

Annapurna Circuit Trek- 14 Days



Trek Information

Duration	14 days
Difficulty	Hard
Region	Annapurna Trekking Region
Highest Altitude	5416.0 m
Group Size	2-10 pax
Season	Spring and Autumn
Individual Cost	\$0.00

Description

About the Destination

Detailed description for **Annapurna Sanctuary**.

Trip Overview

The Annapurna Circuit Trek is one of the most iconic treks in Himalayas. With its diverse trekking adventure, offering the unforgettable journey in its spectacular trails inside the Annapurna Region, it is the icon of the Himalayas. The 14 days trekking journey for Circuit

of Annapurna combines the scenic drives, high-altitude experience, cultural immersion and exposure to an unspoiled nature. Such features of journey make it an ideal adventure for people seeking both challenge and beauty in the Himalayas.

Starting from the heritage city of Kathmandu, the trek gradually takes you through lush nature, subtropical forest as well through beautiful traditional villages with terraced farms. As well reaching to alpine landscapes and high mountain deserts makes it an adventure in a memorable journey. Along the trail, you will also enjoy the rich culture of Nepal and explore the diversity of communities inside the Himalayas. Passing through Gurung, Manangi and Tibetan-influenced villages, you will witness the traditional lifestyle of typical Himalayan community.

The journey also passes through breathtaking views of towering peaks, including the Annapurna Dhaulagiri and Macchapuchre. These scenery makes you feel the refreshing nature of Annapurna. You will also get to pass through the legendary Thorong La pass which is the highest trekking passes in the world, with an altitude of 5316m from sea level. It becomes one of a major highlight of the trek.

The Annapurna Circuit trek is not just the journey it also offers the sense of achievement, combining with the panoramic Himalayan nature and authentic life experiences. The trek also includes one of the most important and significant temple of Nepal, the Muktinath Temple. It makes it spiritual journey too.

So, with the combination of adventure, culture as well natural beauty, the Annapurna Circuit Trek is ideal for those trekkers who are seeking to explore the Nepal's diverse landscapes. This itinerary of 14 days inside the Annapurna Trail is a well-organized trekking journey. With properly planned accommodation, this trekking package offers you a comfortable journey with memorable aspects to cover within its trekking journey.

Trip Highlights

- Scenic drive through the Himalayan landscapes
- Crossing the Thorong La Pass(5416m)
- Visit the sacred Muktinath Temple
- Stunning views of Annapurna, Dhaulagiri and Macchapuchre ranges
- Diverse landscapes covering forests, rivers, alpine valleys as well high-altitude deserts
- Visiting the traditional villages like Chame, Manang and Kagbeni
- Acclimatization day in Manang and exploring its surroundings
- Relax in Tatopani in natural hot springs
- Witnessing of rich cultural experience with Gurung and Tibetan-Influenced communities
- Taste of local foods and cuisines

Detailed Itinerary

Arrival in Kathmandu

When you arrive at Kathmandu Airport, you will be greeted by our team of trekking journey and will be taken to your hotel. This bustling capital city has it all. It is a cultural, historical, and adventurous place that offers you a true taste of the spirit of Nepal. After check in you can take some rest or walk around a bit in nearby regions of the capital like Thamel which has numerous trekking shops, cafes and an enjoyable nightlife. A brief orientation meeting will be conducted later in the evening where all of the crucial details of the Annapurna Circuit Trek, its route, safety as well as its preparations will be discussed. Day one basically serves as a relaxation and acclimatization day after your long travel. You will get your overnight at a hotel in Kathmandu.

Drive from Kathmandu to Besisahar

After having breakfast we take a scenic drive from Kathmandu to Besisahar by tourist bus. The drive will take about 6 to 7 hours to reach our destination Besisahar which is the starting point of the trekking to the Annapurna region. Along with you'll experience the charming rural Nepalese life passing through the stunning green hills, colorful villages and farmlands. After reaching we will make ourselves familiar for the trek starting the next day with rest by checking-in at local lodge and overnight.

Jeep from Besisahar to Chame

After the breakfast, a drive takes you with 5-6 hour shared jeep journey to Chame. The jeep ride takes us along the bumpy mountain roads following the Marsyangdi River and provides some stunning views of the waterfalls, rock faces and the abundant vegetation which cling precariously to the sides. The scenery starts to change as we climb ever higher and we see the first snow capped mountains. Chame is a beautiful small town and is the administrative headquarters of Manang district, nestling within tall mountains and offering the chance for a peaceful evenings' rest. You will get your overnight stay at Chame.

Trek from Chame to Upper Pisang

After the morning breakfast, the true trek is starts. You will walk from Chame through pine forests and along the Marsyangdi River in a tranquil atmosphere, experiencing a beautiful day trek. Gradually, the landscape changes from verdant woods to open and wild terrain, which continues as you walk. Crossing a suspension bridge and trekking through a valley surrounded by rock walls will be a part of the day's adventure. As you ascend, spectacular mountain views of Annapurna II and Pisang Peak emerge in the background. Gaining access to Upper Pisang is satisfying both because of its altitude and the incredible panoramic view from it. Traditional stone houses and prayer flags define the Tibetan lifestyle here. The place has a very serene atmosphere, enjoy and relax. You will get your overnight stay in Upper Pisang.

Trek from Upper Pisang to Nawal

Trekking from Upper Pisang to Nawal takes place along a more challenging but extremely rewarding higher route. As you steadily gain altitude you are graced with continuous views of Annapurnas and neighboring valleys. Through old villages like Ghyaru, you will observe prayer wheels, chortens and ancient monasteries making you sense the spiritual and cultural background of this region. The trail here is calmer compared to the lower path. The terrain slowly gets arid and alp-like because you enter the rain shadow area of Manang. At the top of the valley is the beautiful Nawal village offering incredible views of Annapurna

III,II, Gangapurna, as well. This is also a very significant day for acclimatization so make sure that you walk slowly and keep yourself hydrated. you will get your overnight stay at Nawal.

Trek from Nawal to Manang

After breakfast in the morning, Leaving Nawal, you proceed to Manang, an essential point in the Annapurna Circuit Trek. The trail is quite smooth compared to the previous days and you can enjoy nature without much effort. The valley opens up, a rocky region with peaks of snow-caps all around. You'll pass through tiny hamlets and stream crossing points, usually snow melt water streams. Views of Annapurna III, Gangapurna and Tilicho peak are amazing at this stage. Upon reaching Manang you will discover the most well developed village on the Annapurna Circuit, it is with the presence of cafes, bakeries and trek shops. This is the best point to recover energy and prepare for higher altitude trekking. You'll be free in the afternoon, to visit nearby viewpoint or just relaxing at the cafe or enjoying the mountain landscape. This is an important stop to acclimatize and so listen to your body. You will get your overnight stay in Manang.

Acclimatization Day at Manang

Today is vital to your journey – it's your acclimatisation day at Manang. Don't think you can rest all day though – it's best to undertake short walks at higher altitudes throughout the day in order to adapt to the increased height properly. You could choose to go to Gangapurna Lake for a relatively gentle walk or push yourself and hike up to Ice Lake where you'll be treated to remarkable views of glaciers and surrounding peaks – it is also important to remember the 'climb high sleep low' rule. Later, you can take advantage of the cultural sites within the village, such as the monasteries or you could spend some time meeting and learning from locals. Information talks from the Himalayan Rescue Association, detailing about altitude sickness and survival at altitude are sometimes available here too. Listen to your body, stay hydrated by drinking plenty of water, eat good food, avoid alcohol and have a successful acclimatization day in order to have an enjoyable crossing of the Thorong La Pass. You will get your overnight in Manang.

Trek to Yak Kharka from Manang

Today you leave Manang and begin the trek up to Yak Kharka after a useful day of acclimatisation. The trail begins to climb from the very beginning and the vegetation starts to become scarce as you enter a more barren high-altitude landscape. The walk itself isn't long but it will be slow due to the altitude. Yaks may be seen grazing along the trail with their herders ensuring they remain near the appropriate pastures; it is this reason that Yak Kharka is so named. The surroundings at Yak Kharka are wide and open with rolling hills and snow capped mountains beyond and the surrounding silence in the high mountains is truly breathtaking and will leave you feeling very adventurous and quite isolated. You will find basic teahouses at Yak Kharka so it will be a comfortable night to rest in the very high altitudes, stay warm, keep your fluids up, and watch out for any signs of altitude sickness. You will get your overnight at Yak Kharka.

Trek from Yak Kharka to Thorong Phedi/ High Camp

Today's walk takes you from Yak Kharka to Thorong Phedi or alternatively you can walk higher to Thorong High Camp. The walk begins to become more demanding as the path becomes more treacherous with steep rocky trails and areas with landslip and landslide risk along the side of the mountain. Despite this however, the views continue to be stunning as the enormous peaks seem to be surrounding you at every angle. The atmosphere begins to become much thinner and every single step becomes harder so a slow pace with regular rest breaks should be undertaken. Thorong Phedi means "foot of the hill" and it is this place that is base camp to begin your ascent over Thorong La pass.

Some trekkers push on higher to High Camp so they will have less of a trek tomorrow, however it is advisable that you assess yourself and the weather conditions before making this decision. You will get your overnight stay in High Camp.

Thorong Phedi to Muktinath via Thorong La Pass

Today is the toughest but most rewarding day of your trek. You will begin the day at an early hour, and usually pre-dawn, to reach the summit of the highest point of your trek, Thorong La Pass, at 5,416m. You will be met with a steep and tough climb in thin altitude, but reaching the pass and realizing how far you have come will be a phenomenal moment. From the pass, the panoramic views of the Himalayas which surround you, will be spectacular. After, a little while to savor the summit you will commence a very long descent to the sacred temple of Muktinath. Muktinath is a highly revered religious place for both Hindus and Buddhists; and famous for its eternal flame and 108 water sprouts. The combination of the powerful spiritual presence at Muktinath and reaching such a great feat in physical achievement today will have made it a very memorable day. Settle in at the guesthouse and look back at the fantastic day that has unfolded for you. You will get your overnight stay at Muktinath.

Drive from Kagbeni to Tatopani

Having visited Muktinath, you will drive towards Tatopani through Kagbeni. The path goes through the remarkable Kali Gandaki gorge, one of the deepest gorges in the world. The country here is barren and desert like with high wind and peculiar rock formations. Going down, the climate slowly changes to green and hot. Upon arriving in Tatopani you can relax and soak in the hot springs which are its specialty. Relieve tired muscles in this heated pool and gain new strength and energy. This is a change of pace from trekking and rather a relax travel. You will get your overnight stay in Tatopani.

Drive from Tatopani to Pokhara

Today, you will drive from Tatopani to Pokhara and have chance to enjoy wonderful scenery on the way along the rivers, waterfalls and terrace hills. As getting close to Pokhara the scenery on the way seems more greener. Pokhara is a city where you will experience relaxed lifestyle along with wonderful lake scenery. Check into your hotel and relax, then move on to explore Lakeside area. It's really worth a visit to Phewa Lake. Take a slow boat trip to the lake or just sit by the lakeside to chill out. After spent few days in mountain, here is a place where you can get a lot of comfort with yummy food and get relax. Stay overnight in Pokhara. It is going to be an extremely early morning to begin tomorrow, to conquer the pass by daybreak and so you must make sure you eat well, rest as much as you can and are in a positive mental frame of mind for the hardest part of the entire trek. You will get your overnight stay in Pokhara.

Pokhara to Kathmandu

After your breakfast, you will be transferred back to Kathmandu from Pokhara on a tourist bus. The trip will take about 6-7 hours to travel along with exciting rivers and hills highway. You will get to see the rural Nepal with all the small villages, small towns and country side for the last time. In the evening when you get back to Kathmandu, you will be relaxing, purchasing of souvenir, and enjoying the last dinner, reflecting your travel with all your new friends. You will get your overnight stay at Kathmandu.

Kathmandu from Departure

This will be your last day of your incredible tour. After your morning breakfast in the hotel you will be dropped to the international airport of Kathmandu to board your flights to home.

As you leave Nepal you will have lifetime of the memories to treasure of the Annapurna Circuit Trekking, from the picturesque green valleys, remote mountain passes, encounter of the people on the way, to reaching your final destination. The trekking days might have ended but the memories will live with you.

What's Included

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What's Not Included

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Equipment & Packing List

Best time for Annapurna Circuit Trek

The ideal time to visit and do trekking along Annapurna Circuit is during spring (March-May) and autumn (September-November) of the year. Both the seasons are the most popular among the trekkers as there is stable weather, excellent mountain view and best for both beginner and expert level trekker.

Spring season (March-May) is when the rhododendron forest blooms and colors the Annapurna region green and pink. During this season, the temperature is warmer compared to winter and perfect for walking at low and mid altitudes and trekking becomes enjoyable at all levels of elevation. The clear blue skies bring the clear panoramic views of Annapurna, Dhaulagiri and other gigantic peaks of the Annapurna region. The trekking through this natural splendor of blooming nature is the best part of it.

Autumn season (September-November) is called the best trekking season in Nepal. After the monsoon downpours the environment becomes crystal clear and a fine panoramic view of snowcapped peaks is found during the season. The weather is quite stable and dry as it will not obstruct for passing through high altitude passes such as Thorong La Pass which reaches a height of 5,416 meters. The roads are filled with trekkers from all around the world. Moreover the trekking will also be the way to get through various kinds of festival celebration throughout the region.

Trekking during the winter (December-February) season will require you to pass through harsh weather with plenty of snow at higher altitudes which is the worst part of trekking as it may cause obstacles at higher altitudes like Thorong La Pass while the monsoon season (June-August) may cause problem in trekking due to rain and landslide with poor view of mountains due to fog and clouds. Therefore the best season to do the Annapurna Circuit Trek is spring and autumn season.

Accommodation Foods and Drinks

The food and accommodation throughout Annapurna circuit trekking trails are excellent, which makes Annapurna Circuit trekking such a enjoyable trek in the sense that you don't need to carry any heavy equipment for camping purposes. As Annapurna is a teahouse trek, accommodation, food and drinks are available along the route itself.

In Annapurna region, usually teahouse or lodge provide accommodation in basic room having a small space to be occupied by twin beds with blanket and shared bathroom. At the lower altitude areas like Chame and Manang, there are comfortable lodges with attach bath rooms, hot shower and even WiFi facility. With the increase of altitude towards the Thorong Phedi or high Camp, the lodges facilities becomes simple because the areas are very difficult to reach and the altitude also makes it hard to build it. Eating areas are warm and inviting usually with a central fire burning in the evening that makes us feel good to have a relaxing chat together with other trekkers and locals.

Food served during trek provides high energy and nutrients which helps to trek easily for the whole day long. Dal Bhat is considered the most nutritional and commonly available food which consists of rice, lentil soup, vegetable curry, and pickle. It's very filling food and once you have it you are offered with an additional of rice and dal that you can have if you feel like having more. Besides Dal Bhat you can also have noodle, pasta, fried rice, soup, pancake, fried egg and Tibetan bread. You can have the variety of veg and non veg food but it is highly recommended to have veg food during high altitude trek for better freshness.

The drinks like tea, coffee, hot lemon, ginger tea and bottled or boiled water is easily available in every teahouse and lodges across the trail. It's important to stay hydrated throughout the trekking journey and avoid alcoholic drinks, which might cause altitude sickness to you at higher altitudes. In conclusion, food and accommodation during this

trek, though simple, are indeed very important part of Annapurna Circuit trekking.

Permits and Regulations for Annapurna Circuit Trek

Annapurna Circuit Trek requires you to have two trekking permits. The first one is TIMS Card that the Nepal Government uses to monitor trekkers' movement for security. The second is Annapurna Conservation Area Permit since Annapurna Circuit Trek passes through Annapurna Conservation Area. Both permits can be bought in Kathmandu or Pokhara through the Nepal Tourism Board or a registered trekking agency. You need to have them with you during the whole trek and they are inspected at many checkpoints.

It is necessary that every trekker employs the licensed trekking guide during his trip to Nepal for security reasons, as trekking has recently faced strict trekking regulations in the last few years. Trekking alone was widely acceptable but now it is strongly advised that one hires a local trekking guide and it has become compulsory for most of the trekking regions for their high altitude and remote location. Apart from the official trekking requirements it is also your personal responsibility to maintain the environmental rule and regulations during your trek. Please don't throw any garbage. Respect the local people and their culture as well.

Conclusion

The Annapurna Circuit Trek is more than simply trekking, it is an experience that passes through one of the most culturally as well as diversely beautiful landscapes of the Himalayas. From the colorful streets of Kathmandu into the remoteness of mountain villages, also the large deserts that exist in higher altitudes in the Annapurna Region each step there is something to be valued and cherished by all the visitors that arrive.

Trekking across Thorong La Pass of 5416 meters height is certainly something that should not be missed out as it is sure to fill up the trekkers with amazing views and also an sense of accomplishment. The trip also contains visiting some culturally as well as spiritual places such as the holy Muktinath Temple, some of the monasteries and meeting the local people residing there. This hike is easily attainable to most trekkers who are prepared with proper clothing, are physically fit as well as keep an flexible perspective.

Since it offers good roads and has hotels in between the route it is one of the most favorable treks that can be undertaken in Nepal. The Annapurna Circuit Trek is an amazing experience that fulfills everyone with an indelible memory long after you finish the trek.

Pricing

Group Size	Price per Person (USD)
Individual	\$0.0

Frequently Asked Questions

Q: How challenging is the Annapurna Circuit Trek?

A: Annapurna Circuit is by no means easy trekking but neither is it extremely difficult in a technical climbing sense, rather its difficulty lies more with the long duration of the trekking and high altitude that has to be reached. No climbing experience required but good fitness and stamina to be able to walk between 5-7 hours a day is required. In general, the trekking will get progressively more difficult as one gets closer to the altitude, and especially while ascending to the summit of Thorong La Pass (5,416m), altitude and weather can make trekking an exceptionally difficult experience. As long as one is well-acclimatized, maintain a slow and steady pace, be well-prepared beforehand, most trekkers should find the trekking perfectly doable. Beginners can trek it if adequately trained and can opt for guide assistance. Crucially listen to your body, drink lots of water and do not push oneself unnecessarily. Overall, a trekking experience to remember with beautiful rewards.

Q: What type of accommodation and food should I expect?

A: The accommodation provided during the Annapurna Circuit Trek is principally in teahouses or lodges. These are of a humble but adequate standard, consisting of rooms furnished with beds and shared facilities. Where trekking at the lower altitudes, improved facilities are found, and include hot water showers and internet access. The food provided is filling and appropriate for demanding days of trekking. The most frequently available dish is the typical dal bhat, but a choice of other options including noodles, pasta, soup, eggs, and a variety of vegetarian and non-vegetarian dishes are readily available. In addition to the above, tea, coffee, and hot lemon are widely offered, and prove particularly warming at altitude. Sufficient fluids must be taken on while on trek, with alcohol generally avoided when climbing to higher altitudes. On balance, although of a modest nature, the food and accommodation prove to be a comfortable and rewarding aspect of the trek.

Q: Is altitude sickness an issue on this trek?

A: Altitude sickness (AMS) is indeed one of the fatal risks on the Annapurna Circuit, particularly above 3500m. AMS includes headache, nausea, loss of appetite, dizziness, weakness and exhaustion and the risks are exacerbated approaching the Thorong La Pass. The only real prevention is proper acclimatization (it's the reason for rest days such as at Manang), walking slowly and in a sensible pace, and drinking lots of fluids. Many take Diamox in the interests of prevention, after discussing with their doctor. In the case of symptoms increasing significantly, the remedy is immediate descent. Ignoring severe AMS may result in more serious altitude-related illness.

Q: When is the best time of year to do the Annapurna Circuit Trek?

A: The Annapurna Circuit Trek is best done during the months of Spring (March – May) and Autumn (September-November). In both of these seasons the weather is relatively stable and clear with good mountain views to be seen throughout the Annapurna Region. In spring, there are also rhododendrons to be seen and the temperature is temperate, while in autumn there is clear, crisp air and the best possible mountain views, in particular on a Thorong La Pass crossing. Other months can also be possible, but in winter there are generally too cold and heavy snows often block high passes. In summer, the monsoon season is in full swing, making trails muddy, slippery and with poor visibility.

Q: When to undertake the Annapurna Circuit Trek?

A: The most appropriate time to trek the Annapurna Circuit Trek is during spring (March-May) and autumn (September-November). The above stated months ensure steady weather conditions, clear skies, and good mountain views throughout the Annapurna Region. The months of spring witness abundant rhododendrons blooming all over, moderate temperatures whereas autumn is known for its clear visibility of the highest mountains as you undertake your journey to cross Thorong La Pass. Winter (December-February) has a higher altitude and is a risky choice for trekkers as high passes are often covered by heavy snow whereas the monsoon season (June-August) consists of rain and slippery trails which have a restricted mountain view.