Classic Annapurna Circuit Trek – 18 Days

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

Weather
-20°C to 25°C

Duration
18 Days

Difficulty
Strenuous

Accommodation
Hotel, Lodge, Guesthouse

Meals Included
Breakfast, Lunch, Dinner

Transportation
Overland

Daily Activity
5-8 hours

Religion
Buddhist, Hindu, Bon

Ethnic People
Gurung, Thakali, Magar

Region of Nepal
Annapurna Region

Max Altitude
5,416 m / 17,769 ft (Thorong La Pass)

Per Person Cost
USD 1000

Best Season
Mar, Apr, May, Sept, Oct, Nov

Geographic Terrain
Mountain, Forest, Village

Group Discounts Available

No. of Persons	Price per Person
Group Of 1 - 4	USD $1,000.00
Group Of 5 - 8	USD $980.00
Group Of 9 - 12	USD $960.00
Group Of 13 - 18	USD $940.00

Note: Our fixed group departure dates, services and price is guaranteed even if the group numbers are 1 person to maximum 18 persons. We will provide a guide cum porter if there is only 1 person to operate the trek and one more assistant guide if

group size is above 10 persons. And of course, guide cum porter will carry 10 kg luggage.

Classic Annapurna Circuit Trek Overview

The classic Annapurna Circuit trek is one of the world's most celebrated trekking routes, encircling the entire Annapurna Massif. The journey covers the entire standard route of the Annapurna Circuit and ends at Poon Hill. So, it's a 2-in-1 journey. Likewise, the 18-day journey takes you through old trading villages, fascinating mountain views, green rice fields, deep gorges, and dense rhododendron forests. One of the highlights of the classical trek is reaching the summit of **Thorong La Pass** (5,416 m).

The Annapurna Circuit trek lies in Nepal's Annapurna region, which encompasses the Annapurna Conservation Area. The conservation area is a protected region home to some of the region's exotic flora and fauna. If you are lucky enough, you will get to see animals including the **Himalayan Tahr, Musk Deer, Snow Leopard, Himalayan Monal** (national bird of Nepal), and **Red Panda**. Besides that, the trekking trail showcases some of the most beautiful mountains of the Annapurna Himalayan Range. Views of **Annapurna, Dhaulagiri, Machhapuchre, and Nilgiri** gradually open up as your walk progresses towards the high altitude.

The Annapurna Circuit trekking is done counterclockwise (anti-clockwise), which allows you to gradually gain altitude, which is the best option for better acclimatization. Similarly, it ensures a safe and easier Thorong La Pass crossing and a less demanding climb to Muktinath. But the trek is challenging and demands both physical fitness and mental resilience. Thorong La, one of the world's highest mountain passes, requires proper acclimatization, adequate hydration, and physical fitness to reduce the risk of altitude sickness.

Culturally, you can encounter various Magar and Gurung communities influenced by Hinduism and Buddhism. Stone houses, prayer flags, prayer wheels, and ancient monasteries occur throughout the trek. Muktinath, a sacred temple for both these religions, awaits your visit. Similarly, Lubra village offers the opportunity to witness the last of the remaining Bon communities. Apple orchards in Marpha, teahouses along the trek, and distinctive architecture offer some of the best cultural experiences. Poon Hill offers the best sunrise views.

What Makes the Classic Annapurna Circuit Trek Unique?

- Cross one of the highest mountain passes of the world, **Thorong La Pass**, at 5,416 m.
- Enjoy a 360-degree view of popular mountains from the **Annapurna Massif**, including **Dhaulagiri, Machhapuchhre, Gangapurna,** and others.
- Stand above the deepest gorge in the world, the **Kali Gandaki Gorge**, which sits between Mount Annapurna and Dhaulagiri.
- Experience the rich culture and traditions of Tibetan-influenced communities and enjoy their warm hospitality.
- Visit the famous pilgrimage site of **Muktinath Temple**, known for its 108 holy taps, two kundas, and an eternal flame.
- Trek through dense forests of rhododendrons, oaks, and firs before reaching arid alpine valleys and high mountain passes.
- Trek through the **Annapurna Conservation Area**, Nepal’s largest protected area, with a chance to see rare animals like the Snow Leopard and the Red Panda.
- Enjoy a magnificent sunrise view from the hill station of **Poon Hill**, with the Annapurna and Dhaulagiri mountain ranges in the background.

Weather

The weather on the Classic Annapurna Circuit Trek changes significantly because the trail passes through different elevations and landscapes. The route starts around Besisahar at about 860 m, where the climate is relatively warm, and gradually climbs to Thorong La Pass at 5,416 m, where temperatures can drop well below freezing.

As you gain altitude, the landscape and climate change from warm, subtropical valleys to cooler mountain forests and finally to the dry, cold high-altitude terrain around Thorong La. During the colder months, strong winds and snowfall can make the area around the pass especially cold. Because of these rapid changes in temperature, trekkers need to prepare for both warm daytime conditions in the lower sections and freezing conditions at higher elevations.

January	February	March
-15°C to 5°C	-12°C to 7°C	-10°C to 15°C
April	**May**	**June**
-5°C to 20°C	-2°C to 22°C	2°C to 20°C
July	**August**	**September**
5°C to 18°C	5°C to 17°C	-2°C to 18°C
October	**November**	**December**
-8°C to 15°C	-15°C to 12°C	-20°C to 4°C

Difficulty

Classical Annapurna Circuit Trek Difficulty

The classical Annapurna Circuit is a strenuous trek. The trek reaches high elevations, requires long hours of walking, and crossing the Thorong La Pass makes it challenging. The most challenging section of the Annapurna Circuit Trek is Thorong La Pass, at 5,416 m (17,769 ft). The steep climb, thin air, and physical exhaustion make trekking tough.

Additionally, the area, especially near the Thorong La, changes constantly due to sudden shifts in weather. One clear morning can quickly turn into a cold, snowy afternoon. Also, the terrain varies throughout the Annapurna Circuit trek. From slippery ice to rocky, uneven trails and endless uphill sections, the walk is difficult for beginner trekkers. Each trekking day involves walking 5-8 hours across varying elevations, often with both uphill and downhill sections. But despite the tough conditions, the trek is manageable with good preparation and a strong mindset.

Classic Annapurna Circuit Trek Itinerary

Day 1: Drive from Kathmandu to Besisahar (860 m)

It’s your first day on the Classic Annapurna Circuit journey, which begins not by walking but by road. After leaving Kathmandu in the vehicle, you will head towards Besisahar along the Prithvi Highway. As the drive continues, you will transition from the urban capital city to the rural side of Nepal. The scenery gradually changes to terraced fields, small villages, and lush green hills.

After several hours of driving, you will reach Dumre. Up to this point, the roadway is smooth, black-topped. Beyond Dumre, the road becomes narrower and rougher as it winds along the Marshyangdi River and the mountainside. Expect a bumpy but scenic drive with views of cascading waterfalls, rushing rivers, and forested hills. After another 1-2 hours from Dumre, you’ll arrive at Besisahar, the gateway to the Annapurna region. Upon arrival at Besisahar, check into Gateway Himalayan Resort and enjoy a hot meal or drink. Have dinner and rest. Overnight stay in Besisahar.

Destination:	**Accommodation**	**Altitude:**
160 km Drive (6 hours)	Gateway Himalayan Resort	(860m / 2,805ft)

Meals
Lunch, Dinner

Day 2: Trek from Besisahar to Bahundanda (1,270 m)

It’s your first official trekking day on the Classic Annapurna Circuit route. After breakfast, you will leave Besisahar and follow the flat route along the Marsyandi River and terraced fields. Then you will pass settlements like **Bhulbhule** and **Ngadi**. Ngadi is your lunch stop for today. After lunch, you will continue on the uphill route to reach Bahundanda. Bahundanda, which literally translates to “Hill of the Brahmins”, derives its name from the large population of Brahmin caste families who reside there.

As you reach Bahundanda, walk to your accommodation point. Rest your body and bags, then you can stroll around the village. Later, wait for a warm dinner and hot drinks. Overnight stay in Bahundanda.

Destination:	**Accommodation**	**Altitude:**
18 km uphill walk (6-7 hours)	Mountain View Lodge	1,270 m / 4,167 ft

Meals
Breakfast, Lunch, Dinner

Day 3: Trek from Bahundanda to Chamje (1,410 m)

After breakfast in Bahundanda, you will move to Chamje. The walk from Bahundanda to Chamje starts easily. Then, with a descent, you will encounter the small settlement of **Ghermu** for a short tea break. Later, the trail continues along the banks of the Marsyangdi River while crossing several suspension bridges. The sound of the roaring river is your constant companion as you move forward through the rhododendron and bamboo forests.

Further, you will reach **Syange**, where you can observe the **Syange waterfall.** From there, you will arrive at **Jagat**. Then, you will reach **Chamje**, which is situated at the confluence of the Marsyandi and Dudh Khola. Once you reach Chamje, head to your accommodation option. Then, have a warm dinner and stay overnight in Chamje.

Destination:	**Accommodation**	**Altitude:**
17 km uphill walk (5-6 hours)	Chame Lodge	1,410 m / 4,625 ft

Meals
Breakfast, Lunch, Dinner

Day 4: Trek from Chamje to Dharapani (1,860 m)

Completing your breakfast, you will step onto your Annapurna Circuit Trekking route. Your destination for today is Dharapani. Leaving Chamje, you will cross the first of many suspension bridges that hang over the Marshyangdi River. Then, you will take a steep, rocky climb towards **Tal**. Tal is a beautiful village set between a river and a waterfall in a wide-open valley.

From Tal, you will begin on the path that is squeezed between the river and cliffs. Then, with occasional sections of road passing through **Kharte**, you will reach **Dharapani**. Dharapani sits at the confluence of the Marsyangdi and Dhudh Khola rivers. Overnight and dinner at Dharapani.

Destination:	**Accommodation**	**Altitude:**
17 km uphill walk (5-7 hours)	Hotel Gurkha’s Inn	1,860 m / 6,100 ft

Meals
Breakfast, Lunch, Dinner

Day 5: Trek from Dharapani to Chame (2,650 m)

Today’s walk starts with a gradual uphill climb through the forested trails. You will notice Tibetan-style houses with flat roofs along the route as you arrive at **Bagarchap**. Then, moving forward on the trail, you will face a steep uphill climb. This is the most physically challenging section of the whole day. After completing the uphill climb, you will arrive at the village of **Timang**, which can be a suitable place for lunch.

From Timang, you will head downhill, and the descent becomes easier after the tiring uphill climb. As you finish descending, you will reach the village of **Koto**. Upon reaching Koto, head to the checkpoint to have your permits checked. After the logistics, you will continue to the village of **Chame**. Overnight stay in Chame.

Destination:	**Accommodation**	**Altitude:**
15 km uphill walk (6 hours)	Four Season Hotel	2,650 m / 8,690 ft

Meals
Breakfast, Lunch, Dinner

Day 6: Trek from Chame to Upper Pisang (3,300 m)

On the sixth day of your trek, finishing your morning schedule and eating breakfast, you will move on the route towards Upper Pisang. The trek begins with a walk along the Marsyandi River, which winds through pine forests, small streams, and distant mountain views. Along the way, you will pass through **Bhratang**. The village of Bhratang is known for its apple orchards and beautiful landscape. You can take a short break here to admire the mountain atmosphere.

Then, continuing onwards from Bhratang, you will descend to **Dhikur Pokhar**. You will cross suspension bridges as you follow the river valley. From Dhikur Pokhari, the trail climbs again, leading to **Lower Pisang**. Walking on the trail, you will slowly experience the change in landscape. The forest becomes thinner, and the views of the Annapurna range start to appear as you arrive at **Upper Pisang.** The village of Upper Pisang is decorated with prayer flags, mani walls, and stone-built houses that portray deep-rooted Tibetan culture. Overnight stay at Upper Pisang.

Destination:	**Accommodation**	**Altitude:**
16 km uphill walk (6 hours)	Mandala Hotel	3,300 m / 10,827 ft

Meals
Breakfast, Lunch, Dinner

Day 7: Trek from Upper Pisang to Manang (3,519 m)

Start your morning with a fulfilling breakfast in Upper Pisang, and get ready to leave the village. With the sight of Annapurna II, follow the trail that gives you a look at the Marshyangdi River below. After a short walk, you will arrive at a split junction where one path leads you to the lower valley route, and another takes you to a higher trail that passes through **Ghyaru** and **Ngawal**. The higher valley route is a better option for uninterrupted mountain views.

Then, you will soon arrive at Ngawal, which will be your first major stop on the route, especially for lunch. Ngawal has stone houses, flat roofs, and prayer flags, giving you a traditional mountain setting. After lunch, the Annapurna Circuit Trekking trail becomes gentler while continuing west along the mountainside. With some more walking, you will pass through Ghyaru village and descend to **Humde**. Humde is a village on the Annapurna Circuit that is home to one of Nepal's highest airstrips, at 3,325 m. The airstrip is primarily used for emergency evacuation.

Passing Humde, you will enter the Manang valley walking on a flatter trail. But before reaching Humde, you can take some time to visit **Braga** (3,519 m) and its renowned 500-year-old Braga Monastery. After the visit to the monastery, enter Manang and settle in your accommodation point. Today's walk allows you to transition from the lower green valleys to harsh alpine mountain conditions. Overnight and dinner at Hotel Tilicho/Hotel Gangapurna.

Destination:	**Accommodation**	**Altitude:**
16 km uphill walk (6 hours)	Hotel Tilicho or Hotel Gangapurna	3,519 m / 11,545 ft

Meals
Breakfast, Lunch, Dinner

Day 8: Acclimatization Day. Optional Day Excursion to Ice Lake / Hike to Gangapurna Lake

It’s your first acclimatization day in the Classic Annapurna Circuit Trek in Nepal. Although it is a rest day, your objective for today is to go on a higher-altitude hike as an excursion, spend some time there to adjust to low oxygen levels, and return for an overnight stay. The acclimatization hike is important for your Thorong La Pass Trek, which is scheduled for the following days. So, with breakfast at Hotel Tilicho or Gangapurna, you will start your acclimatization hike to either Ice Lake or Gangapurna Lake. The hike to Ice Lake is comparatively challenging yet recommended, whereas the hike to Gangapurna is easier and a classic option.

For the optional excursion to Ice Lake, also known as Kicho Lake, you will leave Manang with views of Annapurna III (7,555 m) and Gangapurna (7,455 m). You will then walk 16-17 km to reach Ice Lake, which is situated at an altitude of 4,620 m. Reaching Ice Lake, you can enjoy views of Annapurna II, III, IV, Gangapurna, Tilicho Peak, and the Chulu Range.

But if you want to go on a hike to Gangapurna Lake, you will walk about 2-3 km round trip to reach an altitude of 3,540 m. After reaching the destination, you will enjoy the view of the turquoise Gangapurna Lake fed by the Gangapurna glacier. Here you can see the views of Gangapurna Peak and Annapurna III.

As the exciting acclimatization day concludes, you will return to your accommodation in Manang. Then you can rest further until dinner is served. Enjoy a warm dinner and drinks, then sleep. Overnight stay in Manang.

Destination:	**Accommodation**	**Altitude:**
Excursion Around	Hotel Tilicho or Hotel Gangapurna	3,519 m / 11,545 ft

Meals
Breakfast, Lunch, Dinner

Day 9: Trek from Manang to Ledar (4,110 m)

After the acclimatization day in Manang, you will leave the village and begin walking. Your destination for today is Ledar, which is not very long but should not be taken lightly. So, you will head northwest following the Marshyangdi River upstream. True high-altitude adventure begins when you see brown bushes, sandy glacial rocks, prayer flags, and towering mountains all around.

About 30 minutes into the walk, you will reach **Tenki** and then cross a wooden bridge over a small stream. Views of Annapurna II and Gangapurna to the south meet your constant attention through the walk. To the north, you will see a sharp, dry ridge that marks the border with the Tibetan plateau. Then, about 2 to 2.5 hours into the walk, you will reach **Yak Kharka**, which is a good place for lunch. Enjoy good food while looking down the valley toward **Manang**. After lunch, you will walk another 45 minutes to reach **Ledar** for an overnight stop.

Destination:	**Accommodation**	**Altitude:**
10 km uphill walk (4 hours)	Dhading Laxmi Hotel	4,110 m / 13,484 ft

Meals
Breakfast, Lunch, Dinner

Day 10: Trek from Ledar to Phedi (4,400 m)

Today, you will have to wake up early in Ledar and have breakfast. After breakfast, leave Ledar and continue your journey toward Phedi or Thorong Phedi. It’s a short walk to Thorong Phedi, but the elevation gain may make the trek seem difficult. Beginning the trek, you will hike along the north side of the Jarsang Khola River. Then, you will follow the river uphill through a landscape that becomes drier and emptier as you walk. The trail is uneven, making the trek tiring but not difficult.

As you gain altitude, the valley narrows, with steep sides on both sides. But the scenery is stunning, with shades of rust, gray, and brown, set against an arid landscape. The wind is funneled through the valley and can be very cold. Similarly, the route passes through settlements like Tengi and Gunsang. Between the villages, you will also see yak pastures with mountains in the background, giving off a scenic view.

After a while of walking, you will reach Thorong Phedi. The views of Khatung Kang (6,484 m), rocky moraines, and glacial streams welcome you. On a clear day, you can also see the trail that leads the way up to the Thorong La Pass summit. Overnight stay and dinner at Thorong Phedi.

Destination:	**Accommodation**	**Altitude:**
6 km uphill walk (4 hours)	Thorong Phedi Base Camp Lodge or Similar category	4,400 m / 14,436 ft

Meals
Breakfast, Lunch, Dinner

Day 11: Trek from Phedi to Muktinath (3,800 m) via Thorong La Pass (5,416 m)

It’s the main highlight of the entire Guided Annapurna Circuit Trek, where you will reach the summit of Thorong La Pass (5,416 m). So, with renewed energy, you will leave Thorong Phedi early, while it’s still dark outside. At this hour, the temperature is cold, so layer your clothes accordingly and be sure to eat breakfast. It is necessary to start the climb early to avoid the strong afternoon wind, so prepare accordingly.

As you get ready for the climb, put on your headlamp, grab your trekking poles, and start walking. You will immediately feel the trail start steeply through the switchbacks on a wide, rocky slope. You will also see the trail lined with headlamps from other trekkers who wish to conquer the Thorong La Pass that day.

We highly recommend that you follow your guide’s instructions and walk slowly. The altitude can come into effect, but it’s time to push your limits. The last 30 minutes before the summit can be physically demanding. So, stay mentally focused and continue walking. As you approach the prayer flags, the trail finally becomes flat, marking your arrival at the top of the Thorong La Pass.

The summit gives you a 360-degree view of the Annapurna and Dhaulagiri Mountains. If the weather is clear, you can also see the Tibetan Mountains in the north. You can take your time, capture photographs, and enjoy the beautiful view. Later, you will walk down the other side of the summit. Careful navigation is still required as the path is narrow and slippery. Then, with hours of downhill walking, you will reach Muktinath. Overnight stay and dinner in Muktinath.

Destination:	**Accommodation**	**Altitude:**
18 km uphill and downhill walk (10 hours)	Town House Hotel	3,800 m / 12,468 ft

Meals
Breakfast, Lunch, Dinner

Day 12: Trek from Muktinath to Marpha Village (2,713 m) via Lubra Village

The day starts with a visit to the Muktinath Temple, a sacred temple for both Hinduism and Buddhism. It is believed that paying homage at the temple brings good luck and blessings. Also, the temple premises contain 108 water spouts and two kundas, where bathing is believed to cleanse human sins. You can also visit the temple of Jwala Mai, which has the eternal flame. Then, after the exploration, you can have breakfast and begin the descent journey to Marpha village.

Beginning the walk, you will continue the long descent while watching the beauty of the lower Mustang. Then, you will walk through a barren plateau and descend to Khingar village. Continuing the walk, you will reach Eklobhatti, where you can experience the arid highland landscape. After an hour’s walk, you will leave the main Annapurna Circuit at a junction and take a right towards Lubra village. The walk now lasts about 30-45 minutes to reach Lubra. Lubra village is one of the last remaining Bon communities in Nepal, where you can explore the ancient Bon monastery.

After exploring the Lubra village, you will rejoin the main Annapurna Circuit trail and continue the descent through the Kali Gandaki Gorge, the deepest in the world. Soon, you will reach Jomsom, and eventually Marpha. Marpha is also known as the Apple capital of Nepal because of the abundance of Apple orchards that form apple pie, apple cider, apple brandy, and dried apples. Overnight stay in Marpha village.

Destination:	**Accommodation**	**Altitude:**
24-27 km downhill walk (7-9 hours)	Paradise Guesthouse	2,713 m / 8,952 ft

Meals
Breakfast, Lunch, Dinner

Day 13: Trek from Marpha to Ghasa (2,000 m)

Begin the trek with a descent to Ghasa. You will follow the Kali Gandaki River that cuts deep into the Kali Gandaki Valley through the junction of Dhaulagiri and Annapurna. Then you will cross the villages of Tukuche and Larjung. Afterward, you will continue towards Kokhethanti and into the Lete area. Here you can see the views of Dhaulagiri and Annapurna I.

From Lete, the trail continues downhill through conifer forests toward Ghasa. The gorge narrows noticeably here. As you approach Ghasa, get to your accommodation and have dinner. Overnight stay in Ghasa.

Destination:	Accommodation	Altitude:
28 km downhill walk (7-9 hours)	International Guests House	2,000 m / 6,562 ft

Meals
Breakfast, Lunch, Dinner

Day 14: Trek from Ghasa to Tatopani (1,200 m)

Out of Ghasa, you will descend towards the river and climb over some huge boulders. With careful navigation, you will cross a suspension bridge. Then, you will follow the left bank of the river for a while to reach the forested area. After a while, walking forward will lead you to places like Pairothapla and Kopchepani.

Here you will come across the impressive Rupse Chhahara or waterfall. Later, you will reach Tatopani. Tatopani is known for its hot springs, which make it a perfect place to relax after a tiring walk. Overnight in Tatopani.

Destination:	Accommodation	Altitude:
18 km downhill walk (7-8 hours)	Hotel Natural Spring or Dhaulagiri Guest House	1,200 m / 3,937 ft

Meals
Breakfast, Lunch, Dinner

Day 15: Trek from Tatopani to Ghorepani (2,860 m)

After breakfast in your accommodation at Tatopani, you'll start the day's trek towards the beautiful settlement of Ghorepani (2,860 m / 9,383 ft). The trek gradually ascends through beautiful natural vegetation, forests, traditional settlements, and unique landscapes. It is one of the most challenging days on the Annapurna Circuit Trail as you'll walk uphill, covering a distance of approximately 17 km in 8 hours and gaining about 1,700 m / 5,577 ft in elevation.

Initially, you'll walk through terraced farmlands and well-marked trails before reaching Ghara. Heading forward from Ghara, you'll reach Sikha (1,935 m / 6,358 ft), which is one of the bigger settlements in today's trek. Continuing from Sikha, you'll basically experience a steep climb uphill through staircases. After a strenuous walk of about 2-3 hours, you'll get to Ghorepani, the final destination for the day. Overnight stay in Ghorepani.

Destination:	**Accommodation**	**Altitude:**
17 km uphill (8 hours)	Hotel Super View	2,860 m / 9,383 ft

Meals
Breakfast, Lunch, Dinner

Day 16: Morning Hike to Poon Hill (3,210 m)– Trek to Tadapani (2,650 m)

You'll wake up before sunrise and set off with your guide to the marvelous viewpoint at Poon Hill (3,210 m / 10,531 ft). Often recognized as one of Nepal's best sunrise viewpoints, Poonhill takes approximately 30-45 minutes of steep uphill climbing from Ghorepani via well-maintained staircases. You can witness magnificent views of the first sunrays hitting the spectacular snow-capped peaks, including Dhaulagiri, Annapurna massif, Machhapuchhre (Fishtail), and others.

After enjoying some remarkable time at Poon Hill, descend back to Ghorepani for breakfast. After breakfast, you'll continue the trek towards Tadapani. Passing through beautiful bamboo and rhododendron forests and significant settlements. After walking for about 5-7 hours, you'll reach Tadapani. Upon arrival, settle into your accommodation and relax. Overnight stay at Tadapani.

Destination:	**Accommodation**	**Altitude:**
14 km uphill and downhill walk (5-7 hours)	Hotel Grand View	2,650 m / 8,694 ft

Meals
Breakfast, Lunch, Dinner

Day 17: Trek from Tadapani to Ghandruk – Drive to Pokhara (830 m)

After breakfast in Tadapani, you'll continue walking downhill through forests and small settlements toward Ghandruk village. Ghandruk is one of the most famous villages in the region, known for its rich Gurung culture, traditional houses, and warm hospitality. The views of Annapurna and Machhapuchhre from here are simply stunning.

Once you reach Ghandruk, you'll stop for lunch and can visit the Gurung Museum to learn about the local lifestyle and traditions. After the break, you'll travel by jeep back to Pokhara. The scenic drive passes through Kimche, Syauli Bazaar, Birethanti Waterfall, Nayapul, and Naudanda, offering one last glimpse of the beautiful countryside before arriving in Pokhara. You'll reach the city by late afternoon and spend the night there, marking the end of your short yet memorable Poon Hill adventure.

Destination:	**Accommodation**	**Altitude:**
6 km downhill hike (3 hours) and 60 km drive (2 hours)	Hotel Kausi	850 m / 2,723 ft

Meals
Breakfast, Lunch, Dinner

Day 18: Drive from Pokhara to Kathmandu (1,295 m)

After breakfast, you will leave Pokhara and drive to Kathmandu. You will follow along the same Prithivi Highway while passing through rivers, green hills, and villages. Bidding farewell to the mountains and filling up with memories, you will arrive in Kathmandu. Upon reaching Kathmandu, you can explore the nearby town of Thamel and shop for souvenirs. Overnight in Kathmandu.

Destination:	**Accommodation**	**Altitude:**
200 km Drive (6 hours)	Not included	1,295m / 4,273ft

Meals
Breakfast

Note: *In recent years, many parts of the classic Annapurna Circuit have become vehicle roads, so trekkers often have to walk on dusty roads with jeeps and motorbikes. To solve this, TAAN (Trekking Agencies' Association of Nepal) created the NATT (Natural Annapurna Trekking Trails). These are marked walking paths that avoid the roads and follow the old, proper trekking trails through villages, forests, and high ridges.*

Our Annapurna Circuit trek itinerary follows the NATT route properly. It covers all the villages shown on the NATT trail (such as Besisahar, Chame, Upper Pisang, Manang, etc), so you walk mostly on real trekking paths and avoid road sections as much as possible. This makes the trek quieter, safer, more scenic, and more cultural, with better mountain views.

What's included

- Tribhuvan International Airport pick-up and transfer to hotel in Kathmandu.
- Hotel accommodation (Double/Twin share) in Pokhara.
- Lodge accommodation (Double/Twin sharing basis) during the trip.
- All meals (Breakfast, Lunch, Dinner) along the trek.
- One highly experienced, first aid-trained, fluent in English, friendly, and government-authorized trekking guide and required 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 all necessary documents.
- A trekking map, daily oxygen saturation check-up, beanie, first aid kit, water purification, fresh seasonal fruits, trekking completion certificate, company T-shirt, etc.
- Government tax and service charge, etc.
- Assistance for emergency rescue evacuation.
- Public Liability Insurance.

What’s not included

- Hotel accommodation and meals in Kathmandu.
- Meals in Pokhara.
- Hard and soft table drinks such as tea/coffee, Coke, Fanta, hot water, bottled water, hot shower, device charging, beer, laundry, phone bill, and bar bill.
- Personal Travel insurance.
- International Flight Tickets.
- Nepal Tourist Visa Fee.
- Tips for guides and porters (Highly suggested).

Trekking Gear List

Packing List

Clothing (Layering System):

Item	Notes
Base layer tops (2-3)	Merino wool or synthetic, moisture-wicking
Base layer bottoms (2-3)	Same materials as above
Fleece or softshell jacket	Mid-layer insulation
Down jacket	Essential for Gorak Shep/EBC cold

Waterproof/windproof shell jacket	Gore-Tex or similar
Waterproof/windproof shell pants	Over trekking pants
Trekking pants (2-3 pairs)	Quick-dry
Hiking shorts	Optional for lower altitude
Thermal underwear (2 sets)	For sleeping and extreme cold
Fleece or wool hat	Covers ears
Sun hat/cap	For UV protection
Buff/neck gaiter	Dust and wind protection
Liner gloves	Lightweight
Insulated waterproof gloves/mittens	Heavyweight
Hiking socks (4-5 pairs)	Wool or synthetic blend
Liner socks (2-3 pairs)	Reduces blisters
Underwear (5-7)	Quick-dry synthetic

Footwear:

Item	Notes
Waterproof trekking boots	Broken in beforehand, ankle support
Camp shoes/sandals	Light, for the teahouse evening
Gaiters	Snow and debris protection

Gear and Equipment:

Item	Notes
Backpack (40-50 L)	Daypack for trekking
Duffel bag	For porter-carried items

Sleeping bag (-15°C to -20°C rated)	Mummy-shaped
Sleeping bag liner	Adds warmth
Trekking poles	Adjustable
Headlamp + spare battery	Essential for Kala Patthar hike
Water bottles (2x 1L)	Wide-mouth
Water purification tablets/filter	For safe drinking water
Dry bags/stuff sacks	Organize gear and keep it dry

Accessories:

Item	Notes
Sunglasses (UV400, category 4)	Glacier-rated
Sunscreen (SPF 50+)	High altitude UV is strong
Lip balm with SPF	Prevents chapping
Power bank / solar charger	Charging services cost more
Universal charging cable	For Cameras/Phone
Basic first-aid kit	Personal medications, blister care, pain relief, bandages
Diamox (acetazolamide)	Consult doctor
Toiletries (biodegradable)	Soap, toothbrush, wet wipes
Quick-dry towel	Compact travel size

Documents:

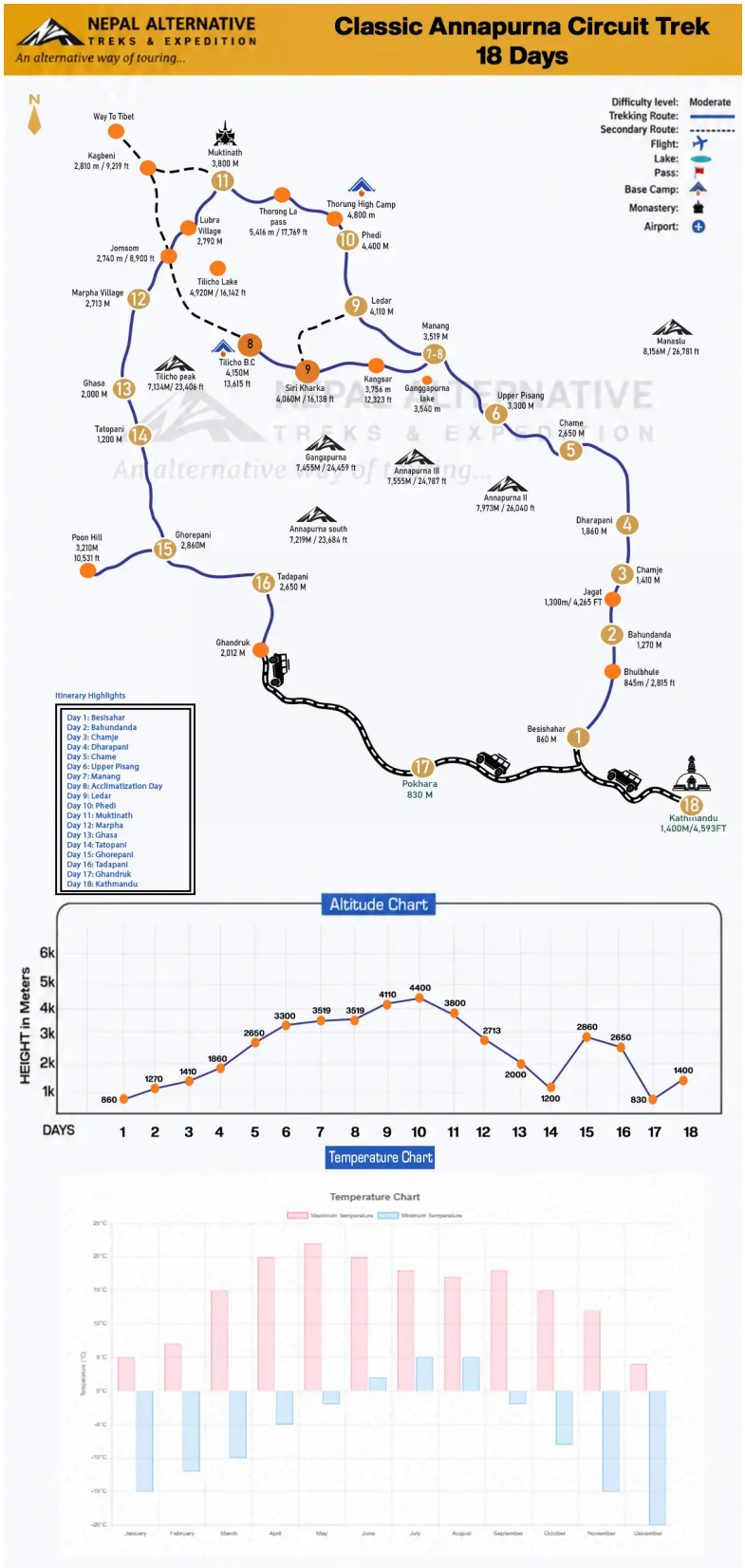
Item	Notes
Passport (6+ months validity)	Original + photocopies
Passport photos (4-6)	For permits

Nepal visa	On arrival or pre-arranged
Trek permits	Arranged via agency or in Kathmandu
Travel insurance (with high-altitude/helicopter evacuation)	Highly recommended
Flight tickets (Lukla)	Printed and digital copies
Cash (Nepali Rupees)	ATMs unreliable beyond Namche

Personal Items:

Item	Notes
Camera/phone	Carry a power bank
Journal and pen	Optional
Snacks (energy bars, nuts, electrolytes)	Supplement the teahouse food
Reusable cutlery/cup	Optional, eco-friendly

Route Map


NEPAL ALTERNATIVE
TREKS & EXPEDITION
An alternative way of touring...
Classic Annapurna Circuit Trek
18 Days
Difficulty level: Moderate
Trekking Route:
Secondary Route:
Flight:
Lake:
Pass:
Base Camp:
Monastery:
Airport:
Way To Tibet
Kagbeni 2,810 m / 9,219 ft
Muktinath 3,800 M
Thorong La pass 5,416 m / 17,769 ft
Thorung High Camp 4,800 m
Lubra Village 2,790 M
Phedi 4,400 M
Jomsom 2,740 m / 8,900 ft
Tilicho Lake 4,920M / 16,142 ft
Marpha Village 2,713 M
Ledar 4,110 M
Manang 3,519 M
Manaslu 8,156M / 26,781 ft
Tilicho B.C 4,150M 13,615 ft
Tilicho peak 7,134M/ 23,406 ft
Siri Kharka 4,060M / 16,138 ft
Kangsar 3,756 m 12,323 ft
Ganggapurna lake 3,540 m
Upper Pisang 3,300 M
Ghasa 2,000 M
Tatopani 1,200 M
Chame 2,650 M
Gangapurna 7,455M / 24,459 ft
Annapurna III 7,555M / 24,787 ft
Annapurna II 7,973M / 26,040 ft
Annapurna south 7,219M / 23,684 ft
Dharapani 1,860 M
Poon Hill 3,210M 10,531 ft
Ghorepani 2,860M
Tadapani 2,650 M
Chamje 1,410 M
Jagat 1,300m/ 4,265 FT
Bahundanda 1,270 M
Ghandruk 2,012 M
Bhulbhule 845m / 2,815 ft
Besishahar 860 M
Pokhara 830 M
Kathmandu 1,400M/4,593FT
Itinerary Highlights
Day 1: Besisahar
Day 2: Bahundanda
Day 3: Chamje
Day 4: Dharapani
Day 5: Chame
Day 6: Upper Pisang
Day 7: Manang
Day 8: Acclimatization Day
Day 9: Ledar
Day 10: Phedi
Day 11: Muktinath
Day 12: Marpha
Day 13: Ghasa
Day 14: Tatopani
Day 15: Ghorepani
Day 16: Tadapani
Day 17: Ghandruk
Day 18: Kathmandu
Altitude Chart
HEIGHT in Meters
6k
5k
4k
3k
2k
1k
DAYS
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18
860 1270 1410 1860 2650 3300 3519 3519 4110 4400 3800 2713 2000 1200 2860 2650 830 1400
Temperature Chart
Temperature Chart

Additional Trip Information

Why the Route Through Lubra Village Offers a Different Mustang Experience

Lubra village is the last remaining place in Nepal where the ancient Bon religion exists. While most Himalayan settlements, including Everest, reflect Tibetan Buddhist tradition, the Lubra village preserves its spiritual heritage dating back to before Buddhism even began. The Bon monastery, situated in Lubra village, remains the center of attraction and practice. The monastery practices counter-clockwise prayer circuits, distinctive religious symbols, ritual offerings, and a hereditary priestly tradition passed down through local families.

The village itself looks historic, with narrow alleys, modest homes, and a simple mountain lifestyle that creates an authentic atmosphere. Being less renowned and less visited, the village separates itself from the outside world. The daily rituals, household errands, and monastic presence place a contemplative quality that allows for a deeper connection.

Approaching Lubra during the Annapurna Circuit treks offers an alternative to the busier route. The route follows rocky cliffs, riverbeds, farmland, and remote settings, allowing trekkers to feel as if they are approaching a different world. Also, once inside the village, the combination of the spiritual continuity and everyday life offers a rare opportunity to blend in with the Bon community. So, for travelers seeking authentic cultural and spiritual depth, adding the Lubra village excursion to the itinerary is a must.

Natural Hot Springs at Tatopani After Days of Trekking

Tatopani, which translates to “Hot Water” in Nepali, is one of the most relaxing stops along the Classic Annapurna Circuit Trek route. The village of Tatopani is renowned for its mineral-rich, naturally heated hot springs. After several exhausting days of walking through challenging trails and landscapes on the Classic Annapurna Circuit Trek, soaking in these warm pools provides a soothing experience for trekkers while enjoying the beautiful, breathtaking scenery surrounding the destination.

The hot springs are naturally heated by geothermal activity. Visiting these pools and relaxing has become a sort of ritual for trekkers after days on the Classic Annapurna Circuit trail. The

mineral-rich warm water relaxes tired muscles and aching joints after several days of trekking. It also helps trekkers rejuvenate mentally and feel refreshed. Also, the peaceful surroundings, along with the cover of green vegetation, the sounds of birds, and the flowing river, all contribute to the relaxing experience.

Visiting the Tatopani hot springs has become more than just a place to rest. It has become an integral part of the Classic Annapurna Circuit Trek. It is the most refreshing and rewarding moment for many exhausted trekkers after several days of a challenging trek through the landscapes of the Annapurna region.

Classic Annapurna Circuit Trek vs Annapurna Base Camp Trek

Feature	Classic Annapurna Circuit Trek	Annapurna Base Camp Trek
What the trek is about	A complete journey around the Annapurna range, with changing landscapes, mountain villages, and the challenging crossing of Thorong La Pass (5,416 m / 17,769 ft).	A shorter journey into the Annapurna Sanctuary, leading you through villages and forests to the dramatic setting of Annapurna Base Camp.
Typical Duration	Usually 12-16 days, depending on the route and transportation.	Usually 7-12 days, depending on where you start and finish.
Highest Point	Thorong La Pass at 5,416 m / 17,769 ft	Annapurna Base Camp at 4,130 m / 13,550 ft
What makes it special	The biggest highlight is crossing Thorong La, but the journey is just as rewarding, taking you from green valleys to the dry, rugged landscapes of Mustang.	The main highlight is reaching Annapurna Base Camp, where huge peaks rise almost directly around you in the Annapurna Sanctuary.
Mountain Views	Views of Annapurna I–IV, Dhaulagiri, Manaslu, Gangapurna, Tilicho Peak, and several other Himalayan peaks.	Close-up views of Annapurna I, Annapurna South, Hiunchuli, Machhapuchhre, and Gangapurna.

Landscape	One of the most varied trekking landscapes in Nepal, changing from forests and river valleys to alpine terrain and the dry Himalayan landscapes around Mustang.	A greener route dominated by forests, rivers, waterfalls, terraced hills, and the high mountain landscape of the Annapurna Sanctuary.
High Pass	Thorong La Pass (5,416 m) is the defining challenge of the trek.	No major high-altitude pass needs to be crossed.
Difficulty	Moderate to challenging. The long duration, high altitude, and Thorong La crossing make it more demanding.	Moderate. There are plenty of steep climbs and stone steps, but the maximum altitude is considerably lower.
Altitude Considerations	Requires good acclimatization because the trail spends several days at high altitude before crossing Thorong La.	Altitude is generally less demanding, although proper acclimatization is still important when approaching Base Camp.
Culture & Villages	Offers a broad cultural experience, passing through Manang, Mustang, and Thakali villages, where traditions and architecture change as you move higher.	Gives you a closer look at Gurung and Magar communities, particularly around villages such as Ghandruk and Chhomrong.
Landscape Highlights	Manang Valley, Thorong La, Muktinath, Kali Gandaki Valley, Jomsom, and Marpha are among the memorable stops.	Ghandruk, Chhomrong, Modi Khola Valley, Machhapuchhre Base Camp, and Annapurna Sanctuary are major highlights.
Best suited for	Trekkers who want a longer and more varied adventure, enjoy high-altitude trekking, and want the satisfaction of crossing a Himalayan pass.	Trekkers who want a shorter and more focused Himalayan trek with spectacular mountain views and a memorable base-camp experience.

Overall experience	More than just a mountain trek, it is a journey through several different landscapes and cultures, with a real sense of traveling across the Himalayas.	A more concentrated mountain experience that gradually takes you into a spectacular natural amphitheater surrounded by some of the highest peaks in the Annapurna range.
Which should you choose?	Choose the Circuit if you have more time and want variety, adventure, and the challenge of crossing Thorong La Pass.	Choose ABC if you have less time and want to get close to the mountains without taking on a high Himalayan pass.

Why Adding Ghorepani and Poon Hill Completes the Annapurna Experience

Adding Ghorepani and Poon Hill provides a different and wonderful extension to an already rewarding trek. The Annapurna Circuit trek takes trekkers through challenging landscapes, settlements, and high-altitude trails. The Ghorepani-Poon Hill section offers a different side of the entire trek, with trekkers witnessing green vegetation, terraced hillsides, and traditional Gurung and Magar settlements.

The major highlight of the Ghorepani Poon Hill extension is the early morning hike to Poon Hill at 3,210 m/10,531 ft. It is one of the most significant and popular viewpoints in the Annapurna region. Trekkers can witness the first rays of sunlight hitting the magnificent peaks of Annapurna I, Annapurna South, Dhaulagiri, Machhapuchhre (Fishtail), Hiunchuli, and others. This creates an unforgettable and mesmerizing view.

Apart from the scenic views, trekkers can also experience diverse cultures and natural landscapes with this extension. The trek to Ghorepani passes through varied landscapes and natural vegetation, including rhododendron forests and traditional farmlands. Also, the entire region is inhabited by diverse ethnic communities, including the Gurung and Magar Communities. The name “Poon Hill” is derived from “Poon,” which is a subcaste of the Magar community. Trekkers will be mesmerized by the warm hospitality and the traditional lifestyle of the diverse communities living in these regions. Therefore, the Ghorepani Poon Hill trek completes the overall Annapurna experience for trekkers.

Understanding Altitude Before Reaching Thorong La Pass

Altitude is one major factor trekkers need to understand before reaching Thorong La Pass. The Thorong La Pass at 5,416 m/17,769 ft is the highest point reached during the Classic Annapurna Circuit Trek. Generally, when the trek reaches an altitude above 3,000 m (9,842 ft), the air contains significantly less oxygen than at sea level. The body receives less oxygen, making walking more physically exhausting. The combination of high elevation, longer trekking hours, colder temperatures, and steep ascents can increase the risk of altitude-related problems in trekkers. Hence, understanding challenges associated with altitude is essential for a safe and enjoyable trek.

Our 18-day Classic Annapurna Circuit Trek itinerary is carefully designed with gradual altitude gain to allow the body to adapt to the elevation. Spending some time in high-altitude settlements such as Manang (3,519 m/11,545 ft) helps. Trekkers should understand their bodies and always aim for gradual acclimatization with the guidance of experienced guides. Rushing the trek may be harmful for the trekkers. Hence, maintaining a comfortable trekking pace along with proper nutrition and hydration is key.

Trekkers should be cautious as to how their bodies respond in high-altitude environments. The most common signs of altitude sickness or Acute Mountain Sickness (AMS) include headache, nausea, vomiting, shortness of breath, tiredness, etc. If these early signs are persistent or worsening with time, emergency evacuation or descending to lower altitudes might be required. Trekkers must follow safe trekking practices such as walking at a steady pace, eating nutritious meals, properly hydrating, and always listening to the guide.

Permits for the Classic Annapurna Circuit Trek

The Classic Annapurna Circuit Trek passes through the Annapurna Conservation Area. It is a protected region designated to safeguard the fragile ecosystem and cultural heritage of the Annapurna region. So, trekkers are required to obtain two permits to enter this protected region and complete the Classic Annapurna Circuit Trek, which are Annapurna Conservation Area Permit (ACAP) and the Trekkers’ Information Management System (TIMS) card.

Annapurna Conservation Area Permit (ACAP)

As mentioned above, the Classic Annapurna Circuit Trek passes through the Annapurna Conservation Area, which is a protected region. Hence, the Annapurna Conservation Area Permit (ACAP) is mandatory for all trekkers entering this region. The ACAP permit is issued by the National Trust for Nature Conservation (NTNC). The ACAP permit can be obtained from the Nepal Tourism Board office in Kathmandu or the regional office in Pokhara. The fees required to obtain an ACAP permit depend on the nationality, as follows:

Trekker Category	**ACAP Permit Cost**
SAARC Nationals	NPR 1,000 (~USD 7)
Foreign Nationals	NPR 3,000 (~USD 20)
Children under the age of 10	Free

Trekkers’ Information Management System (TIMS) card

The Trekker’s Information Management System Card was previously required for safety tracking on popular Annapurna routes. Now, it is no longer necessary due to revised safety and administrative policies. It is neither consistently enforced nor checked. It costs around NPR 1,000-2,000, depending on nationality.

Classic Annapurna Circuit Trek Cost

The cost of the Classic Annapurna Circuit Trek depends upon your personal expenses during the trek, the number of people in your group, the quality of service (Standard or more personal), and your preference for transport type, which is generally public or private.

For a small private group of 1-4 trekkers, the cost is slightly higher due to a fixed fee that covers guides, permits, porters, and transport. These facilities are shared among the people, which tends to make the individual cost higher; however, if the group size is large, for example, 13-18 trekkers, then the per-person cost decreases, making the Classical Annapurna Circuit Trek package in Nepal cheaper.

Here at Nepal Alternative Treks, the cost of the Classical Annapurna Circuit Trek is:

Group Size	Price per person
1-4	USD 1,000
5-8	USD 980
9-12	USD 960
13-18	USD 940

Note: *Your Annapurna Circuit Trek package cost covers the guide and porter services, all your meals, and lodging during the trek. Additionally, the price also covers the cost of permits, ground transportation per the itinerary, and government taxes. However, it is strongly recommended to carry some extra cash for the hotel and food in Kathmandu. Your cost of personal equipment, travel insurance, drinks and snacks, and tips for the crew is not included in the price. Still, the cost is lower than that of other treks of similar duration.*

Who Gets the Most Value From the Classic Annapurna Circuit Trek

The Annapurna Circuit Trek is an excellent choice for travelers seeking varied experiences, including panoramic scenery, a challenging high-altitude trek, and cultural immersion. The trek requires a good level of physical fitness but not advanced or technical mountaineering skills, making it suitable for a wide range of travelers.

Adventure seekers: The Annapurna Circuit Trek is perfect for those who want to experience a long, high-altitude trek through varied terrain and landscapes. The Annapurna Circuit Trek is synonymous with adventure. Particularly, crossing Thorong La Pass at 5,416 m/17,769 ft is the most rewarding and remarkable section for adventure seekers.

Photography enthusiasts: The Annapurna Circuit Trek takes trekkers through some of the most beautiful natural vistas they've ever witnessed. These include spectacular snow-capped peaks such as Annapurna I, Dhaulagiri, Manaslu, Machhapuchhre (Fishtail), and others. Similarly, travelers can witness extraordinary natural vegetation, wildlife, varied landscapes, and cultural settlements. Therefore, the Annapurna Circuit Trek is perfectly suitable for photography enthusiasts.

Cultural enthusiasts: The Annapurna Circuit Trekking route is home to diverse indigenous groups, including Gurung, Magar, Thakali, Manangi, Brahmin, and Chhetri. Hence, travelers deeply interested in local traditions and culture will particularly enjoy this trek. Cultural enthusiasts can experience the local lifestyles, customs, and rituals of Tibetan-influenced and Hindu cultures, along with religious sites such as Muktinath Temple, Braga Monastery, and others.

First-Time Himalayan Trekkers: The Annapurna Circuit Trek is suitable for first-time trekkers with a good level of physical fitness, provided they have proper preparation and a well-designed itinerary. Although some high-altitude sections, including the Thorong La Pass at 5,416 m/17,769 ft, are challenging, novice trekkers with proper physical preparation can complete the Annapurna Circuit Trek. However, first-time trekkers need to prepare at least a month before their trek. They can get involved in physical activities such as hiking (with backpacks), stair climbing, cycling, running, and strength training.

Frequently Asked Questions

Is the Classic Annapurna Circuit Trek worth it?

Yes, the Annapurna Circuit Trek is definitely worth it. It offers diverse landscapes, stunning views of Annapurna, Dhaulagiri, and Machhapuchhre (Fishtail), rich wildlife and vegetation in the Annapurna Conservation Area, and opportunities to experience Gurung, Magar, and Thakali cultures. Crossing the iconic Thorong La Pass at 5,416 m (17,769 ft) is another unforgettable highlight.

How difficult is the Classic Annapurna Circuit Trek?

The Annapurna Circuit Trek is a challenging trek that requires walking 5-8 hours daily for 18 days. Also, the trek features steep ascents and descents over uneven terrain. Trekkers also reach the maximum altitude of 5,416 m at the Thorong La Pass, a difficult crossing. But no technical climbing is required.

Can you see Mount Everest during the Annapurna Circuit Classic Trek?

No, you cannot see Mount Everest during the Annapurna Circuit Trek. Mount Everest is located in the midwestern region of Nepal. However, trekkers can witness other iconic snow-capped peaks, including the Annapurna massif, Dhaulagiri, Manaslu, Machhapuchhre (Fishtail), and others.

What is the most challenging part of the Classical Annapurna Circuit Trek?

Crossing Thorong La Pass at 5,416 m (17,769 ft) is generally considered the most challenging part of the Annapurna Circuit Trek. The significantly high altitude, along with cold temperatures, steep ascent, rocky, uneven terrain, and strong winds, contributes to this challenge.

Is the Annapurna Circuit Classic trek beginner-friendly?

Yes, the Annapurna Circuit Trek is suitable for beginners with a good level of physical fitness and who are well prepared. The trek involves continuous walking for about 5 to 8 hours per day over 18 days. Beginner trekkers who are physically and mentally fit, well prepared, and willing to follow the guidance of experienced guides can complete the Annapurna Circuit Trek.

Where is the best starting point for the Annapurna Circuit Classical Trek?

The best starting point for the classical Annapurna Circuit trek is Besisahar (860 m). Normally, you will drive from Kathmandu to the starting point, a journey of around 6 hours covering 160 km along the Prithvi Highway.

Is the Annapurna Circuit crowded?

Yes, the Annapurna Circuit can be crowded, especially during the peak seasons of spring (March to May) and autumn (September to November). The Annapurna Circuit is one of the most commercialized treks in Nepal, and the above-mentioned seasons offer stable weather, excellent visibility, and the best trekking conditions. However, if you prefer a peaceful trek with fewer crowds, off-season trekking in winter (December to February) and Monsoon (June to August) can be a good choice.

Is the Annapurna Circuit steep?

Yes, several sections of the Annapurna Circuit are steep. However, the entire Annapurna Circuit is not steep. The trekking trail passes through a wide variety of terrains and landscapes, including simple paths, rocky trails, and forest trails. However, the trek becomes steeper as you gain significant elevation, particularly around Manang and all the way up to the Thorong La Pass.

How fit do you need to be to do the Classical Annapurna Circuit?

A good, basic level of physical fitness is required to do the Annapurna Circuit. However, you do not need to be an elite athlete or mountaineer. You are advised to prepare at least a month before the trek physically by engaging in activities such as hiking, stair climbing, running, strength training, and cycling.

Which is better for trekking, the Annapurna Circuit or the Everest Base Camp?

Neither trek is objectively better, but both offer a world-class Himalayan experience. The Annapurna Circuit provides greater landscape diversity with the opportunity to cross the Thorong La Pass. Everest Base Camp allows people to stand at the base of the world’s highest mountain, Mount Everest.

Is the Annapurna Circuit Classic trek safe?

Yes, the Annapurna Circuit Trek is generally considered safe when done with proper preparation, a well-designed itinerary, and the guidance & support of experienced guides and tour operators. Proper preparation, gradual acclimatization, and excellent logistical planning are the keys to completing the trek.

What is the Annapurna Circuit?

The Annapurna Circuit is one of Nepal's classic treks, located in central Nepal. The Annapurna Circuit trek encircles the massive Annapurna mountain massif while offering an opportunity for authentic cultural immersion and a crossing of one of the world's highest mountain passes, Thorong La.

Can I do the Annapurna Circuit in 11 Days?

Yes, you can do the Annapurna Circuit trek in 11 days with the following itinerary:

- Day 1: Drive to Besisahar (860 m)
- Day 2: Drive to Chame (2,710 m)
- Day 3: Trek to Upper Pisang (3,300 m)
- Day 4: Trek to Manang (3,500 m)
- Day 5: Acclimatization Day at Manang
- Day 6: Trek to Ledar (4,110 m)
- Day 7: Trek to Thorong Phedi (4,400 m)
- Day 8: Hike to Muktinath (3,800 m) via Thorong La Pass (5,416 m)
- Day 9: Drive to Marpha (2,713 m) / Optional Trek to Marpha Via Lubra Village
- Day 10: Drive to Pokhara (820 m)
- Day 11: Drive to Kathmandu (1,295 m)

Can I do the Classic Annapurna Circuit trek alone?

Yes, you can do the Annapurna Circuit trek alone as it is not a restricted area. But still, trekking with an experienced trek guide is recommended.

Is there WiFi on the Annapurna Classic Circuit?

Yes, there is WiFi on the Annapurna Circuit; however, it is minimal and unreliable. While most teahouses and lodges have WiFi, the remote setting and overcrowding can cause lag. Also, at higher altitudes, using WiFi can incur extra cost.

Where can I buy trekking gear for the Circuit Trek?

You can buy the trekking gear for the Annapurna Circuit Trek in Kathmandu or Pokhara. As these cities are filled with trekking shops that offer trekking gear at a reasonable cost, you do not need to bring all the gear from your home country. Our guides can help you choose the best gear at the best prices.

Cancellation Policy

We understand that plans can change willy-nilly. However it is our responsibility to ensure fairness and transparency among our customers regarding our cancellation policy. So we kindly request all travelers to carefully review the cancellation and refund policy before confirming their trip.

After your trip starts, we cannot provide a refund for any voluntary withdrawal, cancellation, or early departure by the traveler. This means ***the full amount paid to us will not be refunded after the trip has begun.*** Likewise, if during the trip, any services such as accommodation, sightseeing, meals, transportation, etc. included in the itinerary/trip are not used by the customer, no refunds or reuse will be provided to whatever portion remains unused on the trip.

Also, please note that ***last-minute cancellations are non-refundable.*** You have to understand that many trip arrangements such as accommodation, transportation, permits, guides, and operational logistics are confirmed and pre-booked. Thus, cancellations made at the last minute create non-recoverable costs for the company and so do for our clients. In addition, cancellations made shortly before the departure date or after the trip has started will be considered as last-minute cancellations and will not be eligible for any refund.

Still, the company will use their discretion in setting the conditions for the refunds, therefore, few of the conditions mentioned are subject to change. The company holds every right to cancel the trips booked by the customers before it is guaranteed to run or an official agreement is signed. A trip is guaranteed to run once it has two fully paid travelers unless minimum numbers state otherwise.

Unfortunate circumstances such as unforeseen natural disaster, canceled flights, strike, industrial action, wars, riots, quarantine, government intervention, weather, the deteriorating health condition of a group member, etc. could lead to cancellation of trips. In such cases, the customer can either ask to get back the 90% of the total trip cost paid to the company (13% Government Tax will be deducted) or reuse the cost in an alternative trip with the same price, immediately, in the following season of the same year.

The company will require a written notice in case of any cancellation. Please ensure the date of the trip cancellation is the date on which the written cancellation is received by the company. If you cancel the trip anytime prior to the departure date of the actual trip, 90% of the total cost is reusable for a year or refund.

Trip Amendment

First and foremost, please note that all the amendment conditions are applied to the trips listed on this site only. Below are a few notes to take about the amendment fees in case of any changes during, while, or after the booking:

If the company receives a request on the booking amendments at least 60 days prior to the trip, a total of USD 50/person is charged to the customer. However, if the customer’s request for a booking amendment in less than 60 days before the trip departure, then the charges will be as per the cancellation policy mentioned above. In case of any changes in the price of the trip during the procedure of booking and the amendments, the new cost will be applied to the trips. Please note that these changes might not be applied by the company, but can be levied upon the company by the third parties i.e. the hotels or the service providers working with the company.

Any changes, amendments, or additions in aggregation to the trips you have booked, for example, hotels, transfers, additional days, etc. will account for no additional fee.

Health Conditions

Nepal Alternative Treks places the highest priority on the safety and well-being of all travelers. We need to ensure the traveler’s well-being and health condition at the time of booking. While travelers can participate without medical documentation, those with chronic

illnesses or long-term medical conditions must obtain a doctor’s consent before joining the trip. This is to ensure their health is not badly affected during the adventure and that they can safely enjoy the journey.

The company will not be responsible for any type of mishaps and will not bear the medical and evacuation expenses on behalf of the participant. Therefore, we request our clients to consult their doctors for a thorough checkup and vaccination before booking a trip with us. In addition, clients with specific health needs or concerns should inform the Company in advance. This allows us to provide guidance and, if required, arrange additional services to make the trip safer and more comfortable. If needed, clients may also request additional services related to the length of the trip or stay in the country of travel.

Weather and other unfavorable conditions

Clients should be well aware of the unpredictability of the weather conditions in the mountainous regions. The unfortunate weather conditions, especially in the Everest, Jomsom, and Kanchenjunga regions, can sometimes lead to unfavorable circumstances that include delay or cancellation of flights. The Company will cover the expenses of accommodations and food in the departing location until the arrangement of flights is done. However, the Company holds every right to reroute the original trip or transports which will be in favor of the situation without any addition in the cost. Please note that the company will not be responsible for any missed international flights, losses caused by Altitude Sickness, or any other unpredictable circumstances, and the participants will have to pay all the charges incurred. Nonetheless, the Company will connect and assist you to make the necessary alternative arrangements, but, the additional charge will be covered by the customers themselves.

Regardless of stating every condition and information about the trips on the website and brochures of the Company, we will not be responsible for the unforeseeable situations that may arise before or during the trips. The Company will, however, try its level best to give prior notice about it and take alternate strategies to deal with it. These booking conditions may only be waived in special circumstances, and in writing, by a letter from the Chief of the Company. Note that all the legal agreements set up and signed between the client and the Company shall be subjected to and governed by the Nepalese law.

Note: All the Terms and Conditions mentioned are prepared as per the laws of the Government of Nepal and is governed by them. Therefore, only the head of the Company gets to intervene

and holds the authority to make any amendments.

Nepal Alternative Treks & Expedition1

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