

# Annapurna Circuit Trek



## Trip Overview

The Annapurna Circuit Trek is one of the most legendary and diverse long-distance treks in the world, renowned for its unparalleled variety in landscapes, culture, and climatic zones. Encircling the entire Annapurna Massif, this classic trek takes you through lush subtropical forests, arid high-altitude deserts, and snow-capped alpine regions—all within a single journey.

Spanning 160–230 km, depending on the route and detours, the Annapurna Circuit typically begins in the lower hills of Besisahar and ascends through the Marsyangdi Valley, crossing the world-famous Thorong La Pass (5,416m)—the highest point of the trek—before descending into the sacred valley of Muktinath and the windswept landscapes of Lower Mustang. The trail continues through Kagbeni, Jomsom, and Tatopani, eventually leading to Poon Hill for a stunning sunrise view of Dhaulagiri and the Annapurna range.

Trekkers experience a wide array of ethnic cultures, from the Gurung and Magar communities in the lower hills to Tibetan-influenced Thakali and Manangi people in the trans-Himalayan region. This circuit also passes ancient Buddhist monasteries, Hindu pilgrimage sites, and charming mountain villages with breathtaking Himalayan backdrops.

Ideal for trekkers seeking a challenging yet rewarding experience, the Annapurna Circuit Trek requires good physical fitness but no prior high-altitude

trekking experience. The best seasons for the trek are spring (March–May) and autumn (September–November) when skies are clear and the trail is at its most scenic.

**Total Trip Days:** 13 DAYS

**Region:** Annapurna Region

**Max Altitude:** 5416 meters

**Activity:** Trekking

**Difficulty:** Moderate to Fairly Challenging

## Trip Highlights

- Thorong La Pass (5,416m) – One of the highest trekking passes in the world
- Diverse Landscapes – From green valleys to arid plateaus and glacial peaks
- Cultural Diversity – Explore Hindu, Buddhist, and Tibetan-influenced villages
- Pilgrimage Sites – Visit sacred Muktinath Temple and ancient monasteries
- Poon Hill Sunrise – Panoramic view of Dhaulagiri, Annapurna, and Machapuchare
- Road Access – Flexible itinerary with road access points for shorter versions
- Natural Hot Springs – Relax at Tatopani after your trek

## Itinerary

### Day 1:

At an arrival at the international airport we will be picked up and then transferred to the hotel. Check in at the hotel and stay overnight.

## **Day 2:**

Set off from Kathmandu in the early morning in to reach Jagat in the early evening. The road out of the Kathmandu Valley and onto the lower-lying lands follows the Trisuli River, where you may see people enjoying white water rafting. There are plenty of good coffee and lunch stops on the way. The road turns towards Pokhara, and we follow this good road until we turn off at Besisahar and enter Manang, with its more winding roads.

## **Day 3:**

We start our trek from Jagat and trek to Chame Village. Chame is a beautiful village and is a district headquarter of Manang district.

## **Day 4:**

Chame to Pisang is a trail through the sparsely populated Pine forest apple farms, etc. It is neither long nor tedious walk to reach the Pisang village. We pass through Bhratang and Dhukur Pokhari village to reach Pisang village.

## **Day 5:**

Today our bodies appreciate the shorter trekking time and less steep trails. Our spirits also enjoy the rich Buddhist heritage we will see today. Leaving Pisang we pass through small rivers, small villages, mani walls etc. to reach Manang. We also pass Braga Gompa, which is around 900 years old, and the Gompa of Godzo before crossing the Ghatte Khola and reaching the town of Manang, where we overnight.

## **Day 6:**

On the acclimatization day we will keep our body moving and keep it warm so that it can acclimatize to the surrounding altitude. We have multiple options on this day to choose from where we want to go for acclimatization. Ice Lake, Gangapurna Glacier view point etc. are the locations we can chose to visit on this day.

## **Day 7:**

Another short day in this stunning Tibetan-like landscape. There are steep sections of the trail, but some shops in Manang are exciting. And some artifacts are being sold on the trail. But remember, the Thorong La Pass is coming, so don't buy too much!

## **Day 8:**

The stark landscape continues, and there is a landslide area to pass today.

Pay close attention to your guide's advice. Since it is a relatively short trek, you should spend the afternoon hiking to High Camp in preparation for Tomorrow's high-altitude pass crossing. Alternatively, enjoy the surrounding mountains, Annapurna II, III, IV, Pisang Peak, Chulu, and Tilicho, while enjoying a cinnamon roll. Yes, last time we were there, there was a bakery at one of which we highly recommend is make complete preparation for the morning. We will be setting off early to cross the Thorong La Pass so please pack your belongings the night before and get a good night's rest.

### **Day 9:**

The stark landscape continues, and there is a landslide area to pass today. Pay close attention to your guide's advice. Since it is a relatively short trek, you should spend the afternoon hiking to High Camp in preparation for Tomorrow's high-altitude pass crossing. Alternatively, enjoy the surrounding mountains, Annapurna II, III, IV, Pisang Peak, Chulu, and Tilicho, while enjoying a cinnamon roll. Yes, last time we were there, there was a bakery at one of which we highly recommend is make complete preparation for the morning. We will be setting off early to cross the Thorong La Pass so please pack your belongings the night before and get a good night's rest.

### **Day 10:**

After breakfast, you have time to visit the temple of Muktinath with its 108 water spouts. No need to bathe in them all unless you are Hindu or particularly enjoy cold showers! Then we trek down to the airport town of Jomson. Suppose you wish to spend more time in Muktinath or explore the interesting village of Kagbeni on the route. In that case, it is possible to take a jeep down from Muktinath to Jomson or Kagbeni (then it's around a 2-3 hour walk from Kagbeni to Jomson). In Jomsom, we find many shops, bars, and hotels to relax in.

### **Day 11:**

This itinerary includes the early morning flight to Pokhara, which gives you a whole day in this vibrant lakeside town. An alternative would be to continue your trek for another 3 or 4 days down through Mustang and perhaps up to the famous Poon Hill. Please discuss this with us when booking your trek.

### **Day 12:**

After spending relaxing day in Pokhara we will then head to Kathmandu. We will take a short flight back to Kathmandu and stay overnight. You can use the free time on this day on your disposal for personal activities.

### **Day 13:**

Our airport representative will help you with checkout procedure and then escort you to the airport for final departure from Nepal for your onward journey.

## **Route Map**

# 13 Days

## ANNAPURNA CIRCUIT TREK



### ALTITUDE CHART

