Annapurna Circuit Trek

Description

The Annapurna Circuit Trek circles the Annapurna Massif in the Annapurna Region, passing through a diverse range of landscapes and rich cultures & traditions. Along the way, you will have the opportunity to see a variety of flora and fauna, as well as experience the culture and hospitality of the local Gurung people.

The trek starts in Besisahar and ends in Pokhara, and typically goes through Thorong La, which is the highest point of the trek at 5,416 meters above sea level. Trekkers begin traveling along the banks of the roaring Marshyangdi River, crossing various small local settlements. Regardless of the challenges during the trek, the trail offers stunning views of the Annapurna range and other Himalayan peaks.

The Annapurna Circuit Trek is challenging and usually takes up to 13 days to complete. To prepare for the Annapurna Circuit Trek, it's important to be in good physical shape and to properly acclimatize to the high altitude. The trek can be physically demanding, so it's important to train beforehand by doing cardio and strength training exercises. It's also important to bring the right gear, including proper hiking boots, warm clothing items, a good quality sleeping bag, and other necessary equipment.

The Annapurna Circuit Trek is a truly unforgettable experience that offers a unique combination of natural beauty, cultural immersion, and true adventure. The Annapurna Massif (Annapurna I-IV), Dhaulagiri, Machhapuchhre, Manaslu, Gangapurna, Tilicho Peak, Pisang Peak, and Paungda Danda are some prominent peaks that can be seen during the trek.

The pleasing view witnessed is immeasurable and a lifetime opportunity for the trekkers. Some of the highlights of the trek include the beautiful Modi Khola river valley, the hot springs at Tatopani, the holy temple of Muktinath, and the high-altitude Thorong La. If you’re looking for a thrilling adventure then this trek is just for you.

Highlights

- The beautiful Modi Khola river valley, which offers stunning views of the surrounding mountains and is home to many small villages and temples.
- The hot springs at Tatopani, which provide a chance to relax and soak in the warm therapeutic waters.
- The holy temple of Muktinath, which is an important pilgrimage site for Hindus and Buddhists and is located at an altitude of 3710 meters.
- The high altitude Thorong La Pass, which at 5416 meters is the highest point on the trek and offers breathtaking panoramic views of the surrounding mountains.
- The Annapurna range, which is home to several peaks over 8000 meters and offers some of the most stunning mountain views in the world.
- The local Gurung culture, which is rich and fascinating, and offers a unique insight into the way of life in rural Nepal.

Itinerary

Days	Description	Altitude	Hours
01	Arrival in Kathmandu	1,380 meter	
02	Drive to Beshishahar	930 meter	7-8 hours
03	Drive to Dharapani &Trek to Bagarchhap	2,160 meter	7-8 hours
04	Trek from Bagarchhap to Chame.		
05	Trek from Chame to Pisang	3,300 meters	6-7 hours
07	Acclimatization day in Manang		
08	Trek from Manang to Yak Kharka	4,000 meters	5-6 hours
09	Trek from Yak Kharka to Thorong Phedi	4,600 meters	3-4 hours
10	Trek from Thorong Phedi to Thorong La Pass and then to Muktinath	5,416 meters	8-9 hours
11	Trek from Muktinath to Jomsom	2,700 meters	6-7 hours
12	Flight from Jomsom to Pokhara		
13	Drive from Pokhara to Kathmandu		6-7 hours
14	Departure from Kathmandu		
06	Trek from Pisang to Manang	3,540 meters	5-6 hours

Detailed Itinerary

Day 01: Arrival in Kathmandu (1,380 m)

On your arrival at the TIA, you will be greeted and guided to the designated hotel by one of our Precious Adventures representatives. He/ She will give short information about the Time zone, room, money exchange, and welcome dinner. Later you will be visiting one of the finest restaurants for a complimentary welcome dinner. You will be informed in short about the summary of your tour.

Day 02: Drive to Beshishahar (930 m), 7-8 hours

We begin the journey after breakfast; we take a ride on the bus to Besisahar. We drive on the Prithvi Highway and enjoy the beauty of the Nepali countryside. We see beautiful rice terraces and views of mountains, including Ganesh and Manaslu peaks along the way. Overnight at Besisahar.

Day 03: Drive to Dharapani &Trek to Bagarchhap (2160m),7-8 hours

Today, we embark on a journey to Dharapani. After a delicious breakfast at Besisahar, we start our journey on a jeep to Dharapani. Traveling beside the magnificent Marsyangdi river, Dharapani is known as the Entrance of ACAP and has a permit checkpoint. We have lunch at Dharapani, and from here we take a short trek to Bagarchhap. It is a beautiful village with people originating from Tibet. Also known as the junction of the Manaslu and Annapurna treks. This day we get to view the breathtaking scenery of the Lamjung Himal, along with a peaceful monastery and charming chortens. Tonight we rest at Bagarchhap.

Day 04: Trek from Bagarchhap to Chame.

Today, we embark on a journey to Chame. After a delicious breakfast at Bagarchhap, we start our journey to Chame. Traveling along the great Marsyangdi river, we walk through some scenic villages till we reach Chame. Also known as the District headquarter of Manang, it is a small village settled

on the route to the Annapurna Circuit trek. We get to witness the magnificent view of the Manaslu range and parts of Lamjung Himal and be surrounded by oak and rhododendron forests. Overnight at Chame.

Day 05: Trek from Chame to Pisang (3,300 m), 6-7 hours

On this day we embark on our journey from Chame to Pisang. On this day we continue trekking along with the Marsyangdi river. In the initial phase of the trek, we walk through a trail in a small landslide area before we reach a village called Bhratang. After crossing the bridge near this village we reach Chemyua Kharka where we can see some ruined buildings of Old Bhratang and a memorial to Japanese Mountaineer Akira Ochiai. Then crossing the Swargadwari bridge we head towards Dhukur Pokhari. Dhikur Pokhari is a small village just near Pisang. The route to the famous Pisang peak separates from here. . We have lunch here and for tonight we rest here.

Day 06: Trek from Pisang to Manang (3,540 m), 5-6 hours

On the 5th day, we follow the trail to Manang. Commencing after breakfast, our today's program we trek through scenic trails accompanied by a magnificent view of the Annapurna Himalayan Range. Our trail takes us through Deurali danda, here we have a breathtaking view of the Annapurna range and other surrounding mountains. Along the way, we see some mani walls and monasteries before making it to Nawal. In this village, you can find traditional flat-roofed stone buildings. Overnight at Manang.

Day 07: Acclimatization day in Manang

Acclimatization is mandatory when we're traveling in high-altitude places. This day we explore the Manang village and know in depth about the lifestyle of the locals. Manang is one of the main highlights of the Annapurna Circuit trek and is popular for its stunning panoramic scenery and rich cultural heritage. After having lunch we can go for a short hike to Gangapurna Lake. The beauty of this glacial lake is unmatched. If you visit Manang in the months of August/September (on the full moon day), you can experience the Yartung festival which is an annual fair. It is a three-day celebration and is celebrated with a variety of activities like horse races, drinking, and dancing by the local Gurung and Thakali people. The festival is a colorful and joyous event, providing a unique opportunity to learn about the customs and traditions of the locals here. Today we rest at Manang.

Day 08: Trek from Manang to Yak Kharka (4,000 m) 5-6 hours

On the 13th day, we begin trekking from Manang to Yakkharka. After breakfast, we start our journey with a gradual uphill climb. We cross the bridge over the Ghyanchang Khola and travel along with the Thorung Khola. If you want we can have a short tea break at Gunsang. Today we have some magnificent views of the Annapurna range. The rugged peaks and snow-capped summits of the mountains are truly awe-inspiring. Overnight at Yakkharka.

Day 09: Trek from Yak Kharka to Thorong Phedi (4,600 m), 3-4 hours

Traveling along the Thorong Khola and Kone Khola, we begin our today's journey. On our route from Ledder to Thorung Phedi we can see landslides. We enjoy our delicious meal at Thorung Phedi, surrounded by lovely views of the mountains. We can also have the opportunity to spot some wild animals, including blue sheep and, with luck, even snow leopards. Overnight at Thorong Phedi.

Day 10: Trek from Thorong Phedi to Thorong La Pass and then to Muktinath (5,416 m) 8-9 hours

This day marks a great adventure and an exciting day. Today we will be traveling through the world's biggest pass. We cross the famous Thorong Pass, which is located at an elevation of 5416 meters. This will be the second time we will be over the elevation of 5000m. Crossing Thorong Pass is a real adventure, rewarding with the wholesome view of the entire Annapurna range. The stunning mountain scenery is sure to capture your heart. After crossing the pass, you will walk down to a tea house where you can have a noodle shop or similar, before continuing to Muktinath. It is a beautiful Himalayan village that serves as a religious place for Buddhists, Bons, and Hindus. Muktinath is known for its religious significance and beautiful mountain scenery. During the festival of Janai Purnima, an annual fair is held here. Various Monasteries and Temples that worship different Hindu deities such as Lord Bishnu and Lord Shiva are erected here. Overnight in Muktinath.

Day 11: Trek from Muktinath to Jomsom (2,700 m), 6-7 hours

We walk from Muktinath to Jomsom via Lupra. Lupra is a small Thakali village residing to the west of Muktinath. We have lunch in Lupra, Bon Monastery, also known as the Bonpo Gompa is one of the places that we see. The oldest walnut tree is in Lubra, which dates back to the 16th century. We pass through a windy valley so make sure you pack accordingly. From Lupra we make our way back to Jomsom. Overnight in Jomsom.

Day 12: Flight from Jomsom to Pokhara

Today we go to Pokhara from Jomsom. Pokhara is regarded as the tourist capital of Nepal, the city is known for its natural beauty with stunning views of the Himalayas and peaceful lakes. From the flight, we have scenic views of the Dhaulagiri and Annapurna ranges. After arriving at Pokhara, we will visit Phewa lake and enjoy the lake view and mountain. If you wish, you can go by cable car to Sarangkot for sunset. Overnight in Pokhara.

Day 13: Drive from Pokhara to Kathmandu, 6-7 hours

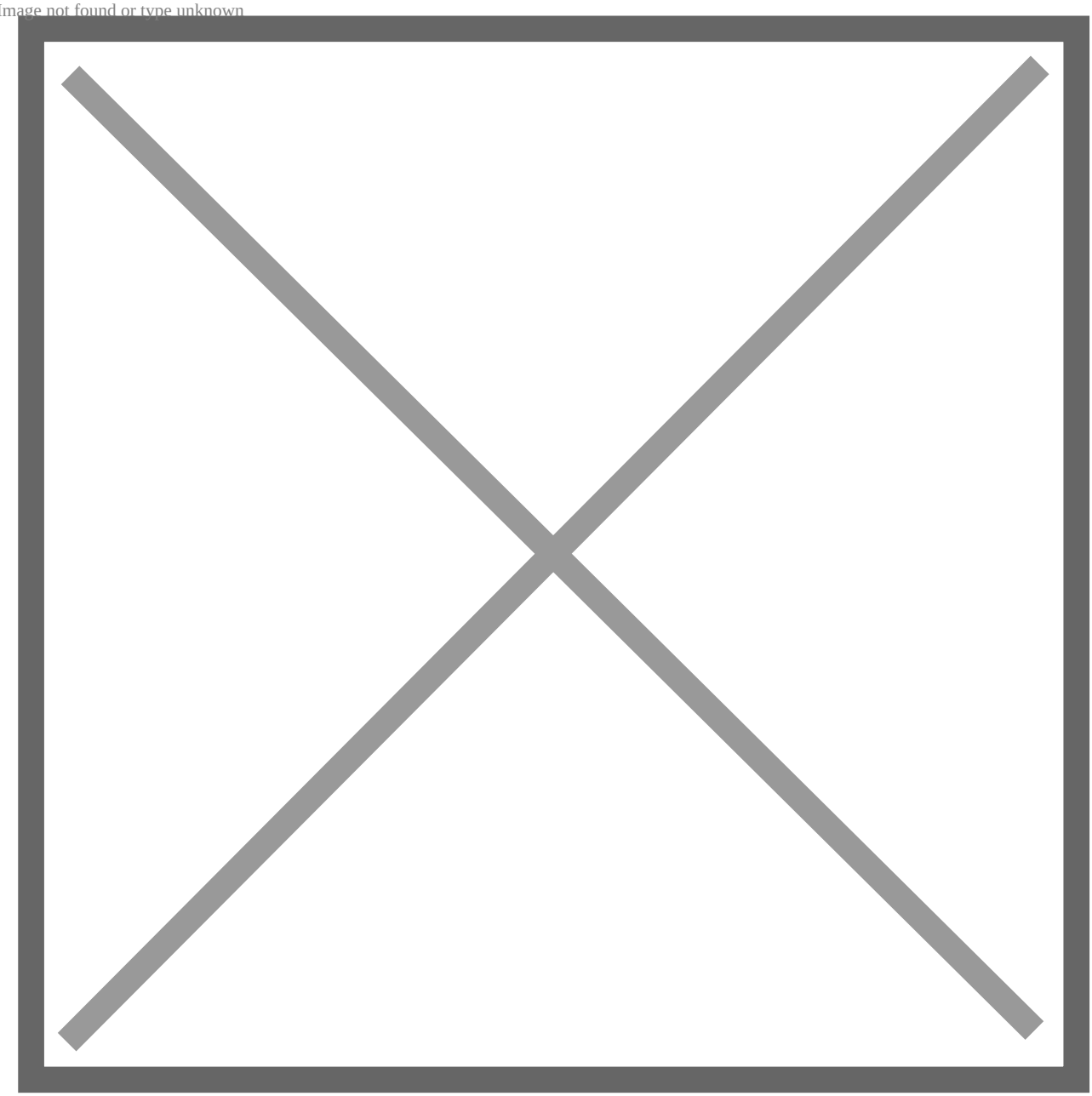
Today we take a scenic ride following the Trishuli river. We travel on the Prithvi Highway and along the way, enjoy the beauty of the Nepali countryside. For the last time catch the captivating views of mountains, including Ganesh and Manaslu peaks along the way. After arriving in Kathmandu, you'll be transferred to your hotel room. Overnight at Kathmandu.

Day 14: Departure from Kathmandu

On your last day here our representatives will drop you off at TIA with the hope that you enjoyed the experience with us, we bid you goodbye. We will be looking forward to more precious adventures together. Have a safe journey.

Map

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Practical Information

Q. Food and Accomodation
A. During the Annapurna Circuit Trek, you will have the option to stay in a variety of accommodation, including guesthouses, lodges, and camping. The majority of the trek is spent in guesthouses or lodges, which offer basic but comfortable accommodation with private or shared rooms. Some of the lodges and guesthouses also have attached restaurants, where you can enjoy a variety of local and Western dishes. As you trek higher in altitude, the availability of guesthouses and lodges becomes more limited, and you may need to rely on camping accommodation. This typically involves sleeping in a tent that is provided by the trekking company, although you may need to bring your own sleeping bag. The food on the Annapurna Circuit Trek is generally quite good, with a variety of local and Western dishes available at the lodges and guesthouses. Common dishes include dal bhat (a rice and lentil dish), momos (Nepali dumplings), and thukpa (a noodle soup). It's also possible to find more familiar Western dishes like pasta and sandwiches. Vegetarian options are generally available, but it may be more difficult to find vegan options. It's a good idea to bring some high-energy snacks, such as energy bars or nuts, to keep you fueled during the trek.

Q. Best season for trek
A. The best season for the Annapurna Circuit Trek depends on your preferences and what you're looking to get out of the trek. Here are some general guidelines: Autumn (September to November): This is generally considered the best time to trek the Annapurna Circuit, as the weather is clear and dry, and the views are at their best. The temperatures are also moderate, ranging from around 10-20°C during the day and dropping to around 0-10°C at night. Spring (March to May): This is another good time to trek the Annapurna Circuit, as the weather is generally dry and clear, and the temperatures are pleasant, ranging from around 15-25°C during the day and dropping to around 5-15°C at night. This is also a good time to see the rhododendrons in bloom, which add a splash of color to the landscape. Winter (December to February): The winter months can also be a good time to trek the Annapurna Circuit, as the weather is generally dry and clear, and the temperatures are cooler, ranging from around 5-15°C during the day and dropping to around -5 to 5°C at night. However, it can be quite cold at higher altitudes, and you will need to bring warm layers to stay comfortable. Monsoon (June to August): The monsoon season is generally not a good time to trek the Annapurna Circuit, as the weather is wet and unpredictable, with frequent rain and fog. The trails can also be slippery and unsafe, and there is a risk of landslides.

Q. Trip category
A. The Annapurna Circuit Trek is a challenging trek that takes about 12-16 days to complete and reaches a maximum altitude of 5416 meters at the Thorong La Pass. Along the way, you will have the opportunity to see a variety of flora and fauna, as well as experience the culture and hospitality of the local Gurung people. The Annapurna Circuit Trek offers stunning views of the Annapurna range and other Himalayan peaks, as well as a unique combination of natural beauty, cultural immersion, and physical challenge.

Q. Health and Safety along the trail
A. xx

Frequently Asked Questions

Q. How long does the Annapurna Circuit Trek take?
A. The Annapurna Circuit Trek typically takes about 12-16 days to complete, depending on your pace and whether you take any rest days. It's also possible to do the trek in a shorter amount of time by taking a jeep or a flight between some of the villages, but this will reduce the amount of time you have to experience the culture and natural beauty of the region.

Q. How difficult is the Annapurna Circuit Trek?
A. The Annapurna Circuit Trek is considered a challenging trek, as it involves long days of hiking at high altitude and can be physically demanding. However, it is also very rewarding, offering stunning views of the Annapurna range and other Himalayan peaks, as well as a unique combination of natural beauty, cultural immersion, and physical challenge. To prepare for the trek, it's important to be in good physical shape and to properly acclimatize to the high altitude.

Q. What is the maximum altitude on the Annapurna Circuit Trek?
A. The maximum altitude on the Annapurna Circuit Trek is 5416 meters at the Thorong La Pass. This is the highest point on the trek and offers breathtaking panoramic views of the surrounding mountains. It's important to properly acclimatize to the high altitude to avoid altitude sickness.

Q. Is the Annapurna Circuit Trek worth it?
A. Yes, the Annapurna Circuit Trek is definitely worth it! The trek offers a unique combination of natural beauty, cultural immersion, and physical challenge, and is one of the most popular treks in Nepal for good reason. The Annapurna range is home to some of the most stunning mountain views in the world, and the local Gurung culture is rich and fascinating. The trek is also very rewarding, as you will feel a sense of accomplishment from completing it and will have the opportunity to push yourself physically and mentally.

Q. Can I do the Annapurna Circuit Trek without a guide?
A. Technically, it is possible to do the Annapurna Circuit Trek without a guide, but it is not recommended. The trek involves navigating through remote and often confusing terrain, and it is easy to get lost or take a wrong turn. A guide will not only ensure that you stay on the right path, but they will also provide valuable information about the local culture, flora and fauna, and safety considerations. In addition, hiring a guide supports the local community and helps to preserve the natural environment.

Q. Is the Annapurna Circuit Trek suitable for beginners?
A. The Annapurna Circuit Trek can be suitable for beginners, but it is a challenging trek that requires a good level of physical fitness and the ability to acclimatize to high altitude. If you are new to trekking, it is important to properly prepare and train beforehand, and to listen to your body and take breaks as needed. It is also a good idea to hire a guide, as they can provide valuable support and guidance. If you are unsure whether the Annapurna Circuit Trek is suitable for you, it's a good idea to consult with a trekking company or a medical professional.

Q. Can I bring my pet on the Annapurna Circuit Trek?
A. It is generally not recommended to bring your pet on the Annapurna Circuit Trek, as the trek involves long days of hiking at high altitude and can be physically demanding for both humans and animals. In addition, the trek takes place in a remote and often isolated region, and there may not be adequate facilities or resources to care for a pet. If you are considering bringing your pet on the trek, it is important to carefully consider their health, fitness, and ability to handle the demands of the trek, and to consult with a veterinarian or other medical professional. It is also important to obtain permission from the trekking company and to follow any local regulations regarding the presence of pets in the region.