

10 Days Annapurna Circuit Trek

Facts

Destination: Nepal

Trip Difficulty: Strenuous

Trip Style: Lodge to Lodge Trek

Transport: Public Vehicle

Food: Breakfast + Lunch + Dinner

Accommodation: Hotel + Teahouses + Lodges

Group Size: 2-20 Pax Max

Max Elevation: 5416 meters





Annapurna Circuit 10 Days Trek is a short itinerary package for trekkers with limited time. It is shorter than the standard [Annapurna Circuit Trek](https://www.marveladventure.com/annapurna-circuit-trek) (<https://www.marveladventure.com/annapurna-circuit-trek>) but covers the major destinations, providing trekkers with a once-in-a-lifetime experience. Trekkers will not miss any experience of this region's beauty, including the people's nature, culture, tradition, cuisine, and lifestyle.

10 Days Annapurna Circuit Itinerary is the shortest route to explore the [Annapurna region](https://www.marveladventure.com/annapurna-trekking) (<https://www.marveladventure.com/annapurna-trekking>) and its people, place, [culture, and lifestyle](https://www.marveladventure.com/people-and-culture-of-annapurna-region) (<https://www.marveladventure.com/people-and-culture-of-annapurna-region>). The trek takes you the high-altitude pass, Thorong La Pass to the lowlands of Pokhara, where you will experience diverse natural richness and cultural beauty. Exploring the Himalayan beauty of the Annapurna Region, **Gurung & Thakali People** and mixed Tibetan culture, natural streams, waterfalls, and dense forest of Rhododendron and Junipers are some notable highlights of Annapurna Circuit Trek. Here are some things you should know before heading towards this region.

Why is This Itinerary Short?

Usually, the standard Annapurna Circuit Trek comprises around 16 days or even more. However, some packages are bound to just ten days. Especially if the trekkers have limited time to explore the Annapurna region, they can opt for this package. But it does not mean they will miss the major destinations during the journey; they can still make the trek enjoyable by exploring the places like Chamje Waterfall, Tal Village, Upper Pisang, Manang, Yak Kharka, Thorong La Pass, Muktinath, and Pokhara.

On our standard Annapurna Circuit trek itinerary, we will reach Chame on day four, but in this 10 days itinerary, we directly drive to Chame from Kathmandu on day one. Other routes from



Chame to Muktinath are the same as the standard 16 days itinerary. Similarly, on this 10 days Itinerary, we will take a local bus to Pokhara from Muktinath, which skips another 3 days and makes the route shorter.

Is 10 Days Annapurna Circuit Trek For You?

Since the 10 Days of Annapurna Circuit Trek requires physical and strong determination, trekkers with a background in hiking through remote destinations can find it more aligning. If you have prior trekking experience, you can easily opt for this trekking route.

Physical ability is a must since most parts of the Annapurna region are remote and rocky. The trails are rugged and seasonable, so walking through these natural builds can be physically demanding. Besides, the most important thing you should consider is altitude. So if you need help with altitude, you better prepare yourself through prior trekking to high altitude and prepare accordingly. That said, you can still manage to create an enjoyable experience through the support of your guide.

How Difficult is this 10 Days Trek?

Annapurna Circuit Trek, 10 Days package, is moderately difficult. This includes 6-8 hours of walking that requires solid physical endurance and stamina. Similarly, a positive mentality is a must, as the physical demands of this trek can be exhausting.

First, this package comprises a multi-day itinerary, which includes hours of hiking through rocky and sloppy landscapes. Besides, it takes you to one of the highest passes in Nepal, **Thorong La Pass, at 5416 meters**, where you are prone to altitude sickness. The next is that this trek requires extensive research and preparations accordingly so that you can make it more handy and enjoyable. Furthermore, the weather conditions and rugged routes can



make this trek strenuous.

When is the Perfect Time?

If you are looking for the perfect time to go for 10 Days Annapurna Circuit Trek, the **Autumn (September-November)** and **Spring (March-May)** seasons are the best. During this time, the weather is comparatively stable and clear, with lesser clouds. This allows you to have a transparent view of the Himalayas in the north and the local settlements around the Annapurna region.

Similarly, the temperature is mild and friendly, with **less probability of rainfall and snowfall** at this time. This will help you navigate through the remote routes of the Annapurna region easily. Besides, you can look deeper into the Nepalese culture and tradition as major festivals like **Dashain, Tihar, Nepali New Year**, and others fall in the Autumn and Spring seasons.

What Are Permits Needed For Annapurna Circuit Trek?

Annapurna Circuit is located inside the [Annapurna Conservation Area](https://dnpwc.gov.np/en/conservation-area-detail/68/) (<https://dnpwc.gov.np/en/conservation-area-detail/68/>), so you are not allowed to enter the premises without permission. The main motive for permits is based on conserving the wildlife and plants in the region. Annapurna Conservation Area is a sanctuary of many endangered animals and plant species, such as **Snow Leopard, Blue Sheep, Himalayan Tahr**, and many others.

While you embark on our 10 Days Annapurna Circuit Trek Itinerary, you will need permits like **Annapurna Conservation Area Permit (ACAP)** and **TIMS Card** to enter this area. You can obtain these licenses from the Tourism Board in Kathmandu, where you must submit



documents like **Photographs, copies of your visa, and travel documents.**

You have to pay around **NRs. 3,000 per person** per entry (for foreign trekkers) to get Annapurna Conservation Area Permit. If you are from SAARC countries like India, Sri Lanka, Bangladesh, or Afghanistan, you only have to pay **NRs. 1,000 per person per entry.**

Besides, you don't have to pay anything or would not need a permit for trekking in Annapurna Circuit if you are under 10. Furthermore, your charge for **TIMS Card** (Trekking Information Management System) is **NPR 2,000**, which you can only get through local trekking companies

What To Consider Before Planning Annapurna Circuit Trek?

Preparation is essential since Annapurna Circuit 10 Days trek lasts several days, and your physical, mental, and other capacity matters the most during the journey. You can complete the trek with more enjoyable memories with proper preparation and planning. Here are some aspects where you should put effort into planning before your Annapurna Circuit Itinerary 10 Days package.

Physical Fitness:

With physical endurance, Annapurna Circuit Trek will be easier to embark on. The reason is simple; the trek is a multi-day package featuring several hours of hiking in the sloppy and rocky terrains of the remote areas of the Annapurna region. It means the **trek is physically challenging**, and you must have a strong physical condition to make it enjoyable.

Cardiovascular exercises



like jogging, cycling, and **swimming can help improve your endurance**, so it's better to focus on the workouts.

Altitude Sickness:

Altitude sickness can be a serious problem during your hike in Annapurna Circuit. You will reach one of the highest passes in the world, Thorong La Pass, at 5416 Meters above sea level. And it is where you are prone to altitude sickness and other illnesses like **HAPE (High Altitude Pulmonary Edema)** and **HACE (High Altitude Cerebral Edema)**.

You must train yourself physically and your lungs to get rid of altitude-related illnesses. Acclimatization is the best way to prevent health hazards at high altitudes. Similarly, you should take precautions and take safety measures; **carry oxygen supplements** while hiking through the high altitude regions in Annapurna Circuit. Besides, you should drink plenty of water and **avoid alcohol, caffeine, and tobacco** to be strong enough to continue the trek.

Packing:

Preparation with the packing list is essential before embarking on Annapurna Circuit 10 Days trek. Be aware of the Annapurna region's weather and climate and pack accordingly. The most common packing list includes **warm thermal clothes** (inner and outer layers), **windproof/waterproof jackets, sleeping bags, sturdy hiking boots, trekking poles, gloves, hats, sunblocking materials, and first aid kits**.

Permits:

As mentioned above, you must obtain permits to enter the Annapurna region. You have to pay certain fees to Tourism Board in Kathmandu and get Annapurna Conservation Area Permit and TIMS Card to avoid any permit trouble during the journey.

Accommodation:

Be mindful of the logistics before you embark on the Annapurna Circuit trek. Before reaching that, you should know what accommodation facilities are available in the region and pre-book the services. Remember, accommodation can be very challenging during the peak seasons of Autumn and Spring. You might need help finding a room to accommodate in the tea houses, so plan earlier regarding the accommodation and logistics.

Hiring a Guide or Porter:

It is one of the most essential things to consider before [trekking in Nepal](https://www.marveladventure.com/trekking-in-nepal) (<https://www.marveladventure.com/trekking-in-nepal>). You can only go for Annapurna Circuit Trek with someone; **you have to hire a professional guide** from the reputed travel agencies in Nepal. The main reason for hiring a guide is to make travel safe and sound as guides have an extensive background in the Annapurna region, and be assured that they always lead you through the easiest routes available.

A professional guide leads you through the local villages and places featured in our 10 Days Annapurna Circuit Trek Itinerary. You can experience the traditional culture and lifestyle. Similarly, porters carry your backpack and luggage, allowing you to enjoy the trek. Guides and porters can help you know the people and culture deeply, and they can act as your translator, which helps you in cross-cultural activities.



See also:

- [Mardi Himal Trek \(https://www.marveladventure.com/mardi-himal-trek\)](https://www.marveladventure.com/mardi-himal-trek)
- [Annapurna Panorama Trek \(https://www.marveladventure.com/annapurna-panorama-trek\)](https://www.marveladventure.com/annapurna-panorama-trek)
- [Annapurna Circuit vs. Everest Base Camp \(https://www.marveladventure.com/blog/annapurna-circuit-vs-everest-base-camp\)](https://www.marveladventure.com/blog/annapurna-circuit-vs-everest-base-camp)

Highlights

Our 10 Days Annapurna Circuit Trek Itinerary is one of the most rewarding treks in Nepal. From natural to cultural richness, you will enjoy everything Annapurna Circuit offers. Here are the highlights of your Annapurna Circuit 10 Days Trek:

- Explore **Tibetan Monasteries** in Manang and Braga Village.
- Cross-cultural activities around the Annapurna Circuit Trail.
- Explore the Himalayas in the north, like Annapurna, Dhaulagiri, Machhapuchhre, Himchuli, and many others.
- Hike to high altitude pass, **Thorong La Pass**, at **5,416 meters above sea level**.
- Reach **Jomsom** And **Muktinath** and explore the cultural diversity of the places.
- Participate in religious rituals in Muktinath and explore **108 Sprouts and Eternal Flame**.
- Explore Pokhara city and visit Davis Falls, Phewa & Begnas Lake, Mahendra Cave, Mountain Museum, Sarangkot Hill, and World Peace Pagoda.

Day to Day Itinerary

Day 01: Drive from Kathmandu to Chame (2,710 m) by Jeep

Day 02: Trek from Chame(2,710 m) to Pisang (3,300 m)

Day 03: Trek from Pisang to Manang (3,540 m)

Day 04: Acclimatization Day at Manang

Day 05: Trek from Manang to Yak Kharka (4,050 m)

Day 06: Trek from Yak Kharka to Thorong Phedi (4,525 m)

Day 07: Trek from Thorong Phedi to Thorong La (5,416 m)- Muktinath (3,760 m)

Day 08: Drive from Muktinath to Pokhara by bus

Day 09: Sightseeing in Pokhara

Day 10: Drive from Pokhara to Kathmandu via tourist bus

Cost Includes

- Standard meals (breakfast, lunch and dinner) during the trek
- Government license holder guide
- Strong and helpful porter with proper equipment (1 porter for 2 people)
- Salary, food, accommodation, and insurance for guides and porters
- Tea house/lodge accommodation during the trek
- All land transportation
- TIMS (Trekking Information Management System) card
- Annapurna Conservation Area Project (ACAP) entry permit
- Comprehensive first aid kit
- Government taxes and official expenses

Cost Excludes

- International airfare and taxes
- Nepal entry visa fee
- Your Travel Insurance (compulsory)
- Lunch and dinner whilst in Kathmandu
- Entrance fee in the heritage sites during city tour.
- All the expenses of personal nature
- Any kind of drinks and desserts during the trek
- Tips for guide and porter (Tipping is expected)