

Annapurna Circuit Trek

URL: <https://nepalalternativetreks.com/trip/annapurna-circuit-trek/>

Duration 11	Per Person Cost USD 630	Difficulty Strenuous
Weather -20°C to 25°C	Accommodation Hotel, Lodge, Resorts	Meals Breakfast, Lunch, Dinner
Religion Buddhist, Hindu, Bon	Transportation Overland	Max Altitude 5416m
Region of Nepal Annapurna Region	Ethnic People Gurung, Thakali, Magar	Daily Activity 4-6 hours
Best Seasons March, April, May, Sept, Oct, Nov	Geographic Terrain Mountain, Forest, Village	

Annapurna Circuit Trek Highlight

- Join one of the most popular and adventurous treks in the Annapurna region.
- Trek through the dense forests of rhododendrons, oaks, and firs to highland alpine meadows.
- Travel past charming traditional villages, hillside terrace farms, deep gorges, cascading waterfalls, rushing rivers, and glaciers.
- Cross one of Nepal's high mountain passes, Thorong La Pass, at 5,416 meters.
- Enjoy breathtaking views of the entire Annapurna massif, Dhaulagiri, Machhapuchre (Fishtail), Gangapurna, and several others from up close.
- Get a chance to witness rare and endangered species like red pandas, Himalayan Tahr, musk deer, blue sheep, Himalayan monal, and many more.
- Stay at cozy teahouses and experience the rural lifestyle of the Annapurna region.
- Visit the famous pilgrimage site for Hindus and Buddhists, the Muktinath temple.
- Immerse in the rich culture and traditions of the Gurung, Magar, and Thakali communities and experience their warm hospitality.

Weather

Annapurna Circuit Trek route goes through diverse topography and elevation changes. Therefore, the weather and climate vary significantly. You will trek from the subtropical climate to alpine. Similarly, you will ascend uphill and descend downhill through different ecological zones. The weather in the lowlands can be warm, but as you climb higher elevations, the temperature begins to drop.

Spring and autumn are the best times for the best trekking experience. The weather and temperature are favorable and warm. The temperature ranges from 20°C to 30°C in lowland and from 10°C to 20°C in high alpine. Similarly, The clear skies also provide the best views during the season. However, trekkers should be prepared for weather changes at their Annapurna Circuit Trek. There can also be occasional rain showers. Therefore, trekkers carry proper clothing and be equipped with appropriate gear. It helps make the trek comfortable and safe. It is also best to check the weather forecasts before your trek.

January

-20°C to -6°C

February

-20°C to -5°C

March

-15°C to 0°C

April

-10°C to 10°C

May

-5°C to 14°C

June

0°C to 20°C

July

5°C to 25°C

August

5°C to 25°C

September

0°C to 20°C

October

-5°C to 14°C

November

-15°C to 5°C

December

-20°C to -5°C

Trip Overview

Annapurna Circuit Trek Overview

The 11-Day Annapurna Circuit Trek is a popular trekking route for exploring the entire Annapurna massif. Located in central Nepal, the trek route lies in the Annapurna region. The Annapurna Massif consists of six tall mountains with elevations of over 7000 meters. The tallest peak on the massif is Annapurna I, at an elevation of **8091 meters**, making it the 10th-highest mountain in the world.

“Annapurna” comes from the Hindu deity Annapurna, the giver of food and nourishment. Annapurna mountain is also a giver, as its rivers support the vegetation of the lower regions. The entire massif is 55 km long, and limestone makes up the top of the Annapurna. Geologists believe that tectonic plate movements formed the mountain’s present structure on the ocean floor. The ***world’s deepest gorge, the Kali Gandaki***, separates the Annapurna mountain from Dhaulagiri.

ACT routes pass through scenic landscapes and picturesque villages. You will traverse through forests of rhododendrons, oaks, and bamboo to highland pastures. Your trek will begin from Besi Sahar. As you slowly climb to the higher elevation, you can witness the panoramic mountain view of Annapurna, Dhaulagiri, Machhapuchhre (Fishtail), and Nilgiri ranges. You will pass by villages like Ghorepani, Tadapani, Ghandruk, Landruk, Phedi, and more. Likewise, you will pass the **Annapurna Conservation Area** and cross one of the highest passes in the world, Thorung La Pass (5,416 meters) en route.

Climbing the **Annapurna I** summit is one of the most dangerous mountain expeditions. As a result, many prefer to hike the Annapurna Circuit Trek rather than climb the summit. The trail to Annapurna Circuit Trek is challenging. But with challenges comes one of the most awe-inspiring experiences. You get to indulge in the true beauty, culture, and tradition of the [Annapurna Region](#). Annapurna Circuit Trek is a perfect destination for every trek enthusiast.

11 Days Annapurna Circuit Trekking Day -to - Day Itinerary

Day 1: Drive to Besi Sahar

You will begin your journey with a scenic full-day bus journey to Besi Sahar in Lamjung District. It is a beautiful drive along the Trishuli River from Kathmandu. You will drive on the Prithvi Highway, passing green hills and forests, and detours north alongside the Budi Gandaki River. Similarly, you will also pass by rural Nepali countryside. A 5-6 hour drive on the winding roads will bring you to Besi Sahar Town. You will stay overnight in Besisahar.

Destination:

160km Drive
(Avg 5hrs)

Accommodation

Hotel yumpo or Similar(850m./2805ft.)
category

Altitude:

Meals

Lunch, Dinner

Day 2: Drive to Chame from Besi Sahar

Leaving Besisahar, you'll begin driving upstream along the Marsayangdi River. The pristine mountainous river takes you through lush forests toward Chyamje village. The road continues north toward Taal village, where you'll enjoy lunch. Afterward, you'll continue driving upstream towards Chame village.

Just as you reach the village, you will encounter a stunning waterfall. Chame is the headquarters of Manang District, and you can enjoy the majestic sight of Lamjung Himal (6983m) in the distance. The village locals belong to the Gurung and Magar ethnic communities. You will rest for the night in Chame.

Destination:

80km Drive

Accommodation

Royal Garden Hotel or Similar(2710m./8943ft.)

Altitude:

(Avg 5hrs)

category

Meals

Breakfast, Lunch, Dinner

Day 3: Trek to Upper Pisang

After enjoying a delicious breakfast at Chame, you will start the first day of the trek. As you leave Chame, you'll begin climbing upstream along the Marsayangdi River. Then, you will head towards Telekhu village. The trail starts to ascend through lush forested ridges towards Bhratang. As you get closer to Dhukur Pokhari, you will descend steeply and cross a suspension bridge.

A short hike will bring you to Dhukur Pokhari, where you'll begin climbing along the Marsayangdi River towards Lower Pisang village. Gorgeous mountain views of the Annapurna ranges and Pisang Peak will slowly come into view. A short climb above Lower Pisang will bring you to Upper Pisang village. The Marsayangdi River divides the Upper Pisang with the Lower. You will stay overnight in Upper Pisang.

Destination:

15km Uphill Hike
(Avg 6hrs)

Accommodation

Mandala Hotel or Similar(3300m./10890ft.)
category

Altitude:

Meals

Breakfast, Lunch, Dinner

Day 4: Trek to Manang from Upper Pisang

On this day, after breakfast at Upper Pisang, you will head towards Manang. As you leave Upper Pisang, you can enjoy the beautiful view of Marsayangdi Valley. Then, the trail begins to ascend, and you'll climb uphill through Manang Sadak towards Ngawal village. You can enjoy your lunch and then explore the Tibetan-style settlements at Ngawal.

You will encounter several suspension bridges, monasteries, and gompas. Likewise, the trail continues through Ghyaru, Humde, and Braga villages towards Manang. You will also notice that the subtropical forests slowly change into forests of conifers. After you reach Manang, you will rest there for a night.

Destination:

16km Uphill Hike
(Avg 6hrs)

Accommodation

Hotel Tilicho or Similar(3500m./11550ft.)
category

Altitude:

Meals

Breakfast, Lunch, Dinner

Day 5: Acclimatization/Exploring around Manang | Manang District Surrounded by Annapurna III

Manang is a town in Manang District surrounded by Annapurna III (7555m) and Gangapurna (6454m). It is home to the ethnic tribes of Tibetan and Gurung people. As you will be climbing to higher elevations from here onwards, you will acclimate for a day at Manang. You can spend the day exploring the scenic town and nearby destinations.

If you're up for an adventurous hike, you can head to Gangapurna Lake and Ice Lake in the glaciated region amidst the Annapurna massif and Chulu East Peak. You can catch a beautiful panoramic view of the Annapurna and Gangapurna ranges on the way. After your day excursion, you will return to the village and stay overnight in Manang.

Destination:	Accommodation	Altitude:
Day excursion	Hotel Tilicho or Similar category	(3500m./11550ft.)

Meals

Breakfast, Lunch, Dinner

Day 6: Trek to Ledar

On this day, you will leave Manang village and begin climbing uphill from Tengi village to Ghunsang. Leaving Marsayangdi Valley, the trail starts to climb along with the Jar Sang Khola Valley. Then, you will begin walking past Yak pastures and a scrub of juniper trees.

The trail goes past an ancient Mani wall towards the small village of Yak Kharka. En route, you will see many ancient monasteries and stupas when you reach the village. There is also a cultural museum, where you can take a short visit. While most trekkers stay at Yak Kharka, you will walk a further 45 minutes to Ledar, where you will rest overnight.

Destination:	Accommodation	Altitude:
10km Uphill Hike (Avg 4hrs)	Dhading Laxmi Hotel or similar category	(4110m./13563ft.)

Meals

Breakfast, Lunch, Dinner

Day 7: Trek to Throng Phedi from Ledar

Leaving Ledar, you'll begin climbing uphill toward Thorong Phedi. The steep trail goes upstream along the Kone River and climbs through the rocky ridges. It is an arduous trek that passes the villages of Tengi and Gunsang. Similarly, you will traverse green pastures where you can see yaks grazing leisurely.

As you approach Thorong Phedi, enjoy the scenic sights of Annapurna Massif and Thorong Peak (6144m).

The trek is relatively shorter and takes around 4 hours. Once you reach Thorang Pedit village, you will spend the rest of the day acclimatizing for the upcoming climb of Thorong La Pass.

Destination:	Accommodation	Altitude:
6km Hike (Avg 4hrs)	Thorong Pedit Base Camp Lodge or Similar category	(4400m./14520ft.)

Meals

Breakfast, Lunch, Dinner

Day 8: Hike to Muktinath via Thorong La Pass | Highest Trekking Pass

On this day, you will ascend to the trek's highest point, Thorong La Pass (5416 m). After leaving Thorong Pedit, the trail begins to climb upstream along the Marsyangdi stream. The trail passes through alpine pastures and a suspension bridge. As you approach the pass, the path becomes rugged and rocky. You'll also encounter thick snow as you approach the top of the pass.

Once at Thorong La Pass, the majestic view of the mountains in the Annapurna and Gangapurna ranges and the desert-like landscape of Mustang will greet you. Mountains as far as Tibet will also be visible from the top. After savoring the view, you'll begin descending to the other side. You will climb down the rocky ridges to reach the monastic destination of Muktinath Temple. The total trek duration is around 10 hours, and you will rest overnight in Muktinath.

Destination:	Accommodation	Altitude:
18km Up/downhill Hike (Avg 10hrs)	Town House or Similar category	(3800m./12540ft.)

Meals

Breakfast, Lunch, Dinner

Day 9: Trek to Marpha

The day begins with an exciting tour around Muktinath Temple. Located at 3760 meters, Muktinath Temple is one of the most famous pilgrimages in South Asia. Leaving Muktinath, you'll begin climbing downhill with the company of Nilgiri and Dhaulagiri peaks in the distance. You can enjoy your lunch upon reaching Kagbeni village.

The trek continues over the dried beds of Kali Gandaki River and towards Jomsom, the headquarters of Mustang District. From Jomsom, you will walk for an hour to Marpha, a beautiful town famous as the Capital of Apple. Here, you can try or buy various apple products like dried apples, apple brandy, and cider. You can also explore the picturesque town, its narrow alleys, and whitewashed buildings. You will stay overnight in Marpha.

Destination:

18km downhill Hike
(Avg 7hrs)

Accommodation

Hotel Paradise or similar(2713m./8952ft.)
category

Altitude:**Meals**

Breakfast, Lunch, Dinner

Day 10: Drive to Pokhara

You will enjoy a hearty breakfast while witnessing the pristine Himalayan sights of the Annapurna and Dhaulagiri ranges. Then, you will jump on the bus or jeep and head towards Pokhara. You will drive through beautiful scenic places such as Tukucho, Kalopani, Rupshe waterfall, Tatopani, Beni, and Nayapul.

The drive takes 8 hours. After reaching Pokhara, you can enjoy a short boating ride around Phewa Lake in the evening or the following day. Likewise, you can explore the area around Pokhara Lakeside. You will stay overnight in Pokhara.

Destination:

160km. (Avg. 8hrs Drive)

Accommodation

Hotel Kausi

Altitude:

(820m./2706ft.)

Meals

Breakfast, Lunch

Day 11: Drive to Kathmandu

Enjoy your breakfast overlooking the beautiful Phewa Lake. Afterward, you'll embark on a half-day tourist bus journey back to Kathmandu. You will travel back on the Prithivi Highway. The road goes along the massive Trishuli River and crosses numerous colorful towns en route. Upon reaching Kathmandu, you can explore the nearby town of Thamel and shop for souvenirs. Your 11 Days at Annapurna Circuit Trekking will come to an end here.

Destination:

200km Drive
(Avg 6hrs)

Altitude:

(1295m./4273ft.)

Meals

Breakfast

Trip Includes

- Tribhuwan International Airport Transfer (Airport + Hotel + Airport) in Kathmandu.
- One-night hotel (Hotel Kausi) accommodation in Pokhara.

- Lodge (Twin share basis) accommodation will be provided during the trek.
- All meals (Breakfast, Lunch, Dinner) along the trek.
- One highly experienced first aid-trained person fluent in English and local language is a friendly and government-authorized trekking guide and requires porters (one porter for two persons).
- Guide/ Porter's food, accommodation, salary, insurance, transportation, and equipment.
- Overland transportation as mentioned in the itinerary.
- Annapurna Conservation Area Project (ACAP) and necessary permits.
- A trekking map, duffle bag, Oxygen saturation check-up every day, Trekking completion certificate, company T-shirt, etc.
- Government tax and service charge, etc.
- Assistance for emergency rescue evacuation.
- Public Liability Insurance.

Not included

- Hotel accommodation and meals in Kathmandu.
- Hard and soft table drinks such as tea/coffee, coke, fanta, mineral water, beer, desert, battery charge, hot shower, laundry, phone bill and bar bill.
- Personal Travel insurance.
- Tips for guide and porters. (Highly suggested).

Group Discounts Available

No. of Persons	Price per Person
Group Of 1 - 1	USD \$940.00 PP USD \$840.00PP
Group Of 2 - 4	USD \$730.00 PP USD \$630.00PP
Group Of 5 - 8	USD \$690.00 PP USD \$590.00PP
Group Of 9 - 12	USD \$650.00 PP USD \$550.00PP
Group Of 13 - 16	USD \$620.00 PP USD \$520.00PP
Group Of 17 - 20	USD \$590.00 PP USD \$490.00PP
Group Of 21 - 25	USD \$487.00 PP USD \$450.00PP

Route Map

11 Days Annapurna Circuit Trekking Route Map



Legend

Difficulty Level: Moderate

Main Hiking Route: ———

Secondary Route: ·····

View Point:

Mountain:

Lake:

Monastery:

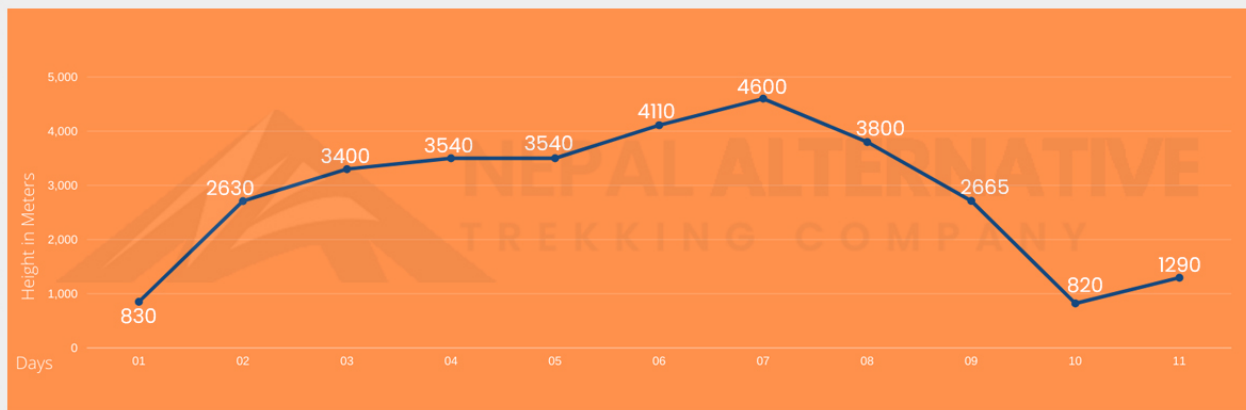
Pass:



Itinerary Highlight	
Day 01:	Bulbule
Day 02:	Chame
Day 03:	Pisang
Day 04:	Mangang
Day 05:	Manang Excursion
Day 06:	Yak Kharka
Day 07:	Thorong High Camp
Day 08:	Muktinath
Day 09:	Marpha
Day 10:	Pokhara
Day 11:	Kathmandu



Altitude Chart



[Download Route Map](#)

ESSENTIAL INFO

11 Days Annapurna Circuit Trek Route

Nepal Alternative Treks' 11 Days Annapurna Circuit Trek is an excellent way to explore this popular trek destination of Nepal. Here is a breakdown of our itinerary to show you what is in store during the trek.

You will begin with a scenic drive from Kathmandu to Besi Sahar in Lamjung District. The drive is **5 to 6 hours** on the Prithvi Highway along the Trishuli River. Then, you will take another jeep ride from Besi Sahar to Chame. It is an upstream drive along the Marsyangdi River. Chame is a beautiful village and headquarters of the Manang District. Gurung and Magar ethnic communities mainly reside here.

*Your trek will begin from **Chame*** . You will slowly ascend through diverse terrains and dense forest trails towards Upper Pisang. The trail ascends from Upper Pisang, but the scenery slowly changes. You will now trek through beautiful conifer forests to reach Manang. You will take an acclimatization day here before you resume your trek to Ledar. As you climb further, it becomes demanding, but the mountain views become clearer. You will ascend steep trails and pass by charming Tibetan settlements to reach Thorong Phedi.

From Thorong Phedi, you will take one of the most challenging climbs to the high mountain pass of Thorong La. Upon reaching the top, you will witness spectacular **panoramas and scenes** . Then, you will climb down rocky ridges to reach Muktinath. The trail then takes you past the dried beds of Kali Gandaki, Jomsom, and then to the Marpha village, the Capital of Apple. You will then drive to Pokhara and return to Kathmandu via Prithvi Highway.

What are Viewpoints Seen During Annapurna Circuit Trek

You will come across several viewpoints during the Annapurna Circuit Trek. These include the following:

Chame

After leaving the Besi Sahar, you will come across Chame village. It is a small village at an elevation of 2710 meters and the headquarters of Manang district. Chame usually serves as the **starting point** for the Annapurna Circuit Trek. The village lies on the eastern side of the **Annapurna Conservation Area**. Luscious green forests, paddy fields, and cliffs surround Chame.

The beautiful village of Chame also serves as an excellent viewpoint for the Annapurna Circuit Trek. From here, you can get magnificent views of stunning mountains and landscapes. You will witness brilliant views of Annapurna II, Annapurna IV, the Lamjung Himal, and other surrounding peaks. Likewise, you can witness a stunning view of the winding Marshyangdi River through the valley below. The Chame village also offers stunning sunsets and sunrises.

Upper Pisang

Upper Pisang also serves as a viewpoint during the Annapurna Circuit Trek. It is a picturesque village

that sits at 3300 meters. The village has many traditional Tibetan-style stone houses with prayer flags. Home to several ancient monasteries and stupas, you can get incredible **panoramic views** of *Annapurna II, Annapurna IV, Pisang Peak, Lamjung Himal, and Tilicho Peak*.

The serene atmosphere of Upper Pisang makes it a tranquil viewpoint. Along with the spectacular mountain views, you can witness the contracting view of Lower Pisang down the valley. The stunning landscape view further enhances the scenery you can see from Upper Pisang. You can see clear mountain vistas from the viewpoint here.

Manang

The Manang village sits amidst gorgeous mountains. It is a famous village at an altitude of 3540 meters with beautiful surroundings. The village has charming traditional stone houses, age-old monasteries, and stupas. Manang also has **desert-like terrain** with steep and rocky cliffs along with lush forests. The dramatic landscape scenery is awe-inspiring.

Most trekkers know Manang as a popular acclimatization stop, but it is also an excellent viewpoint during the Annapurna Circuit Trek. From here, you can witness breathtaking views of Mount Annapurna III, Gangapurna, Tilicho Peak, and Chulu Peak.

Thorong La Pass

The Thorong La Pass is the **highest** point of the Annapurna Circuit Trek. Hence, it serves as the best viewpoint during the trek. At a height of 5416 meters, ascending to the pass is demanding. However, once you reach the top, it offers a splendid view of the entire Annapurna III, Dhaulagiri, Thorong Peak, Khatungkang, Yakawa Kang, and other surrounding peaks.

Similarly, you can also witness stunning landscapes from the top. You can witness the grand view of the world's deepest valley, the Kali Gandaki Valley. The desert-like landscapes, snow-covered trails, and glistening mountain peaks offer a mesmerizing view from the Thorong La Pass.

Muktinath

After descending from the Thorong La Pass, you will reach Muktinath. The Muktinath temple is a **sacred site** for Hindus and Buddhists. It also serves as a viewpoint that offers stunning mountain panoramas and desert-like landscape views. You can witness the mountain vistas like Annapurna and Dhaulagiri ranges, Nilgiri, Tilicho Peak, and several other peaks.

Similarly, you can also witness Kali Gandaki Valley, unique rock formations, and reddish-brown cliffs. The green vegetation, winding river, and barren hills create a dramatic and captivating scenery. Hence, Muktinath also serves as a fantastic viewpoint for Annapurna Circuit Trek.

Accommodation Availability

The Annapurna Circuit Trek is a popular route with well-established trails. Hence, plenty of tea houses, lodges, homestays, and guest houses are available. These accommodations are usually budget-friendly. All accommodations provide basic facilities such as beds, blankets, and pillows. You will not find **luxurious stays** on the trekking routes as they fall in remote areas. Most of the rooms are shared with communal bathrooms. These bathrooms are usually squat-style. However, you can also find rooms with

attached bathrooms in the lower regions.

The rooms have no heating services, so trekkers should carry sleeping bags. Usually, these places have one massive stove in a communal dining space for heating. Almost all stays have electricity facilities, but those who don't may have solar panels. During cloudy and overcast days, there may not be electricity available. Safe drinking water is also available during the trek. You can buy bottled water, or better yet, bring your water bottle and refill it with boiled or filtered water. *The **accommodations** offer services like internet, hot shower/ water, electronic device charging, etc., for additional costs.*

Our agency has arranged the accommodations for our 11-day Annapurna Circuit Trek package. We make arrangements for your stay with the **local lodges** at each stop on our trek. The lodge accommodation is shared. As we move to higher elevations, the accommodations are less luxurious, with only basic facilities. Nonetheless, they are comfortable. Note that Kathmandu accommodation is not included in this package.

Meals During Annapurna Circuit

Healthy and hearty meals are available at the teahouses and lodges along the Annapurna Circuit Trek route. *The menu offers various options, from traditional **Nepali** cuisine to **Tibetan** and **Western delicacies**.* However, the menu will become limited as you move to higher altitudes. Almost all ingredients are produced locally and fresh, so you don't have to worry about hygiene.

You will find menus for breakfast like eggs, toast, porridge, pancakes, bread (Tibetan/ Indian), soups, tea (black/ milk/ green), and coffee. Similarly, for lunch and dinner, you will mostly find options like **Dal Bhat** (assortment of rice, lentil soup, vegetables, curries, and pickles), thukpa, chowmein, fried rice, soup, momo, noodles, pasta, pizza, burger, chapati, curries, and deserts like rice pudding, apple pie, etc.

We provide meals three times a day, which include **breakfast, lunch, and dinner** facilities as you wish. The meals are healthy and in sufficient quantities. We also provide healthy Nepali and Western food during the 11-day Annapurna circuit trek.

Note: We do not provide any meal facilities in Kathmandu and Pokhara. The package also includes no soft or hard drinks during the trek except for tea or coffee with the meal. If you have any dietary restrictions, please let us know when booking.

Best time for Annapurna Circuit Trek

The best time to do Annapurna Circuit Trekking is during the **spring and autumn seasons** . During this time of the year, you will see the beauty of the surroundings in clear visibility. Furthermore, during this season you will also be able to find suitable accommodation for your stay. At this time of the year, the temperature is also moderate, which will multiply your experience and fun during the trek. Take a look at the brief of each season:

Spring (March to May)

If you want to see the colorful landscapes of the Annapurna Circuit route, spring is the perfect time. Red, pink, and white rhododendrons and colorful Himalayan flora decorate the hills and trails. The precipitation level is low, so there is minimal rainfall, and the weather is pleasant. Likewise, the trails are

dry and in good condition for trekking.

Visibility is also brilliant during spring. Hence, you can enjoy beautiful scenery and mountain views. The average daytime temperature of higher elevations ranges between 0 and 8 degrees Celsius. Meanwhile, the average temperature in lower regions is between 10 and 25 degrees Celsius. However, the temperature at night can drop significantly to 5 to -5 degrees Celsius.

Summer (June to August)

The monsoon begins with the summer season and brings heavy rainfall across the country. As a result, it is the least favorable time for Annapurna Circuit Trek. The pathways are wet and slippery due to rain. Similarly, you will encounter mosquitoes and leeches on the trail. It is also hot and humid in summer. Rain also obstructs visibility, so the views are poor.

The average temperature in the lower regions is between 15 and 25 degrees Celsius. However, the temperature at higher altitudes is slightly cooler. The rainfall cleanses the vegetation, leaving it lush and green. Summer is the best time to enjoy the lush greenery of the Annapurna region. Trekking at this time of the year is challenging and requires proper rain gear.

Autumn (September to November)

The autumn season begins right as the monsoon season leaves the country. Hence, the rainfall from the previous month cleanses the atmosphere of dirt and dust, making the vegetation look luscious green. Visibility is also excellent, and the mountain views are magnificent. The beautiful autumn foliage further enhances the stunning scenery of the landscapes.

The weather is most stable at this time of year. Daytime temperatures in the lower regions range from 10 to 20 degrees Celsius. However, nighttime temperatures can go below freezing in higher elevations. As the season progresses, the temperature slowly begins to get colder. But autumn is the perfect time for Annapurna Circuit Trek with comfortable and mild trekking conditions.

Winter (December to February)

Winter is the coldest time of the year for the Annapurna Circuit Trek. The temperature at high elevations can drop below -20 degrees Celsius. January is the coldest month, with daytime temperatures at higher elevations ranging from 1 to -10 degrees Celsius. Meanwhile, the average daytime temperature of the lower region is between 7 and 12 degrees Celsius.

Meanwhile, the average high altitude temperature ranges from 2 to 8 degrees Celsius. The freezing temperature and harsh weather conditions make winter the least popular time for Annapurna Circuit Trek. Heavy snowfall and blizzards can block the high mountain passes, and there is also the risk of avalanches.

Annapurna Circuit Trek Difficulty

Annapurna Circuit is a **challenging** venture. Hence, it requires significant health and fitness. Trekkers must prepare to trek on diverse landscapes and terrains. There are several steep ascend and descend sections with uneven paths that make the journey a challenging venture. Furthermore, the average daily trekking hours are between 6 and 8 hours. It requires a great deal of stamina and endurance to overcome

the physical exertion.

The high altitude also makes Annapurna Circuit Trek a demanding venture. During the trek, you will ascend to an altitude of 5,416 meters. Hence, there is a risk of altitude sickness. The *higher you go, the lower the oxygen level and air pressure*. Thus, it exposes trekkers to the **risk** of altitude-related sickness, and it is crucial to take proper precautions and **acclimatize**, and it is crucial to take proper precautions and acclimate. It makes trekking on high-altitude trails physically strenuous and mentally draining.

There is also a lack of proper infrastructure on the Annapurna Circuit route. As a result, there are only **limited facilities**. Communication and internet services are also poor. Trekkers have to be physically and mentally prepared for the journey. So, it is best that you do strength training and exercises before the trek. Similarly, joining these challenging treks with a positive mindset is always best.

Annapurna circuit elevation & distance

The Annapurna Circuit covers around **160 to 230 km**, depending on the route. The duration of the trek can vary depending on the route. Generally, it can last between 11 and 22 days. Trekkers may have to walk 6 to 7 hours a day on average during the trek. Similarly, they will cover a daily distance of 15 to 20 km.

Since it is a high-altitude trek, trekkers should take their time ascending to high altitudes and take adequate rest days. Else, they can easily fall victim to altitude sickness. **Acclimatization** days to allow their bodies to adjust to the growing elevation.

Take a look at the itinerary and the maximum elevation and duration during Nepal Alternative Treks' 11 Days Annapurna Circuit Trek:

Day	Itinerary	Max Elevation	Distance
1	Drive to Besi Sahar	850 meters/ 2,805 feet	176 km
2	Drive to Chame from Besi Sahar	2,710 meters/ 8,943 feet	67.7 km
3	Trek to Upper Pisang from Chame	3,300 meters/ 10,890 feet	13.7 km
4	Trek to Manang from Upper Pisang	3,500 meters/ 11,550 feet	15.5 km
5	Acclimatization day	-	-
6	Trek to Ledar from Manang	4,100 meters/ 13,563 feet	9 km
7	Trek to Thorong Phedi from Ledar	4,400 meters/ 14,520 feet	7.3 km
8	Trek to Muktinath via Thorong La Pass	5,416 meters/ 17,769 feet	16.4 km
9	Trek to Marpha from Muktinath	2,713 meters/ 8,952 feet	23 km
10	Drive to Pokhara	820 meters/ 2706 feet	75 km
11	Drive to Kathmandu	1,295 meters/ 4,273 feet	201 km

Documents and Paperwork Required For Trekking Annapurna Circuit

There are three types of documents and paperwork required for Annapurna Circuit Trek. These include:

Visa

Every **international traveler** is required to obtain a tourist visa to enter Nepal. They can get the visa before arrival. You can get a visa from the Nepal Embassy situated in your country. Or they can get the visa upon arrival at the Tribhuvan International Airport. The tourist visa allows travelers to travel freely across Nepal. Similarly, it will enable you to participate in different activities, including trekking.

Permits

Trekkers are required to obtain **two permits** for the Annapurna Circuit Trek. These permits include **TIMS** (Transport Information Management System) and **ACAP** (Annapurna Conservation Area Permit).

Trekkers must get a TIMS permit for every trekking route in Nepal. As the Annapurna Circuit Trek route goes through the Annapurna Conservation Area, you need the ACAP permit. There are different checkpoints along the trail where you must show these permits. Failure to provide the licenses will lead you to pay a fine.

The ACAP permit costs NPR 3000 for foreigners and NPR 1000 for **SAARC trekkers**. The cost for a child below ten years is free. You can get these permits in Kathmandu and Pokhara. Our 11-day Annapurna Circuit Trek package includes both of these permits.

Travel Insurance

It is always best for trekkers to get travel insurance while traveling in unfamiliar territory. Since you will be trekking to higher elevations where **altitude-related sickness** is common, it is best to get travel insurance. There can be some unforeseen medical issues or emergencies. At such times, the insurance helps to cover any **emergency medical evacuation**. Travel insurance also covers baggage losses, trek cancellations, and postponements. In addition, make sure that your insurance company has ticked all your trekking-related policies, such as rescue missions, medical expenses, and loss of personal equipment. Therefore, if all these things are good, then it will be easy for you to travel via us.

How to Prepare for the Annapurna Circuit Trek

The demanding trails of Annapurna Circuit require proper physical and mental preparation. Take a look at the ways you can [prepare for the trek](#) :

Physical Preparation

The Annapurna Circuit Trek is **physically demanding** and requires a significant fitness level. You must be able to ascend and descend steep and narrow paths on varied terrain. Likewise, the average trekking hour ranges from 6 to 8 hours. Thus, it is best to undertake exercises and training at least 2 to 3 months before the journey.

Cardiovascular exercises, strength training, aerobics, yoga, and altitude training are the best physical preparation exercises. Cardiovascular exercises are running, jogging, brisk walking, swimming, and cycling. Similarly, strength training is exercises such as push-ups, squats, step-ups, planks, and lunges. You can also do stair climbing to stimulate the ascending and descending of the trekking trails. Begin your training slowly and gradually increase the intensity. Do not strain your body or risk getting injured

before your big adventure.

Mental Preparation

You must be mentally prepared for the Annapurna Circuit Trek and its challenges. The trek will not only test your physical fitness but also your mental strength. Hence, you must have strong mental resilience and a positive mindset to participate in the trek.

The best way to prepare mentally is to research the trek and its difficulties. You must also learn about the possible challenges and events that can occur during the journey. Trekkers must understand that the **Himalayas are unpredictable**, and the weather at higher altitudes can change anytime. So, you must be ready for any unforeseen events. You will also need strong determination to complete the trek successfully.

Extra Personal Expenses

Other than the essential expenses for permits, accommodations, guides, and meals, trekkers should be prepared for extra personal expenses. These expenses can be high or low depending on your preferences. Sometimes unforeseen circumstances can also add extra personal expenses.

Some of these extra personal expenses during the Annapurna Circuit Trek may include tips, snacks and drinks, personal items, and souvenirs. At higher altitudes, accommodations can charge you extra for hot showers, charging devices, and wifi access. Your personal gear and travel insurance also costs you extra expenses. Therefore, it is advised for trekkers to have some flexibility in their budget for these extra personal expenses.

Safety and Security While Going From Nepal Alternative Treks

We are a very reputed trekking and travel company who takes consumers' safety and security very seriously. It is the most important component of our company. Likewise, we take full care of our consumers and their property. Similarly, our trip constantly and carefully checks every area of our travel. So, you can feel free and enjoy your time trekking with us.

What Makes Annapurna Circuit Trek So Special?

Annapurna Circuit is one of the most popular trek destinations in Nepal, but what makes it so special? Well, here are a few reasons why:

- Annapurna Circuit is an easily accessible trekking route and a budget-friendly trek.
- It has scenic trekking routes through diverse landscapes and terrains. You will trek past the world's deepest gorge, Kali Gandaki, and cross the high mountain pass of Thorong La Pass.
- The trekking routes are within the Annapurna Conservation Area, Nepal's largest protected area inhabited by 105 mammals, 40 reptiles, 23 amphibians, 518 birds, and 1226 flowering plants.
- Annapurna Circuit Trek provides unparalleled mountain views of Mount Annapurna I, the world's tenth-highest mountain, and the surrounding peaks of Machhapuchhre, Dhaulagiri, Manaslu, etc.
- The trek takes you on a spiritual journey to sacred pilgrimage sites and age-old monasteries. For example, you will visit the holy Muktinath temple and Barga monastery.

- Annapurna Circuit is also a cultural experience. Trekkers can immerse themselves in the unique culture of the Gurung, Magar, and Thakali ethnic communities and their warm hospitality.

Before And After Road Construction on Annapurna Circuit Trail

The road construction on the Annapurna Circuit Trail has become a topic of debate. It has made the region accessible by road. However, many trekkers and naturalists argue that the construction has ruined the trails' natural charm. The new road construction has made the old main trail noisy and dusty.

The [Annapurna Circuit's road construction](#) began in the early **1980s**, starting north of Beni and Dumre. The road now connects Pokhara to Manang and Mustang. Locals can more easily access roadways and facilities like health services, trading, and more. The government and locals are also making efforts to ensure the trails' unique charm and beauty remain intact.

The **Government of Nepal and the Annapurna Conservation Area Project** have been working on alternative trails jointly since 2010. These new alternatives are the Natural Annapurna Trekking Trails (NATT), which follow the paths locals have used for ages. They are well-marked and safe for traveling. The new trails have added an element of new adventure and excitement. So, the Annapurna Circuit Trek is undoubtedly worth taking.

We Offer Last-Minute Bookings and Multiple Departures

If you are thinking of making an immediate for Annapurna Circuit Trek, we have your back. Nepal Alternative Trek provides last-minute bookings and multiple departures. The cost of the booking will remain the same for last-minute bookings as for regular packages. Contact us 24 hours before you wish to set off for the trek. We will make the arrangements and provide you with an online briefing for the trek.

Frequently Asked Questions

Is Annapurna Circuit Trek still worth it after the road construction?

Yes, despite the ongoing road construction, the Annapurna Circuit Trek is still worth doing. You can still take the classic route or new alternative routes that have opened recently. The natural beauty of the Circuit remains the same, and you can enjoy scenic views and mountain panoramas during the trek. The Annapurna Circuit Trek is still a unique adventure.

How difficult is the Annapurna Circuit Trek?

The Annapurna Circuit is a strenuous and challenging trek that will push your physical limits. The trekking trails go through subtropical forests to alpine meadows on rough and rugged terrains. Similarly, you must ascend and descend on steep and narrow pathways and cross several suspension bridges. The average trekking hour per day is between 4 to 6 hours.

Can beginners participate in the Annapurna Circuit Trek?

Annapurna Circuit Trek is a challenging journey but requires no prior experience, and beginners can participate. However, beginners as well as trekkers of all levels should make adequate preparations to take part in the adventure. They must prepare physically and mentally to overcome the challenges of the Annapurna Circuit Trek.

What fitness level is necessary for Annapurna Circuit Trek?

Trekkers must have a reasonable fitness level for the Annapurna Circuit Trek. They must have the strength, stamina, and endurance to trek uphill and downhill trails on varied terrains. Similarly, they should be able to hike 4 to 6 hours a day. In addition to their fitness level, trekkers must also have strong mental resilience to complete the trek successfully.

Do I have to hire a guide for Annapurna Circuit Trek?

Yes, you must hire a guide for the Annapurna Circuit Trek, as it has made it mandatory. As of April 2023, the government of Nepal and the Nepal Tourism Board announced this new rule jointly. You must hire a licensed guide through a registered trekking agency. Hiring a guide helps to make the trek safe and enhance the trekking experience.

Annapurna Base Camp Trek vs Annapurna Circuit Trek, which is harder?

The Annapurna Circuit Trek is harder than the Annapurna Base Camp Trek as it takes longer and has more challenging trails. The Annapurna Circuit Trek takes 12 to 22 days, while the Annapurna Base Camp takes 7 to 10 days. The trails of the Annapurna Circuit are more demanding, with steeper and more challenging terrains. The maximum altitude is also higher.

Can you see Mount Everest during the Annapurna Circuit Trek?

You cannot see Mount Everest during the Annapurna Circuit Trek, as the world's highest mountain lies in the Everest region of Nepal. The Everest region is in the northeastern part of the country, while the Annapurna Circuit Trek is in the central part of the country. They lie in different regions, so you must travel to the Everest region to see Mount Everest.

Do I need a special permit for the Annapurna Circuit Trek?

There is no need for a special permit for the Annapurna Circuit Trek since it does not lie in a restricted area. However, you will need two trek permits: a TIMS (Trekkers Information Management System) card and an ACAP (Annapurna Conservation Area Entry Permit). You can obtain these permits through a registered trekking agency in Kathmandu or Pokhara.

What is the highest point of the Annapurna Circuit Trek?

Annapurna Circuit Trek's highest point is at the Thorong La Pass. It sits at an altitude of 5416 meters above sea level and is also the most challenging part of the trek. Upon reaching the top of the pass, you can witness the grand view of the Annapurna and Gangapurna ranges. Similarly, you can also get a view of the semi-arid landscape of the Mustang.

Is there a risk of altitude sickness during the Annapurna Circuit Trek?

Yes, there is a risk of altitude sickness during the Annapurna Circuit Trek since it takes you to an altitude above 5000 meters. Due to the high altitude, trekkers can experience various altitude-related symptoms like nausea, headache, dizziness, shortness of breath, etc. To minimize the risk, trekkers must take adequate acclimatization and rest days.

Are there ATM facilities available along the Annapurna Circuit Trek route?

You will not find any ATM facilities along the Annapurna Circuit Trek route, as it takes you to remote and rural areas of Nepal. These areas lack proper infrastructure, and the shops and accommodations do their business in cash. Hence, trekkers must carry sufficient cash for personal expenses during the trek. You will not find any ATM facilities along the Annapurna Circuit Trek route, as it takes you to remote and rural areas of Nepal. These areas lack proper infrastructure, and the shops and accommodations do their business in cash. Hence, trekkers must carry sufficient cash for personal expenses during the trek.

Is travel insurance necessary for Annapurna Circuit Trek?

Travel insurance is mandatory for all high-altitude treks in Nepal, including Annapurna Circuit Trek. The insurance should cover high altitudes of up to 6000 meters, altitude sickness, medical bills, emergency expenses, and helicopter rescue operations. Similarly, the insurance must also cover trip postponement/cancellation and luggage loss/damage.

Can I use WiFi/ internet during the Annapurna Circuit Trek?

Yes, you can use WiFi/ internet during the Annapurna Circuit Trek, as most accommodations provide these services. However, they will charge additional costs, and the internet connectivity is relatively poor. It is not suitable for heavy data-intensive work, but it is enough to communicate with your friends and family back home.

Where can I buy trekking gear for the Annapurna Circuit Trek?

You can buy trekking gear for the Annapurna Circuit Trek at Thamel in Kathmandu. There are numerous shops in the area that sell high-quality and branded trekking gear. Similarly, you can also find shops with affordable price ranges. If you do not want to buy expensive gear, you can also rent them, which is a budget-friendly option.

Address

Nepal Alternative Treks & Expedition

Post Box No: 8169,
House, Raniban Marg
136/205, Nagarjun, 01, Kathmandu 44600, Nepal