. The uninhabited, rugged terrain is otherworldly and much different than the lush lowlands that we passed on the way up during the initial phase of the trek.

### **Day 11 : Trek from Thorang phedi via Thorang pass descend to Muktinath . 8 hrs walk**

Today is the biggest challenge, a long day as we start early to ascend to the Thorong La Pass. It usually takes around 7 hrs to complete the climb, before a 3 hr decent to Muktinath. The views of the Himalaya are magnificent as you climb up and cross this popular pass, don't forget to look at the views ! Muktinath is a pilgrimage centre for both Buddhists and Hindus, it is home to the Vishnu temple of Jiwala Mayi as well as several Buddhist monasteries. It is believed that all your sins are relieved when visiting this temple of Lord Vishnu. In an old temple you can find the natural spring and natural gas jets which produce the eternal flame of Muktinath, it is this combination of earth- water -fire that gives the area its particular religious significance.

### **Day 12 : Drive from Muktinath to Tatopani 1200m – 4 hrs drive**

In the morning, we visit Muktinath Temple and then continue our journey on a local bus ride to Tatopani. It will be a rough drive as the road passes through some of the deepest gorges in the world. We will be moving from the arid highlands to lush green forests. Tatopani is famous for natural hot springs, and it is a place where we can immerse ourselves in the hot springs and relax. The waters of Tatopani are said to have curative properties against skin diseases.

### **Day 13 : Trek from Tatopani to Shikha to Ghorepani – 8 hrs**

Again cross the long suspension bridge over the Kali Gandaki then again Do Khola (stream) the path goes rapidly up via Ghara and Shikha villages. You will gain about 1500m high today. The stunning view of Mt. Dhaulagiri is just in front of you. Keep continue to uphill trek through thick, lush Rhododendron forest. In spring season, the place looks like a heaven, when the Rhododendron is in bloom. Ghorepani is one of the magnificent villages in the area. A good place to see owe inspiring view of Annapurna and Dhaulagiri massive.

### **Day 14 : Trek from Ghorepani to Ghandruk – 7 hrs walk**

Early in the morning, we will climb for one hour to the top of Poon Hill. Poon Hill is one of the most popular vantage points of this trek, it is situated at an elevation of 3210m. From here we can see the tremendous views of Dhaulagiri and the Annapurna range. After enjoying the views for a while, we return to Ghorepani village and after breakfast start our trek to Ghandruk.

The trail climbs south on path through deep forests. It finally emerges on a grassy knoll which offers good mountain views, including a view of Machhapuchhare (not visible from Ghorepani) and a panorama all the way south to the plains of India. It is a similar view to that from Poon Hill.

We climb along the ridge in pine and rhododendron forests to a crest at 3030m, then descend to cross a second pass, at 2960m. The trail then descends steeply to a stream before the climbing again through the forest to Tadapani. The trail descends steeply from Tadapani through the forest to a clearing, a short steep descent among rocks leads to a stream crossing then we descend gently pass other streams and finally down towards Ghangdruk. The trail reaches the edge of Ghangdruk near the tin roofed handicraft factory, and then descends on stone steps into the maze of the village itself.

## **Day 15 : Trek from Ghandruk to Nayapool 4 hrs walk - Drive to Pokhara - 2 hrs**

The remainder of the trek is gradual downhill through the village of syauli Bazar. It takes about two hours to reach syauli bazar. then after countinue to get Birethati. Birethati is the exit point of the ACAP region and foreigners need to check out here. Nayapul is connected to the highway by a graveled road with some jeeps offering a ride to Pokhara and it is in the Bhupi Sherchan Highway (Pokhara to Baglung). From here we take our taxi and drive back to Pokhara.

## **Day 16 : Drive back to Kathmandu by tourist coach.**

Your Annapurna Circuit Package ends today. We wake up in Pokhara this day, and after breakfast, we drive back to Kathmandu on a tourist bus. It's a 200 km route that initially follows the Marsyangdi River and Trishuli River later. You may also choose to return by a 25-minute flight (not included in the package) from Pokhara. Our trek package completes at Kathmandu.

## **Inclusions**

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### **What is included?**

- Airport transfers in Kathmandu.
- Annapurna Conservation entrance fee.
- Trekking permits and TIMS (Trekking Information Management System) card.
- Experienced and licensed trekking guide.
- Porter service to carry your luggage (one porter for every two trekkers).
- Accommodation in teahouses or lodges twin sharing bed basis during the trek.
- All meals (breakfast, lunch, and dinner) with cup of hot drinks during the trek.
- Accommodation, meals, insurance, equipment, and allowances of guide and porter.
- Basic first aid kit.
- Emergency evacuation arrangements (helicopter rescue, if needed).
- Government taxes and service charges.
- Kathmandu - Besisahar and Muktinath to Tatopani drive by Local bus , Pokhara - Kathmandu by Tourist Bus.

### **What isn't included?**

- International airfare to and from Kathmandu.

- Nepal entry visa fees.
- Personal travel insurance (covering medical, evacuation, and trip cancellation).
- Extra accommodation and meals in Kathmandu (beyond the itinerary).
- Extra activities or sightseeing not mentioned in the itinerary.
- Personal expenses, such as laundry, phone calls, internet access, etc.
- Additional porters or services if needed.
- Tips for guides, porters, and other staff (tipping is customary in Nepal).
- Any expenses arising due to unforeseen circumstances, such as flight delays, natural disasters, political unrest, etc.

## Complimentary