

Annapurna Circuit short Trek- 6 Days

Destination: Nepal

Trip Difficulty: Moderate - Strenuous

Best Season: March- May & Sep- Nov

Max Elevation: 5416 m

“Allow the eternal mystique of the Himalayas to capture your imagination and enthrall your spirit. On this short and accessible Annapurna Circuit Trek, you’ll discover why these mountains have drawn travelers worldwide to discover their secrets.”

Explore a land of skyscraping mountains and ancient monasteries on the Annapurna Circuit Trek.

The Annapurna mountains were named after the Hindu goddess Annapurna, who was recognized as a manifestation of Parvati. Faith and spirituality have been associated with these mighty Himalayan peaks since time immemorial, and our six-day trekking itinerary offers an unforgettable chance to explore a fascinating intersection of culture and wilderness. On the Annapurna Circuit Trek, you’ll encounter unique geological formations like the Kali Gandaki Gorge, set your sights on towering peaks like Dhaulagiri and Machapuchare, climb the high-altitude mountain pass of Thorong La, and visit both Buddhist monasteries and Hindu temples. The unique combination of rugged mountain landscapes and rich cultural heritage has made the Himalayas a premier destination for travelers from around the globe. As far as we’re concerned, trekking in Nepal is the only way to enjoy the best of both worlds fully—and Alpine Ramble Treks has carefully

developed an itinerary that will surpass even your wildest dreams.

Embark upon one of the shortest and most accessible Annapurna trekking adventures.

Traditionally, the Annapurna Circuit Trek can take up to three weeks to undertake. This is a thrilling round-trip adventure through some of the most beautiful mountains in Nepal, and many travelers want to spend as long in the Annapurnas as possible. But the demands of modern life may render some trekkers unable to devote weeks upon weeks to trekking in Nepal—and that's where we come in. Alpine Ramble Treks has crafted an itinerary suited explicitly to travelers short on time; if you are a novice traveler, you may consider doing our comfortable Annapurna circuit trek with acclimatization. Our six-day version of the Annapurna Circuit Trek does not include acclimatization, and it is specially designed for those who are physically and mentally fit and well-prepared. However, you'll still enjoy the spectacular highlights of this unforgettable Himalayan wilderness in just a fraction of the time. While you won't make a complete circuit of the Annapurna massif on this abbreviated itinerary, you'll visit the mountainside villages of Manang and Thorong Phedi, experience awe-inspiring panoramic vistas from an altitude of more than 5,400 meters in elevation, and enjoy a bird's-eye view of the Himalayas on an internal flight between Jomsom and Pokhara.

What can you expect on the Annapurna Circuit Trek?

Our adventure begins with a scenic drive from the capital city of Kathmandu to the little town of Chame, where we'll pick up the trail and set off into the wilderness of the Annapurna Conservation Area. This is the largest protected reserve in the country, with

some of the most dramatic Himalayan views. We'll hike for about five or six hours daily, rising from Nepal's forested lowlands to its windswept alpine heights. Our path leads through steep valleys where glacial rivers cut their way through stands of juniper and birch, climbs along stark ridgelines with sweeping mountain views, and ascends to narrow passes where colorful prayer flags snap in the chilly alpine air. Best of all, Alpine Ramble Treks will handle all of the arrangements, leaving you free to focus on enjoying the adventure of a lifetime.

Best Time of Year for the Annapurna Circuit Trek

The summer monsoon primarily dictates trekking seasons in Nepal, and our six-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 create a trekking adventure that will surpass even your highest expectations.

Annapurna Circuit Trek Difficulty

Our six-day Annapurna Circuit Trek is among the Himalayas' most popular and enduring hikes. Most good health and reasonable physical fitness travelers will be able to complete this itinerary without issue, and no previous trekking experience is required. 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, drinking lots of water and getting plenty of rest is essential to let your body adjust naturally to the increased elevation. As always, your guide will look after your progress and ensure you enjoy a safe and rewarding trek into the heart of the Annapurnas.

Other options for trekking in Nepal

If our six-day Annapurna Circuit Trek isn't exactly what you had in mind, don't worry—plenty of other treks to consider in this part of Nepal. We offer extended versions of the Annapurna Circuit Trek, including a [two-week itinerary](https://www.alpineramble.com/14-days-annapurna-circuit-trek) (<https://www.alpineramble.com/14-days-annapurna-circuit-trek>) and an [expanded 17-day trek](https://www.alpineramble.com/annapurna-circuit-trek-with-tilicho-lake) (<https://www.alpineramble.com/annapurna-circuit-trek-with-tilicho-lake>), which includes a visit to the stunning Tilicho Lake. If you're looking for a longer trek but don't necessarily have two weeks to spare, our [10-day Annapurna Circuit Trek](https://www.alpineramble.com/short-annapurna-circuit-trek-10-days) (<https://www.alpineramble.com/short-annapurna-circuit-trek-10-days>) might be the perfect compromise. Of course, you don't have to go hiking in the Annapurnas to see the Himalayas at their finest. Some of the best treks in Nepal can be found elsewhere in the country, like the [Langtang Valley Trek](https://www.alpineramble.com/langtang-valley-trek) (<https://www.alpineramble.com/langtang-valley-trek>) or 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>). If you aren't sure which option is right for you, contact Alpine Ramble Treks for some free and friendly advice.

Additional Benefits of this 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!

Highlights

- Visit scenic Himalayan villages scattered across the length and breadth of the Annapurna mountains.
- Climb to a breathless 5,416 meters in elevation to reach the mountain pass of Thorong La.
- Earn cracking views of Dhaulagiri, Manaslu, Machapuchare, and the Annapurna massif.
- Complete the Annapurna Circuit Trek in just six days.

Please note: The trekking times indicated below are approximate and are best used as general guidelines. During the Annapurna Circuit Trek, you'll be able to travel freely at your own pace.

Day to Day Itinerary

Day 1: Drive from Kathmandu to Besisahar by minibus (5-6 hrs), then drive to Chame by jeep (5 hrs)

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

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

Day 4: Acclimatization day

Day 5: Trek from Manang to Leddar/ Thorong Phedi (6-7 hrs)

Day 6: Trek from Thorong Phedi to Muktinath via Thorong La (7-8 hrs), then drive to Jomsom (2 hrs)

Cost Includes

- International Airport- Hotel- Airport pick up and drop off by private car/Jeep/ Hiace.
- **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,
- Flight from Jonson - Pokhara -Kathmandu
- Supplementary snacks: energy bars, crackers, cookies, etc.
- Seasonal fresh fruits dessert 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/ route map and a duffel bag (if required)
- An 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.

- **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 in Kathmandu and Pokhara)
- All kinds of beverages (tea/coffee, coke, beers, water, etc) and porter if required
- Additional costs by out of management control due to the landscape, weather conditions, illness, change of 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 the high altitude up to 5000 m.
- Personal [trekking equipment](https://www.alpineramble.com/trekking-equipment.html) (<https://www.alpineramble.com/trekking-equipment.html>) for this trek
- Tipping (recommended by local culture)
- Any other expenses that are not mentioned in the Price Include section of this trek