

Annapurna Circuit Trek

Url: <https://www.glorioushimalaya.com/trekking-and-hiking/annapurna-circuit-trek/>

Duration

15

Max. Altitude

5,416m

Difficulty

Moderate

Group Size

2+ pax

Per Person Cost

USD 950

Transport

Plane, Bus, Jeep, Car

Meals

Breakfast in Kathmandu and Pokhara hotel

Accommodation

Hotel and Lodges

Starts At

Kathmandu

Ends At

Kathmandu

Highlights

- Explore the cultural and natural beauty of the Annapurna region.
- Visit Hindus and Buddhist holiest Muktinath temple.
- Superb views of Mt. Manaslu, Pisang peak, Annapurnas, Himalchuli peak, and fishtail mountain.
- Thorong La pass (5,416m.) - one of the longest pass in the world.
- Hike along with the world deepest gorge - Kali Gandaki river
- Explore beautiful remote villages.
- Sightseeing in UNESCO world cultural heritage sites of Kathmandu Valley.

Overview

If trekking is your passion, then the adventure of **Annapurna Circuit Trek** is the experience you wouldn't want to miss at any cost. This memorable hike follows Marsyangdi Valley to the north of the mid-Himalayan range, crossing 5416m Thorong Pass to descend into the dramatic desert-like, Tibetan-style landscape of the Rainshadow of Upper Kali Gandaki Valley.

As the name suggests, the Annapurna Circuit Trek circumnavigates the Annapurna massif, featuring some of the world's stunning scenery. Walk past the picturesque villages home to Manangis, Gurungs, and Thakalis, in the land adorned by diverse natural and cultural aspects. It usually takes 10-15 days to complete this journey. There are also side trips and excursions like [Tilicho Lake](#) that are well worth adding a couple of days to explore these hidden gems.

Your trekking journey begins from Syange and climbs up to Thorong La Pass (5,416 m) and ends at Muktinath. Every bend of the trail offers the most spectacular natural setting displaying nature at its best. The trail moves along paddy fields, sub-tropical forest, whispering waterfalls, huge cliffs, and several villages dotted across the trail. Hygienic meals, Cozy Teahouse accommodation and warm hospitality can be found anywhere during the trek.

Takes you to the past

Embarking on the ACT adventure; you are sure to travel through time. Miles from the cars and conveniences, you will get away from the urban sprawl and distractions of modern life. There are instances that demonstrate how comparable the way of life of the residents of the mountain villages is to that of centuries ago. The sounds of vehicles, motorbikes, or other machines are gone. Replacing them are the rumblings of rivers and waterfalls or those of men carrying goods.

As one will note, a great deal of the items in the area is handcrafted. Everything had to be carried until lately by mules or porters. Luxury goods like candy and beer are accessible but cost twice as much.

The journey also offers wonderful opportunities to interact with different ethnic people, and their cultures and observe their lifestyles & livelihood. Manang valley and Lower Mustang are influenced much by Tibetan culture. Visitors get fantastic views of Mt. Dhaulagiri (8,167m), Machhepuchhre (6,993m), Manaslu (8,156m), Gangapurna (7,455m) and Tilicho peak (7,134m) around the circuit. Most visitors who love to walk in the [Annapurna region](#) make sure they do this trip.

After Thorong pass we visit the famous Muktinath. It is a well-known temple of Hindus as well as Buddhists. It would be better if you have one more day's visit to Marpha. This place is famous for Apples in Nepal and a beautiful village in the valley is almost a must-visit. Due to an increasing inflow of trekkers every year, the number of teahouses/lodges has increased in the Annapurna trekking region, offering juicy options to trekkers...

Itinerary

Day 01: Arrival in Kathmandu - (1400m/4593ft)

Upon your arrival at Tribhuvan International Airport (TIA) in medieval and modernized Kathmandu, you will be warmly greeted by a representative from Glorious Himalaya and be transferred to the hotel. After check-in and some refreshments, our senior sherpa guide/ manager will come to meet you and give you a brief orientation about Annapurna Circuit Trek. You can wander around Thamel down the street to get familiar with the neighborhood and shop some souvenir. In the evening, we host a welcome dinner at a local cultural restaurant, where we will enjoy excellent traditional Nepalese cuisine with a classic cultural dance show. This is your first overnight in the valley of temples and cows.

Day 02: Sightseeing Day in Kathmandu

The capital city of Nepal, Kathmandu, being the historical and cultural heart of the country, is a popular destination for tourists, trekkers and other types of adventure seekers. The city is a marvelous amalgamation of Hinduism, Tibetan Buddhism, and Western cultures and influences. Patan and Bhaktapur are its two major neighboring cities. These two cities, like Kathmandu, have a rich historical, cultural and religious legacy which is reflected in the many temples, monuments, and artifacts that they contain. You will be taken on a half-day guided tour of Kathmandu. In Kathmandu, you will be visiting Pashupatinath, the most famous and revered Hindu shrine in the country; Boudhanath, the largest Buddhist stupa in Nepal, Soyambhunath, which contains both Buddhist and Hindu shrines and stands as testimony to the religious harmony that exists in the country; and the 15th-century 55-window palace in Bhaktapur. An orientation session for the trek, which commences the following day, will be organized in the evening where you get an opportunity to ask any questions concerning our forthcoming adventure.

Day 03: Kathmandu to Syange (1100m/3608ft): 8-10 hours

Early in the morning, we drive along the Kathmandu-Pokhara Highway following the Trisuli and Marsyangdi River. We enjoy the gorgeous countryside of Nepal with green hills, whispering rivers, terraced farms along the way then reach Besisahar after a long 6-7 hrs of drive, which is the headquarter of Lamjung. All the local government offices are based here. From here, you get to see some well-known mountain peaks, a lot of natural green landscapes surrounding the valley and the daily activities of the happy local folks. This headquarters is the center from where the daily usable commodities are supplied to the different villages and other towns. A further one and half hours off-road drive from Besisahar will take us up to the exhilarating waterfall of Syange. Overnight at local lodge.

Day 04: Trek to Dharapani - (1960m / 6430ft) 7-8 hrs

The first part of the trail passes on a flat level along the bank of the Marshyangdi River. You can enjoy the sceneries and the local culture of the Gurung community. The trail goes all the way through Jagat, Chyamche, Tal, Kyodo, and Karte, passing through barley, rice and potato fields. Not to mention the numbers of magnificent waterfalls and eye-catching scenarios surrounded by snow-capped mountains. Overnight at lodge.

Day 05: Trek to Chame (2710m/8891ft) 7-8 hours

Today we climb through forests of pine and oak as you pass through Danaque (2210m). Soon, there comes a small wooden bridge that will take you on a steeply ascending path up to Timang which lies at the bottom of Lamjung Himal. The trail goes then on a flat level until you reach Chame, where you will find government offices, shops, and hotels. Chame is the administrative headquarters for the Manang district. Stay overnight at lodge.

Day 06: Trek to Pisang (3,300m/10824ft): 5 - 6 hours

With Lamjung Himal (6893m) sparkling in the morning sun, we set off for Pisang. We continue through a fir and pine forest, climbing to a high, rocky area as the opposite bank becomes an impassable cliff. From this point, the valley becomes extremely steep-sided as we follow the path to Bhratang (2950m.). You now walk through a pine forest and as the forest ends, the valley changes from a V-shape to a gentle U-shape, opening up a wonderful vista before you. You can see the east peak of Annapurna II as well as Pisang Peak (6091m.) to the north-east. Continuing, you come to a long Mani wall by a bridge and the lower village of Pisang. Stay overnight at lodge.

Day 07: Trek to Manang (3,500m/11,482ft): 6 - 7 hours

Beyond Pisang, the trail climbs a steep ridge that affords good views of the Manang valley and Tilicho peak (7145m.). Descending past Manang's airstrip at Hungde (3320m.), you come to a level area from where the north-east face of Annapurna III rises majestically above you. From the wide plains of the Sabje Khola Valley, Annapurna IV (7525m.) also becomes visible. Just beyond this point, you cross the considerably reduced flow of the Marshyangdi Khola via a wooden bridge to the tiny village of Mungji. After a short steep climb, you reach Manang which is a surprisingly large village for this remote mountain region. Stay overnight at lodge.

Day 08: Acclimatization Day

We will hang around for one more day in Manang for acclimatization by observing beautiful views of green landscapes, silvery mountains, Chortens, and Monasteries. We can also explore the unique culture and lifestyles of local people. We bunk out overnight at our Lodge.

Day 09: Trek to Yak Kharka (4,110m/13,484ft): 3 - 4 hours

The path gradually rises along Thorong Khola crossing Tangki Manang, Ghusang 3900m, then Ghyanchang finally to reach Yak Kharka. We get across a stream, climb to a village of Tenki above Manang, and then continue to climb out of the Marshyangdi Valley turning northwest up the valley of Jarsang Khola. We then follow the trail north to the valley, passing a few pastures, a scrub of juniper trees, as it firmly gains elevation. The path further passes near the small village of Ghunsa, a cluster of flat mud roofs just under the trailhead. The trail then follows through the meadows where horses and yaks graze. Soon we will reach Yak Kharka. Overnight at Yak Kharka.

Day 10: Trek to Thorang Phedi: (4420m/14501ft): 3-4 hours)

Leaving Yak Kharka, you climb gradually to a ridge before descending to the headwaters of the Marshyangdi and crossing via a suspension bridge. After a short ascent up the mountain path on the right bank, you follow a narrow trail across an unstable scree slope and then descend to Thorong Phedi. Stay overnight at lodge.

Day 11: Trek to Muktinath (3,800/12,467ft) via Thorong La (5,416m/17764ft): 7 - 8 hours trek

Today is the most important day of this trek that you are going to conquer the height of 5,416 meters and be ready to accept the challenge. You start early today for your crossing of Thorong La [5416m]. The views are dramatic, to say the least, from the snow-covered mountains above to the head of the Kali Gandaki valley below and the brown and purple hills of Mustang which are spread out before you. Eventually, the moraines give way to grassy slopes before a pleasant walk along the Jhong Khola Valley to Muktinath and its shrines and temple. Stay overnight at the lodge in Muktinath.

Day 12: Trek to Jomsom (2800m / 9186ft) via Kagbeni - 6-7 hrs trek

Today is the last day of our Annapurna circuit trek, we visit Muktinath - a sacred temple in the morning and return to the hotel. Then, we follow a downwards trail through the streams, pastures with a tremendous view of Mount Dhaulagiri and Nilgiri. After reaching Kagbeni, we explore the ancient Kagbeni village and then follow the trails along the bank of Kali Gandaki River to Jomsom. Jomsom is a beautiful and large town in the Mustang district. It is also known as Dzongsam or New Fort, which is the headquarters of the Mustang district. Kali Gandaki runs through the Jomsom and the town extends over both sides of the river. We stay overnight at the local lodge in Jomsom.

Day 13: Fly to Pokhara: 25 minutes

This takes about 25-30 minutes flight from Jomsom to Pokhara. The flights are available during the morning time. The strong breeze blows and frequent change in the weather prevents the flight from being landed and taken off in the afternoon. During the flights in the morning, the sky looks very clear which makes you able to enjoy the splendid views of different mountain peaks. Overnight hotel inclusive breakfast.

Day 14: Drive to Kathmandu: 6-7 hours

While driving from Pokhara to Kathmandu, we head up to Damauli, Dumre, Mugling and Kurintar where Nepal's first Cable car is operated to reach Manakamana Temple, this is a temple where most Nepalese come to have their wishes granted before leaving home or getting married. From Naubise we climb up to Thankot, the gateway to Kathmandu and finally reach our hotel & a lovely soft warm bed.

Day 15: Departure to your destination

After breakfast and our last day in Kathmandu, our vehicle and escorts will be on standby to drop you to the international airport three hours before our scheduled flight back home. At Glorious Adventure, meeting you has been a great honor and we pray for your Safe journey home and will reflect on the wonderful times we spent together. Bon Voyage!!! We hope to see you again someday...

Trip Includes

- All airport and hotel transfers by private vehicles.
- Nepalese cuisine welcome dinner at a typical local restaurant in Kathmandu.
- One day Kathmandu sightseeing tour guided by a city tour guide with private transport.
- 3-nights of 3-star standard hotel accommodation in Kathmandu inclusive breakfast.
- 9-nights of twin sharing local lodge accommodation during the trek.
- Full board meals during the trek. (breakfast, lunch and dinner)
- 1-night of hotel accommodations in Pokhara inclusive breakfast.
- Domestic airfare from Jomsom to Pokhara including airport taxes.
- An experienced and government license holder guide for the trek. k.
- All the essential ground transfers by bus, jeep, and car.
- Rain protection duffel and sleeping bags to use for the trek.
- All the necessary trekking permits and paperwork for the trek.
- First aid medicine for the trek.
- All the government taxes and company service charge
- Trip achievement certificate after trip completion.

Trip Exclude

- International airfares and Nepal entry visa.
- Alcoholic beverages, bottled mineral, and hot/boiled water, use of WIFI, hot shower and battery charges, etc during the trek
- Extra nights in Jomsom due to the cancellation of your flight because of the bad weather.
- Tips to the trekking guide and porters.
- Entrance fees for Kathmandu sightseeing.
- Porters are available at an extra cost.

Checklist

Trekking Gear Checklist

Head

- Bandana or headscarf, also useful for dusty conditions.
- Warm hat that covers your ears (wool or synthetic)
- Headlamp with extra batteries and bulbs.
- Sunglasses with UV protection
- Prescription sunglasses (if required)

Upper Body

- Polypropylene shirts (1 half sleeve and 2 long sleeves)
- Light and expedition weight thermal tops.
- Fleece wind-stopper jacket or pullover.
- Waterproof shell jacket (preferably breathable fabric)
- Down jacket
- Gore-Tex jacket with hood, waterproof and breathable

Hands

- 1 pair of lightweight poly-liner gloves.
- 1 pair of lightweight wool or fleece gloves.
- 1 pair of mittens, consists of 1 Gore-Tex over mitt matched with a very warm polar-fleece mitt liner (seasonal)

Lower Body

- Non-cotton underwear briefs.
- 1 pair of hiking shorts.
- 1 pair of hiking trousers.
- 1 pair of lightweight thermal bottoms (seasonal)
- 1 pair of fleece or woolen trousers
- 1 pair of waterproof shell pants, breathable fabric

Feet

- 2 pairs of thin, lightweight inner socks.
- 2 pairs of heavy poly or wool socks.
- 1 pair of hiking boots with spare laces (sturdy, soles, water resistant, ankle support, "broken in")
- 1 pair of trainer or running shoes/sandals
- Cotton socks (optional)
- Gaiters (winter only), optional, "low" ankle high version

Sleeping

- 1 sleeping bag (-20 degrees)
- Fleece sleeping bag liner (optional)

Rucksack and Travel Bags

- 1 medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carryon)
- 1 large duffel bag
- A small daypack/backpack for carrying your valuables should have good shoulder padding
- Small padlocks for duffel-kit bags
- 2 large waterproof rucksack covers (optional)

Medical

- Small, personal first-aid kit. (Simple and light)

- Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.
- Water purification tablets or water filter.
- 1 set of earplugs
- Extra pair of prescription glasses, contact lens supplies.

Practical Items

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 cigarette lighters, 1 small box of matches
- 1 compass or GPS (optional)
- 1 alarm clock/watch
- 1 digital camera with extra cards and batteries
- Large Ziplocs
- 2 water bottles (1 ltrs. each)
- 1 small folding knife
- Binoculars (optional)
- 4 large, waterproof, disposable rubbish sacks.

Toiletries

- 1 medium-sized quick-drying towel
- Toothbrush/paste (preferably biodegradable)
- Multi-purpose soap (preferably biodegradable)
- Deodorants
- Nail clippers
- Face and body moisturizer
- Female hygiene products
- Small mirror

Personal Hygiene

- Wet wipes (baby wipes)
- Tissue/toilet roll
- Anti-bacterial hand wash

Extras/Luxuries

- Reading books
- Trail map/guide book
- Journal and pen
- iPod
- Travel game i.e. chess, backgammon, scrabble, playing cards (to help you pass the time at teahouses or camps)

- 1 modest swimsuit
- Voltage converter
- Plug adapter (2 round pegs to 2 flat pegs)
- Lightweight pillowcase (in case if your teahouses do not provide you)

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