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Classical Annapurna Circuit Trek 11 Days

- Duration: 11 Days Days
- Max Altitude: 5416 m
- Destination: Nepal
- Trip Grade: Moderate
- Best Season: Autumn, Spring

Highlights

- Beautiful views of the Annapurna range and Dhaulagiri Mountain
- Mountains including Mt. Annapurna II, Mount Annapurna IV
- Chance to interact with diverse ethnic communities, including Gurungs, Thakalis, and Manangis.
- Natural hot springs of Tatopani
- Opportunities to see rare animals, including snow leopards, colorful pheasants, and diverse flora in the Annapurna Conservation Area.
- Explore Lower mustang (Muktinath , Jomsom and Marpha Tuckuche Village)

Overview

The Classical Annapurna Circuit Trek 11 days is one of Nepal's famous trekking routes, attracting thousands of visitors each year in the Annapurna region. The route covers the Annapurna region, including crossing Thorong La Pass (5,416m), visiting Muktinath temple, and refreshing in the hot springs of Tatopani is truly adventurous for you during the Annapurna Circuit trek.

The trek takes you from 800m to 5,416m altitude, passing rice paddy fields, tropical forests, rural farming, and glacial zones. The Annapurna Circuit trail provides:

- Stunning views.
- A variety of temperature regions.
- Long hours on foot.
- The welcoming hospitality of the Nepalese people and mountain villages.

On your classical Annapurna circuit trek of 11 days, you will be pleased with the different Mountain views, including Mt. Dhaulagiri, Mt. Annapurna I, Mt. Annapurna II, Mt. Annapurna III, Mt. Annapurna IV, Mt. Annapurna south, Mt. Nilgiri, Mt. Lamjung Himal, along with the Tukucho Peak, and Tilicho

Peak.

Day 1

Drive to Dharapani from Kathmandu - 8 to 9 hours

Your journey to the classical Annapurna circuit trek starts with driving from Kathmandu to Dharapani(1860m/6102ft). During the driving hour, you'll pass through natural landscapes on winding roads, rolling hills, and valleys. On the road, you'll see the view of traditional Nepalese communities and agricultural fields.

The closer you get to the Dharapa, the air provides clean air, and the surroundings become enchanting. The villages reflect the Nepali people's character, with simple yet finely created houses and colourful religious flags.

After the 7 to 8 hours of drive, you'll reach Dharapani, which is nestled among the mountains, providing warm hospitality and a traditional way of living. Overnight at Dharapani.

Day 2

Trek to Chame - 6 hours

We have included:Accommodation, Breakfast, Lunch, and Dinner.

On our Annapurna circuit itinerary, your trek begins from Dharapani. You'll trek to Chame(2650m/8694ft). The trek leads you through a world of natural beauty and breathtaking views to enjoy the Himalayas' pure beauty.

The route is not just a physical struggle, but it is a spiritual and mental trek through emotions, difficulties, and discoveries. The route to Chame is both pleasant and difficult, a bit with rocky hills, crossing the wooden bridges and passing beautiful tea houses. The trek takes 6 hours. Overnight at Chame.

Day 3

Trek to Upper Pisang - 5 hours

We have included:Accommodation, Breakfast, Lunch, and Dinner.

Your journey to the Annapurna circuit starts by moving to Upper Pisang(3300m/10827ft) from Chame on your third day. The trek to Upper Pisang begins with an exciting climb through green forests and the view of the amazing Annapurna and Lamjung Himalayan mountains.

The unique buildings and colorful culture of the village provide a look into local life, creating a pleasant atmosphere for the days ahead. The trek takes 5 to 6 hours. Overnight at Upper Pisang.

Day 4

Trek to Manang Valley - 5 hours

We have included:Accommodation, Breakfast, Lunch, and Dinner.

Manang(3519m/11545ft) is your fourth-day destination. You'll trek after Upper Pisang through Geru.

From Geru, you'll see the amazing view of the Mountains on your north side, including the Annapurna II, Annapurna III, Annapurna IV, Gangapurna, Tilicho, and Pisang Peak.

Manang village is a memorial to the lasting spirit of human settlement in difficult surroundings. Its architecture reflects an in-depth understanding of the unique qualities of the region.

The trek to Manang is an adventure journey that immerses you in nature and human beings. The village's unique traditions and way of life are a living connection to a heritage passed from one generation to another. The trek takes 5 to 6 hours to reach Manang from Upper Pisang. Overnight at Manang Valley.

Day 5

Rest day in Manang

We have included:Accommodation, Breakfast, Lunch, and Dinner.

On your fifth day, you'll have a rest day in Manang. Resting at Manang isn't just for physical recovery but also an opportunity to acclimatize to the altitude. Although it is your rest day, you'll be busy all day exploring the Manang.

On your day at Manang, you'll explore Gangapurna Lake and Bhojo Gumpa, along with the stunning views of Annapurna III, Tilicho, and Chulu peaks. After visiting different places during the day, you'll visit the Himalayan Rescue Association for some information regarding altitude sickness, which will help you for your further journey. Overnight at Manang.

Day 6

Trek to yak Kharka - 4 hours

We have included:Accommodation, Breakfast, Lunch, and Dinner.

After Manang, you'll journey will go towards Yak Kharka. As you trek towards Yak Kharka(4018m/13118ft), you'll pass through Tenki village, then move towards Marshyangdi Valley northwest to Jar Sang Khola Valley. After trekking for a while, you'll reach the village of Gunsan, where houses are made of flat mud roofs.

After passing from the Village Gunsan, you'll cross a wooden bridge and then step to the Yak kharka village after 3 to 4 hours of trek.

Day 7

Trek to High camp to Thorong Phedi

We have included:Accommodation, Breakfast, Lunch, and Dinner.

As per our Annapurna Circuit itinerary, on your seventh day, you'll be held towards High Camp (4800m/15744ft) and Thorong Phedi(5416m/17769ft) through Yak kharka. To reach Thorong Phedi, you'll trek down to Marshyandi and reach High Camp, and after High Camp, you'll reach Thorong Phedi.

The trek from Thorong Phedi to High Camp is an exciting, high-altitude experience with amazing views and physical difficulties. The route is difficult but rewarding, with breathtaking views. The trek is more than just climbing; it's about self-discovery, connection with nature, and adventure. Overnight at Thorong

Phedi.

Day 8

Crushing Thorong La pass and Muktinath

We have included:Accommodation, Breakfast, Lunch, and Dinner.

Today's trek is your memorable trek; you'll trek towards Muktinath through the highest point of the trek, Thorung La Pass. The trek from Thorung La Pass to Muktinath is a challenging trek but also worthwhile.

The Thorong Phedi to [Muktinath trek](#) is the most challenging part of the Annapurna circuit trek, covering 16.4 kilometers or 10.1 miles. The trek ascends 966 meters to Thorung la Pass and descends 1656 meters to reach Muktinath. The highest pass in the Annapurna conservation area, Thorung La Pass, offers a variety of climates, scenery, and culture. Overnight at Muktinath.

Day 9

Drive to Tatopani 6 hours

We have included:Accommodation, Breakfast, Lunch, and Dinner.

On the next day, your early morning hike starts by visiting the Muktinath Temple and starts your drive towards Tatopani(1190m/3904ft). During the drive, you'll pass through the amazing environment in the route as you'll pass through rid highlands to lush green forests.

After reaching Tatopani, known for its natural Hot spring water, you'll immerse yourself in it and relax for a while. You'll reach Tatopani from Muktinath after 6 to 7 hours of the drive. Overnight at Tatopani.

Day 10

Drive back to Pokhara.

We have included:Accommodation, Breakfast, Lunch, and Dinner.

After exploring Tatopani, you'll drive back to Pokhara from Tatopani. During return me, you'll recreate all your trekking journey's time. After reaching Pokhara, you can explore the beautiful Phewa Lake and another part of the beautiful city of Pokhara. Overnight at Pokhara.

Day 11

Back to Kathmandu

On your eleventh day, you'll drive back to Kathmandu after the amazing Classical Annapurna Circuit 11-day trek journey. Overnight at Kathmandu.

What To Expect?

What's included

- Meals on the entire board (breakfast, lunch, and dinner) during the whole trekking
- Kathmandu - Dharapani Drive by local bus or by Jeep & Pokhara - Kathmandu by tourist bus or by car/ Flight up to your request
- Trekking map
- An experienced Government license holder guide
- Trekking porter/Sherpa who will carry your bags during the trekking. (2 persons 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

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

FAQs

How long does it take to trek the Classical Annapurna Circuit?

The classical Annapurna circuit trek takes 11-22 days, depending upon the route you take.

How difficult is the Classical Annapurna Circuit trek?

The Classical Annapurna Circuit Trek is neither too tough nor too easy; however, if you are physically and mentally fit, then you'll not have much difficulty during the trek.

Can I do the Classical Annapurna Circuit trek alone?

It is possible to trek in the Classical Annapurna circuit alone, but we recommend having a guide and a porter so as not to have problems during your trek and for a comfortable trek.

Can children do the Classical Annapurna Circuit trek?

Children under 7 years old are not recommended to trek in the Classical Annapurna Trek as the trek is too difficult for the children, and there is a high chance of altitude sickness among children.

Can you see Mt Everest from the Classical Annapurna Circuit Trek?

It is not possible to get the view of Mount Everest from The Classical Annapurna Circuit trek as Mount Everest is on another side and far from the Annapurna Circuit.

Which is harder, Annapurna Circuit or Annapurna base camp?

Annapurna Circuit is regarded as harder than Annapurna base camp, as Annapurna Circuit is longer and more challenging than the ABC.

Which is harder, the Annapurna circuit trek or the Everest base camp?

The Everest Base camp trek takes you to a higher altitude level, which that is why the EBC trek is considered harder than the Annapurna Circuit trek.

Additional Information

Classical Annapurna Circuit Trek Difficulty

The classical Annapurna Circuit trek is considered a moderate level of difficulty as it is neither too hard nor too easy. If you have a moderate level of physical fitness, you can complete this trek.

But remember, you have to trek daily for 4 to 7 hours for ten days and do high-altitude trekking, so you need to be physically fit. Several factors contribute to the [Annapurna Circuit trek's difficulty](#), including:

Altitude sickness

One of the major difficulties most trekkers face during the Classical Annapurna Circuit trek 11 days is altitude sickness due to the high altitude trek. You'll pass through the route, which will be more than 50,000 meters.

The higher you climb, the more you'll feel altitude sickness due to reduced oxygen levels, with symptoms including headaches, nausea, and fatigue. Proper hydration and acclimatization during the Annapurna trekking trails are important to reduce the chance of altitude sickness.

Steep ascents and descents

The geography of the Annapurna Circuit hike provides another difficulty. The route includes steep ascents and descents that put pressure on muscles and joints.

You must be physically strong and have the stamina to handle these difficult geographies. Difficult routes need careful foot placement and a great awareness of the surroundings in Annapurna circuit sites to avoid accidents or injuries.

Unpredictable weather

Unpredictable weather on the Annapurna Circuit trail adds to the difficulties of the trek. The trek crosses several climate zones, from lush subtropical forests to alpine landscapes.

You must be prepared for sudden weather changes, including temperature drops, rain showers, and even snowfall in higher elevations. Adapting to these changes requires the use of appropriate equipment and clothes to ensure comfort and safety during the trek.

Is Altitude Sickness A Risk on Classical Annapurna Circuit Trek?

Due to the rapid elevation change during the [Annapurna Circuit Trek](#), altitude sickness is a major risk on the Classical Annapurna Circuit trek.

Even experienced and fit trekkers will be challenged by the trail's steep ascents and high passes. Many trekkers who have hiked the Annapurna Circuit experience symptoms of altitude sickness, especially at higher elevations.

Altitude sickness is a major concern for trekkers during the Annapurna trail. Altitude sickness is an actual risk due to the trek's difficult heights and quick elevation changes.

However, with careful preparation, progressive acclimatization, and careful self-care, you can reduce these challenges and enjoy the amazing Annapurna massif of the Annapurna region.

Can a beginner Trek the Classical Annapurna Circuit Trek 11 Days?

The Classical Annapurna Circuit is considered the suitable route for beginners, but success depends on an effective plan. To prepare yourself for the trek, you must analyze your physical health and mental preparation.

Regular exercise and preparation can improve physical stamina, but mental stamina is required for a successful Annapurna circuit. Mindfulness, visualization, and having a good attitude can all help with mental stamina.

The route includes various altitudes, landscapes, and weather patterns, so being flexible and well-equipped is important if you are a beginner in the Classical Annapurna Circuit.

What is the hardest part of the Annapurna Circuit?

Thorong La Pass:

[Thorong la Pass](#), situated at an elevation of 5,416m, is the highest altitudes of the Classical Annapurna Circuit trek and also the hardest part of the Classical Annapurna Circuit 11 trek due to its high altitude.

Thorong la Pass indeed provides the breathtaking beauty of the Himalayas but also requires physical and mental strength because of its high altitude level.

The journey to the Thorong La Pass involves trekking through many climate zones. You have to travel from subtropical forests to alpine landscapes, requiring gradual altitude acclimatization during the trek, which makes your trekking journey more exciting as well as hard.

The journey to Thorong La Pass is a challenging trek and difficult journey that challenges even experienced travelers. High climbs, rough routes, and variable weather patterns make the trek hard. You have to deal with these challenging situations while keeping your physical and mental strength.

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



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