Trek Curator
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Annapurna Circuit Trek - 12 Days

Annapurna Circuit Trek, located in the Annapurna region of Nepal, is one of the most famous trekking routes in the country. This trek spans 12 days and offers an exhilarating adventure. Travelers are drawn to this route for its stunning views of the Annapurna and Dhaulagiri mountain ranges. Along the way, trekkers encounter lush forests, rivers, suspension bridges, diverse landscapes, and breathtaking panoramas of towering mountains. The highest point of the Annapurna Circuit Trek is Thorong La Pass, reaching an altitude of 5,416 meters. So, acclimatization options are provided throughout the journey.

Annapurna Circuit Trek also showcases rich local culture and Tibetan monasteries, combining adventure with cultural immersion, making it one of the best trekking experiences in Nepal. An Annapurna Conservation Area Permit (ACAP) and a Trekkers' Information Management System (TIMS) card are required for this trek.

Highlights

The Annapurna Circuit offers some of the best panoramic views of the Annapurna, Dhaulagiri, and Machapuchare mountains. Trekkers will cross Thorong La Pass, the highest trekking pass along this route. The trek features diverse landscapes, ranging from lush forests in hilly areas to arid deserts in mountainous regions. Trekkers can visit the Muktinath temple, explore Tibetan monasteries, and experience traditional villages such as Manang and Jomsom. Along the way, you may spot wildlife like the Himalayan tahr and musk deer, all while enjoying the warm hospitality of local communities. Sample local cuisine and gain insights into the unique culture of the region.

Trekking Route

Upon arriving in Kathmandu, you can explore the surrounding areas and prepare for the trek. The next morning, Trekkers set off early for a scenic drive to Dharapani, where the trek officially begins. Expect to trek for approximately 5 to 6 hours to reach Chame, taking in stunning views of the

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mountains along the way. After spending a night in Chame, the trek continues through a narrow valley with views of the river, leading to Pisang. Pisang offers panoramic views of Pisang Peak and Annapurna II. Along with the option to choose between the lower and upper Pisang routes. The upper route provides more scenic trails leading to Manang. As you ascend, acclimatization becomes essential to avoid health issues. After a day of acclimatization, you will trek to Yak Kharka, where you can enjoy stunning views of Chulu West and other surrounding peaks.

The Annapurna Circuit Trek then continues to Thorong Phedi, a landslide-prone area where the oxygen level decreases. An early start (around 3–4 AM) is necessary to avoid strong winds and cold as you make your way to Thorong La Pass. The views at Thorong La Pass reward your efforts with breathtaking sunrises and stunning landscapes of Dhaulagiri and Annapurna. From there, you will descend to visit the Muktinath temple before driving back to Pokhara. Also soaking in panoramic views of the Annapurna and Dhaulagiri ranges, and ultimately returning to Kathmandu.

Why Choose the Annapurna Circuit Trek?

The Annapurna Circuit trek is less crowded than the Everest Base Camp trek. At the same time, this offers a similar level of experience and adventure. Annapurna Circuit Trek combines nature, culture, and adventure, featuring diverse landscapes, forests, peaks, and deserts as well as significant religious sites such as the Muktinath temple and various monasteries. The excellent trekking infrastructure and the warm hospitality of the local communities match the thrill of crossing Thorong La Pass. It is ideal for those seeking a long and rewarding trekking experience.

"With its unmatched blend of natural grandeur and cultural depth, the Annapurna Circuit offers a trekking experience that is as soul-stirring as it is physically rewarding."

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PRICE INCLUDES

- Airport Transfers (Pick-up & Drop-off)
- Kathmandu to Pokhara Transport (Flight/Bus)
- Accommodation (Teahouses/Lodges during the trek)
- Meals (Breakfast, Lunch & Dinner during the trek)
- Trekking Permits (ACAP & TIMS)
- Professional Guide & Porter (Guide with First Aid Kit)
- Necessary Trekking Equipment (Sleeping Bag & Down Jacket on rent)
- Annapurna Conservation Area Entry Fees
- Emergency Support (Basic First Aid & Oxygen Cylinder)

PRICE EXCLUDES

- International Flights (To/From Nepal)
- Nepal Visa Fees
- Travel Insurance (Mandatory for high-altitude trekking)
- Personal Expenses (Snacks, drinks, hot showers, Wi-Fi, battery charging)
- Meals in Kathmandu & Pokhara (Except breakfast at hotels)
- Trekking Gear (Personal clothing, boots, trekking poles, etc.)
- Tips for Guide & Porter (Customary but not mandatory)
- Emergency Evacuation & Helicopter Rescue (If required)

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- Extra Accommodation Costs (Due to delays, weather, or personal reasons)

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DETAILED ITINERARY

Day 1: Arrival Kathmandu

Upon your arrival at Tribhuvan International Airport, our representative will welcome you to Nepal and assist you in transferring to your hotel. Our representative will provide a brief overview of the trek itinerary, including information on altitude, difficulty level, and necessary equipment. If needed, you can check, rent, or purchase trekking gear. In the evening, you are free to relax or continue exploring Thamel and its surroundings.

Day 2: Drive from Kathmandu to Dharapani

Early in the morning, you will embark on a drive to Dharapani. This 8 to 9-hour journey will take you through the scenic landscapes of the Trisuli River, traditional villages, high hills, and terraced fields. Along the way, you will switch to a local jeep in Besisahar before continuing to Dharapani. At the ACAP and TIMS checkpoints, staff will check your permits. From Dharapani, you can enjoy views of the snow-capped peaks in the distance. You will spend the night in Dharapani.

Day 3: Trek from Dharapani to Chame (2,710m/8,891ft)

The official trekking journey begins as you hike to Chame, which takes approximately 5 to 6 hours. During this time, you will pass through traditional villages such as Bagarchhap and Timang, see a Buddhist chorten, and walk along a mani wall. You will cross a suspension bridge over the Marsyangdi River, enjoying beautiful views of Lamjung Himal, Annapurna II, and Annapurna IV. Upon reaching Chame, the administrative headquarters of Manang, you can explore the area, visit local markets, or

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speak with residents about their lifestyle. You will stay overnight in Chame.

Day 4: Trek from Chame to Pisang (3,300m/10,824ft)

In the morning, you will set off on your trek to Pisang, walking through apple orchards and pine forests. This journey, lasting about 5 to 6 hours, will take you through a narrow valley with river views and across several wooden and metal bridges. You will also see Paungda Danda Rock, a notable curved cliff face. You can choose to stay in Lower Pisang or Upper Pisang, with Upper Pisang offering better views of Pisang Peak and Annapurna II. You will spend the night in Pisang.

Day 5: Trek form Pisang to Manang (3,500m/11,482ft

You have the option to choose between the upper and lower trails from Pisang. The upper trail, which is recommended for better scenery, passes through Ghyaru and Ngawal. Along this route, you will observe the transition from lush greenery to arid terrain while enjoying views of Annapurna III, Tilicho Peak, and Gangapurna. After trekking for 6 to 7 hours, you will arrive in Manang, a region influenced by Tibetan culture. You can explore the Bhraga Monastery and the traditional stone villages nearby. You will stay overnight in Manang.

Day 6: Acclimatization Day in Manang

Since Manang is located at a high altitude of about 11,482 feet, acclimatization is essential. On this day, you have several options for hikes, such as visiting Gangapurna Lake, Ice Lake, or Chongkor viewpoint. You may also want to check out the Manang Cultural Museum to learn about the local lifestyle and history. It’s important to rest and stay hydrated to prevent altitude mountain sickness (AMS). Enjoy stunning views of

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Annapurna II, III, IV, and Gangapurna.

Day 7: Trek from Manang to Yak kharka (4,040m/13,020ft)

Following your acclimatization day in Manang, you will head towards Yak Kharka. The trek involves a gradual ascent through juniper shrubs and alpine meadows, crossing wooden bridges. You will pass through the village of Gunsang, where you might see grazing yaks and a few isolated tea houses. Expect stunning views of Chulu West and the surrounding peaks. After 4 to 5 hours of trekking, you will reach Yak Kharka, where you will notice the thinner air.

Day 8: Trek fromYak Kharka to Thorang Phedi (4,420m/14,501ft)

From Yak Kharka, the trail to Thorong Phedi is in an area prone to landslides, so it’s important to trek cautiously. As we gradually ascend, the oxygen levels begin to decrease. After trekking for about 4 to 5 hours, you’ll reach Thorong La Pass. If you’re feeling strong, you have the option to climb a bit further to High Camp. You can rest here and prepare for the high pass you will encounter the next day. Overnight stay will be in Thorong Phedi.

Day 9: Trek from Thorong Phedi to Thorong La pass (5,416m/17,764ft) and Muktinath (3,800/12,467ft)

After a night in Yak Kharka, you will need to start your trek early (around 3–4 AM) to avoid the wind and cold. It takes approximately 8 to 9 hours to reach Thorong La Pass, the highest point of your trek. The trail includes a steep climb, and once you reach the pass, you will be rewarded with breathtaking sunrise views and landscapes of Dhaulagiri, Annapurna, and the Mustang Valley. You may want to pause for photos and celebrate at

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the Thorong La sign. From Thorong La Pass, you will descend steeply to reach Muktinath, a sacred pilgrimage site. You can explore the Muktinath Temple, which holds significance in both Hinduism and Buddhism. You will stay overnight in Muktinath.

Day 10: Drive from Muktinath to Pokhara

In the morning, after breakfast, you will take a Jeep ride through Jomsom, Marpha (known for its apples), and Kalopani. Along the way, enjoy scenic views of the Nilgiri and Dhaulagiri mountains, as well as the Kali Gandaki River. If you wish, you can make an optional stop at Tatopani, famous for its hot springs, to relax your tired muscles after the trek. The terrain will change from arid hills to lush subtropical forests as you descend. After 8 to 9 hours of driving, you will arrive in Pokhara, where you can enjoy panoramic views of the Annapurna and Dhaulagiri ranges. Spend your evening at the lakeside, go boating on Fewa Lake, or visit nearby attractions.

Day 11: Drive from Pokhara to Kathmandu

In the morning, you will drive back to Kathmandu, enjoying scenic views of rivers, green forests, hills, and terraced farmlands. The drive takes about 6 to 7 hours to reach Kathmandu. If time permits, you can go sightseeing, including a visit to Swayambhunath.

Day 12: Departure

Based on your departure time, our representative will pick you up from your hotel and assist you in getting to Tribhuvan International Airport. The journey concludes where it began, leaving you with unforgettable memories of beautiful Nepal. We hope you leave Nepal with lasting memories and a deeper connection to the Himalayas.

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