Annapurna Circuit Trek

Duration: 16 Days | Location: Annapurna Region, Nepal



Trip at a glance

Category: Annapurna region

Location: Annapurna Region, Nepal

Duration: 16 Days

Difficulty: 7/10

Trip Style: Annapurna Circuit Trek

Best Time: Autumn (Sep-Nov) and Spring (Mar-May)

Transportation: Private Vehicle, Domestic Flight

Accommodation: Semi Lodge/ or fully Camping

Max Altitude: 5416 m

Group: Min-1, Max 20

Summary

Annapurna Circuit Trek is regarded as one of the oldest and longest trekking trail in Annapurna region.annapurna-circuit-trek/Nepal trip Mt Manaslu 8163 m

Overview

Trip Introduction

Annapurna Circuit Trek is in Western part of the Nepal at Manang district. Snow-capped mountains towers this valley. Annapurna Circuit Trek is Highest Pass in the world so very famous Trekking Trails offers fully Tea house Trekking. The Mountains that you can see from this area Annapurna Himal. They are as Chame peak, Manaslu, Lamjung Himal, Annapurna II, III, Gangapurna, Tilicho Himal, Chulu west and east, Pisang peak etc.

You will go through Throng-la Pass in Annapurna Circuit Trek. It is also regarded as the highest Pass in the world with the height of 5416 m. It takes up to 17 days to complete the trek at the present due . Manaslu Circuit Trek

This is one of the highest Pass in the world.There is a much natural attraction in this trekking route like Tilicho lake (4919 m). People recognize Manang village as the desert of Nepal. Gangapurna Lake, Ice Lake, Milarepa cave and many more are located in this area. There will be a acclimatize day in Manang for one day where you can do many site day trip. Annapurna Base camp trek

Annapurna Circuit Trek starts from Besisahar which is 182.3 km by drive from the capital of Nepal.Then you will either drive to Manang or chame from Besisahar or start hiking from Besisahar which is commonly known as Lamjung district. Once you will start hiking there are many villages you will pass through with many suspension bridges, running of water, greenery scene, Marshyangdi which is a big river. are the other trekking route in this region. Ghorepani poonhill

Day by day itinerary

Trip Itinerary

Day 1: Arrival at Kathmandu (1350m).

Namaste and Welcome to Kathmandu. The representative of Mega Mount Trek greets you at the international airport. Then you will be transferred to the hotel. After check-in at the hotel, refresh and rest yourselves. We will briefly explain our tour program in the evening. O/N at Hotel.

Day 2: Drive to Syange/ Jagat 1330m,5hrs.

Drive from Kathmandu to Besi Sahar or Bhulbule By bus through Prithvi Highway, about 6 hours drive. After taking a local jeep to Syange (1080m) driving with the view of Marsyangdi River, greeneries, local villages, and attractive mountain scenery. A steep and slippery trail runs up and down through paddy fields, passing through tiny Tibetan villages, the trail ascends through the forest to Jagat (1330m). If our drive is not on time, we can stay in Syange as well. O/N at Lodge.

Day 3: Trek to Dharapani1960m,5hrs.

Begin our trails go continue meander way across the right side Marsyangdi river view and after crossing again suspension bridge in the Marsyangdi River Path it goes uphill and gradually steep flat and reaches to Tal. This place is one of the popular places for valley views and waterfalls. Now enter the district is Manang, the trail continues through barley, rice, potato fields, and pine forests though the village of Khotro (1860m). Go down to a forest to a long suspension bridge and very enjoyable courtyards of Alpine. Passing through Karte and Nache village, the new trail continues a stone Kani making a formal entrance to Dharapani. Dharapani is one joint way for Manaslu round and this is big villages in the Manang District. O/N at Lodge.

Day 4: Trek to Chame2630m, 5hrs.

As we cut through a narrow field from the village, the Dudh Khola, which originates from the south face of Manaslu, enters the opposite bank and we will walk with a lot of scene of remarkable views. Then reach to chame. Chame is district headquarters in manang. O/N at Lodge.

Day 5: Trek to Pisang 3300 m,4/5hrs.

We will walk with Mani walls to a field of buckwheat in tiny village Telekhu (2840m). There's a long, peasant and mostly level walk-in forest with some theatrical scenery as you walk through a deep gorge. The pine-scented trail rounds a bend to reveal the first views of dramatic Paungda hill rock face, a marvelous arc lump of rock. Over a ridge marked by prayer flags and stone cairn, continue the steep rise to the upper Marsyangdi. The trail follows through the river valley with good views along the way of Pisang peak and Annapurna II at Pisang. Pisang marks the beginning of the region's upper portion of the Manang district. O/N at Lodge.

Day 6: Trek to Manang 3540m, 5hrs.

A relax trek amidst breathtaking scenery. No steep climbs as trail winds through quaint villages, letting you get a flavor of the culture of Nyeshang (Upper Mustang). O/N at Lodge.

Day 7: Acclimatization day at Manang village.

Day of the rest and acclimatization. Acclimatizing at Manag is most important because in the next few days you head for high altitude area, you gain height rather rapidly. It helps you with AMS. After exploring the Manang village you can short hike to Bodzo Gompa to the east or to the Gangapurna Lake, and the Chongkor viewpoint over. O/N at Lodge.

Day 8: Trek to Yak Kharka/Lader 4050m, 4hrs.

The trails pass through the Mani .chortens and prayer wheel through the cluster old village of Manang. We will pass small streams and fields of potatoes, barley, and buckwheat. The trail climb to the Tengi at 3675 m. the trail climbs out of the Marshandi valley north and passing the small brook near to the small village Gunsang at 3979m. The trail continues to pass the small juniper tree, barberry, and meadows and reach to Yak Kharka. O/N at Lodge.

Day 9: Trek to Thorng Pedi 4425m, 4hrs.

From here Yak the trail continues to go up the east bank of to the Jorsang Khola and go down to the small wooden bridge then cross the Khola. You may plug a little bit tough this climb because you're walking in dry and arid high Himalaya but slowly walk and you can take your time. The trail follows narrow and unbalanced screed slops with rocky-strewn to the Throng Pedi. O/N at Lodge.

Day 10: Cross to Thorung la pass 5416 m than trek down to Muktinath 3800m. 9hrs

Our trek start early in the morning around 4 am and the trail from here starts steeply up through the rocky ridge. The tail uses hundreds of years ago to bring yak and sheep herds. After one hour climb, you reach in High camp at 4820m. After the high camp, the trail becomes ice and slippery. You may follow the guide and porter. The trail continues to climb traversing in and out of many full of ice Here you will feel a little bit headache and cold because the wind is very strong on a clear day. The trail climbs up and up to the top Thorung -La 5416m. The Thorung top you can imaging easily because at the top you can see traditional Chorten, prayer flags and stone Cairn from faraway. The tail down with white snow soon you will find another Kaligandaki valley. You may sense release to have a hot cup of tea in a small tea house. The trail continues down through the yak pasture land to the Muktinath at 3800m. O/N at Lodge.

Day 11: Trek from Muktinath to Jomsom2760m, 5hrs.

In the morning we are going to visit Muktinath temple. This is a holy temple for Hindus and Buddhists. You may see many Indian and Nepali pilgrims are taking a cold shower around the temple. The next place you visit is Jharkot inspiring old bankrupt village. The massive Mount Dhaulagiri dominates to the Kaligadaki Valley. It is worth to visit nearly five hundred years old Gompa. The trail continues down to another beautiful village Kagbeni2860m. Here you will find Tibetan style houses and many Kani and prayers wheels and red color Gompa. The trail passes the bank of the Kaligandaki River all the way to Jomsom 2760m. O/N at Lodge.

Day 12: Drive to Tatopani 1190m by local bus/private jeep or Local Bus.

Today morning you will take three hours to drive to Tatopani on a local bus. The road is narrow on the mountain terrain. Have lunch at Tatopani. You walk around Tatopani village. Here you also get a bath in the natural hot springs. O/N at Lodge.

Day 13: Trek to Ghorepani 2880m, 9hrs.

The trails still following the Kaligandaki River after cross the long suspension bridge over the Kaligandaki. You will be in the connection of the trail. The down trail goes to Beni and upper trail leads to Ghorepani. You go to Ghorepani climbing the hill called Durbin Danda at 1580m. The trail passes through the nice field and beautiful village of Ghara at 1780m. The trails continuous climb uphill and reach Sikha Village (1950m). This village is inhabitants of Magar cultural groups. After the trail climbs up and up through the two small village Phalate2390m and Chitre(2420m). Form here the trail turns out to be much steep climb muddy and slippery through the rhododendron forest to the Ghorepani (2810m). From Ghorepani, you enjoy the great panorama view of the Annapurna range and Dhaulagiri range. O/N at Lodge.

Day 14: Trek to Hille1500m, 5hrs.

Early in the morning one hour climb to the Poon Hill (3210m) for sunrise view. From Poon Hill, you can see a panoramic view of the mountains as well. You can see Mt Dhaulagiri(8167m), Nilgiri range(6940m), Himachuli(6441m) Annapurna I(8091m), Machpurchhre Himal(6696m) and Lamjung Himal. After the spectacular mountain views down to the Ghorepani and have breakfast. The trail goes down to small Magar inhabitant and wonderful rhododendron forest. The trail continues down through the sparkling clear streams and lush muddy trail. From Ulleri(2080m) the trail became a steep descent through the stone staircase to the Burundi Khola. From here several times up and down to the Hille(1500m). Hille is a beautiful small Magar village surrounding by the cultivated field. O/N at Lodge.

Day 15: Trek to Nayapul(1010m) than Drive to Pokhara.

The trail follows the bank of the Burundi Khola. The trail all the way down to the Birethanti(1000m). Here the trail junctions the left trail follow the Modhi Khola it leads to Ghandrung village. After half an hour's walk from Birethanti, you arrive at Nayapul. Here you're trekking ending points. From Nayapul you take a 1-hour drive to Pokhara. O/N at Lodge.

Day 16: Fly/Drive back to Kathmandu.

After breakfast at the hotel, we drive to Kathmandu for about 6 hours with a wonderful memory of the Ghorepani Poonhill treks. This is a scenic drive with Himalayan views, Rivers, and Jungles. After the arrival in Kathmandu, you will be transferred to the hotel. Walk around the local market in the evening. O/N at Hotel.

Day 17: Final Departure.

It's your final day of the trip to Nepal. On your airport time, Mega Mount Trek will bid farewell and wish for a safe journey. Or if you have extra activities in Nepal then we do the further trip.

Package: Standard Package

Contact for pricing

Pricing depends on dates and group size. Contact us for a quote.

Inclusions

Airport pickups and drops in a private vehicle

2 Night hotel accommodation in Kathmandu and Pokhara with breakfast

Teahouse accommodation during the trek

All meals (breakfast, lunch and dinner) during the trek

All ground transportation vehicle as per the itinerary

An experienced, English-speaking and government-licensed trek leader and assistant trek leader (4 trekkers: 1 assistant guide)

Porter service (2 trekkers: 1 porter)

Staff costs including their salary, insurance, equipment, food and accommodation

All necessary paperwork and trekking permits (ACAP, TIMS)

Medical kit (carried by your trek leader)

All government and local taxes

Exclusions

Nepalese visa fee

International airfare to and from Kathmandu

Excess baggage charges

Lunch and dinner in Kathmandu and Pokhara

Extra night accommodation in Kathmandu and Pokhara in case of early arrival, late departure, and early return from the mountain(due to any reason) than the scheduled itinerary

Travel and rescue insurance

Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.)

Tips for guide(s), porter(s) and driver(s)

Gear checklist

Equipments List

EQUIPMENT LIST

Nepal Trekking Equipment List

This piece info is creating data on consumer goods and equipment needs, For those that would love an extra detailed discussion for equipment for Nepalese Himalayan Trek.

The following equipment list is required for Nepal Trekking and climbing and a list, you have to have suggested equipment just have with you, however, that you just might have your own personal first choice equipment which can be equally as appropriate

Footwear

- Walking boots with suitable ankle support that have been worn-in prior to the trek, and which are waterproof.
- Trainer or casual shoes, for trekking and/or for travelling.
- Warm socks for colder areas.
- Gaiters, in case of rain or snow

Legwear

- Loose, casual trousers for trekking.
- Thermal leggings for colder areas.
- Long skirt for women as an alternative to trousers.
- Waterproof trousers

Body

- Selection of T-shirts, and long sleeved shirts, preferably not cotton.
- Thermal shirt for colder areas.
- Warm shirt, possibly fleeces, for colder areas.
- Fleece jacket or warm wool jumper.
- Windproof, waterproof outer shell garment for higher altitudes.
- Down jacket (optional for cold nights & mornings; can be hired in Kathmandu cheaply)

Head/Hands

- Wool or fleece hat, or balaclava.
- Hat or cap for sun protection while trekking.
- Sunglasses or goggles.
- Warm gloves

Other items

- Strong rucksack or large hold all to be carried by porters.
- Daysack to be carried personally.
- Plastic bags or stuff sacks to store/separate trekking gear inside your main bag.
- One litre water bottle.
- Personal first aid kit to include essential items.
- Sleeping bag, 4 seasons.
- Torch, ideally head torch.
- Digital Camera and spare battery and battery charger! – For those not to be forgotten shots of the Himalaya.
- Toilet items and towel.
- Large handkerchief/bandana for neck

Optional items

- Binoculars
- Books (see Recommended Reading)
- Altimeter
- Compass
- Playing cards / backgammon / chess set

Recommended Mountaineering Kit

In addition to the items mentioned above for trekking, the following is a list of the additional specialist items which are required for the trekking peaks.

Plastic or leather mountaineering boots, with gaiters and crampons that have been tested for a good fit.

Peak Climbing

- fleece trousers
- Additional mitts and gloves suitable for climbing
- Ice axe, and ski poles (note – ice axe can be hired in Kathmandu)
- Climbing harness
- 2 x tape slings
- 2 x screw gate karabiners
- Descended/abseil device
- Ascender

Trip notes

Trip Highlights

Trip Details:

Total Duration: 16 Days.

Group Size: Min-1, Max 20.

Trekking Region: Annapurna.

Trip Type Name: Annapurna Circuit Trek.

Highest Altitude of the trek: 5416 m.

Highest Point: Annapurna Circuit Trek(5416 m)

Grade: Difficult.

Transportation: Private Vehicle, Domestic Flight.

Accommodation: Semi Lodge/ or fully Camping.

Type of Tour: Trekking, Hiking, Walking, Culture

Trekking Hour: Approximately 6-7 hours each day.

Best Season: Autumn (Sep-Nov) and Spring (Mar-May).

Starting from: Kathmandu.

Ending at: Kathmandu.

Departure

Departure

EQUIPMENT LIST

Nepal Trekking Equipment List

This piece info is creating data on consumer goods and equipment needs, For those that would love an extra detailed discussion for equipment for Nepalese Himalayan Trek.

The following equipment list is required for Nepal Trekking and climbing and a list, you have to have suggested equipment just have with you, however, that you just might have your own personal first choice equipment which can be equally as appropriate

Footwear

Walking boots with suitable ankle support that have been worn-in prior to the trek, and which are waterproof.

Trainer or casual shoes, for trekking and/or for travelling.

Warm socks for colder areas.

Gaiters, in case of rain or snow

Legwear

Loose, casual trousers for trekking.

Thermal leggings for colder areas.

Long skirt for women as an alternative to trousers.

Waterproof trousers

Body

Selection of T-shirts, and long sleeved shirts, preferably not cotton.

Thermal shirt for colder areas.

Warm shirt, possibly fleeces, for colder areas.

Fleece jacket or warm wool jumper.

Windproof, waterproof outer shell garment for higher altitudes.

Down jacket (optional for cold nights & mornings; can be hired in Kathmandu cheaply)

Head/Hands

Wool or fleece hat, or balaclava.

Hat or cap for sun protection while trekking.

Sunglasses or goggles.

Warm gloves

Other items

Strong rucksack or large hold all to be carried by porters.

Daysack to be carried personally.

Plastic bags or stuff sacks to store/separate trekking gear inside your main bag.

One litre water bottle.

Personal first aid kit to include essential items.

Sleeping bag, 4 seasons.

Torch, ideally head torch.

Digital Camera and spare battery and battery charger! – For those not to be forgotten shots of the Himalaya.

Toilet items and towel.

Large handkerchief/bandana for neck

Optional items

Binoculars

Books (see Recommended Reading)

Altimeter

Compass

Playing cards / backgammon / chess set

Recommended Mountaineering Kit

In addition to the items mentioned above for trekking, the following is a list of the additional specialist items which are required for the trekking peaks.

Plastic or leather mountaineering boots, with gaiters and crampons that have been tested for a good fit.

Peak Climbing

fleece trousers

Additional mitts and gloves suitable for climbing

Ice axe, and ski poles (note – ice axe can be hired in Kathmandu)

Climbing harness

2 x tape slings

2 x screw gate karabiners

Descended/abseil device

Ascender

Review

Trip gallery

View photo on the trip page

View photo on the trip page



Annapurna Circuit Trek - photo 3

View photo on the trip page

Plan your journey with our team

Thamel, Kathmandu, Nepal | +977-9745232234

megamounttreks@gmail.com | megamounttreks.com

View this trip or request a booking