

12 Days Annapurna Circuit Trek

Destination: Nepal

Trip Difficulty: Strenuous

Best Season: March-May, Sep- Nov

Max Elevation: 5416 m

“Have you ever dreamed of setting foot amongst the colossal, snowcapped peaks of the Annapurnas? Alpine Ramble Treks can take you there! Our hike through the western Himalayas will introduce you to a region of astonishing diversity and beauty, ranging from steamy subtropical forest to the very edge of the Tibetan Plateau itself, where the White Mountains reach as far as the eye can see.”

Majestic Annapurna Round Trek -12 Days Summary 2022-23

The Annapurna Circuit Trek has been widely hailed as one of the best treks in the world, easily measuring up against perennial favorites like the [Everest Base Camp Trek \(https://www.alpineramble.com/mount-everest-base-camp-trek-14-days\)](https://www.alpineramble.com/mount-everest-base-camp-trek-14-days) or [Langtang Valley Trek \(https://www.alpineramble.com/langtang-valley-trek\)](https://www.alpineramble.com/langtang-valley-trek). But what makes it so special? For our money, it's the sheer variety of sights, sounds, and experiences that you'll get to enjoy on this itinerary.

You'll get a firsthand glimpse of Nepal's remarkable cultural diversity as you pass through both Hindu and Buddhist villages. You'll hike across multiple distinct climate zones, from the lush greenery of the Annapurna Conservation Area to the rarefied air of the high-altitude mountains themselves.

And you'll even come across some unexpected geological attractions, like natural hot springs and the dramatic Kali Gandaki Gorge—which may be one of the deepest of its

kind in the entire world.

Of course, you can't embark upon the Annapurna Circuit Hike without anticipating the chance to soak up breathtaking views of some of the Himalayas' highest peaks. And we're happy to report that the Annapurnas never disappoint!

From the iconic fishtail-shaped Machapuchare (6,993 meters) to the soaring heights of Dhaulagiri (8,167 meters) and Manaslu (8,163 meters), the scenery here is sure to keep your camera clicking until your batteries run out.

The mountains culminate in the colossal Annapurna massif itself, which consists of six summits higher than 7,000 meters. The greatest of them all is Annapurna I, which sits at 8,091 meters and holds the title of the 10th highest mountain in the world. With views like these, it's no wonder that the Annapurna Circuit Hike has enjoyed a stellar reputation since it was first opened to travelers in the late 1970s.

But with so much to see on the Annapurna Circuit Trip, you may wonder if 12 days will afford you enough time to enjoy everything there is to do in this part of Nepal.

However, you can rest assured that Alpine Ramble Treks has carefully developed our 12-Day Annapurna Circuit trekking itinerary in order to maximize your time in the mountains and ensure that you have the opportunity to experience the splendor of the Annapurnas to their fullest extent.

And if you'd like to spend more time in the mountains, we also offer a [14-day itinerary](https://www.alpineramble.com/14-days-annapurna-circuit-trek) (<https://www.alpineramble.com/14-days-annapurna-circuit-trek>) and a [17-day itinerary](https://www.alpineramble.com/annapurna-circuit-trek-with-tilicho-lake) (<https://www.alpineramble.com/annapurna-circuit-trek-with-tilicho-lake>), which includes an excursion to the heavenly Tilicho Lake.

Conversely, you can also consider our [Short Annapurna Trek itinerary](https://www.alpineramble.com/annapurna-circuit-short-trek-6-days) (<https://www.alpineramble.com/annapurna-circuit-short-trek-6-days>) to see the highlights



of this region in just four days. Alpine Ramble Treks is eager to help you start planning the trip that best matches your needs—[Contact](#) us today to get started! We can always be reached via WhatsApp at +977 9851175531.

The best to for Annapurna circuit trekking

Trekking Seasons in Nepal are largely dictated by the summer monsoon, and our 12-day Annapurna round Trek is no exception. The monsoon typically lasts from June to August, and most visitors consequently choose to hike during the spring months of February to May or the autumn months of September to November.

These are the best times of year to enjoy the perfect combination of comfortable temperatures and clear mountain views. But you can hike in the Annapurnas at any time of year, and the snow-laden trails of winter are just as mysterious and evocative as the mist-shrouded hillsides of summer.

Whenever you choose to travel, rest assured that Alpine Ramble Treks will put together a trekking adventure that will surpass even your highest expectations.

Annapurna Circuit Trip 12-Day Difficulty

Our 12-day Annapurna Circuit program is one of the most popular and enduring hikes in the Himalayas. Most travelers in good health and reasonable physical fitness will be able to complete this itinerary without issue, and no previous trekking experience is required.

However, this trek does reach altitudes higher than 4,000 meters, and it's important to drink lots of water and get plenty of rest in order to let your body adjust naturally to the increased elevation. As always, your guide will look after your progress and ensure that you enjoy a safe and rewarding trek to the heart of the Annapurnas.

If this itinerary isn't quite what you're looking for, Alpine Ramble Treks is proud to offer a host of alternate treks for you to consider. Travelers with extra time to spare will find our [17-day Annapurna Circuit Hike \(https://www.alpineramble.com/nar-phu-with-annapurna-circuit-trek-17-days\)](https://www.alpineramble.com/nar-phu-with-annapurna-circuit-trek-17-days)

especially rewarding, as it includes a visit to the secret Nar and Phu Valleys, which have only recently been opened to travelers.

If you're looking for a shorter trip in this region, you'll want to check out our [Short Annapurna Base Camp Trek \(https://www.alpineramble.com/annapurna-base-camp-trek\)](https://www.alpineramble.com/annapurna-base-camp-trek) or five-day Ghorepani Poon Hill trek.

Annapurna Circuit Trek - 12 Days Highlights

- Cross Thorong La, one of the highest mountain passes in the world
- Gaze into the depths of the world's deepest canyon: the Kali Gandaki Gorge
- Visit the beautiful Tibetan-influenced villages of Manang and Kagbeni
- Pay your respects at the sacred Hindu and Buddhist shrines of Muktinath
- Relax in Tatopani's heavenly natural hot springs at the end of your trial

Additional Benefits of this Trek with ART

- Free Day tour in Kathmandu Valley with an ART tour guide.
- Free transfers to and from Tribhuvan International Airport upon arrival and departure by private vehicle by the friendly crew.
- Complimentary use of any necessary trekking equipment, such as sleeping bags, down jackets, duffle bags, walkie-talkies, and an oximeter to monitor your oxygen and pulse.
- There is free access to store the bags/suitcases either in Kathmandu.
- Water-purification tablets for trekking
- Supportive medical kit with High altitude sickness tablets.
- Fun souvenirs of your Himalayan adventure: a trekking route map, a t-shirt emblazoned with the Alpine Ramble Treks logo, and a hat!

Day to Day Itinerary

- Day 1: Arrival in Kathmandu and preparation
- Day 2: Drive from Kathmandu to Besi Shahar (5-6 hours)
- Day 3: Drive from Besi Shahar to Chame (5-6 hours)
- Day 4: Trek from Chame to Pisang (4-5 hours)
- Day 5: Trek from Pisang to Manang (5-6 hours)
- Day 6: Acclimatization in Manang
- Day 7: Trek from Manang to Yak Kharka (4 hours)
- Day 8: Trek from Yak Kharka to Thorong Phedi (4-5 hours)
- Day 9: Trek from Thorong Phedi to Muktinath via Thorong La (7-8 hours)
- Day 10: Trek from Muktinath to Jomsom, drive back to Tatopani (7-8 hrs)
- Day 11: Drive from Tatopani to Pokhara (5 hours)
- Day 12: Drive from Pokhara to Kathmandu (6-7 hrs)

Cost Includes

- Free airport transfer on arrival and departures by private vehicles
- **Meals** on a full-board basis (**Breakfast, Lunch, and Dinner/ the main course**) during the trek in the mountain.
- Alpine Ramble's experienced, government-licensed, English-speaking trekking guide.
- All salary, food, drinks, accommodation, transport, and insurance for the guide.
- All necessary papers including Annapurna conservation **permit** and **TIMS card** (Trekking Information Management System)
- **Trekking equipment** such as the Sleeping bag, and down jacket on request (optional)

- Trekking lodges (**Tea House**) throughout the trek
- Assistant guide for group 6 or above
- Transportation from Kathmandu – Besishar- Chame, and Jonson - Tatopani - Pokhara - Kathmandu by local sharing bus / Jeep
- Supplementary snacks: energy bar, crackers, cookies, etc.
- Seasonal fresh fruits are served every evening after dinner.
- Appreciation of certificate after the successful trek.
- Farewell Dinner at a typical Nepalese restaurant with traditional music and dance
- **Alpine Ramble's** complimentary free T-shirt or route map and a duffel bag (if required)
- Oximeter to measure your oxygen and Pulse level during the trek in the mountain, it's very useful for all the trekkers to be aware of the high altitude sickness.
- Compressive first aid box (Guide will carry it throughout the trek).
- **Emergency rescue** operation assistance in arranging in case of complex health conditions (funded by your Travel Insurance)
- All government, Local taxes, and official Expenses
- **10% OF ALL PROCEEDS GOES TO SUPPORT OUR [SOCIAL IMPACTS INITIATIVE](https://www.alpineramble.com/mission) (<https://www.alpineramble.com/mission>)**

Cost Excludes

- Nepal entry visa fees (You can obtain a visa quickly upon your arrival at Tribhuvan International Airport in Kathmandu, Nepal). \$25 USD for 15 days Visa.
- Extra accommodations and meals before and after the Anapurna base camp trek
- International airfare
- Personal expenses such as shopping, hot shower, hot and cold drinks, alcohol, snacks, water, Wi-Fi, battery re-charge, heater charge, fee
- Travel insurance - make sure to cover an emergency high-altitude rescue and evacuations from the high altitude up to 600 m

- Personal clothing or gears
- Additional cost, the itinerary modifications or delay caused by out of management control due to the weather condition, illness, change of government policies, strikes, physical condition, etc.
- Tip or Gratuities to the guides, staff and driver (Recommended by local culture)
- And any other expenses that are not mentioned in the Price "inclusive section" of this program