

## Annapurna Circuit Trek - 7 Days

**Destination:** Nepal

**Trip Difficulty:** Moderate - Strenuous

**Best Season:** March - June & Sept - December

**Max Elevation:** 5416 M

Set foot on the world-famous **Annapurna Circuit Trek** to discover a realm of soaring frozen glaciers, lush forests bordered with tumbling rivers, and scenic mountain homesteads where you'll be welcomed like family.

### Highlights

- Catch sight of the incredible mountains such as Annapurna I (8091 meters), which is the 10th highest mountain in the world, and other equally beautiful mountains such as Annapurna II, Annapurna III, Annapurna IV, Machhapuchhre, Dhaulagiri, Gangapurna, Nilgiri, and so on.
- Walk through the deepest gorge, Kaligandiki Gorge.
- Ascent the highest pass in the world, Thorang Pass, 5416 m (Thorang La)
- Connect with communities along the trail and experience the best hospitality of the Gurungs, Thakali, and Tebitian people throughout the journey.
- Experience a blend of Buddhism and Hinduism at Muktinath Temple.
- Walk through historical places with divine architecture in Marpha village.
- Get a chance to explore the apple orchards while taking a delicious bite of apple chips or sipping locally brewed apple wine.
- Relax and rejuvenate in the natural hot spring.
- Indulge in the culinary delights of the local communities, such as Thakali Khana, Tibetan bread, Mustang coffee, and so on.

## **Explore the Annapurna Circuit: One of the best treks in Nepal.**

Our Guided 7-day Annapurna Circuit Trekking in the Annapurna region of Nepal offers the rare opportunity to combine a thrilling Himalayan adventure with a genuine cultural experience.

But many trekkers take up to three weeks to explore the length and breadth of the Annapurna Circuit, and travelers who are short on time may have missed out on the opportunity to enjoy this life-changing trek in Nepal to its fullest.

Fortunately, Alpine Ramble Treks has developed an itinerary around Annapurna Circuit that will introduce you to the natural splendor of this incredible Himalayan region over the

course of just a single week.

You'll enjoy a whirlwind tour of the hustle and bustle of Kathmandu, visit lonely mountain villages scattered far across the Himalayan mountains, and ascend to the high-altitude pass of Thorong La.

All along the way, you'll find yourself in the company of friendly Nepali villagers eager to introduce you to their traditions and ways of life.

## What's it like to trek the Annapurna Circuit?

Your weeklong adventure on the Annapurna Circuit Trek begins in [Kathmandu Valley \(https://www.alpineramble.com/kathmandu-valley-sightseeing-4-5-hrs-tour\)](https://www.alpineramble.com/kathmandu-valley-sightseeing-4-5-hrs-tour), but we'll soon leave Nepal's capital city behind and set out for the smaller towns of Besi Shahar and Chame.

From here, our trail leads through the small villages of Pisang, Manang, and Yak Kharka, where you'll encounter easygoing locals pursuing traditional ways of life against a backdrop of staggering Himalayan peaks. From the point of Manang, there is a side trail to go on Tilicho Lake, but it takes another 3 extra days to combine [Tilichola Lake with a circuit trail \(https://www.alpineramble.com/16-days-annapurna-circuit-trek-with-tilicho-lake\)](https://www.alpineramble.com/16-days-annapurna-circuit-trek-with-tilicho-lake).

The high point of our trek in the Annapurnas will come when we arrive at the high mountain pass of Thorong La, which sits at an incredible **5,416 meters** in elevation.

Spectacular views are the order of the day here at the top of the world, and you'll quickly discover why this is one of the best treks in Nepal. From Thorong La, you'll enjoy a panoramic perspective of the Annapurna and Dhaulagiri ranges.

After descending from the mountains, we'll travel by road to Pokhara before enjoying one last thrill: a scenic plane ride or overland drive back to Kathmandu. All told, the Annapurna

Circuit Trek has enough adventure for even the most intrepid traveler.

## **What makes our Annapurna Circuit Trek stand out from the pack?**

Suppose you're ready to plan a trekking holiday in Nepal. In that case, you've probably discovered that the tourism market is packed with adventure outfitters—and there are many ways to tackle the Annapurna Circuit.

But Alpine Ramble Treks has approached this trekking itinerary with the utmost care, leveraging our many years of experience in the tourism industry to develop a travel package designed specifically for visitors who are short on time.

We've carefully cultivated our contacts in the tourism industry, arranging the logistics and supplies necessary for a successful trek in Nepal. We've worked to develop the skills of our qualified guides, each experienced in mountaineering and hospitality.

We've listened to our client's feedback, constantly assessing our treks to ensure that each of our guests enjoys the best possible trekking expedition. So when you're ready to trek in Nepal, [get in touch with Alpine Ramble Treks \(https://www.alpineramble.com/contact-us\)](https://www.alpineramble.com/contact-us)—we're ready to help you begin your own adventure.

## **Best Time of Year for the Annapurna Circuit Trek**

Trekking seasons in Nepal are primarily dictated by the summer monsoon, and our seven-day Annapurna Circuit 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 Trek Route Difficulty

Our seven-day Annapurna Circuit Trek 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.

However, this one-week-long Annapurna circuit trek itinerary is also feasible from our side, if you are a novice trekker and have never been hiking before in the high altitude area then the additional days for the acclimatization days can be also added along the way.

However, this trek does climb to **altitudes higher than 4,000 meters**, with the mountain pass of **Thorong La** reaching well above 5,000 meters. At these altitudes, 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 into the heart of the Annapurnas.

The Annapurna circuit trekking route 7-day program covers a total distance of 65 kilometers. And it is mandatory to have local guides. Annapurna circuit trek without a guide is not allowed now, and the rule has been made by the local government of Nepal and also the Annapurna Conservation Area Committee.

The cost for the Annapurna Circuit trek package starts from US\$ 599 per person at the lowest to \$1099 per person at the highest. However, the cost of this Annapurna hike will depend on the transportation services, hotel accommodation, group size, and the number of language-speaking guides.

Our beautiful guided around Annapurna hike includes a speaking guide, trekking permits for this route of Annapurna, a TIMS card, transportation on a local bus, and sharing jeep, lodges, and foods on a trail.

## **Apart from Annapurna Circuit Trek: Other great treks in Nepal**

If our seven-day Annapurna Circuit Trek isn't quite right for you, don't worry! There are plenty of great choices when it comes to trekking in Nepal. If you'd like to spend as much time as possible in the Annapurna mountains, consider embarking upon our exciting [12-day Annapurna Circuit Trek \(https://www.alpineramble.com/12-days-annapurna-circuit-trek\)](https://www.alpineramble.com/12-days-annapurna-circuit-trek) . This itinerary has included the acclimatization days as well.

If you'd rather stick to slightly lower elevations, you can still enjoy a thrilling hike in Nepal by joining Alpine Ramble Treks on an [expedition to the magnificent viewpoint of Poon Hill \(https://www.alpineramble.com/ghorepani-poon-hill-trek-7-days\)](https://www.alpineramble.com/ghorepani-poon-hill-trek-7-days) .

Of course, you can also look beyond the Annapurnas to discover classic Himalayan adventures like the [Everest Base Camp Trek \(https://www.alpineramble.com/everest-base-camp-trek-8-days\)](https://www.alpineramble.com/everest-base-camp-trek-8-days) or [Langtang Valley Trek \(https://www.alpineramble.com/langtang-valley-trek\)](https://www.alpineramble.com/langtang-valley-trek)

And if you aren't sure which trek is the best match for you, don't hesitate to reach out to Alpine Ramble Treks. We'll be happy to put together the customized Himalayan trek of your dreams.

## **Additional Benefits of this Epic Annapurna Circuit Trek with ART**

- Free transfers to and from Tribhuvan International Airport upon arrival and departure.
- Complimentary use of any necessary trekking equipment, such as sleeping bags, down jackets, duffle bags, walkie-talkies, trekking poles, and an oximeter to monitor your oxygen and pulse.
- Fun souvenirs of your Himalayan adventure: a trekking route map, a t-shirt emblazoned with the Alpine Ramble Treks logo, and a hat!
- Luggage store (Free of cost)
- Free City tour in Kathmandu with the friendly local driver
- Traditional food and shows in the farewell event.

## **Day to Day Itinerary**

**Day 1: Drive from Kathmandu to Besisahar (5-6 hrs), drive to Chame / Dharapani (4-5 hrs)**

**Day 2: Trek from Chame to Pisang (4-5 hrs)**

**Day 3: Trek from Pisang to Manang (5-6 hrs)**

**Day 4: Acclimatization day**

**Day 5: Trek from Manang to Yak Kharka (4 hours)**

**Day 6: Trek from Yak Kharka to Thorong Phedi (4-5 hours)**

**Day 7: Trek from Thorong Phedi to Muktinath via Thorong La (7-8 hrs), then drive**

to Jomsom (2 hrs)

**Day 8: Drive from Jomsom to Pokhara (8-9 hours)**

## Cost Includes

- Free International Airport- Hotel- Airport pick up and drop off by private vehicles.
- **Meals** on a full-board basis (**Breakfast, Lunch, and Dinner/ the main course**) on a trek
- Experienced friendly local trekking guide coverage of his/her food, salary, accommodation, transportation, insurance, and equipment
- Flight From Jomsom to Pokhara, including all the applicable airport taxes and airport-hotel transportation
- 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)
- 2- Night hotel accommodation at the 3-star hotel category with awesome breakfast in Kathmandu
- One Strong and friendly local porter for two trekkers
- Hotel /Trekking lodges (**Tea House**) during the trek
- A handful of assistant guides for a group of 6 or above on each group (Not for a private solo trip)
- Transportation from Kathmandu – to Besishar by sharing a local Delux bus and from Besisahr to Chame by sharing a basic Jeep
- Supplementary snacks: energy bars, crackers, cookies, etc.
- Seasonal fresh fruit dessert every evening after dinner.
- Appreciation of certificate after the successful trek.
- Farewell Dinner at a typical Nepalese restaurant with traditional shows at the end of the tour in Pokhara/Kathamndu either.
- **Alpine Ramble's** complimentary free T-shirt/ route map and a duffel bag



- An oximeter to measure your oxygen and Pulse level during the trek in the mountain is 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 will be arranged in case of complex health conditions (funded by your Travel Insurance)
- All government, Local taxes/VAT, and official Expenses
- **10% OF ALL PROCEEDS GO TO SUPPORT OUR [SOCIAL IMPACTS INITIATIVE](https://www.alpineramble.com/mission)**  
[\(<https://www.alpineramble.com/mission>\)](https://www.alpineramble.com/mission)

## Cost Excludes

- Nepal entry visa fees (you can easily issue the visa on arrival at Tribhuvan International Airport, Kathmandu). \$25 USD for 15 days Visa.
- Extra accommodation and meals behind schedule (Foods and accommodations before and after the trek)
- All kinds of beverages (tea/coffee, coke, beers, water, etc).
- Additional costs are out of management control due to the landscape, weather conditions, illness, changes in government policies, strikes, physical conditions, etc.
- Personal expenses such as snacks, laundry, telephone, WIFI, hot shower, etc at tea houses on a trek.
- Travel insurance has to cover emergency rescue evacuation from high altitudes up to 5000 m.
- Personal [trekking equipment](https://www.alpineramble.com/trekking-equipment.html) (<https://www.alpineramble.com/trekking-equipment.html>) for this trek
- Gratitude/Tipping (Recommended by the local culture)
- Any other expenses that are not mentioned in the Price Include section of this trek