



Annapurna Circuit Trek

Annapurna Circuit Trek Overview

- Duration: 17 days
- Activity: Trekking /Tour
- Max. Altitude: 5416 meters.
- Average walking: 8km (Per day)
- Accommodation: Tea House
- Trekking days: 10 days
- Transport: Road and Air
- Group size: 1-12 person
- Difficulty: Moderate-Difficult
- Region: Annapurna Conservation Area.

Introduction

Annapurna circuit trek is one of the most popular and beautiful trekking trails in the Himalayas. Road and air connectivity change the classic features of trails but make them more accessible and safer for trekkers. The magnificent view of the Annapurna range, high pass, unique culture, landscape, apple orchards, and people's lifestyle are the key attractions of this trek. Throng-La (5416m) pass is one of the world's highest challenging passes between Kali-Gandaki and Manang valley, the highest point of Annapurna Circuit Trek. This is one of the best trekking trails in Nepal for scenery, cultural and geographic diversity.

A minimum of 12 days is enough for Throng-la to pass and fly to Pokhara. If you like to extend trekking days, there are multiple trekking side trails. It takes more than 21 days to trek the entire Annapurna circuit, but you can customize your trek as your holiday duration.



Image: Kagbeni Town.

important Note

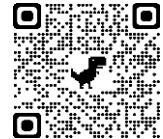
This itinerary may change at any time due to bad weather, natural disaster, authority rules and regulation and other circumstances beyond our control.



TRIP ITINERARY

Day: 1	Arrive in Kathmandu: + Schedule your flight as your itinerary of Trek. Our Guide or Driver will pick you up and drop in hotel. He will brief about your next day schedule.
Day: 2	Kathmandu sightseeing and trek Preparation. As per the plan, our guide will pick up for city sightseeing. Three major Kathmandu heritage sites, Baudhanath, Pashupatinath, and Kathmandu Durbar-Square are scheduled for this day. After sightseeing trekking guide check your trekking equipment recommend necessary gear items to add on list and brief about the next day activities.
Day: 3	Drive to Tal (1700m): 9-10 hours' drive. We start driving after breakfast from Hotel, following the road to Pokhara along the Trisuli river. At Dumre, we change track and go north to Besi Sahar, following northwards of Marsyangdi river. Besi Sahar to Tal is a bumpy drive prepare yourself for that. Continue, following northwards of Marsyangdi river with beautiful forest on the way we pass through Syange, Jagat, Chamje village. Tal is a lovely village alongside the river with a huge waterfall.
Day: 4	Trek Tal to Danaque (2190m): 5-6 hours. Continuing our first-day trek alongside the Marsyangdi river with a dramatic section of carved road on the other side of the river on the rock wall. Crossing the bridge at the trail's end takes you to the other side of the road. Following the main road led to Dharapani, where authorities check your permit. Walking through the forest and beside gravel roads for around 3 hours takes to get beautiful small village surrounded by high hill Danaque.
Day: 5	Trek Danaque to Chame (2670m): 5-6 hours walk. Starting the day with gently climbing northwards trail led to the small village Timang in between the jungle. After you reach the top of the Timang, the trail goes up and downs to the old town of Thanchowk on a ridge, which is worth seeing. Follow the road trail for about an hour to reach Koto, which is best for lunch and tea breaks. 30-45 minutes straight walk alongside the river, you will be at headquarter of Manang-Chame.

<p>Day: 6</p>	<p>Check-in Manang valley and overnight in Pisang (3200m).</p> <p>Walking through a deep gorge and slowly entering into high elevation, you experience a dramatic change in scenery. Beautiful apple orchards on the riverbank in Bhratang in between an alpine forest and a carved road out of a vertical rock wall high above the river beyond Bhratang make the trek memorable. Follow the trail and take in the spectacular view of the steep polished enormous rock called Swarga Dwari “gateway to Haven”, offering you a spectacular view. Cross the river on a suspension bridge and climb up through a dense forest trail led to the small settlement of Dhukar Pokhari, best for lunch and a view of Manang valley. From here, 45 minute Straight forward road between forest take you lower Pisang.</p>
<p>Day: 7</p>	<p>Trek to Manang (3540m) via Gyaru and Ngawal:</p> <p>After breakfast passing through the long Mani wall and crossing the suspension bridge trail, start climbing straight up to the typical village Gyaru. Overlooking the valley with perfect views of Annapurna II, IV, and III, Gyaru is ideal for brief rest and taking pictures. With an excellent view over the entire valley trail, continue straight to the west, leading you to the village of Ngawal. Fuel up for a further walk in Nagwal and a short descent and gentle walk around an hour join to main road at Munchi. Trek continues alongside fields and passes through the old village of Braga; this will take around an hour to Manang from Munchi.</p>
<p>Day: 8</p>	<p>Acclimatization Day in Manang (3540m).</p> <p>Today is rest and acclimatization day in Manang. Spend enough time for rest in bed, and after breakfast, short 3 hours hike around Manang is the best to learn about Manang. Crossing Marsyandi river, it is an hour's walk up to the Gangapurna glacier lake. This is perfect for closer looks at Gangapurna, Glacier Lake, Manang valley, and other surrounding mountain views.</p>
<p>Day: 9</p>	<p>Trek Manang to Leder (4200m).</p> <p>Today is the shortest walk of the entire trek. Only around 2 hours walk is enough to get to Throng Phedi. Altitude makes it quite difficult while climbing the trail. After crossing a small river on the way climbing there is 2 landslide area before reaching Throng Phedi. Step gently at the landslide area and follow your group member. Throng Phedi is the base for the throng-La pass so prepare yourself for the next day's long and high pass.</p>



<p>Day: 10</p>	<p>Trek Leder to Throng Phedi (4450m).</p> <p>Today is the shortest walk of the entire trek. Only around 2 hours walk is enough to get to Throng Phedi. Altitude makes it quite difficult while climbing the trail. After crossing, a small river on the way climbing there is 2 landslide area before reaching Throng Phedi. Step gently at the landslide area and follow your group member. Throng Phedi is the base for the throng-La pass so prepare yourself for the next day's long and high pass.</p>
<p>Day: 11</p>	<p>Cross Throng-La Pass (5416m) and trek to Muktinath (3760m).</p> <p>Start climbing early morning with the necessary gear items. This is a challenging day of Trek. Almost 7-8 hours to walk in highlands is not an easy task. It takes a steep climb of an hour to get to High Camp, and after around 25 minutes, you will reach a little iron bridge. Climbing multiple small ridges slowly takes almost 3 hours to reach Summit (5416m). At the summit, you will see some prayer flags and a small board with “Throng-La 5416m) written on it. Spend a short time on the pass and celebrate your achievement with group members. Ready yourself long descent of 1600 meters to Muktinath.</p> <p><i>(Note: in case of heavy snow fall and bad weather condition, it's better to stop overnight in Phedi and try to cross next day.)</i></p>
<p>Day: 12</p>	<p>Trek Muktinath to Kagbeni (2810m).</p> <p>After breakfast, visit the temples and monasteries of Buddhists and Hindus in Muktinath. Continuing walking, we cross the Jhong Khola and climb up to Jhong, a Small ancient village of Mustang famous for its old monasteries and landscape. Passing wind-eroded cliffs, we continue to follow the trail to Kagbeni. Kagbeni is best for exploring Tibetan Buddhism and its lifestyle.</p>
<p>Day: 13</p>	<p>Trek Kagbeni to Jomsom (2760m).</p> <p>Follows the southwards of Kali Gandaki River early in the morning; there are strong winds after 11 clocks. 3-4 hours straight walk alongside the river, passing through Ekle Bhatti – a small tea house; you will see Jomsom on the riverbank of Kali Gandaki in 30 minutes. Enjoy your last trekking day in Mountains.</p>



Day: 14	<p>Fly Jomsom to Pokhara and Rest Day in Pokhara (820m).</p> <p>Early morning, we fly to Nepal second biggest Pokhara city. Flights take around 20-25 minutes and fly between highest mountain Annapurna and Dhaulagiri. We check in hotel, rest and walk around Phewa lake.</p>
Day: 15	<p>Tour in Pokhara.</p> <p>Short drive from the hotel and visit International Mountain Museum (IMM). IMM is best for knowledge about the Himalayas, and the cultural lifestyle of the people of the Himalayan region. 2 hours is enough to explore the museum. From IMM short drive to visit Devi's Fall and Tibetan Refugee settlement. Tibetan refugee camp monastery and Museum offer you a vast knowledge of Tibetan lifestyle and culture. Another short drive to World Peace Pagoda. Which is a good viewpoint of the Pokhara, lake, and Annapurna ranges. Short hike from stupa to Phewa lake and take a boat across the lake.</p>
Day: 16	<p>Fly back to Kathmandu.</p> <p>Fly back to Kathmandu. Good weather offers you an excellent view of the mountains. Check-in hotel, rest, and shop. Your guide will update you about the next day's schedule.</p>
Day: 17	<p>Final Departure:</p> <p>Our office staff will drop you in airport 3 hours before flight schedule.</p>



What's included

- ✓ 3 nights' in Kathmandu and 2 nights' in Pokhara 4 stars hotel. Tea houses on sharing basis during trek.
- ✓ All listed transport and activities.
- ✓ Breakfast – Lunch – Dinner during Trek.
- ✓ Trekking permit and national park fees.
- ✓ Arrival and departure transfers.
- ✓ Experienced Trekking guide and other support staff.
- ✓ Flight ticket Jomsom – Pokhara;
- ✓ Flight Tickets Pokhara to Kathmandu.
- ✓ Proper Insurance of all local staff including porters.
- ✓ Entry fees in Heritage site in Kathmandu as per itinerary.

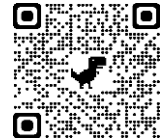
What's not included

- ✗ Personal Travel and Medical Insurance.
- ✗ Personal Trekking Gear and Equipment.
- ✗ International flight tickets.
- ✗ Lunch and Dinner in Kathmandu.
- ✗ Lunch and Dinner in Pokhara.
- ✗ Visa fees and vaccination

Annapurna Circuit Trek Elevation (In Meter)

ANNAPURNA CIRCUIT TREK ELEVATION (IN METER)





Essential Information

WEATHER

Nepal is mainly temperate, with four main seasons. Mostly, the tourists come in the autumn peak season (late September and late November), when the sky is clear and it is neither too cold in the mountains nor too hot in the Terai. There is the dry season from October to May and the wet season (the monsoon) from June to September. In summer (May to September), Kathmandu can get very hot, with temperatures often above 30 degrees Celsius. Even in winter (October to April), the bright sunny days usually reach 20 degrees Celsius, although at night the temperature may fall to near freezing.

From October to November, the start of the dry season, is the best time. With the monsoon finished and a clear sky, the countryside is green and lush. Usually, the temperature is low and visibility is excellent for trekking in the mountains. From December to January, the climate and visibility are good, although it's very cold. From February to April, the second-best time to visit. The weather gets warmer, so high-altitude hiking is easier. During this season, Nepal's national flower, rhododendrons, and many other flowers are in bloom, so there's plenty of color to be seen along the trekking trails.



Note: Note: This is just a sample and not for an advertisement.



Visas

All nationalities require a visa for Nepal. For nationals of most countries, multiple-entry Nepal tourist visas can be obtained on arrival at Tribhuvan International Airport (Kathmandu) for tourists. Tourists who enter by land can obtain a visa at the border check post. You are also allowed to receive a visa issued by a Nepalese Diplomatic Mission prior to your departure from home.

At the airport, while you can use different modes of payment (at the visa fee collection counter), we advise you to carry some cash to be on the safe side.

On Arrival Visa Fee

- ➔ 15 Days – 30 USD.
- ➔ 30 Days – 50 USD.
- ➔ 90 Days – 125 USD.

Note: Some countries tourist on arrival visa is not accepted by immigration authority, consult or check on Nepal immigration website for details.

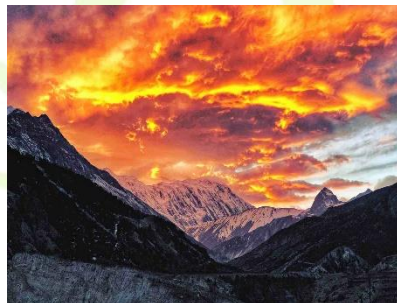
Drinking Water

The most important thing is to be cautious about drinking water, particularly tap water. It's not safe to drink water from the tap or without purification. Bottled water is available everywhere and is safe to drink, but it's not eco-friendly. In trekking, you can use boiled water as an alternative, which costs an extra per liter.

The best way is to purify the tap water yourself using iodine or handheld UV filters such as a "SteriPEN". Before using these tools, make sure to check the product's performance in cold or freezing conditions and battery life (lithium batteries are best in cold conditions). For more than four people in a group, we arrange water filter bags. Our staff will fill your bottles with water before you start the trek and at each stop point to reduce plastic bottle use.



Mountain Range on the way to Annapurna Circuit.





What to Bring

In Kathmandu, the weather is pleasant year-round, but in winter, the temperature drops below 7 degrees Celsius at night, so it's warm clothes weather, nothing worse. During the monsoon, you'll need a raincoat or umbrella as it usually rains daily in the Kathmandu valley and Pokhara. If you are planning on trekking and hiking in the mountains, Jackets and sleeping bags are required; most tea houses provide blankets, but not enough during peak times. Walking shoes are appropriate for short and easy treks, whereas good walking boots are required for high-altitude treks such as Everest Base Camp and the Annapurna Circuit. Most clothing is readily and cheaply available in Nepal. You can also rent equipment for a particular purpose in Kathmandu or Pokhara. Money exchange centers accept major global currencies, and Indian rupees are accepted in Nepal if you enter through an Indian border post. Major international payment cards can be used in Nepal for paying bills, although you should inform your bank before entering Nepal. However, we advise you to carry some cash in an emergency.

Personal Equipment

Before starting the trek, Imperial Expedition will provide a duffle bag (kit bag) to pack your personal equipment necessary for the trek. These bags are designed to be carried comfortably by our porters or yaks, so you can leave your personal bag at the Kathmandu hotel. But you should carry your own backpack during the trek. A backpack can be used to carry your valuable items and documents and necessary items during hiking. We recommend keeping your kitbag under 14 kg (30 lb.) because it will be carried by porters on the trek.

Here is list of items to pack before start your trip:

- ✓ Couples' passport size photos
- ✓ 4-season sleeping bag
- ✓ Down or feather jacket
- ✓ water bottles
- ✓ Waterproof walking boots
- ✓ Waterproof jacket and trousers
- ✓ Gaiters for winter and spring season
- ✓ Trainers/sandals for the evening
- ✓ Warm hat Towel
- ✓ Head torch
- ✓ Plastic bags (bin liners)
- ✓ Toilet paper
- ✓ Trekking pole(s)
- ✓ Universal plug adaptor
- ✓ Scarf/Buff
- ✓ Warm gloves
- ✓ Several pairs of walking socks
- ✓ Tracksuit or thermals
- ✓ Mid layer (fleece)
- ✓ Light to mid-weight trousers
- ✓ Shirts, t-shirts, base layers
- ✓ Sunhat, sunglasses, sunscreen
- ✓ lip salve with sun protection
- ✓ Small personal first aid kit
- ✓ Hand washing gel
- ✓ Biodegradable soap/shampoo
- ✓ Solar charger/spare batteries
- ✓ power bank



Accommodation and Meals

This trip includes a standard hotel in Kathmandu as per the day's mention in the itinerary. Hotel information and details are shared after your booking confirmation. If you're staying at your private hotel, your hotel charges in Kathmandu will be deducted from your trip cost. Your trip is designed based on sharing a room in Kathmandu and during trekking. If you want a single supplement, an extra charge is applicable. Accommodation during the trek is all set by the agency.

Your guide will brief you about guesthouses and lodges. Local people run most lodges and guesthouses along the trekking route. The choice of foods is not as available as in Kathmandu city. You should eat lunch and dinner at the Lodge and guest house once you check in for an overnight stay. Outside food and drinks are mostly not allowed in local lodges. Hot water is not available regularly, but hot water or hot showers are available on request in some places. It's a good idea to bring your sleeping bag to protect against bedbugs and the cold.



Note: The products shown in the images are just examples.



Acute Mountain Sickness (AMS) information

Low oxygen levels and reduced air pressure at high altitudes are the main contributors to acute mountain sickness. Acute mountain sickness is more likely to strike the faster you ascend to a high altitude. To avoid high altitude sickness, you should descend to a lower altitude. This sickness is common at altitudes of more than 2500 meters high, the best cure for this sickness is descend to a lower altitude than taking medicine. In the event of negligence and a delay in rescue from a high elevation, this illness could be fatal.

Early Symptoms (AMS)

✘ Loss of appetite.	✘ Dizziness
✘ Nausea	✘ Fatigue
✘ Headache	✘ muscle aches

Severe Symptoms (AMS)

✘ Severe headache	✘ Vomiting.
✘ Lack of coordination	✘ Walking like drunk
✘ Altered mental State	✘ Severe Fatigue
✘ Shortness of breath	

Preventive Measure of AMS

- ✘ Slow and gradual ascent.
- ✘ should not exceed 300-500 meters per day ascent.
- ✘ Acclimatization after every 1000 meters Ascent.
- ✘ Drink plenty of water.
- ✘ Avoid flying directly to the high altitude.

If you think you have altitude sickness

- ✓ stop and rest where you are.
- ✓ do not go any higher for at least 24 to 48 hours.
- ✓ make sure you're drinking enough water.
- ✓ if you have a headache, take ibuprofen or paracetamol.
- ✓ if you feel sick, take an anti-sickness medicine.