



Marvel Treks & Expedition Pvt. Ltd.

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Annapurna Circuit Trek

The Journey Through Diverse Landscapes, High Passes & Cultural Heartlands

Duration: 8 Days

Max Altitude: 5416 m (Thorong La Pass)

Trek Grade: Moderate to challenging

Start / End: Kathmandu

Accommodation: Hotel in Kathmandu | Teahouse during trek

Best Season: April–May | September–October

Group Type: Private or Group Joining



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Overview

The **Annapurna Circuit Trek** is a soul-stirring journey through the heart of the Himalayas, where every step brings you closer to nature, culture, and yourself. Starting from lush subtropical valleys and rising into the rugged, high-altitude landscapes of the Annapurna region, the trek weaves through rhododendron forests, traditional Gurung and Thakali villages, and vast alpine meadows. The true magic unfolds at the Thorong La Pass, where the panoramic view of snow-capped peaks feels like a reward for every challenge faced. Along the way, you experience the warmth of local hospitality, the serenity of ancient monasteries, and the quiet strength of the mountains that awaken a deep sense of awe and gratitude within you.

Trip Highlights

- **Thorong La Pass (5,416 m)** is the thrilling high point of the trek with breathtaking Himalayan views.
- The route passes through **diverse landscapes**, from lush forests to arid highlands and glacial valleys.
- The trek offers a **rich cultural experience** with traditional villages, monasteries, and warm local hospitality.
- You will enjoy **breathtaking mountain panoramas**, including Annapurna, Dhaulagiri, Nilgiri, and more.
- The journey brings a deep **sense of achievement**, challenging the body and transforming the spirit.

Itinerary

Day 1: Kathmandu → Chame (Drive | 10–11 hours | 2,670 m)

Early morning departure from Kathmandu by private jeep, driving along scenic highways and river valleys through Besisahar and Dharapani. The route passes terraced fields, waterfalls, and traditional villages before reaching Chame, the district headquarters of Manang, where you check into a lodge and rest.

Day 2: Chame → Pisang (Trek | 5–6 hours | 3,200 m)

The trek begins through pine and fir forests, following the Marsyangdi River with gradual ascent. You enjoy dramatic views of Lamjung Himal and Annapurna II while passing small settlements and suspension bridges before arriving at Pisang for an overnight stay.



Day 3: Pisang → Manang via Upper Pisang (Trek | 6–7 hours | 3,540 m)

Today's trek follows the scenic Upper Pisang route, offering spectacular panoramic views of Annapurna II, III, IV, and Gangapurna. Walking through traditional Tibetan-influenced villages and dry alpine landscapes, you gradually ascend to the beautiful valley of Manang.

Day 4: Manang Acclimatization Day (Optional Hike | 3–4 hours | 3,540 m)

A rest and acclimatization day to help your body adjust to the altitude. Optional hikes include Gangapurna Lake, Bhojo Gompa, or Ice Lake viewpoints. You can also explore Manang village, visit the monastery, or attend the altitude briefing at the Himalayan Rescue Association.

Day 5: Manang → Yak Kharka (Trek | 4–5 hours | 4,050 m)

Leaving Manang, the trail gradually ascends through alpine meadows and sparse vegetation. You may spot yaks and blue sheep along the way as the air becomes thinner. The trek is relatively short, allowing ample time to rest at Yak Kharka.

Day 6: Yak Kharka → Thorong Phedi / High Camp (Trek | 4–5 hours | 4,540 m)

The trail climbs steadily past Ledar and crosses landslide-prone sections before reaching Thorong Phedi or High Camp. This is a crucial preparation day for the pass crossing, so the afternoon is spent resting, hydrating, and preparing for an early start.

Day 7: Thorong Phedi → Thorong La Pass → Muktinath (Trek | 7–9 hours | 5,416 m / 3,800 m)

An early morning start leads to the challenging ascent to Thorong La Pass, the highest point of the trek. After enjoying breathtaking views from the pass, you descend steeply into the Mustang region, reaching the sacred pilgrimage site of Muktinath for overnight stay.

Day 8: Muktinath → Kathmandu (Drive | 14–15 hours | 1,350 m)

After breakfast, begin the long drive back to Kathmandu via Jomsom and Pokhara, passing through dramatic desert landscapes, deep gorges, and river valleys. The journey concludes in Kathmandu in the evening, marking the end of the trek.

All You Need to Know

1. Visa Process

Nepal's tourist visa fees vary by duration, with common options on arrival being \$30 for 15 days, \$50 for 30 days, and \$125 for 90 days, plus \$3/day for extensions.



2. Guide In Nepal

You will need a guide for tour, trekking, peak climbing as well as expedition.

- Tour Guide: A professional who leads sightseeing tours and provides local information.
- Driver Guide: A driver who also acts as a guide during travel.
- Trekking Guide: An experienced guide who leads trekking routes safely.
- Peak Climbing Guide: A trained guide for high-altitude mountain climbing.
- Expedition Sherpa Guide: A skilled Sherpa who supports and guides challenging expeditions.
- Porter: A helper who carries luggage or trekking gear, sometimes also assisting as a guide.

3. Accommodation

Stay comfortably with options to suit every traveler from budget backpacker stays (USD \$10) to 5★ city hotels (USD \$90) to cozy teahouses with attached bathrooms and camps along the trekking trails.

4. Transportation

Choose from local buses, private cars, shared or private jeeps, domestic flights, and helicopter transfers for convenient travel across Nepal.

5. Permits and entrance fees

Trekking and visiting protected areas in Nepal require permits and entrance fees to support conservation and local communities. Key permits and fees include:

- TIMS (Trekking Information Management System) Card: Required for most trekking regions.
- ACAP Permit (Annapurna Conservation Area Permit): Needed for trekking in Annapurna region.
- KCA Permit (Kanchenjunga Conservation Area Permit): Required for Kanchenjunga treks.
- SAC Permit (Sagarmatha National Park Entry Permit): Needed for Everest region treks.
- Langtang National Park Entry Permit: Required for treks in Langtang region.
- Manaslu Conservation Area Permit (MCAP): Needed for Manaslu trekking.
- Royal Chitwan National Park Entry Fee: For visiting Chitwan National Park.
- Bardia National Park Entry Fee: For wildlife safaris in Bardia.

Fees vary by nationality and trekking region.



6. Meals

During your trek, meals are usually served in teahouses or lodges, with options for local Nepali cuisine, vegetarian, and international dishes. Breakfast is usually included in accommodation. In the city, you can enjoy a wide variety of restaurants, cafes, and hotel dining.

7. Health & Safety

- Altitude sickness awareness and proper acclimatization are crucial when trekking above 2,500m.
- Carry basic medications and a personal first-aid kit.
- Drink bottled or purified water only.
- Vaccinations (such as Hepatitis A, Typhoid, and Tetanus) are recommended before travel.
- Emergency rescue services are available in major trekking regions.

8. Currency & Payments

- Nepalese Rupee (NPR) is the local currency.
- ATMs are available in major cities but limited in remote areas. Credit cards are accepted in hotels, restaurants, and shops in cities.
- Cash is essential for trekking regions.

9. Communication & Internet

Local SIM cards (Ncell or Nepal Telecom) are easily available at the airport and in cities. Mobile network coverage is good in cities and popular trekking routes. Wi-Fi is available in hotels and teahouses, sometimes at an extra cost in remote areas.

10. Cultural Etiquette & Local Customs

Dress modestly, especially in rural areas and religious sites.
Remove shoes before entering temples and homes.
Respect local traditions and festivals.
Ask permission before taking photos of people.

11. Responsible & Sustainable Travel

Avoid single-use plastics and use refillable bottles.
Respect wildlife and natural environments.
Support local communities by using local guides, porters, and accommodations.
Follow "Leave No Trace" principles during treks.

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Important Information

- This trek requires a good level of physical fitness, as it involves long walking days, uneven terrain, and gradual ascent at higher altitudes. Participants are strongly advised to prepare in advance through regular exercise, endurance training, and hiking practice.
- Altitude-related illnesses such as Acute Mountain Sickness (AMS) can occur above 2,500 m. All itineraries are designed with proper acclimatization days to minimize risk; however, individuals must follow the guide’s instructions and report any symptoms immediately. If symptoms worsen, descending to a lower altitude is mandatory for safety.
- Weather conditions in the Himalayas are unpredictable and can change rapidly, particularly during monsoon and winter seasons. Trekking schedules may be adjusted due to weather, trail conditions, or safety considerations.
- Luggage limits are strictly enforced, typically allowing 10–12 kg of personal baggage per trekker. Excess luggage can be carried by porters or arranged separately at an additional cost.
- Comprehensive travel insurance covering high-altitude trekking, emergency medical treatment, and helicopter evacuation is mandatory. Proof of insurance must be provided before the trek begins.

