Annapurna Circuit Trekking



Annapurna Circuit Trek is an adventurous 180 kilometers hike around the majestic Annapurna range that includes Annapurna I (8091m)- the tenth highest mountain on earth.

The trek follows the Marsyangdi River up to the Manang Valley and then descends into the dramatic Kali Gandaki valley in the lower Mustang. The most challenging part of this journey is crossing the Thorung La Pass at an altitude of 5416 meters, where you'll be rewarded with breathtaking, up-close views of the Annapurna Range, Dhaulagiri (8167m), Manaslu (8163m), Tilicho (7134m), Machapuchare (Fishtail) (6993m), Chulu East (6584m), Pisang (6091m), and more.

The Mustang Valley is home to the world's deepest Kali Gandaki Gorge and the sacred shrine of Chumi Gyatsa or Muktinath, featuring a mud statue of Avalokitesvara and an eternal flame. Along the way, you'll also explore the cultural town of Jomsom (originally Dzong Sak) on the banks of the Kali Gandaki River, the ancestral home of the Thakali people with their unique culture and cuisine.

The Annapurna Circuit Trek offers various route options, including a visit to Tilicho Lake (5119m), the highest-altitude lake in Nepal, or the trail leading to the forbidden kingdom of Upper Mustang.

The entire Annapurna trekking trail is situated within the Annapurna Conservation Area, the largest conservation area in Nepal. The landscape and vegetation here vary from tropical to alpine, featuring rhododendron and juniper forests, Himalayan peaks, high-altitude pastures, trans-Himalayan valleys, forests, lakes, and glaciers. The area is a sanctuary for endangered species such as Snow Leopards, Tibetan Argali, Musk Deer, Tibetan Wolf, and six species of Himalayan pheasants.

Duration: 15 days

Price: $1700

Rating: 5 Star

Group Size: 2-15

Grade: Strenuous

Destination: Nepal

Activity: Trekking in Nepal

Region: Annapurna Region

Quick Facts

Maximum Elevation: 5416 meters

Total days in Nepal: 23

Grade: Moderate To Strenuous

Accommodation: Lodge/Camping

Starting point: Besisahar (By Bus from Kathmandu)

Ending point: Pokhara

Highest Elevation: Thorung La pass 5416m pass.

Culture: blend of culture of Gurung, Thakali and Magar.

Attraction: Lamjung Himal, Annapurna Himalaya range (I,II,III,IV), Machhapuchhre Himal, Manaslu Himal, Dhawalagiri range, Tilicho peak, Tibetan ranges Splendid breathtaking place: High Mountain pass, great Himalayan view, Natural hot Spring along the route, etc

Itinerary:

Day 1: Arrival in Kathmandu

You will receive a warm welcome at the airport from our office representative, who will then assist you in transferring to your hotel.

Day 2: Sightseeing Day in Kathmandu

On this day, you will explore a wealth of cultural heritage sites, including renowned world heritage sites such as Pashupatinath, Swayambhunath, Kathmandu Durbar Square.

Day 3: Drive to Dharapani 2300 m (Approximately 8 Hours)

After enjoying breakfast at your hotel, you will embark on a scenic drive to Dharapani. This day's journey promises to be a captivating experience as you traverse through Nepal's diverse landscapes and charming villages. The 8-hour drive will take you through winding mountain roads, alongside lush forests, and past terraced fields where locals tend to their crops. You'll have the chance to soak in the natural beauty of the region, including glimpses of towering peaks, pristine rivers, and the changing flora and fauna.

Throughout the drive, you may encounter friendly locals going about their daily lives, adding an authentic touch to your journey.

You'll also make stops along the way for refreshments and perhaps a delicious local meal.

Finally, as the sun begins to set, you will reach your destination, Dharapani. This picturesque village is often the starting point for trekkers embarking on the Annapurna Circuit, and it offers a peaceful setting for your overnight stay.

Day 4: Trek to Chhame - (2630m) 5 hrs Trek

We kick off our trek with an ascending trail that winds through a fir forest, offering breathtaking views of higher peaks and lush maple trees. Along the way, we'll be treated to awe-inspiring panoramas of Manaslu, Lamjung Himal, and Annapurna II.

Our journey leads us to Chame, the district headquarters of Manang. Here, you'll have the opportunity to relax and rejuvenate in the hot springs, providing a soothing break from your trekking adventure.

Day 5: Trek to Pisang - (3200m) 6 hrs Trek

Today's journey continues with a challenging ascent along a scenic trail, offering captivating views of the surrounding landscapes. Upon reaching Pisang, we'll have the opportunity to explore Pisang's monastery and take in the breathtaking vistas of the majestic mountains that surround us.

Day 6: Trek to Manang - (3540m) 6 hrs Trek

We begin our day by trekking through the valley floor, passing through Hungde, where we'll have the chance to observe sprawling yak pastures and a diverse range of crops. Along the way, we'll be treated to spectacular views of Annapurna II, III, IV, and Gangapurna, creating a stunning backdrop to our journey.

Continuing on, we'll reach the Jharsang River, and our path will lead us through a tranquil pine forest. This enchanting forest will guide us to Khausar village, a charming Gurung settlement. Here, you'll have the opportunity to explore the village, where you can find a small monastery, Chortens, Mani walls adorned with prayer wheels, and colourful prayer flags fluttering in the breeze

Day 7: Acclimatization Day (Optional hike to Gangapurna lake or Melaripa cave)

On this acclimatization day in Manang, we'll take a break from our trekking and stay for an extra day to soak in the stunning views of lush green landscapes, towering mountains, and the serene ambience adorned with Chortens and Monasteries.

This day offers a fantastic opportunity to immerse ourselves in the unique culture and lifestyle of the local people, gaining insights into their traditions and practices. We'll have the chance to explore the rich heritage of Manang and interact with its welcoming inhabitants.

Day 8: Trek to Ledar (You may stop at Yak Kharka) - (4250m) 5 hrs Trek

To reach Ledar, we embark on an exhilarating trek that includes traversing the Thorung La Pass, followed by a steep ascent through Tenki Manang. As we ascend, we leave the Myarshyandi valley behind, and our path follows the Jarsang River.

Continuing along the river's edge, we'll eventually arrive at Yak Kharkha before making our way to Ledar.

Day 9: Trek to Thorang Phedi (Option of hiking up to the High Camp) - (4420m) 4 hrs Trek

Our journey begins with a fulfilling breakfast that energizes us for the day's adventure. The trail unfolds, presenting a diverse range of terrains. You'll traverse through verdant meadows and rocky slopes, creating a dynamic trekking experience. Throughout the trek, the landscape evolves, providing changing scenery. You'll be treated to spectacular views of snow-capped peaks in the distance, with Annapurna and Thorang Peak gracing the horizon. These breathtaking vistas offer photographic opportunities at every turn. As we approach Thorang Phedi, you'll notice the air becoming crisper as we ascend. Upon arrival, comfortable lodging awaits, where you can rest and enjoy a warm meal.

Option to Hike to High Camp: For those seeking an additional challenge and an opportunity to acclimatize to higher altitudes, there's the option to continue the hike to the High Camp. This extension adds a sense of accomplishment and prepares you for the upcoming Throng La Pass crossing.

Day 10: Trek to Muktinath (Visit Muktinath temple in the morning) - (3800m) 8 hrs Trek

This challenging day of trekking takes you to Muktinath, a sacred site for Hindus, Buddhists, and Tibetans while crossing the iconic Throng La Pass.

Starting early, you'll journey through diverse landscapes, from villages and meadows to higher altitudes. The ascent to Throng La Pass at 5,416 meters offers breathtaking views of Annapurna and Thorang Peak.

After crossing the pass, you'll descend towards Muktinath, known for its religious significance. Here, you can explore the Muktinath Temple, a harmonious blend of Hindu and Buddhist traditions, set against a stunning mountain backdrop.

Your day ends in Muktinath, where you'll rest and reflect on the remarkable journey and cultural experiences of the day.

Day 11: Muktinath to Jomsom via Kagbeni - 5-Hour Trek

On this leg of your journey, you'll trek from Muktinath to Jomsom with a visit to Kagbeni along the way.

The trek offers a stark contrast to the Marsyangdi side, with a relatively dry climate and desert-like landscape. You'll encounter captivating geological formations and numerous caves. As you descend from Muktinath, you'll pass through the picturesque village of Jarkot, known for its unique houses and vibrant green fields amidst the arid terrain. At this point, you have two route options. One path leads directly to Jomsom, while the other takes you to Kagbeni, a charming village with stone houses and narrow alleys.

Kagbeni is a must-visit, featuring traditional stone houses and winding alleys. It's situated near the colossal Kali Gandaki River, which has carved a wide valley in the region. Beyond Kagbeni lies the border to the restricted Mustang area, which requires special permission for access. Travelers typically do not venture further north.

Day 12: Flight from Jomsom to Pokhara - 20 Minutes

After completing the trekking portion of your journey, you'll take a short 20-minute flight from Jomsom to Pokhara. This quick and scenic flight offers a convenient way to transition from the trekking region to the tranquil city of Pokhara.

Note:

To extend your trek to include Markha Tatopani and Ghorepani, you can plan your route accordingly, adding extra days to your itinerary to accommodate these destinations. Be sure to consider factors such as travel permits, lodging availability, and transportation options when planning your trekking extension. Additionally, consult with us for the most up-to-date information and route suggestions.

Day 13: Drive to Kathmandu

The 8-hour drive from Pokhara to Kathmandu offers not only a practical way to return to the capital but also an opportunity to soak in the natural beauty and culture of Nepal's countryside. It's a journey that complements the trekking experience, allowing you to reflect on your adventures in the Himalayas as you head back to Kathmandu.

Day 14: A day of rest in Kathmandu.

A day of rest in Kathmandu provides an opportunity to rejuvenate, explore the city's cultural treasures, and savour its culinary delights. It's a perfect way to balance relaxation with cultural enrichment before continuing your journey in Nepal.

Day 15: Drive to the airport/depart.

As you prepare to depart from Kathmandu, reflect on the incredible experiences and memories you've made during your time in Nepal. Whether you've trekked in the Himalayas, explored ancient temples, or immersed yourself in the local culture, Nepal's beauty and warmth will leave a lasting impression.

Highlights:

- Thorung La Pass (5,416 meters)
- Diverse Landscapes
- Cultural Diversity
- Close views of Annapurna, Dhualagiri, Manaslu, Tilicho peak and Fishtail
- Charming Villages
- Muktinath Temple
- Gurung and Thakali Cuisine
- Wildlife and Flora
- Buddhist Monasteries

Cost Include:

- International Airport pick up and drop off
- sightseeing in Kathmandu
- All land transfer as per itinerary by bus
- Hotel accommodation in Kathmandu and in Pokhara
- Accommodation and 3 meals while on the trek
- English speaking a Guide
- Annapurna Conservation Area Permit(ACAP)
- TIMS CARD

Cost exclude:

- Items of personal nature ie. Soft/hard drinks, tips etc.
- Travel Insurance (this is a mandatory condition of booking)
- Personal spending money
- Sleeping bag and Down jacket
- Tips

Other Features:

- Maximum Elevation: 5416 meters
- Total days in Nepal: 23
- Grade: Moderate To Strenuous
- Accommodation: Lodge/Camping
- Starting point: Besisahar (By Bus from Kathmandu)
- Ending point: Pokhara
- Highest Elevation: Thorung La pass 5416m pass.
- Culture: blend of culture of Gurung, Thakali and Magar.
- Attraction: Lamjung Himal, Annapurna Himalaya range (I,II,III,IV), Machhapuchhre Himal, Manaslu Himal, Dhawalagiri range, Tilicho peak, Tibetan ranges Splendid breathtaking place: High Mountain pass, great Himalayan view, Natural hot Spring along the route, etc