

Head Office

Chhetrapati, Thamel, Kathmandu, Nepal

[+977 9851069558](tel:+9779851069558)

Email: info@myeveresttrip.com

Skype: [myeveresttrip](https://www.skype.com/people/myeveresttrip)

Annapurna Circuit Trek

- Duration: 14 Days Days
- Max Altitude: 5,416 m
- Destination: Nepal
- Trip Grade: Moderate
- Best Season: Autumn, Spring

Highlights

The Annapurna Trek is one of Nepal's most popular and breathtaking treks in Nepal. It takes you through diverse landscapes and remote villages and offers stunning views of the Annapurna mountain range.

- **Scenic Beauty:** The trek offers awe-inspiring views of the Annapurna and Dhaulagiri mountain ranges, including peaks like Annapurna I (8,091m), Dhaulagiri (8,167m), Manaslu (8,163m), and many others. The landscapes vary from lush green valleys to arid landscapes, and you'll encounter stunning waterfalls, terraced fields, and dense forests.
- **Thorong La Pass:** At an altitude of 5,416 meters, [Thorong La Pass](#) is the trek's highest point and a major highlight. Crossing this challenging pass is a memorable experience as you trek through snow-covered trails and enjoy panoramic views of the surrounding mountains.
- **Cultural Experience:** The Annapurna circuit trek in Nepal takes you through diverse ethnic communities and traditional villages. You'll have the opportunity to interact with local people from different backgrounds, including Gurung, Manangi, Thakali, and Tibetan communities. You can experience their unique culture, traditions, and warm hospitality.
- **Natural Hot Springs:** After a long day of trekking, you can relax and rejuvenate in the natural hot springs of Tatopani. These hot springs are believed to be therapeutic and provide a soothing experience amidst the mountains.
- **Tilicho Lake (Optional):** The side trip to [Tilicho Lake](#), one of the highest lakes in the world, is an additional highlight for those who want to extend their trek. The lake offers a mesmerizing view of the surrounding peaks and is considered a sacred site by the local communities.
- **Muktinath Temple:** Towards the end of the trek, you'll visit the sacred site of [Muktinath Temple](#). This temple holds great religious significance for both Hindus and Buddhists. It is believed to cleanse one's sins, and many pilgrims visit this site each year.

Annapurna Trek offers a unique blend of natural beauty, cultural experiences, and challenging adventures, making it an unforgettable journey for trekkers.

Overview

The Annapurna Circuit Trek is one of the most popular treks in the world. Join us on this adventure, and we will take you on a journey to discover Nepal and its surreal scenery. Discover the tranquillity of Tilicho Lake, the snow-covered paths of Thorong La, the sacred temple of [Muktinath](#), and the picturesque villages of the Gurungs, Manangis, and Thakalis - all framed by the epic Annapurna mountain range.

Annapurna Circuit: A Scenic Route

This Annapurna 14-day trek begins in Kathmandu, where you will head to Syange to start your hike. After journeying through Chame, Pisang, and Manang, you will be led to Tilicho Lake's pristine. From the lake, we will venture.

Yak Kharka ascends to Thorong Phedi, taking in the impressive view of the Dhaulagiri and Annapurna ranges. From here, we will begin our hike up to the pass, a challenging trail leading you to spectacular views of Gangpurna, Annapurna III, and Chulu West - as you venture closer to the [Annapurna Circuit](#).

Once you make it through the Throng Pass trek portion of our journey, you will enter the district of Mustang and visit Muktinath, a Vishnu temple sacred to both Hindus and Buddhists. You can then opt to drive or trek to Tatopani, where you can relax in the natural hot springs. The next day you will hike through the vibrant rhododendron forests of Ghorepani and onto [Poon Hill](#) for the breathtaking sunrise over the Annapurna and neighboring ranges.

Best Time For Annapurna Trek

This trip is a harrowing but enriching experience. You will have acclimatization days and full support from our professional and experienced local climbers and guides to ensure a safe and worry-free trip. Our staff is local experts who will also help to deepen your understanding of the local culture, wildlife, and nature along the way. We recommend you join us on this trek between [March and May or September and December](#).

MyEverestTrip is a trusted company for trekking in Nepal, offering various [Annapurna Trek](#) packages ranging from short Annapurna trek. Please contact our friendly team for more information about the Annapurna circuit cost or difficulty. Or, if you would like to read more about what it's like to join us on this journey, then you can read our Annapurna trek blog below.

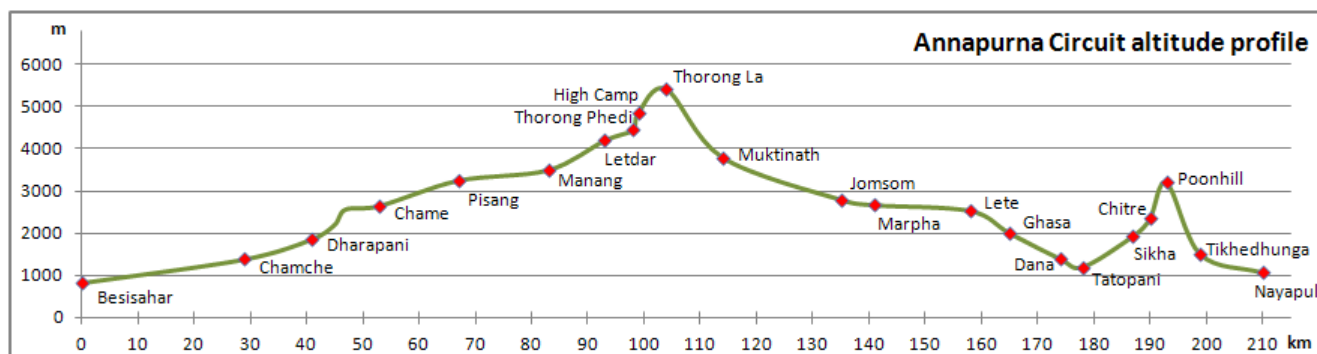
Day 01

Arrival in Kathmandu (1300m/4264ft).O/N at hotel

One of our friendly representatives will greet you at the airport and take you to your hotel. You are then free to spend the rest of your day exploring Kathmandu's vibrant and ancient city

Day 02

Drive from Kathmandu to Dharapani (1800m/6430ft). O/N at Tea House (A, B, L, D)



Early morning, we embark on a road trip to Dharapani. Here you will get your first look at the lush countryside of Nepal and green rice terraces set against the backdrop of the Himalayas O/N in Dharapani

Day 03

Dharapani to Chame (2710m/8891ft).O/N at Tea House (A, B, L, D)

Making our way to Chame, enjoy amazing views of Lamjung Himal (6983m), Annapurna I (8091m), and Annapurna IV (7525m), and take some time to relax with a dip in the hot springs.

Day 04

Chame to Pisang (3300m/10824ft), O/N at Tea House (A, B, L, D)

Be prepared to walk up steep trails through thick forests before crossing the valley via a bridge. Here you can get a clear view of the Paungda Danda rock. Then we will head to the village of Pinang, where we will stay overnight at a guesthouse.

Day 05

Pisang to Manang (3540m/11482ft), O/N at Tea House (A, B, L, D)

Heading to the Manang district, we trail uphill to Mungji. As we continue past Mungji and the hidden village of Bryanga, we can see Annapurna III (7555m) and Gangapurna (7455m) towering behind. Stay overnight at a guesthouse in Manang.

Day 06

Manang: Acclimatization day.O/N at Tea House (A, B, L, D)

Today, we must rest and take time to acclimate to the altitude. Relax and enjoy the beautiful view of the mountains that Manang has to offer. We can enjoy Bhojo Gumba, and Gangapurna Lake, or walk to Vraga, where we can visit a monastery. Afterward, we will return to our accommodation and spend the

night at the guesthouse.

Day 07

Manang to Yak Kharka (4050m/13,020ft).O/N at Tea House (A, B, L, D)

On our way to Yak Kharka, the landscape becomes otherworldly as you see the snow-covered peaks of the Annapurnas and Gangapurna clash in contrast with the desert-like terrain. O/N in Yak Kharka.

Day 08

Yak Kharka to Thorang Phedi (4420m/14501ft).O/N at Tea House (A, B, L, D)

We hike uphill until we cross the suspension bridge and reach Ledar village. On leaving the town, we ascend for an hour and experience magnificent views of Mt.Gundang, Mt. Syagang, Thorung Peak, and Mt. Khatungkan. O/N in Thorang Phedi.

Day 09

Thorong Phedi to Thorong La Pass (5416m/1176ft) to Muktinath (3800/12467ft).O/N at Tea House (A, B, L, D)

This is where the trail becomes slippery and snow-covered. Be prepared for a challenge as we ascend to the highest altitude in the trek, Thorong La Pass. The pass connects the district of Manang with Mustang. We descend Muktinath Valley to the holy temple of Muktinath, a sacred pilgrimage site for Hindus and Buddhists. O/N stay at the hotel.

Day 10

Trek or Drive from Muktinath to Tatopani (1200m/3937ft).O/N at Tea House (A, B, L, D)

On the way to Tatopani, we can visit Kagbeni and Marpha - a Thakali village famous for organic apple production. Dhaulagiri (8167m) and Annapurna (8091) become visible as we reach Kalopani, and as we go through Kaligandaki valley, you can see myriad flora and fauna amidst the sub-tropical climate. O/N IN Tatopani.

Day 11

Tatopani to Ghorepani (2850m/9350mft).O/N at Tea House (A, B, L, D)

We trek up steep trails toward Ghorepani. We cross Palate and Chite with spectacular views of the ranges along the way. In the springtime, expect to trek through vibrant forests packed with colorful rhododendrons. After 6 hours, we reach the Gurung village of Ghorepani. O/N at a local lodge.

Day 12

Ghorepani to Poon Hill to Pokhara (1950m/6396ft).O/N at Tea House (A, B, L, D)

We wake up early to hike to Poon Hill for an unforgettable sunrise over Dhaulagiri (8167m), Manaslu (8163m), Annapurna (8091m), Nilgiri (6940m), and Machhapuchhre (6997m). Afterward, we head back to Ghorepani and walk towards Thikedunga, descending through rice fields and villages before arriving at Birethanti. From here, we ascend uphill to Nayapul and drive back to Pokhara. O/N a Pokhara.

Day 13

Drive from Pokhara to Kathmandu. O/N at Hotel (A, B, D)

We drive back by bus to Kathmandu, with views of lush green hills following us along the way. When we reach Kathmandu, you can explore or get some much-needed rest after such an exhilarating and challenging trek. O/N at a 3-star hotel.

Day 14

Final Departure (B)

After breakfast and a group photo, our representatives will take you to the airport 3 hours before your scheduled flight time

What To Expect?

What's included

- Airport/hotel pick up and drop off by private car.
- At least two nights hotel in Kathmandu and 1 night Hotel in Pokhara with bed and Breakfast plan
- Meals on the entire board (breakfast, lunch, and dinner) during the whole trekking
- Kathmandu - Dharapani by local bus or by Jeep & Pokhara - Kathmandu by tourist bus or by car or jeep or flight up to your request
- Trekking map
- An experienced Government license holder guide
- Trekking porter/Sherpa who will carry your bags during the trek. (2 people per 1 porter)
- Insurance, salary, equipment, transportation, local tax for guide.
- Group medical supplies (first aid kit will be available)
- All necessary paper works and national park entry permits
- Travel and rescue arrangement
- TIMS (Trekking Information Management System)
- All government taxes and tourist service charges

What's not included

- Meals in Kathmandu before and after trekking.
- Your travel insurance (Rescue)
- Tips for trekking staff and driver

- Drinks (hot, cold, and alcoholic)
- Personal shopping and laundry etc
- Personal trekking equipment.

FAQs

General

Can you see Everest from ACT?

No, you cannot see Everest from the Annapurna Circuit Area. Since the Annapurna region lies in the western north of Nepal and Everest is in the east north of Kathmandu, these two mountains lie in different locations. You can see Everest from Nagarkot in Kathmandu, take an [Everest Helicopter Tour](#) to Namche, or even camp.

Annapurna Circuit Per Day Cost?

Without a guide and porter, per day, the [Annapurna trek](#) costs about \$40 per person, and with a guide and porter, it costs \$75 per person. The one-time cost for Permit, transportation, Visa, Insurance, etc., should be added.

Annapurna Circuit Trek Difficult

The Annapurna Circuit Journey is a challenging and lengthy trek in the area. As a result, without prior preparation and planning, a novice trekker may find it more difficult to complete the trip. So during the preparation phase, we recommend you do Cardio. Annapurna Circuit Trek distance is about 160-230 km depending upon the vehicle available during the trek. Crossing Thorang Phedi to reach [Mustang](#) is the hardest part of this trek.

Additional Information

Annapurna Circuit and Base Camp Trek Accommodation

Before starting the trek, you must stay in [Kathmandu](#), with suitable accommodation and services, free WiFi, a private bath, and a shower.

If you prepare mentally and keep in mind that the Annapurna circuit region is quite remote, the minimal lodging alternatives provided in your journey will be enjoyable. Many teahouses and guesthouses are available from Besisahar to [Jomsom](#) with good accommodation facilities. Each teahouse has a twin-share bed with plenty of space to stretch out.

As the altitude increases, the teahouses' facilities are more basic, and most teahouses make their income more from the food. You'll be able to enjoy hot, solar-powered showers until you reach [Manang](#), but you

do have to pay for hot showers, it's worth it due to the cold conditions of high-altitude areas.

During travel, you can charge your electronic devices, such as a camera and mobile phone, at a reception at a small cost, but if you have a solar charger, there's no need to worry because most of the day sun kisses you.

Best time to Trek the Annapurna Circuit

covers a wide range of natural landscapes with various cultures. Trek can be done all year, but autumn and spring are the most favorable conditions to hike. Sept-Oct has a clear sky, and thus you can enjoy your journey, and in the spring, you can have opportunities to see the blooming of Rhododendrons. During winter, snow often blocks Thorong La Pass, limiting your trek. So viewing the different spring seasons is the best time for your hike because you can enjoy the true natural beauty, such as the sweet fragrance of wildflowers. Moreover, the skies are clear most of the day, making a more attractive environment in the Annapurna circuit area, and the chances of snowfall and rainfall are also minimal.



Annapurna Trek
Check [Ghorepani Poonhill Trek](#)

Round Annapurna Trek Details

Annapurna Trek reaches a height of around 17770 feet, whereas the Annapurna Base Camp Trek reaches a maximum elevation of 13780 feet. As you can see, the two walks differ by about 4000 feet, which is a significant difference. At 13780 feet, you can see some vegetation, but at 17770 feet, it's all desolate

fields, frozen cliffs, and massive glaciers.

How difficult is the Annapurna Circuit Trek

As discussed above, the Annapurna trek covers a high elevation, so you may think it must have more slopy areas. However, the truth is that the [Annapurna base camp trek](#) has a steep slope than the Annapurna circuit trek, with lesser vertical and more inclined sections. You can decide according to your time, interest, and trek capabilities, as both are fantastic.

Trekking Route of Annapurna Circuit

The trek starts from the subtropical zone and takes about a fortnight for the starters. The trans-Himalayan deciduous forest and the alpine area at the upper altitude are the main features of both routes. If we talk about a significant difference, the Annapurna circuit takes you to Manang and Thorong Phedi. Thus, it's more challenging than the Annapurna base camp trek.

The Annapurna Circuit short trek covers Lamjung, Manang, Mustang, and Mygdi. Lamjung and Myagdi offer magnificent green subtropical valleys with towns and terraced crops at a lower level. Manang and Mustang are higher in height, with Buddhists controlling the arid Tibetan terrain. Annapurna base camp trek lies within a Kaski district, although it covers the agroclimatic region and, ultimately, the alpine zone.

The walking trail for the short Annapurna circuit trek goes to the Annapurna base camp, which is reached after traveling through well-known ethnic Tamang and Gurung communities like Ghorepani, Dovan, and Deurali. The Annapurna Base Camp Trek takes you through high alpine settlements and to the vantage point of Poon Hill, while the Annapurna Circuit Trek takes you to high mountain passes and well-known places such as Muktinath.

Time to complete the treks

The Annapurna Trek is nearly twice as long as the Base Camp Trek. It takes over two weeks to complete the Annapurna Trek, i.e., about 19 days. Due to road upgrades, it may now be shortened Annapurna circuit trek 14 days, As a result, the Annapurna trip needs a bit of endurance and patience than the Annapurna Base Camp Trek. Conversely, the [Annapurna Base Camp Trek](#) may be done in 10 or 11 days. If the Annapurna Base Camp tour is combined with the Poon Hill trek, the total time spent on the mountain will be 14 days. On both terms, the daily trekking hour spans 5 to 7 hours.

Annapurna Trek Permit?

The best Annapurna circuit trek is considered one of the famous trekking routes covering varied natural landscapes and ultimately taking you to the upper alpine zone. Nowadays, it would be best to take a trekking permit to Annapurna as the Nepalese government implements it as a necessary protocol to conserve the environment. [Annapurna Trek](#) requires two types of permits: ACAP and TIMS.

Annapurna Conservation Area Entry Permit(ACAP) is necessary as the trekking route covers the Annapurna conservation area. Some portion of the Annapurna permit Cost goes to manage the Annapurna conservation area, Nepal's most significant.

Every traveler requires a Trekkers Information Management System(TIMs). It is implemented jointly by

the [Nepal Tourism Board \(NTB\)](#) and Trekking Agencies Association of Nepal (TAAN) to consider the safety and security of travelers.

Annapurna permit Cost:

TIMS costs per person are as follows:

Nationals of SAARC: NPR 600 (\$6)

NPR 3000, roughly \$25 for all other nationalities

For a foreign trekker, the fee for accessing the Annapurna Conservation Area or ANCAP permit is as follows:

Nationals of SAARC: NPR 200 (\$2)

NPR 2000, roughly \$20 for all other nationalities

It should be noted that these prices do not include the 13% VAT (Value Added Tax).

[Annapurna circuit Trek packing list](#)

Packing list careful consideration due to the varying climatic conditions and long duration of the trek. Essentials to pack include:

1. **Clothing:** Thermal base layers, trekking shirts, waterproof and windproof jackets, trousers, down jackets, pants, gloves, woolen hats, and neck gaiter.
2. **Footwear:** Sturdy, well-broken-in hiking boots, trekking socks, and sandals for evening wear.
3. **Gear:** Backpack, sleeping bag suitable for -20 degrees Celsius, headlamp, trekking poles, and water purification tablets.
4. **Toiletries:** Sunscreen, lip balm, quick-dry towel, toothbrush and paste, biodegradable soap, toilet paper, and wet wipes.
5. **First Aid and Medicines:** Band-aids, rehydration salts, anti-diarrheal pills, altitude sickness medication, and personal prescription medicines.
6. **Others:** Sunglasses, insulated water bottles, snacks like energy bars, cameras, and spare batteries.

Remember, the key is to pack light adequately to handle the weather conditions and terrain.

Why US

[MyEverestTrip](#) is a **Nepalese Travel and Trekking Agency** based in Kathmandu. We have been operating in different trekking regions for over a decade, traveling with hundreds of travelers worldwide.

With the pure intention to bring trekkers to Nepal's safety and comfort, we have an entire team of travel planners, guides, and porters. We also have connections to hotels and restaurant lines all over Nepal to ensure that our trekkers get the best possible facilities.

So, here is the reason why you should travel with MyEverestTrip.



Customize Your Itinerary:

We have designed a well-planned Itinerary for all travel destinations around Nepal. However, this Itinerary is customizable as per the needs and requests of our trekkers. Just let us know when and how long you are staying so we can arrange the rest.



Our Expert Guide:

Although all travel agencies claim to have a good guide, many are not informed about the place you are traveling to. However, MyEverestTrip has its licensed guide in Nepal. They have been working in this field for over three decades, collecting all the information about the place/ culture and learning to keep the travelers safe. Also, our guide is good at the English language. We can even hire a guide who can speak Chinese and other European languages for trekking in Nepal upon special request.



Fair and reasonable Cost:

MyEverestTrip has been known for its very economic trek packages in Nepal. You can compare the price we offer with any other travel agency in Nepal and only book with us if you are satisfied with our cost. We try to include all needed expenses during the tour so that you will not be overwhelmed with hidden expenses after the packages are booked.



Your safety is our priority:

Obviously, the safety of our trekkers and team is the utmost priority of MyEverestTrip. Our guide and porters who shall accompany you for the trip will have their insurance. We also encourage Travel insurance for our trekkers. Our treks and trips have been so designed that you only walk an appropriate distance. In any case of emergency, you will always have our back.



Responsible and Eco-Friendly

MyEverestTrip operates with the belief in responsible tourism. This includes

- We are transparent about the services covered on the trip. There shall be no hidden cost (informed in advance if there's any)
- We cover all the places promised before the trek (the trend of skipping places once you book the package has to be discouraged).
- All our guides and porters are above 18yrs. We highly discourage child labor in the tourism industry
- We do not leave any wastage behind on the trekking routes. We either dispose of the waste appropriately or carry it back with us and send it to the municipality
- We do not engage in any activities that affect the people in the trek places of Nepal where we stay.

Map



Contact Us

Head Office

Saat Ghumti Marg 3, Kathmandu 44600, Nepal

Email: info@myeveresttrip.com

Skype: [myeveresttrip](https://www.skype.com/name/myeveresttrip)

WhatsApp +9779851069558

Taiwan

Salik KC / 〇〇〇

Xinyi Road, Sec-2, Taipei City

Cell: [+886-909439712](tel:+886-909439712)

Romania, Germany, and Italy

[Deniela Schiopu](mailto:Deniela.Schiopu)

WhatsApp +40721971479

United Kingdom (UK)

Eddy Cota

WhatsApp: +447521762520

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