

Annapurna Circuit Trek 10 Days

Destination: Nepal

Trip Difficulty: Easy-Moderate

Best Season: March - June & Sept - December

Max Elevation: 5416 m

“Climb to the high-altitude pass of Thorong La to stand at an incredible 5,416 meters above sea level. The air will be thin, but your heart will be full: with the entirety of the western Himalayas revealed in startling beauty before your very eyes, you may never be the same again.”

Experience all the thrills of the Annapurna Circuit Trek in just 10 days

Trekking in Nepal’s storied Annapurna mountains offers an enticing prospect that few travelers can resist. These mighty Himalayan peaks are home to some of the most jaw-dropping scenery and epic trails that Nepal has to offer.

And make no mistake: the Annapurna Circuit Trek is a gargantuan hike. It’s one of the best treks in Nepal, offering travelers the chance to range from the country’s steamy subtropical lowlands to its frigid alpine heights.

But the trek is more than 100 miles long, and most itineraries take two weeks or more to cover the entirety of the journey. This has historically placed the adventure beyond the reach of trekkers with less time to spend in the mountains—but all that is about to change.

Alpine Ramble Treks is proud to debut our 10-day Annapurna Circuit trekking itinerary, which showcases the fabulous western Himalayas in all their considerable grandeur. You'll cross high-altitude mountain passes, explore the streets of Nepal's two biggest cities, and experience the sheer cultural diversity of the Himalayas.

What can you expect on the Annapurna Circuit Trek?

While our short Annapurna Circuit trekking itinerary takes place over the course of just ten days, we've packed this agenda with enough unforgettable sights to last a lifetime.

From the intoxicating metropolis of Kathmandu to the lonely alpine hamlets of the highest mountains, you'll encounter a wide variety of cultural and architectural wonders. The people in this part of Nepal belong predominantly to the Gurung and Magar ethnicities, and learning about their timeless traditions and Tibetan religious iconography is sure to cement itself as a highlight of your trekking adventure.

The Annapurnas are also rife with scenes of surpassing natural beauty, from mist-shrouded hillsides blanketed with conifer forest to the indisputable majesty of snowbound Himalayan peaks.

You'll stand beneath the awe-inspiring summits of towering mountains like Manaslu, Dhaulagiri, Machapuchare, and—of course—the mighty Annapurna massif itself. For our money, there's no better way to acquaint yourself with the highest peaks of the western Himalayas.

Tackle the Annapurna Circuit Trek with Alpine Ramble Treks at your side

The Annapurna Circuit Trek offers a considerable challenge: you'll be reaching serious alpine heights, and you'll be trekking for hours each day. But the expert guides and porters at Alpine Ramble Treks will be there to bring you safely into the heart of the Annapurnas.

We've spent years accumulating trekking and mountaineering experience in this part of Nepal, and our 10-day trekking itinerary is specifically designed to hit each of the highlights of this remarkable trail—with none of the headaches. So let us handle the logistics of transportation, equipment, and accommodations.

You'll be free to enjoy the trek of a lifetime, earning unforgettable memories as you ascend higher and higher into the Himalayan wilderness of the beautiful Annapurnas. When you're ready to plan your own Annapurna Circuit Trek, reach out to Alpine Ramble Treks via WhatsApp at +977 9851175531.

Best Time of Year for the Annapurna Circuit Trek

Trekking seasons in Nepal are largely dictated by the summer monsoon, and our 10-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 Difficulty

Our 10-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, 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, 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.

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 Trek \(https://www.alpineramble.com/nar-phu-with-annapurna-circuit-trek-17-days\)](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. And if you're looking for an even 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 \(https://www.alpineramble.com/ghorepani-poon-hill-trek-5-days\)](https://www.alpineramble.com/ghorepani-poon-hill-trek-5-days)

Additional Benefits

- 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

- Ascend to the high-altitude mountain pass of Thorong La at 5,416 meters above sea level.
- Lose yourself in the hustle and bustle of Nepal's two biggest cities: Kathmandu and Pokhara.
- Trek from Nepal's forested lowlands all the way to the edge of the Tibetan plateau.
- Explore shrines, temples, and monasteries held sacred by Hindus and Buddhists alike.
- Hike beneath the incredible mountains of Dhaulagiri, Manaslu, Machapuchare, and many more.



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 Besi Shahar (5-6 hours)

Day 2: Drive from Besi Shahar to Chame (4-5 hours)

Day 3: Trek from Chame to Pisang (4-5 hours)

Day 4: Trek from Pisang to Manang (5-6 hours)

Day 5: Acclimatization Day at Manang

Day 6: Trek from Manang to Yak Kharka (4 hours)

Day 7: Trek from Yak Kharka to Thorong Phedi (4-5 hours)

Day 8: Trek from Thorong Phedi to Muktinath via Thorong La (7-8 hours)

Day 9: Drive from Muktinath to Pokhara (9-10 hours)

Day 10: Drive from Pokhara to Kathmandu (7 hours)

Cost Includes

- **Free transfer** to and from the airport on arrival and departure by private vehicle.
- **All the foods** on a full-board basis (Breakfast, Lunch, and Dinner, the main course) during the trek.
- **Alpine Ramble's** experienced, government-licensed, English-speaking trekking guide.
- Local strong porter to help the trekker's luggage (1 porter = 2 trekkers with limited weights 10kg each max)
- Foods, salary, drinks, accommodation, equipment, transportation, and insurance for the Guide and porter
- All essential trekking documents or papers for the trek including Annapurna Conservation Area (ACAP) Permits
- Trekking Information Management System (**TIMS**) Card.
- **Trekking equipment** such as the Sleeping bag, down jacket, walking pole, crampon, and duffle bag on request
- All the Trekking lodges or Tea houses during the trek.
- An assistance guide for a group of 10 pax or above on a trek
- **Free** Kathmandu- Besishar- Chame, and Jomsom - Pokhara -Kathmandu transfer by comfortable sharing a local bus or local jeep
- **Supplementary**; such as energy bars, snickers, some good crackers, etc. on a trek.
- You'll be served all the available seasonal fresh fruits almost every evening after dinner
- **A certificate of appreciation** for a successful trek
- **Farewell dinner** at the best typical Nepalese restaurant along with the cultural

performances

- Alpine Ramble's complimentary free T-shirt, route map, and duffel bags (Duffel bag for the porter you do not need to buy for the trek)
- **Oximeter** to monitor your oxygen and pulse.
- A 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 Tribhuwan International Airport, Kathmandu). 25 USD for 15 days Visa.
- Foods and accommodations before and after the trek (Behind the schedules)
- **Extra drinks** as alcoholic and non-alcoholic such as Fanta, Coca-cola, sprite, water, beer, etc.
- Additional cost by out of management control due to the landscape, weather condition, illness, change of government policies, strikes, and physical condition, 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-altitude up to 600m
- Personal equipment for this trek
- **Gratitudes** to the **guide** and **porters** (Recommended by local culture and community)

- And any other expenses that are not mentioned in the Price Include section of this trek