

Annapurna Circuit Trek – 11 Days

The Annapurna Circuit Trek is one of Nepal's most iconic trekking routes, renowned for its stunning diversity of landscapes, cultures, and breathtaking mountain views. This trek encircles the Annapurna Massif, offering trekkers an immersive journey through lush subtropical forests, terraced farmlands, arid highlands, and traditional Himalayan villages.

Highlights

- **Thorong La Pass (5,416m):** The highest point of the trek, offering stunning panoramic views of the Himalayas.
- **Diverse Landscapes:** Lush subtropical forests, terraced fields, alpine meadows, and arid highlands.
- **Kali Gandaki Gorge:** Trek through the world's deepest gorge, flanked by Annapurna and Dhaulagiri.
- **Muktinath Temple:** Sacred pilgrimage site for Hindus and Buddhists with eternal flames and holy water spouts.
- **Marsyangdi River Valley:** Picturesque valleys with breathtaking views of Annapurna and Manaslu ranges.
- **Ethnic Villages:** Experience Gurung, Thakali, and Tibetan cultures, traditions, and lifestyles.
- **Hot Springs at Tatopani:** Relaxing soak after days of trekking.
- **Spectacular Mountain Views:** Annapurna, Dhaulagiri, Manaslu, Machhapuchhre, and other peaks.
- **Manang Village:** A traditional Tibetan-influenced settlement known for acclimatization and cultural experiences.
- **Marpha Village:** Famous for its apple orchards and local apple brandy.
- **Yak Pastures and Glacial Rivers:** Scenic high-altitude meadows and rushing rivers.
- **Monasteries and Chortens:** Insight into Tibetan Buddhism with prayer flags, mani walls, and ancient monasteries.
- **Local Cuisine:** Taste traditional dishes like dal bhat, yak cheese, and Thakali-style meals.



Trek Itinerary

- Day 01:** Arrival in Kathmandu (1,400m/4,592ft)
Day 02: Drive to Chame (2,610m/8,890ft) - 10-12 hours
Day 03: Trek to Upper Pisang (3,300m/10,824ft) - 6 hours
Day 04: Trek to Manang (3,540m/11,612ft) via Ngawal - 7-8 hours
Day 05: Acclimatization in Manang
Day 06: Trek to Yak Kharka (4,060m/13,316ft) - 4-5 hours
Day 07: Trek to Thorong Phedi (4,525m/14,842ft) - 4-5 hours
Day 08: Cross Thorong La Pass (5,416m/17,769ft) and Trek to Muktinath (3,800m/12,464ft) - 9 hours
Day 09: Fly or drive to Pokhara (800m/2,625ft)
Day 10: Drive to Kathmandu (1,400m/4,592ft) - 7 hours
Day 11: Final Departure

Our Services and Facilities

- Airport transfers – pickup and drop off
- Standard Hotel Accommodation in Kathmandu (2 nights) and Pokhara (1 night)
- Meals – Breakfast, Lunch and Dinner during the trek
- Teahouse accommodation during the trek
- Kathmandu to Dharapani by bus and Chame by sharing jeep and Pokhara to Kathmandu drive by standard tourist bus
- Muktinath to Pokhara by Local bus
- All required trekking permits (Annapurna Conservation Area Entry Fee and TIMS Card)
- An Experience English speaking trekking guide
- Basic Medical kits
- Guide insurance with food and accommodation
- Emergency Helicopter Evacuation Service Arrangement Only (should cover by your travel insurance)
- All required paper works and government taxes

Exclusions

- Nepal Visa Fee
- International Flights
- Travel and medical insurance, which includes emergency air/land evacuation cost and expenses of medical treatment

- Porter
- Personal Gears (equipment)
- Lunch and Dinner in Kathmandu and Pokhara

Recommended Trekking Gears

Clothing

- **Base Layers** (Moisture-Wicking)
 - Thermal tops and bottoms (polyester or merino wool)
 - Lightweight long-sleeve shirts
- **Insulating Layers**
 - Fleece jacket or pullover
 - Down jacket (for high-altitude treks)
 - Warm sweaters
- **Outer Layers (Shells)**
 - Waterproof and windproof jacket (Gore-Tex or similar)
 - Waterproof pants
- **Trekking Pants**
 - Quick-dry pants
 - Convertible hiking pants (zip-off into shorts)
- **Trekking Shirts**
 - Lightweight and breathable T-shirts
 - Long-sleeve shirts with UV protection
- **Headwear**
 - Wide-brim hat or cap for sun protection
 - Warm beanie for cold temperatures
 - Buff or scarf for dust and wind
- **Gloves**
 - Lightweight trekking gloves
 - Insulated gloves for higher altitudes
- **Socks**
 - Moisture-wicking trekking socks
 - Thermal socks for colder regions
- **Footwear**
 - Sturdy and waterproof trekking boots (well broken-in)
 - Comfortable sandals or camp shoes (for evenings/rest days)
 - Gaiters (optional, for snow or muddy trails)

Backpacks & Bags

- **Backpack**
 - 40-50L capacity for multi-day treks
 - Comfortable straps and rain cover
- **Daypack**
 - 20-30L for short treks or carrying essentials during the day
- **Duffel Bag**
 - Used if porters are carrying your gear (for organized treks)
- **Dry Bags**
 - To keep electronics and clothes dry in wet conditions

Sleeping Gear

- **Sleeping Bag**
 - 4-season sleeping bag (rated for -10°C to -20°C for high-altitude treks)
 - Sleeping bag liner (optional, for extra warmth and hygiene)
- **Sleeping Pad** (if camping)
 - Lightweight and inflatable or foam pads for comfort

Trekking Accessories

- **Trekking Poles**
 - Adjustable and lightweight poles (essential for steep ascents/descents)
- **Water Bottle/Hydration System**
 - Insulated bottle (to prevent freezing at high altitudes)
 - CamelBak or similar hydration reservoir
- **Water Purification**
 - Water filters, purification tablets, or UV sterilizers
- **Sunglasses**
 - UV protection (Category 3 or 4 for snowy conditions)
- **Headlamp**
 - With spare batteries (essential for early morning or late-night treks)
- **Multi-tool or Knife**
 - For various small tasks
- **First Aid Kit**
 - Bandages, blister patches, antiseptic wipes, painkillers, Diamox (for altitude sickness), etc.
- **Lip Balm**
 - SPF-protected to prevent chapping
- **Sunscreen**

- High SPF for UV protection at higher altitudes
- **Personal Toiletries**
 - Biodegradable soap, toothpaste, toothbrush, quick-dry towel, wet wipes, and toilet paper

Optional but Useful Items

- **Camera**
 - To capture the stunning scenery (extra batteries and memory cards are a must)
- **Snacks**
 - Energy bars, trail mix, or chocolate for quick energy boosts
- **Power Bank/Solar Charger**
 - For charging devices in remote areas
- **Books or E-Readers**
 - For downtime during rest days
- **Earplugs**
 - To block out noise in lodges or camps
- **Notebook/Journal**
 - To record your trek experience

Clothing Packing Tips

- **Layering is key:** It helps regulate your body temperature and adapt to changing weather.
- **Avoid cotton:** It retains moisture and dries slowly, which can lead to discomfort or hypothermia.
- **Pack light:** Only carry what is absolutely necessary to avoid unnecessary weight.

Gear Rentals in Nepal

If you're worried about carrying too much gear, trekking hubs like Kathmandu and Pokhara offer trekking equipment rentals and sales. You can find items like sleeping bags, down jackets, and trekking poles at reasonable prices. However, ensure you check the quality before renting.