



Bridge Nepal Treks & Travels

Ananda Bhairab Marg, Naxal, Kathmandu

Phone: +977 9802397328 | +977 9851425260

Email: info@bridgenepaltreksandtravels.com

Website: www.bridgenepaltreksandtravels.com

Annapurna Circuit Trek: 9 Nights and 10 Days | Annapurna Circuit Trek short itinerary | Bridge Nepal

Price	850.00
Duration	9 Nights and 10 Days
Location	Nepal

Tour Overview

The Annapurna Circuit Trek is one of the most iconic trekking adventures in Nepal, offering an unforgettable journey through diverse landscapes, traditional mountain villages, ancient monasteries, and the majestic Himalayan region. This classic Annapurna Circuit trekking route takes you from the lush hills of the Marsyangdi Valley to the high-altitude deserts of Manang and across the legendary Thorong La Pass (5,416m), one of the highest trekking passes in the world.

Your adventure begins with a scenic drive from Kathmandu to Besisahar and Dharapani, followed by a rewarding trek through picturesque villages including Chame, Upper Pisang, and Manang. As you gain altitude, breathtaking views of Annapurna II, Annapurna III, Gangapurna, Tilicho Peak, and other snow-capped Himalayan giants accompany you throughout the journey.

A dedicated acclimatization day in Manang helps prepare for the high-altitude crossing while allowing time to explore the beautiful Gangapurna Lake and surrounding viewpoints. The trail then ascends through Yak Kharka and Thorong High Camp before reaching the ultimate highlight of the trek—crossing the spectacular Thorong La Pass.

From the summit, trekkers are rewarded with panoramic views of the Annapurna and Dhaulagiri mountain ranges before descending to the sacred pilgrimage site of Muktinath.

This short yet rewarding Annapurna Circuit Trek combines dramatic mountain scenery, rich Himalayan culture, high-altitude adventure, and diverse landscapes, making it one of the best trekking experiences in Nepal. Whether you are seeking a challenging Himalayan crossing, authentic local culture, or breathtaking mountain views, this trekking in Nepal adventure delivers a lifetime of unforgettable memories.

Trip Highlights

- Experience one of the most iconic Annapurna Circuit trekking adventures in Nepal.
- Cross the legendary Thorong La Pass (5,416m), one of the world's highest trekking passes.
- Trek through diverse landscapes ranging from lush valleys and pine forests to alpine meadows and high-altitude deserts.
- Explore the beautiful Himalayan village of Manang, the cultural and acclimatization hub of the Annapurna region.
- Enjoy an acclimatization hike to the stunning Gangapurna Lake and Viewpoint.
- Witness spectacular views of Annapurna II, Annapurna III, Annapurna IV, Gangapurna, Tilicho Peak, Chulu Peaks, Dhaulagiri, and other Himalayan giants.
- Discover traditional Gurung, Manangi, and Tibetan-influenced mountain cultures and lifestyles.
- Walk through charming villages including Dharapani, Chame, Upper Pisang, Manang, Yak Kharka, and Muktinath.
- Visit the sacred pilgrimage site of Muktinath Temple.
- Experience dramatic changes in geography, climate, culture, and vegetation throughout the trek.
- Enjoy breathtaking sunrise and panoramic mountain vistas from high-altitude viewpoints.
- Travel along one of the most scenic and rewarding trekking routes in Nepal.
- Stay in authentic Himalayan teahouses and immerse yourself in local mountain hospitality.
- Experience a perfect blend of adventure, culture, nature, and high-altitude Himalayan exploration.
- Conclude the journey with a scenic drive to the beautiful lakeside city of Pokhara.

Detailed Itinerary

Day 1: Drive from Kathmandu to Besisahar (760m)

Driving Duration: 6–7 Hours

Your Annapurna Circuit Trek begins with a scenic drive from Kathmandu to Besisahar. The journey follows winding highways alongside rivers, terraced farmlands, traditional villages, and beautiful hill landscapes. Upon arrival in Besisahar, the gateway to the Annapurna region, check into your lodge and enjoy your first evening in the Himalayas while preparing for the adventure ahead.

Overnight stay in Besisahar.

Day 2: Drive from Besisahar to Dharapani (1,860m)

Driving Duration: 5-6 Hours

After breakfast, continue the journey by local jeep through rugged mountain roads. The route passes through picturesque settlements, waterfalls, forests, and deep river gorges while offering your first close-up views of the Himalayan foothills. Arrive in Dharapani, a beautiful village located on the famous Annapurna Circuit trail.

Overnight stay in Dharapani.

Day 3: Trek from Dharapani to Chame (2,650m)

Walking Duration: 5-6 Hours

Distance: Approximately 15 km

The trekking adventure officially begins today. The trail ascends through pine and fir forests, crossing suspension bridges and traditional villages. Enjoy magnificent views of Lamjung Himal and Annapurna II as you walk through the scenic Marsyangdi Valley. Upon reaching Chame, the district headquarters of Manang, enjoy stunning mountain scenery and natural hot spring surroundings.

Overnight stay in Chame.

Day 4: Trek from Chame to Upper Pisang (3,300m)

Walking Duration: 5-6 Hours

Distance: Approximately 14 km

Today's trail follows a beautiful route through dense forests and dramatic rock formations. Pass through the famous Paungda Danda rock face and enjoy breathtaking views of Annapurna II and Pisang Peak. Arrive at Upper Pisang, a traditional Himalayan village known for its Tibetan-influenced culture, ancient monasteries, and spectacular mountain panoramas.

Overnight stay in Upper Pisang.

Day 5: Trek from Upper Pisang to Manang (3,519m)

Walking Duration: 6-7 Hours

Distance: Approximately 17 km

One of the most scenic days of the Annapurna Circuit trekking journey. The trail climbs through traditional villages, prayer walls, chortens, and alpine landscapes while offering magnificent views of Annapurna III, Annapurna IV, Gangapurna, Tilicho Peak, and the surrounding Himalayan range. Arrive in Manang, one of the most beautiful and culturally rich villages in the Annapurna region.

Overnight stay in Manang.

Day 6: Acclimatization Day in Manang - Hike to Gangapurna Lake and Viewpoint

Walking Duration: 3-4 Hours

To help your body adjust to the increasing altitude, spend the day acclimatizing in Manang. Enjoy a scenic hike to Gangapurna Lake and nearby viewpoints, where breathtaking views of Gangapurna Glacier, Annapurna III, and the surrounding mountains await. Explore the village, interact with locals, and learn about the unique culture and lifestyle of the Manang region.

Overnight stay in Manang.

Day 7: Trek from Manang to Yak Kharka (4,020m)

Walking Duration: 4-5 Hours

Distance: Approximately 10 km

Leaving Manang behind, the trail gradually ascends into a more rugged alpine environment. Pass through high pastures, juniper shrubs, and grazing areas for yaks and mountain livestock. The landscape becomes increasingly dramatic as you gain elevation and move closer to Thorong La Pass.

Overnight stay in Yak Kharka.

Day 8: Trek from Yak Kharka to Thorong High Camp (4,925m)

Walking Duration: 5-6 Hours

Distance: Approximately 8 km

Today's trek takes you through alpine terrain toward the base of the legendary Thorong La Pass. Cross suspension bridges and ascend gradually through rocky trails while enjoying spectacular mountain views. Upon arrival at Thorong High Camp, rest early and prepare for the challenging pass crossing the following morning.

Overnight stay at Thorong High Camp.

Day 9: Trek Across Thorong La Pass (5,416m) and Continue to Muktinath (3,710m)

Walking Duration: 8-10 Hours

Distance: Approximately 15 km

The most challenging and rewarding day of the trek begins before sunrise. Ascend steadily to the summit of Thorong La Pass (5,416m), one of the highest trekking passes in the world. From the top, enjoy unforgettable panoramic views of the Annapurna and Dhaulagiri ranges. After celebrating your achievement, descend through dramatic mountain landscapes to the sacred pilgrimage site of Muktinath, an important destination for both Hindu and Buddhist devotees.

Overnight stay in Muktinath.

Day 10: Drive from Muktinath to Pokhara (820m)

Driving Duration: 8-10 Hours

After breakfast, embark on a scenic drive to Pokhara through the beautiful Kali Gandaki Valley. Along the way, enjoy views of deep gorges, charming villages, rivers, and mountain landscapes. Upon arrival in Pokhara, check into your hotel and spend the evening relaxing by the lakeside, celebrating the successful completion of your Annapurna Circuit Trek.

Overnight stay in Pokhara.

Included Services

- Airport pick-up and drop-off by private tourist vehicle.
- All ground transportation as per the itinerary (Kathmandu - Besisahar - Dharapani and Muktinath - Pokhara).
- Tourist bus transportation from Kathmandu to Besisahar.

- Shared local jeep transportation from Besisahar to Dharapani.
- Shared local transportation from Muktinath/Jomsom to Pokhara.
- Accommodation in comfortable teahouses/lodges during the trek.
- One night hotel accommodation in Pokhara on a twin-sharing basis.
- Three meals a day (breakfast, lunch, and dinner) during the trekking period.
- Seasonal fresh fruits after dinner during the trek.
- Experienced, government-licensed English-speaking trekking guide.
- Porter service (1 porter for every 2 trekkers, carrying up to 20kg).
- Guide and porter salaries, meals, accommodation, transportation, and insurance.
- Annapurna Conservation Area Permit (ACAP) and TIMS card.
- Comprehensive first-aid medical kit carried by the guide.
- Trekking route information and safety briefing before departure.
- All applicable government taxes and service charges.
- Certificate of achievement upon successful completion of the trek.

Excluded Services

- International airfare to and from Nepal.
- Nepal entry visa fees.
- Travel insurance, including high-altitude trekking and emergency helicopter evacuation coverage.
- Hotel accommodation and meals in Kathmandu unless specified.
- Personal trekking equipment and clothing.
- Hot showers, Wi-Fi, internet access, battery charging fees, and laundry services during the trek.
- Personal expenses
- Tips and gratuities for guides, porters, and drivers.
- Any services not specifically mentioned in the "Included" section.

Fixed Departure Dates

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Frequently Asked Questions

Q: How difficult is the Annapurna Circuit Trek?

The Annapurna Circuit Trek is considered a moderately challenging to strenuous trek. It involves several days of walking at high altitudes, including crossing the famous Thorong La Pass (5,416m). A reasonable level of fitness and prior hiking experience are beneficial.

Q: How long is the Annapurna Circuit Trek?

This Annapurna Circuit Trek itinerary is a 10-day adventure, combining scenic drives, cultural exploration, acclimatization in Manang, and trekking across Thorong La Pass before ending in Pokhara.

Q: What is the highest point of the trek?

The highest point of the trek is Thorong La Pass at 5,416 meters (17,769 feet), making it one of the highest trekking passes in Nepal.

Q: Do I need previous trekking experience?

Previous trekking experience is helpful but not mandatory. Trekkers with good physical fitness, determination, and proper preparation can successfully complete the trek.

Q: Why is acclimatization in Manang important?

Acclimatization in Manang helps your body adjust to higher elevations, reducing the risk of altitude sickness before ascending toward Thorong La Pass.

Q: What is the best time for Annapurna Circuit trekking?

The best seasons are spring (March to May) and autumn (September to November), when the weather is stable, mountain views are clear, and trekking conditions are ideal.

Q: Is altitude sickness a concern on this trek?

Yes, altitude sickness can affect trekkers above 3,000 meters. Proper acclimatization, gradual ascent, hydration, and following your guide's advice help minimize the risk.

Q: What accommodation is available during the trek?

Comfortable teahouses and mountain lodges are available throughout the route, providing clean rooms, warm meals, and basic facilities for trekkers.

Q: What kind of food is available on the trail?

Teahouses offer a variety of meals, including Dal Bhat, noodles, soups, fried rice, pasta, potatoes, eggs, pancakes, tea, coffee, and other local and international dishes.

Q: Are permits required for the Annapurna Circuit Trek?

Yes, trekkers need the Annapurna Conservation Area Permit (ACAP) and the TIMS (Trekking Information Management System) card, which are usually arranged by the trekking agency.

Q: What mountains can I see during the trek?

The trek offers spectacular views of Annapurna II, Annapurna III, Annapurna IV, Gangapurna, Tilicho Peak, Chulu Peaks, Dhaulagiri, and many other Himalayan mountains.

Q: Is Thorong La Pass difficult to cross?

Thorong La Pass is the most challenging section of the trek due to its altitude and steep ascent. However, with proper acclimatization and an early morning start, it is achievable for most prepared trekkers.

Q: What should I pack for the trek?

Essential items include warm layers, a down jacket, trekking boots, gloves, a hat, sunglasses, sunscreen, a sleeping bag, trekking poles, and personal medications.

Q: Is Wi-Fi and mobile network available on the route?

Wi-Fi and mobile network services are available in many villages along the trail, though connections may become slower and less reliable at higher elevations.

Q: What is the total trekking distance of the Annapurna Circuit Trek?

This 10-day Annapurna Circuit Trek covers approximately 90–110 kilometers, depending on the exact route and side excursions taken during the trek.

Q: Can beginners do the Annapurna Circuit Trek?

Yes, beginners with good physical fitness, proper preparation, and a positive attitude can complete the trek successfully. Having an experienced guide is highly recommended.

Q: What is the temperature during the trek?

Temperatures vary by season and altitude. In higher areas such as Thorong High Camp and Thorong La Pass, temperatures can drop below freezing, especially during the early morning and night.

Q: Is travel insurance required for Annapurna Circuit Trek?

Yes, comprehensive travel insurance covering high-altitude trekking and emergency helicopter evacuation is strongly recommended for all trekkers.

Q: Are guides and porters necessary?

While experienced trekkers can trek independently where regulations permit, hiring a professional guide and porter enhances safety, navigation, cultural understanding, and overall trekking comfort.

Q: Can I charge my electronic devices during the trek?

Yes, most teahouses provide charging facilities for phones, cameras, and other devices, although additional charges may apply at higher elevations.

Q: Is drinking water available on the trail?

Yes, drinking water is available throughout the route. Trekkers are encouraged to use water purification tablets, filters, or refill stations to reduce plastic waste.

Q: What is special about Manang?

Manang is one of the most beautiful and culturally rich villages in the Annapurna region. It serves as an important acclimatization stop and offers spectacular views of Annapurna, Gangapurna, and surrounding Himalayan peaks.

Q: Can I customize the Annapurna Circuit Trek itinerary?

Yes, the itinerary can be customized according to your available time, fitness level, interests, and trekking preferences.

Q: What makes the Annapurna Circuit Trek unique?

The Annapurna Circuit Trek is famous for its incredible diversity of landscapes, traditional Himalayan villages, rich Tibetan-influenced culture, breathtaking mountain views, and the thrilling crossing of Thorong La Pass (5,416m), making it one of the world's most celebrated trekking routes

Q: Is emergency evacuation available during the trek?

Yes, helicopter evacuation services are available in case of medical emergencies or severe altitude-related issues, provided the trekker has appropriate travel insurance coverage.

Q: What currency should I carry during the trek?

Nepalese Rupees (NPR) are recommended for personal expenses, as ATM facilities are limited or unavailable in many higher-altitude villages.

Q: What are the major highlights of the Annapurna Circuit Trek?

Major highlights include scenic drives through the Himalayan foothills, exploring Manang, acclimatization hikes to Gangapurna Lake, crossing Thorong La Pass, visiting the sacred Muktinath Temple, and enjoying panoramic views of the Annapurna and Dhaulagiri ranges.

Q: Why choose Bridge Nepal Treks and Travels for the Annapurna Circuit Trek?

Bridge Nepal Treks and Travels provides experienced local guides, carefully planned itineraries, comfortable accommodations, safety-focused trekking services, personalized support, and authentic Himalayan experiences to ensure a memorable Annapurna Circuit trekking adventure in Nepal.

Trip Information

- About The Trek
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