

## Annapurna Circuit Trek -11 Days

**Destination:** Nepal

**Trip Difficulty:** Moderate - Strenuous

**Best Season:** March-May & Sep- Nov

**Max Elevation:** 5416 m

**“Reawaken your senses and reinvigorate your soul on this extraordinary adventure into the heart of the Himalayas. These are the Annapurna mountains: a place where ancient geological forces and timeless spiritual traditions combine to make for a genuinely unforgettable trek.”**

The Annapurna Circuit Trek 11-Day itinerary is perfect for those travelers who are keen to explore the mighty mountains of Annapurna in the short holiday frame.

## EMBARK UPON ONE OF NEPAL'S BEST TREKS IN THE ANNAPURNA

Nepal's Annapurna mountains offer some of the finest hiking in the entirety of the Himalayas, and the region's iconic peaks need no introduction: Dhaulagiri, Machapuchare, Manaslu, and the Annapurna massif itself rank amongst the most splendid snow-draped summits on the planet.

In fact, Annapurna I is the 10<sup>th</sup>-highest mountain in the world, and travelers come from far and wide to catch a glimpse of its distinctive south face. So perhaps it's no surprise that some of the best treks in Nepal can be found right here in the Annapurnas.

## **ANNAPURNA CIRCUIT TREK IS DIVERSE IN CULTURE AND NATURE**

Annapurna Circuit trek (ACT) is more than just a trek. While trekking, you will be able to explore the unique culture of the mountain inhabited by people like Gurung, Tamang, Lama, and Bhote, these groups are the majority groups of the region that warmly welcomes you to the place of paradise, and they supremely fascinating alongside the most beautiful scenery of the Himalayas!

## **CLASSIC ANNAPURNA CIRCUIT TREK TRAILS**

This majestic Annapurna Circuit journey begins in Kathmandu with a scenic drive to Besishar and Chame. The capital of Nepal is Kathmandu, where you will have a chance to take the local bus ride to Besishar and Chame by Jeep the next day. A trek starts from Chame unless you want to hike on the road in the lower area of the region.

Trekking towards the more tranquil valley from Chame leads us through the most unquestionable Himalayas settlements like Pisang, Manang, and Yak Kharka, and reach Throng La (5416m); Manang is a place where we spend at least two nights to acclimatize well to prepare for the further trekking up to the higher elevation areas.

## **ICONIC ICE LAKE & ACCLIMATIZATION IN MANANG VILLAGE**

Manang and Ice Lake: Exploring the Tranquil Bliss of Annapurna Circuit of Nepal!

Nestled amidst the majestic Himalayas in Nepal, the Annapurna Circuit trek is a come true for adventure enthusiasts and nature lovers. Along this iconic trail lies the enchanting

Manang village, known for its rich cultural heritage and stunning landscapes, and nestled just above the village lies the breathtaking Ice Lake, a hidden gem that promises to leave trekkers in awe.

As you embark on the Annapurna Circuit trek, the village of Manang welcomes you with open arms in your 4-day trekking itinerary of this program. An ancient village, situated at an altitude of **3,540 meters**, it is a gateway to the divine beauty of the Himalayas.

This is also the place where we normally stay one more extra day for acclimatization to explore the exciting sight tour and get ourselves good adoption with the thin year approaching higher elevation for the further steps of this journey.

The traditional stone houses, prayer flags fluttering in the wind, and vibrant monasteries create a serene ambiance that instantly captivates visitors.

The inhabitants of Manang are warm and welcoming, always ready to share their unique culture with curious travelers. Take the time to immerse yourself in their way of life, participating in age-old traditions and savoring the delicious local cuisine.

The ancient monasteries, such as the Gangapurna Lake Monastery and Braga Monastery, offer a glimpse into the spiritual heart of the village. The Buddhist rituals and stunning murals add a sense of tranquility to your journey.

But beyond the cultural immersion, Manang offers incredible vistas that will leave you breathless. As you hike from Manang village towards the Ice Lake, a 2 hours approx hiking distance from the village of Manag, each step unveils a panorama of snow-capped peaks, cascading waterfalls, and lush valleys.

The trail winds through rhododendron forests, providing a burst of color during springtime. The pristine Marsyangdi River flows harmoniously along the path, adding to the tranquility of the surroundings.

After 2 hours of hiking, you reach the ultimate highlight of the journey – the **Ice Lake**.

Situated at an altitude of **4,600 meters**, this glacial lake is a sight to behold. Its crystal-clear turquoise waters reflect the towering peaks of **Gangapurna, Annapurna III, and Tilicho Peak**, creating an otherworldly ambiance. The high-altitude wildflowers that adorn the lake's surroundings add a touch of vibrancy to the ethereal landscape.

Standing at the edge of the Ice Lake, you'll feel a profound sense of peace and serenity. The silence is broken only by the gentle breeze and occasional ripples on the lake's surface. It's truly a moment to connect with nature, leaving behind the hustle and bustle of everyday life.

## THRONG-LA PASS IN ANNAPURNA CIRCUIT

Crossing the Throng-La pass is one of the challenging parts of the journey, as it is known to be the highest trekking pass in the world. Views are simply rewarding. We enjoy panoramic views of the huge Annapurna, Manaslu, and Dhaulagiri from here, which is worth it. You will be rewarded by these beautiful scenery.

Descending from the top of Throng La to Muktinath is another chapter, mostly walking on down the small moraines. We are coming to a different valley now and into Kaligandaki with a different atmosphere. Following are the fascinating local villages of Muktinath, Kagbeni, Jomsom, Tatopani, and Pokhara, where the trek will end up.

## THE BEST TIME OF THE YEAR FOR THE ANNAPURNA CIRCUIT TREK

This trek is suitable in the autumn (September to December) and spring (March to May) seasons. Having said that, this trek is also not an impossible way to do in the monsoon and Winter seasons, it might be a little challenging in terms of the oldest climate in the winter and rainy season with clouds but with a little bit more preparation it is doable throughout the year.

If you are wondering about the difficulty level of this trek, then we would rate this as a moderate to strenuous one. Both experienced and inexperienced hikers can do this with a

positive mindset. Hikers with some previous hiking or trekking experience may make this trek more comfortable.

## ANNAPURNA CIRCUIT TREK ALTERNATIVE OPTIONS

Moreover, if you are looking to explore more of this unparalleled beauty of nature and culture, then start packing your bag to embark on this incredible beauty of everything. Don't you have an 11-day holiday? Then why not join this [short Annapurna Circuit Trek \(https://www.alpineramble.com/annapurna-circuit-short-trek-6-days\)](https://www.alpineramble.com/annapurna-circuit-short-trek-6-days) ?

For those of us who like to spend more time in nature and explore more of what it has to offer, then we may opt for this 14-day Annapurna circuit trek and 16-day Annapurna circuit, and Tilicho Lake trek!

## ASIDE FROM THE ANNAPURNA CIRCUIT, TREK

Thinking of doing some other trekking trips in Nepal? Learn some of our other exciting trekking trips, including 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) , the [Annapurna base camp trek \(https://www.alpineramble.com/short-annapurna-base-camp-trek-5-6-days\)](https://www.alpineramble.com/short-annapurna-base-camp-trek-5-6-days) , and the [Langtang Valley trek \(https://www.alpineramble.com/langtang-valley-trek\)](https://www.alpineramble.com/langtang-valley-trek) !

Our eleven-day Annapurna circuit trek includes Airport transport, all the food, accommodations on a trek, a highly experienced and friendly Sherpa guide, all-the-ground transportation, trekking permits, etc. Alpine Ramble will preserve and assist you in everything you require throughout. For more info and speedy answers, please [contact us](#).

## **ADDITIONAL BENEFITS OF CIRCUIT TREK WITH ART IN 2024 and 2025**

- 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!

### **Highlights**

- Traverse the Thorong La Pass, the highest point of the Annapurna Circuit, and feel a sense of accomplishment as you stand at an altitude of 5,416 meters, surrounded by majestic peaks.
- Immerse yourself in the rich cultural tapestry of the region as you visit traditional Gurung and Thakali villages, experiencing their warm hospitality and sampling local delicacies.
- Encounter diverse landscapes, from lush green forests and cascading waterfalls to barren high-altitude deserts, offering a visual feast that will leave you in awe.
- Explore the mystical Muktinath Temple, a sacred site revered by both Hindus and Buddhists, where natural elements of fire and water coexist in perfect harmony.

- Witness breathtaking sunrise and sunset views over the Annapurna mountain range, painting the sky with hues of gold and crimson, creating a truly magical experience.

## Day to Day Itinerary

**Day 1: Drive from Kathmandu to Besishar (845 m / 2,815 ft) 200 km west of the Kathmandu**

**Day 2: Drive from Besishar to Chame (2,610 m/8,890 ft)**

**Day 3: Trek from Chame to Pisang (3,115 m/10,200 ft)**

**Day 4: Trek from Pisang to Manang (3,540 m/11,300 ft)**

**Day 5: Trek from Manag to Yak Kharka (4,050 m/14,275 ft)**

**Day 6: Trek from Yak kharka to Thorong Phedi (4,525 m/14,525 ft)**

**Day 7: Trek to Muktinath Temple (3760 m/12623 ft) via Thorung La high pass (5,416 m/17,756 ft)**

**Day 8: Trek from Muktiunath to Jomsom**

**Day 9: Drive from Jomsom to Tatopani (Hot spring)**

**Day 10: Drive from Tatopani to Pokhara**

**Day 11: Drive From Pokhara (820 m/ 2,690 ft ) to Kathmandu (1,350 m/4,450 ft)**

## Cost Includes

- Free International Airport- Hotel- Airport pick up and drop off by private car/Jeep/Hiace.
- **Meals** are 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 bus / 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 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 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 in Kathmandu and Pokhara)
- All kinds of beverages (tea/coffee, coke, beers, water, etc) and porter if required



- Additional costs are 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