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Annapurna Circuit Trek - 18 Days

Annapurna Circuit Trek is an excellent walk around the Annapurna Himalayas that has been one of the significant hiking destinations for travelers visiting Nepal. Get indulged in diversified natural settings from tropical dense rhododendron forests to alpine surroundings. Walk across the suspension bridge enjoying waterfalls, glaciers, Annapurna Himalayan range, and interact with local people that will make your hike extra special when you get the opportunity to feel friendly hospitality served with a genuine smile on the face .

Annapurna circuit trek circumferences Annapurna that starts from Besisahar, lying at 800m elevation, and goes up to 5416m at the famous Thorong La. This beautiful Annapurna walk takes us around three weeks to complete an approximately 150 miles route. We shall relish relaxing landscape terraced farming views and culturally affluent villages and get close to numerous snow-capped Himalayas; Namingly: Manaslu (8156 m), Annapurna I (8,091 m) and Dhaulagiri (8,167 m), Mt Annapurna II (7,940m), Mt Annapurna III (7,550m), Mt Annapurna IV (7,525m), Annapurna South (7,220m), Tilicho Peak (7,135m), Nilgiri (7,040m), Mt. Fishtail (6,998m), Lamjung Himal (6,985m), Himchuli (6,445m) and Tukuche Peak (6,920m).

Usually, we leave dense, magically blossoming rhododendron forests behind when we hike across Manang. Then we enter into Tibetan alike geographical surroundings with prayer flags and monasteries with Tibetan-influenced culture and tradition. After crossing Thorong La, the Annapurna circuit trekking route takes us to the Hindu pilgrimage site of Muktinath. Muktinath holds great religious importance for both Hindu and Buddhist pilgrims. Eventually, we walk further lowlands through rice, wheat-terraced farmlands, and apple orchids.

Finally, we enjoy beautiful sunrise/sunset views from Poon Hill and drive to Pokhara, ending our one-of-a-kind Annapurna Circuit Trek.

IS ANNAPURNA CIRCUIT TREK FOR ME?

Traveling Style: Annapurna Circuit Trek is an outdoor adventure that involves trekking, hiking, and exploring opportunities while circling giant Annapurna massif. It is a tea house trekking adventure, where you spent a night at a different tea house/lodge every day. Start a journey early in the morning and have an amazing trekking experience.

Service Level: There are comfortable and clean hotels, private and public transportation with numerous other activities to offer.

Fitness Rating: A challenging trek that crosses high altitude passes in a diversified topographical structure.

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PRICE INCLUDES

Transport

- Private Vehicle: Airport pickups/drops and hotel transfers
- Private Vehicle: Kathmandu to Beshishahar to Syange/Jagat transfer
- Private Vehicle: Nayapul (trek ends here) to Pokhara transfer
- Private Vehicle: Pokhara to Kathmandu transfer (tourist bus for solo trek)

Accommodation

- 3 nights' accommodation (twin sharing) in Kathmandu in a 4-star category hotel: Ramada Encore or similar
- One night accommodation (twin sharing) in Pokhara in a 3-star category hotel
- 14 nights' accommodation (twin sharing) during the trek in local standard teahouses

Food / Drinks

- Breakfast (B), Lunch (L), Dinner (D) during the trek
- Breakfasts while in Kathmandu and Pokhara
- Farewell dinner in Kathmandu
- Seasonal fruit on trek

Staff

- English speaking Trekking Guide/leader: One guide for each group
- One assistant guide every 6 trekkers including their accommodation, transportation, food, salary, transportation, and insurance
- Porters (ratio of 1:2 clients, carrying up to 15kg of personal gear per client) including their accommodation, transportation, food, salary, transportation, insurance
- Tour guide for Kathmandu city tour

Permits and Taxes

- Annapurna Conservation Area Permit (ACAP)
- TIMS permit
- All applicable taxes to be paid to the Nepalese government
- Temples and monuments entrance fees for Kathmandu city tour

Others

- Complimentary down sleeping bag and down jacket provided for use for the duration of the trek (we suggest bringing your own if you have)
- Complimentary 80-liter Duffel bag (to keep personal belongings to be carried by porter

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- Complimentary Annapurna Circuit Trekking map
  First aid medicine box carried at all times by guide (we suggest bringing your own medical kit too)

PRICE EXCLUDES

Transport

- International airfares to and from Kathmandu
- Domestic airfares (if you want you can fly Pokhara to Kathmandu instead of drive, additional cost)
- Any other additional transportation (if needed) outside of the program (such as for shopping, etc)

Accommodation

- Extra night/s of accommodation in Kathmandu or Pokhara because of early arrival, late departure, early return from the mountain (due to any reason) than the scheduled itinerary

Food / Drinks

- Soft drinks, tea/coffee, and alcoholic beverages are not included and must be purchased separately by the client
- Drinking water on the trek
- Desserts are not included, so if ordered should be paid separately by the client
- Lunches and Dinners in Kathmandu and Pokhara (and also in the case of early return from mountain than the scheduled itinerary- see meal inclusions for more details)

Others

- Nepalese tourist visa (available on arrival at Kathmandu Tribhuvan International Airport)
- Client's travel insurance
- Any optional/ additional activities outside of the program
- Personal expenses such as phone calls, laundry, battery recharge, hot shower, extra porters, etc)
- Personal equipment and clothing
- Tips/gratuities for the staff

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ITINERARY IN DETAIL

Day 1: Welcome to Kathmandu (1338m/4390ft)

When your flight touches Kathmandu Airport (TIA), your plans of trekking Annapurna Circuit finally comes into play. First of all, complete your visa and airport custom formalities; then you will meet our office representative holding a display board with your name on it at the arrival gate. He will then transfer you to your hotel and assist you in checking into a hotel with few refreshments.

Day 2: Kathmandu sightseeing and trek preparation

Kathmandu, the cultural and economical hub of the nation is a popular site with plenty of UNESCO world heritage sites. Basically, we shall go sightseeing around these heritage sites from Kathmandu Durbar Square (or Patan Durbar Square), Swayambhunath Stupa, Boudhanath Stupa, and Pashupatinath Temple. Get plenty of cultural influences, witnessing the jatras, festivals that happen most of the time, enjoy visits to Hindu temples, Buddhist monasteries, and stupas.

After completion of our sightseeing program, meet the Icicles Adventure representative and your trekking guide for a brief trip discussion. Stay overnight in a hotel in Kathmandu.

Day 3: Drive from Kathmandu to Syange (1100m/3600 ft)

Today we shall take a comfortable and scenic countryside drive from Kathmandu to Besisahar via the Kathmandu-Pokhara highway. Leaving Kathmandu behind you drive through the snaky mountain road. You cross several small streams and run parallel to the Trishuli River. You may see people rafting (seasonal) in the Trishuli river. After you cross the bridge in Mungling, we drive parallel to Marshyandi River. We sometimes see beautiful views of snow-capped Himalayas most of which belong to the Manaslu range and surrounding peaks. After nearly 7 hours of drive, with a quick stop for lunch along the route, finally, we reach Beshisahar which is also the headquarter of Lamjung district. It used to be the starting point of the trek until a couple of years ago, but at present condition due to the road being constructed further, we prefer to drive up to Jagat. We stay overnight at the local teahouse.

Driving time: 8-9 hours drive.

Day 4: Trek from Syange to Dharapani (1960m/6100ft)

Just after getting up at Syange, we enjoy a hearty breakfast. Our trekking route comprises a gradual descend through beautiful forests. Crossing a river over the suspension bridge, we start to ascend to Tal. After walking along the narrow cliffs and ridges, we find ourselves around the rocky settings, and further crossing the local village of Karte, we will again gradually descend to the riverside. After crossing the river over beautiful windy and slowly swinging from steps of people passing by, we spot a mani stone marked with mantras and chants on it. This place is called Dharapani and we stay overnight here at one of the local teahouses.

Day 5: Trek from Dharapani to Chame (2630m/8890ft)

It shall be around 500m gain in altitude today while we make more ascends with few descends from Dharapani to Chame. Our trekking day begins as we slowly hike up through beautiful refreshing pine and oak trees that lead us to Danaque. Further, we do cross a small wooden bridge and it will be steep ascend to Temang which is situated at the

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base of Lamjung peak. From this point beautiful views of the Manaslu Himalayan range are visible and also a couple of teahouses here are available, we have our lunch over here and the path turns flattered and straight from there. After about an hour walking easily, we cross Thanchok settlement over there popular for Apple products and thirty minutes from there takes us to Chame. Chame is the headquarter of the Manang district.

Day 6: Trek from Chame to Pisang (3200m/10824ft)

After breakfast, you'll pass the slate cliffs of Pauganda Danda and reach Barthang village in about an hour. Barthang is home to Nepal's largest apple orchard, where you can enjoy fresh apple treats and cider. The trail then crosses Swargadwari Bridge and follows the valley toward Dukure Pokhari, with stunning rock faces along the way. Continuing on the easier path, you'll arrive at Pisang village—Lower Pisang offers great views of Pisang Peak and the Annapurna range, while a short climb to Upper Pisang rewards you with even grander panoramas

Day 7: Trek from Pisang to Manang (3540m/11611ft)

Today's trek from Pisang to Manang is the longest of the journey if you choose the longer route—about 16 kilometers. The altitude begins to affect you here, so drink plenty of water and stay warm.

You can choose between two routes: the longer, scenic route via Nawal village, or the shorter, easier route along the valley floor.

The higher trail climbs steadily to Gyaru village, offering stunning close-up views of Annapurna II and III. From there, it continues to Ngawal, then descends through yak pastures and alpine meadows. The landscape becomes drier and rockier as you approach Braka village, home to the historic Samgag Samling Monastery.

Finally, you'll reach Manang, the largest and liveliest village on the trek, surrounded by towering peaks—Annapurna, Gangapurna, and Tilicho—a spectacular reward after a long day's walk.

Day 8: Manang Acclimatization Day (Optional hike to Gangapurna lake (3,540m/11,614 ft) or Melarepa cave (4,100 m/13,450 ft))

After days of steady climbing, Manang is the perfect place to rest and acclimatize. This rest day helps your body adjust to the thin mountain air and prevents altitude sickness.

You can enjoy short scenic walks around the village and to Gangapurna Lake (30–45 minutes away), a beautiful turquoise glacial lake with stunning views of Annapurna Range, Braka Village, and Manang Valley. You can also trek to Milarepa Cave (4100m), a sacred Buddhist site where the famous Tibetan saint once meditated, offers spiritual charm and panoramic views of the Marsyangdi Valley and nearby glaciers.

Those seeking a more challenging adventure can opt for a longer day hike to Ice Lake (4600m), though it requires good fitness and an early start.

Manang itself is full of character, with narrow stone alleys, flat-roofed houses, and local shops to explore. You can visit the Manang Museum, meet locals, or stop by the Himalayan Rescue Association, where trekkers can learn about high-altitude health or even volunteer alongside doctors.

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In the evening, enjoy warm soup and an early rest, readying yourself for the climb ahead.

Day 9: Trek from Manang to Yak Kharka/ Ledar (4110m/13484ft)

We leave behind Manang village today crossing over the river stream. It shall be a challenging walk as mostly it is climbing activity through tough terrains above 4000m of altitude. Then we shall arrive at small Tenki village settlement from where we descend towards Jarsang valley, again cross the river, have our lunch at the nearby lunch site, and take on the strenuous steep climb towards Yak Kharka which is basically a Yak grazing field or in simple words Yak pasture land where we can see few Yaks grazing on grounds. Above this point there is no greenery, we feel like we have entered into alpine surroundings now after. If you can and are interested then with consultation with our professional trekking leader, you can hike up to Ledar today. We stay overnight at the local lodge at Yak Kharka.

Day 10: Trek from Yak Kharka to Thorang Phedi (4420m/14501ft)

Thorang Phedi can be also considered as the base of Thorongla pass or a popular stop before we cross that high altitude pass. Today we leave behind the Yak Kharka, initially, there is a short descend towards the riverside of Marshyandi River passing. Hereafter this riverside lunch we ascend towards Ledar and at the end of the day, we arrive at Thorong Phedi at 4600m above sea level. According to season, your fitness level, and level of interest, your health most importantly you might also take a step forward towards Thorong high camp for a night stay. But most of the time we stop at Thorang Phedi. Overnight stay at local lodge.

Day 11: Trek from Thorong Phedi, cross Thorongla Pass (5416m/17769ft) and trek to Muktinath (3800m/12467ft)

Today shall be the most important, challenging as well as rewarding day as we cross Thorong La Pass, the highest point of this trek, and heavenly site at 5416m elevation standing tall at eye level with Annapurna Himalayas. We start our day early today before sunrise between 4 to 5 AM as reaching we target to arrive at the high pass before 10 am. Strong wind and clouds are common phenomena at that point afternoon, so we try to avoid that as far as possible while taking the best views like never before. This part of the trail is quite dangerous too, as heavy snowfall may cause interruption to plans and worst-case scenarios, therefore according to the weather condition of that exact time, consulting your trip leader and following his instructions is compulsory. Don't simply follow your instincts or other group members. Always trust an experienced and professional trekking guide leading your group. From Thorong La pass we can see panoramic views of Annapurna Himalayas, surrounding us from all directions including other peaks like Yakgawa Kang, Khatung Gang, etc.

Further gentle descend changes to a steeper one and we slowly approach the popular pilgrimage site of Muktinath. Muktinath is a well-known religious site for both Buddhist and Hindu followers. There we get an opportunity to visit temples, monasteries and major Muktinath temples with 108 surrounding water spouts is the major one. Jwala Mai temple is another attraction of the pilgrimage site. We stay overnight at a local lodge in Muktinath.

Day 12: Trek from Muktinath to Marpha (2660m/8250ft)

Spiritual essence circulates around our atmosphere as we shall visit the holy temple of Muktinath early in the morning today. We shall have our breakfast and walk gradually downhill to Ekley Bhatti. It is quite a steep walk down the trails, so careful and proper use of trekking poles along is required. Take one step at a time, don't rush; simply enjoy the

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serene surroundings around and comfortably reach Ekley Bhatti. Further, we push ourselves towards Jomsom, a very windy place where you need to have a full face mask and wind stopper jacket to avoid windblast. Wind forming across the Valley Mountain and gorges blow even more strongly in the afternoon; therefore we try to cross the downstream of Kaligandaki and arrive at Marpha before noon. This local village of Marpha is popular for apple products and we shall surely taste a few.

Day 13: Trek from Marpha to Kalopani (2530m/7848ft)

After celebrating apple day at Marpha, we make our way along few local tea shops commonly called bhattis. Tasting a few apple brandies, tea or coffee would be a better choice over there. In this similar manner, while comfortably walking on a flatter surface, we also get quite splendid views of nearby Dhaulagiri Himalaya. Further, we cross Tukuche village and see the famous Dhaulagiri icefall where we might stop for a while to take some pictures and enjoy beautiful landscape settings. Our walk then continues towards Largung and Kobang village on a more or less flatter surface trail to Kalopani. If you are interested then we can also do some industrial visits to Tikuche Distillery that supplies the drinking water to nearby villages and towns.

Day 14: Trek from Kalopani to Tatopani (1190m/3690ft)

We shall get wonderful views of Mt. Annapurna I and other surrounding peaks from Kalopani. Today we will however move towards Tatopani which is more than 1000m down in elevation. Firstly we have our early meal and descend to Dana where we shall be stopping for lunch and we get to see the deepest Kaligandaki gorge of the word. Further trekking mostly downhill for 3 hours takes us to Tatopani. From here also, we get to see nice views of Nilgiri and other surrounding peaks. There is a natural hot spring at Tatopani and we shall take a dip there for relaxation. Later we return to our local lodge at Tatopani.

Day 15: Trek from Tatopani to Ghorepani (2874m/9480ft)

Trekking around Nepal Himalayas brings us lots of ups and downs. And as are at 1190m of elevation today, we take a challenge to ascend to 2780m hike to Ghorepani. This challenge we are taking also brings lots of cultural and natural influences along. Basically, we cross the villages of Ghare, Shika, Phalate, and Chhitre today where most of the local inhabitants are from Magar and Gurung communities with few mixed groups. With quick stops in the middle of trails, jungle walks, narrow paths, we also get fine views of Annapurnas today, however, the best view is seen the next day from the Poonhill viewpoint. We go to bed a little early as we need to wake up before sunrise tomorrow.

Day 16: Hike from Ghorepani to Poonhill (3210m/10531ft), Descend to Nayapul and Drive to Pokhara

Today we hike up early in the morning towards Ponnhill viewpoint before sunrise to see panoramic views of the same Annapurna Himalayas. The views will be from different sides and give us a new beautiful perspective to snow-capped peaks.

After approximately 45 minutes to hours of hike to the top of the hill, we wait eagerly for that magical moment to happen. Then the sun rises slowly above the Annapurna Himalayan range and is worth watching it. A few moments later, we return to Ghorepani for breakfast and continue our trek towards Nayapul.

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We shall follow the popular route of the popular Ghorepani Poonhill trek via Ulleri, Tikhedhunga, Birethanti, and finally to Nayapul. Upon arrival at Nayapul, we will catch a jeep that takes us to the city of Pokhara. We stay overnight at a comfortable hotel in Pokhara.

Day 17: Drive from Pokhara to Kathmandu

With take a tourist bus ride to Kathmandu today early in the morning around at 7 AM and arrive to Kathmandu. Later you are welcome to join our farewell dinner. Stay overnight at a hotel in Kathmandu.

Driving time: 7-8 hours

Day 18: Airport drop and international departure from Kathmandu

After 17 amazing days of your Nepal trip with adventure on the Annapurna Circuit, the time comes to leave this beautiful country and fly to your onward destination. We will transfer you from your hotel to TIA airport in Kathmandu 3 hours prior to your scheduled international flight.

We hope that Icicles Adventure has been successful in offering you wonderful travel memories, see you again soon.

Trip Extension & Excursion Note: You can also extend your Annapurna Circuit Trek for extra days at the beautiful lake city of Pokhara, bungee jump at Kusma (2 hours drive from Pokhara) or take a few hours' drives to Chitwan for a Jungle safari. You can take a scenic Everest flight, city tour around UNESCO World Heritage sites of Patan/Bhaktapur, etc

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FAQ

1. Why should I choose Annapurna Circuit Trek?

The Annapurna Circuit trek is 16 days of challenging adventure that offers diversity in altitude, nature, landscapes, culture and religious, which makes it world's most popular trekking trip.

From the journey and views to highest pass of Thorongla at 5418m to exploration of both Hindu and Buddhist cultures at Muktinath, from optional excursion to highest Tilicho lake to Chulu east peak climbing opportunities, from deepest gorges of Kaligandaki to most popular paradise city of Pokhara; exploring new sites, each day, staying at different tea houses, meeting new people, enjoying different perspectives of nature and culture; that's why choose Annapurna Circuit Trek.

2. How difficult is Annapurna Circuit Trek?

Annapurna circuit trek comprises more than two weeks nearly 16 days of trekking activities from lower elevations to all the way through high pass of Throng La Pass to religious site at Jomsom Muktinath.

It is a moderate level of trekking which cannot be completed without prior trainings and preparations by the trekkers. However, you don't have to worry of you are a beginner. With enough preparations, even you can complete it without much trouble.

3. Should I have prior trekking experience for this trek?

No, previous trekking experience is not compulsory. However you must be strong and familiar with AMS possibilities, preventive measures along with passion towards walking, exploring and adventure. If you have hiked anywhere else even at lower altitudes, it would be a plus point and recommended for making the best out of this circuit trip.

However, make sure to prepare your body with exercise and possibly short hikes in your area.

4. Why trekking with guide? Can't I travel alone? Are there chances of getting lost?

Trekking with professional government licensed guide is now compulsory. While making your way through rough terrains, dense forest, snowy trails at high elevation, it is very unsafe to travel alone. Not only you might get lost, taking wrong decision can also take your life; one of the reasons why solo trekking was banned.

Our trekking leaders are professional in this field for more than 10 years, they have been to high passes, Thorong La many times and know about the culture, landscapes and traditions best that will only enhance your trekking experience.

5. When is the best season to join in Annapurna Circuit?

Annapurna Circuit is best visited during the autumn months of September, October and November along with spring months of March, April and May when its neither too hot nor too cold with very less chances of rainfall and excellent views of snow capped Himalayas. However, it's never a wrong time to plan for this trek.

6. How to prepare for this adventure?

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It is an essential to prepare for this adventure by initiating or continuing cardio exercises like treadmill, cycling, skipping, swimming and other things that help in increasing your stamina which will eventually enhances your overall trekking experience. Further you can also go for day hike trip and if you are frequent traveller then get your sleeping bag, mat and trekking boots ready.

7. What should my insurance policy cover for Annapurna Circuit?

Annapurna circuit trek insurance policy should cover the Helicopter rescue upto 6000m altitude. It is mandatory that you get an insurance policy before joining any trekking trip on Nepal and both you and insurance company understands the terms and conditions properly. In case you do not have insurance even after arriving at Nepal, then we can assist you getting one.

8. What about required permits?

Annapurna Circuit Trek requires Annapurna Conservation Area Project (ACAP) permits and Trekkers Information Management System (TIMS) card. All these permits will be arranged by us and price is included in your total trip cost.

9. How many days should I allocate for this trip?

We have published standard 18 days Annapurna circuit Trek itinerary that suits most of the travelers. Therefore you are requested to allocate at least 20 days or more for this Annapurna adventure.

10. What about the food I eat and places I sleep during the trek?

Annapurna Circuit Trek is one of the most popular and well developed routes with standard tea houses available offering good level of accommodation and meals.

11. Can I recharge camera batteries during the trek?

Yes, recharging camera and phone batteries is available at tea houses especially during evening time, but you have to pay extra for recharging like couple of hundred rupees per hour. So, it is best recommended to carry spare ones, full charge before the trek and keep the batteries warm especially at higher altitudes keeping in covered in sleeping bags. Make sure your camera is charged at Thorong La pass.

12. Where can I capture the best scenes? Sites and sceneries not to miss?

Best views of Himalayas like Manaslu (8156 m), Annapurna 1 (8091 m) and Dhaulagiri (8167 m). Mt. Annapurna II (7940m), Mt. Annapurna III (7550m), Mt. Annapurna IV (7525m), Annapurna South (7220m), Tilicho Peak (7135m), Nilgiri (7040m), Mt. Fishtail (6998m), Lamjung Himal (6985m), Himchuli (6445m), Tukuche Peak (6920m) are seen from Thorong La Pass while excellent Muktinath gives you kind of sense of deserted landscapes and lower elevations at Poonhill is the view point to see the Himalayas from distant. Even after completion of the trek, Pokhara offers best scenic views with lots of other adventures to experience.

13. Can I take shower and do laundry during the trek?

Yes, good hot showers and laundry services are available especially at lower elevations. It is recommended to do laundry after completion of trek at Pokhara or Kathmandu.

14. What are the variations and available options for this Annapurna Circuit Trek?

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Following are the major variations for this trek:

Mini-Annapurna Circuit , Tilicho and Round Annapurna Trek, Combined Annapurna Circuit and Annapurna Sanctuary Trek, Chulu East Peak Climbing with Annapurna Circuit

15. Is this trip customizable?

Yes, this Annapurna walking trip can be tailor made as per your need and requirements. We are here to make your trip your way within your budget and available days.

16. Did we miss any questions that you want to ask?

Send us your enquiries. We are more than happy to help you.