



# Annapurna Circuit Trek

## Facts

**Destination:** Nepal

**Trip Difficulty:** Moderate

**Transport:** Private Vehicle / Tourist Bus

**Food:** Breakfast + Lunch + Dinner

**Accommodation:** Lodge to lodge

**Max Elevation:** 5416m





**Annapurna Circuit Trek** is a grand excursion encircling the Annapurna Conservation Area. It begins from the lower altitude of the Marshyangdi River valley, goes through the ethnic communities and crosses over the world's highest Himalayan pass, which is known as the Thorung La Pass (5416 meters). Round Annapurna Trek combines the [Annapurna region \(https://www.marveladventure.com/annapurna-trekking\)](https://www.marveladventure.com/annapurna-trekking) and beyond of it.

The trip starts with a scenic drive to Ngadi, followed by a hike to Chamje the following day. The cascading waterfalls and sub-tropical forests are fabulous. Numerous ethnical villages as Pisang and Manang are culturally loaded and highly influenced by Tibetan Buddhism. Monasteries and Chhortens are prevailed on the trail of Annapurna Circuit Trek.

The treeless region begins as you are about to reach the Thorung Phedi. Climbing the Thorung high pass is a bit challenging as the climbing trail is steep and slippery. Reaching the top of the Thorung pass, you will be blessed with the majestic views of Mt. Annapurna, Manaslu, Nilgiri and the neighboring snow-capped peaks. The descending trail is also technical and leads you to [Muktinath \(https://www.marveladventure.com/jomsom-muktinath-trek\)](https://www.marveladventure.com/jomsom-muktinath-trek) temple, a highly venerated sacred place for both Hindus and Buddhists.

The trek continues through the Kali Gandaki valley and the deepest gorge in the world. From Tatopani, the trail splits to Ghorepani and trek leads you to to the phenomenal view-point of [Poon Hill \(https://www.marveladventure.com/ghorepani-poonhill-trek\)](https://www.marveladventure.com/ghorepani-poonhill-trek). Sunrise over Annapurna, Dhaulagiri, Himchuli and others can be seen stunning. With the snow-capped mountains all around, it is undoubtedly a photographer's paradise. Walking through the rhododendron forest, you reach to Nayapul and conclude the trek.

**Related Trip you may like:** [Annapurna Base Camp Trek \(https://www.marveladventure.com/annapurna-base-camp-trek\)](https://www.marveladventure.com/annapurna-base-camp-trek)



---

**Marvel Adventure** organizes Annapurna Circuit Trekking by offering professional Annapurna guides, customized itinerary and the holistic aspect of the trip. We are fully committed to make your trek outstanding and memorable. Feel free to [contact us](https://www.marveladventure.com/contact-us) (<https://www.marveladventure.com/contact-us>) for more details regarding this trek.

## Highlights

- Kathmandu and Pokhara valley sightseeing
- Explore culturally loaded Manang village
- Crossing Thorang La Pass (5416m)
- Visit the sacred [Muktinath Temple \(https://www.marveladventure.com/jomsom-muktinath-trek\)](https://www.marveladventure.com/jomsom-muktinath-trek)
- Kali Gandaki Gorge, the deepest gorge in the world
- Panoramic mountain views of the Annapurna range
- Natural hot spring at Tatopani

## Day to Day Itinerary

**Day 01: Drive to Ngadi (930m)**

**Day 02: Trek to Chamje (1410m)**

**Day 03: Trek to Bagarchhap (2160m)**

**Day 04: Trek to Chame (2710m)**

**Day 05: Trek to Lower Pisang (3240m)**

**Day 06: Trek to Manang (3540m)**

**Day 07: Acclimatization day at Manang**

**Day 08: Trek to Yak Kharka (4120m)**

**Day 09: Trek to Thorung Phedi (4,560m)**



---

**Day 10: Over Thorung La (5,416m) to Muktinath (3,802m)**

**Day 11: Drive down to Tatopani (1190m)**

**Day 12: Trek to Ghorepani (2750m)**

**Day 13: Trek up to Poonhill and Trek down to Ulleri. Then drive to Pokhara**

**Day 14: Drive back to Kathmandu**

## **Cost Includes**

- Airport pickup and drop by private vehicle
- 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 guide and porters
- Tea house/lodge accommodation during the trek
- All land transportation as per itinerary
- TIMS (Trekking Information Management System) card
- Annapurna Conservation Area Project (ACAP) entry permit
- One night standard Hotel in Pokhara on a BB basis
- Comprehensive first aid kit
- Government taxes and official expenses

## **Cost Excludes**

- International airfare and taxes
- Nepal entry visa fee
- Your Travel Insurance (compulsory)
- All the expenses of a personal nature
- Any kind of drinks and desserts during the trek



- Tips for guide and porter (Tipping is expected)