

# Annapurna Circuit Trek - 13 Days

DURATION: 13 DAYS

## Trip Facts

- Duration : 13 Days
- Trip Difficulty : Challenging
- Group size : 1-30 Pax
- Accommodation : Tea House
- Meals included : Breakfast, Lunch & Dinner
- Transportation : Bus/Car/Taxi
- Trip starting point : Besishar
- Trip Ending point : Pokhara



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Best season : March, April and May & September, October and November

## Trip Overview

*The Annapurna Circuit Trek is a well-known trekking destination in Nepal with its magnificence. It will remind imperative traditions and the ideal trekking route. There are outstanding traveling routes in the Annapurna locale. As Annapurna circuit trekking, Siklis, Dhaulagiri, Annapurna Base Camp, Jomsom Muktinath, Ghorepani poon, ABC treks, and upper mustang valley, etc. The Ghorepani poon Hill with ABC trekking is perhaps the most unbelievable and brief excursion here. The spring season: April, till May time. You will observe the notable vista of; the Mountain and flowers of rhododendrons during the Annapurna region.*

It is a ramble variable surrounded by the whole Annapurna Himalayas including crossing the highest point of the world passing Thorong La (5416 meters), and on foot around the most astonishing, Kaligandaki gorge, similarly as they explore the Muktinath sanctuary, the deep journey destination and exciting in the natural hot spring at Tatopani village. We walk around at heights from 790 to 5416 meters taking through diverse climatic zones, from past rice paddy fields, pine and rhododendrons forests, regional farmland, and Himalayan frigid zones.

During the trek, you able to witness the outstanding views of the Mountains including **Mt. Dhaulagiri (8,167 meters)**, **Annapurna I (8091meters)**, **Manaslu Himal (8,163 meters)**, **Annapurna II**, **Annapurna III**, **Annapurna Iv**, Pisang, Chulu west and East, Gangapurna, Tilicho, Dhampus, Tukche Peak, and more etc.

## The Peoples and Culture of Annapurna Routes:

This trip allows the breathtaking regional culture of Gurung and the Tibetan way of life that strongly runs in the Mustang region. The majority of the mountain people groups are **Buddhist (Bon Po)** is their religion, and Gurung and Tibetan culture are the main attractions for travelers/trekkers along the journey.

There might be mountain goats, Himalayan Thars, Musk deer, white and brown monkeys, snow leopards, and diverse birds along the journey. Moreover, we travel around the Hindu and Buddhist asylum at Muktinath temple. We will stop at Tatopani, where we take a bath in their most well-known; natural hot springs.

## Trip Starting Point: Besishar:

**Annapurna Circuit Trek 13 Days Itinerary**; begins at Besishar after the enjoyable drive from the capital City. We trail towards Bhulbhule, Bhaun danda, Jagat, Chmaje, Tal, Dharapani, Danaque to Chame and Pisang following; the Marsyangdi River. We will travel to [Manang Town](#). We stay one night for acclimatization to get ready for the highest point of the main; difficult level passes of Thorong La, likewise, the following. Our journey keeps continued; to Yak Kharka, and High Camp.

## Highest Pass of Thorong La (5416meters/17,769ft):

From the High Camp, we start our journey early morning destination to Thorong La Pass (5416 meters). When we reach the top, we spend a few hours there participating in taking pictures of the mountains and the Thorong La Pass board. After successful our journey, we trek descending to keep on to Muktinath. Which is a holy site for Buddhist and Hindu sanctuaries, explore there. We trek continue; to Jomsom Muktinath and drive to Tatopani Pokhara.



## Annapurna Circuit Trek Entry Permit:

- ACAP permits (Annapurna Conservation Area Permit).
- TIMS Card (Trekkers information Management system).

The Annapurna region trekking program is; made for trekkers who may explore more high altitudes trip in Nepal to experience environmental essentials, scenes, Slopes, mountains, nature, and diverse climates of the Annapurna areas.

# Is the Annapurna Circuit; Hard?

It's a difficult trek in the Annapurna area. Most of the trekkers Healthy, and sensible faintness, need to complete this program without concern, and no previous trekking experience is required. However, these outings confirm up at levels higher than 5,000 meters. Drink a much of water and rest to allow your body to change to an extended height. As well as trekking guide will also take care of your change and ensure that you are protected and pleased to the Nepal Himalayas.

## Trip Itinerary



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### Day 01: Kathmandu – Besishar (790meters/2,591feet).

🕒 6/7 Hours    🍽️ Breakfast, Lunch & Dinner    🏠 Hotel/Lodge/Tea House    🚌 Bus    🏔️ 790 m

After breakfast, we will take a local bus to Besishar. The route goes to the valley along follow the beautiful Trishuli River. When we reach Dumre, we will head north to the Besishar, situated on the way Mararsyandi River. Throughout the ride, we will see the delightful scenery of terrace farm villages and the sight of the amazing; white snow-capped mountain peaks of the Ganesh Himal, Manaslu, and Annapurna ranges. And Besishar has Tims (trekking information management System) check Point we will go to register. Our Tims then we will to explore the City and, back to the hotel, we will stay overnight at Lodge.

### Day 02: Besishar - Bahun Danda (1315meters/4,314feet).

🕒 6/7 Hours   🍽️ Breakfast, Lunch & Dinner   🏠 Hotel/Lodge/Tea House   🚶 walking   🏔️ 1315 m

Today will be our first day journey. We will walk along the Marsyangdi River; pass the delightful villages of Khudi, Bulbule, Nadi, and Bahun Danda. While we walk on the way and its chances to view the Lamjung Himal and Himalchuli Himal, we will have a lunch break at Nadi village. Then we trek; continue to reach Bahun Danda. We will stay overnight at Lodge.

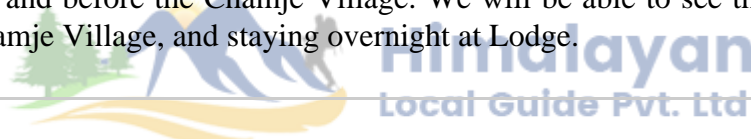
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### Day 03: Bahun Danda – Chamje Village (1435meters/4,708feet).

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🕒 6/7 Hours   🍽️ Breakfast, Lunch & Dinner   🏠 Hotel/Lodge/Tea House   🚶 walking   🏔️ 1435 m

After breakfast, We will trek, continue descending, pass through the beautiful rice terrace field farms, and cross the suspension bridge. We continue; the narrow trail reach; to Syanje Village. This village has waterfalls, Rivers, and landscapes. We will take a few hours there and take a picture, then after the trek, continue along the riverside to reach Jagat Village. It is a beautiful place. Where; we will have a delicious lunch break. After finishing our lunch. We will trek continue along the river and before the Chamje Village. We will be able to see the magical waterfalls there; we will spend a few hours there taking a tea break, heading to Chamje Village, and staying overnight at Lodge.



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### Day 04: Chamje Village – Danaque (1900meters/6,233feet).

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🕒 6/7 Hours   🍽️ Breakfast, Lunch & Dinner   🏠 Hotel/Lodge/Tea House   🚶 walking   🏔️ 1900 m

After a delicious breakfast, we begin our Annapurna Circuit trek. We; along the Marsyangdi River, we will head to the old trekking trail on the narrow path and reach Tal village. This village is also one of the most beautiful places where we can enjoy with local culture and nature. After we continue, and cross the suspension bridge, join the road. We will follow the delightful village of; Dharapani is the main junction of trekkers from the Annapurna circuit trek and Manaslu Circuit Trek. This village has ACAP and TiMS Card Checkpoints. We will do that after we trek continue to ascend reach; to Bargar and Danaque. We will stay overnight at Lodge.

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### Day 05: Danaque – Chame Village (2675meters/8,776feet).

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🕒 6/7 Hours   🍽️ Breakfast, Lunch & Dinner   🏠 Hotel/Lodge/Tea House   🚶 walking   🏔️ 2675 m

Today we will follow the trail through the ramble on the pine, rhododendron, and Oak dense forest. From here, we will ascend to reach the Tamang village. This village is a clean place. Where; we will be able to catch the delightful view of Mt Manaslu Himal after we trek and continue to walk on the pine forest to reach Koto village. We will check our Tims card and ACAP permit, thereby Nepali Police. From Koto village, we have to; walk 10 to 15 minutes to reach; Chame Village. This village has a beautiful natural Hot Spring there we will go and take a bath to relax.

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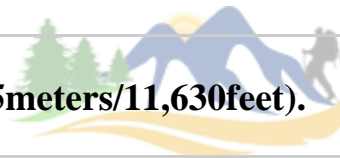
### Day 06: Chame Village – Pisang Village (3200meters/10,498feet).

🕒 6/7 Hours   🍽️ Breakfast, Lunch & Dinner   🏠 Hotel/Lodge/Tea House   🚶 Walking   🏔️ 3200 m

Today we walk through a steep and narrow mid-valley to have 1st view of a huge walk of rock that is measured sacred to the local people, Buddhist Stupa, mani walls with massive views of Annapurna II, Annapurna IV, Pisang Peak, and many more mountains.

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### Day 07: Pisang – Manang Village (3545meters/11,630feet).



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🕒 5/6 Hours   🍽️ Breakfast, Lunch & Dinner   🏠 Hotel/Lodge/Tea House   🚶 walking   🏔️ 3545 m

From the Pisang, we will trek through the upper trail. Why; we choose the upper route because this trail offers astonishing views of Annapurna II, III, IV, Pisang Peak, Gangapurna, Tilicho, and Chulu Peak. As we; head ascending. We will have a chance to explore the ancient Monastery, Stupa, and Mani walls on the way. The trekking trail will go through Geru, Nawal, and Braga. Where; we will visit the largest monastery in the Annapurna circuit region. After, we continue to Manang village. We will stay overnight at Lodge.

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### Day 08: Acclimatization Day at Manang Village.

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🕒 3/4 Hours   🍽️ Breakfast, Lunch & Dinner   🏠 Hotel/Lodge/Tea House   🚶 Hiking   🏔️ 3545 m

Today will be more exciting. After our delicious breakfast, we will be ready; to hike Gangaurna Lake and Viewpoint. If the blue sky. We will be able; to take a delightful picture with a background of Mountains, hills, and a Village. We will spend a few hours there and we back to the hotel. After, we will have lunch. We can wash some clothes and dry them. This day will be fantastic.

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### Day 09: Manang Village – Upper Yak Kharka (4000meters/13,123feet).

🕒 5/6 Hours   🍽️ Breakfast, Lunch & Dinner   🏠 Hotel/Lodge/Tea House   🚶 walking   🏔️ 4000 m

Today, we will head to Yak Kharka. First, we will pass through the beautiful village of Old Manang (Tanki Manang). After, we will pass the Buddhist mani walls on the way. We will ascend and cross the suspension bridge. We trek continue to reach the Yak Kharka. We will stay overnight at Lodge.

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### Day 10: Yak Kharka – High Camp (4890meters/16,043feet).

🕒 4/5 Hours   🍽️ Breakfast, Lunch & Dinner   🏠 Hotel/Lodge/Tea House   🚶 walking   🏔️ 4890 m

After the delicious breakfast, we will start our journey; we head to Thorong Phedi and High Camp. We climb to a ridge and Head down across the suspension or wood bridge. After climbing up; the mountain trail, we follow a narrow trail, across a slope and descend to Phedi. Again, we will ascend High Camp. We will stay overnight at Lodge.

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### Day 11: High Camp – Thorong La Pass (5416meters/17,769feet) – Muktinath (3750meters/12,303feet).

🕒 7/8 Hours   🍽️ Breakfast, Lunch & Dinner   🏠 Hotel/Lodge/Tea House   🚶 walking   🏔️ 3750 m

Today is one of the Hard and most exciting parts of the journey. We will be starting; in the early morning. We ascend; from the high camp to Thorong La is the world's highest pass. It will take around ¾ hours before we reach the top. We will take a Group picture with the background of Thorong La Pass Board and scenic mountain views. From the top, we will catch the delightful views of Thorong Peak, Dhaulagiri, Tukche Peak, and many more

white snow-capped mountains. We will enjoy and relax with nature. After then, we continue to descend and reach Phedi. We will have a lunch break there. Then we continue downhill, cross the suspension bridge, and reach Muktinath. We will stay overnight at Lodge.

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## Day 12: Muktinath – Jomsom Village (2725meters/8,940feet).

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🕒 5/6 Hours   🍽️ Breakfast, Lunch & Dinner   🏠 Hotel/Lodge/Tea House   🚶 walking   🏔️ 2725 m

Before breakfast, we will go to visit the Muktinath temple. We can see the Buddhist and Hindu temples there. Muktinath temple is one of the most famous for Hindus and Buddhist people. When; we enter the temple. After then, we will explore the ancient Buddhist monastery and Hindu Temple. We will see the prayer for God. After visiting the temple. We back to the hotel, and we will have breakfast. After, we trek and continue downhill Pass the delightful village of Jharkot and Kagbeni, and Ekle Bhatti on the journey. Today will be more exciting, and explore the gigantic dry valley with white snow-capped mountains. As well as we follow the Kali Gandaki River. Where we can find the stone of Shaligram, and the trek continues to Jomsom.

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## Day 13: Jomsom – Pokhara - Kathmandu.



After breakfast, we will take a local bus from Jomsom to Pokhara. The trekking route follows along the Kali Gandaki River side descent. We pass the delightful village of Marpha, Tukche, Lete, Ghasa, and Tatopani Beni. From Beni to Pokhara, we will drive on Peach Road and reach Pokhara Valley. Again change to Bus to Kathmandu.

## Cost Includes

- International **Airport - Hotel - Airport Pick up and drop off** by private car/van: depending on the Group Size.
- Transportation service from **Kathmandu – Besishar by Bus**.
- **Jomsom - Pokhara by Bus**.
- All Meals on a Full Board basis BLD (**Italian, Chinese, Indian, Nepali, and much European delicious food**), Choose by menu.
- All: necessary Entry fees: including **ACAP Permit** (Annapurna conservation area Project).
- **TIMS Card** (Trekking Information Management System).
- The Himalayan Local Guide team, Professional Honest, strong, and Government trained English-speaking Guide.



- **(2 Clients for 1 Porter).**
- Trekking Lodges During the Trek.
- Assistant Guide. For group 5 or above.
- Approval of Certificate. After the successful trekking.
- Supplementary; energy bars, crackers, Cookies, Halls, etc.
- Seasonal: fruits likes; Apple, Oranges, etc.
- First Aid kit box. (Guide will Carry it during the trekking).

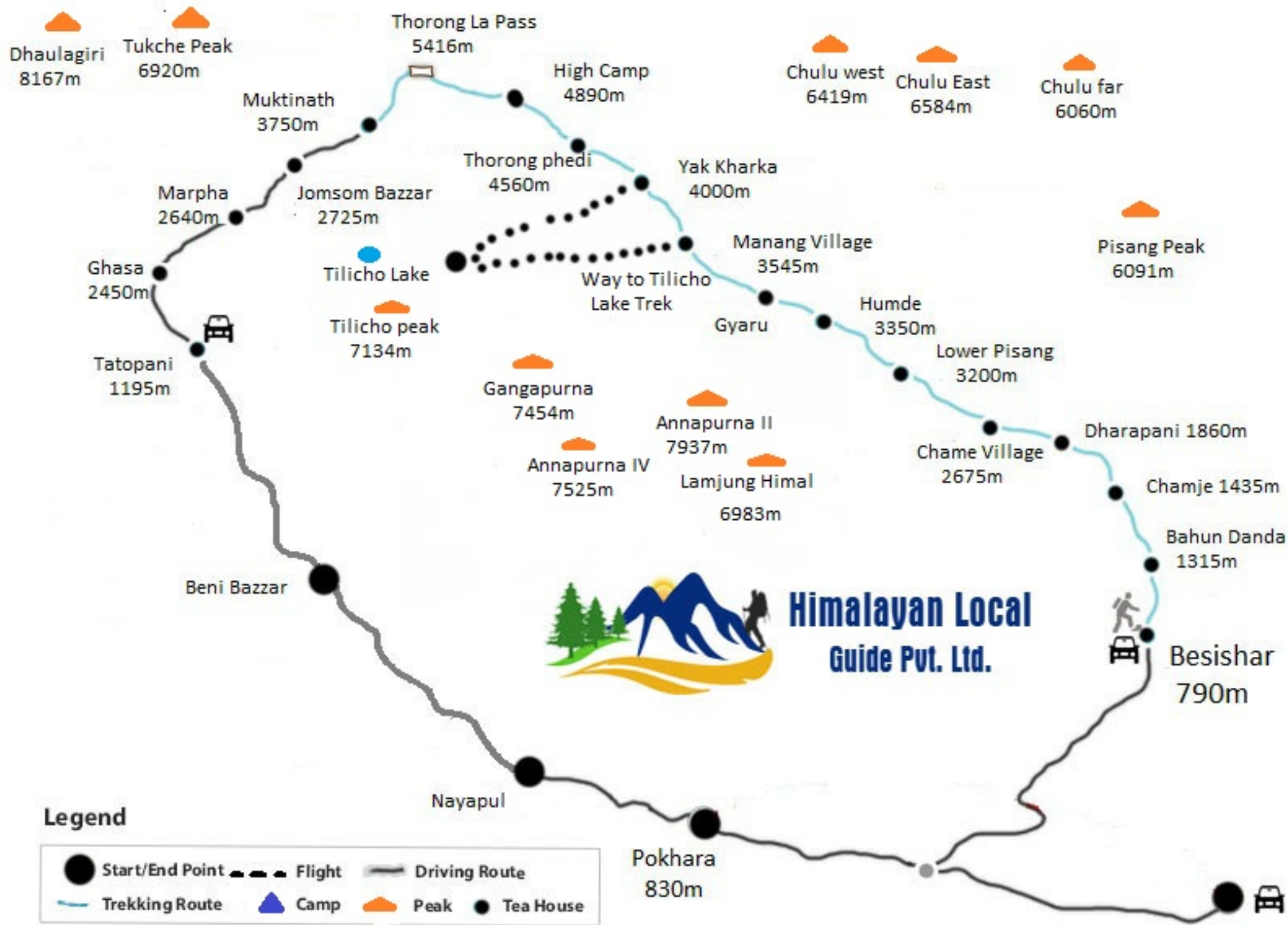
## Cost Excludes

- Such as beer, mineral water, cock, Fanta, Whisky, etc.
- **Tea and coffee** of your choice at every meal time.
- Personal expenses.
- Your International airfare.
- Nepal visa fee. (15 Days -25 U\$D, 30 Days — 40U\$D and 90 Days — 100 U\$D).
- **Accommodations in Kathmandu and Pokhara with Lunch and Dinner.**
- **Trekking** Equipments.
- **Travel insurance** is just in case.
- **Tips** for Guide and porters.



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## Trip Map





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