

Annapurna Circuit Trek - 10 Days

URL: <https://himalaya-discovery.com/trip/annapurna-circuit-trek-10-days/>

Trip Code AC011	Destination Nepal	Activity Trekking in Nepal
Start / End Point Kathmandu/ Kathmandu	Duration 10	Per Person From USD 795
Accommodation Lodge	Region Annapurna	Max. Altitude 5,416 m
Nature Of Trek Guest house to Guest house Trekking	Best Season March - June / September November	Activity Per Day -5 hours
Group Size 1 - 8	Transportation Jeep and Domestic Flight	Lodge Nepal lodges, also known as teahouses, are basic yet cozy accommodations found along trekking routes.
BLD Breakfast, Lunch, Dinner	Medium Medium trekking involves more challenging trails with moderate climbs and longer durations, requiring a good fitness level.	

Why you'll love this trek

- Cross the highest pass in the world, Thorong La Pass at 5,416 m.
- Amazing views of majestic mountains of the Annapurna Massif and many more.
- Come across various culturally rich ethnic groups and learn a few things about their culture.
- Beautiful Lakes and glaciers.
- Hiking along the deepest gorge, the Kali Gandaki Gorge.

Annapurna Circuit Trek Overview

Annapurna Circuit Trek also known as Round Annapurna Trek is one of the most popular and classic trekking routes in the [Annapurna region](#). The [Annapurna Circuit Trek](#) trail was opened to the foreigners in 1977 and since then it is among the most popular trekking destinations in Nepal.

Our **10-Day Annapurna Circuit Trek** is perfect for people with limited time and budget. Our itinerary is tailor made in such a way that you will be able to enjoy every aspect of trekking around the Annapurna Circuit without much hassle in only 10 days time.

The Annapurna Circuit Trek 10 days begins from Chame after a scenic 8 - 9 hour's drive from Kathmandu and ends at Jomsom, the capital of the Mustang district. On this trek, you will experience some truly distinctive features of the Himalayas like-the breathtaking scenic beauty, majestic mountains, beautiful flora and fauna along with unique culture and traditions.

This trek offers you amazing views of all the Annapurna ranges. The Annapurna 1 (8091m), Annapurna South (7273m), the Glacier Dome, Gangapurna (7454m) are spectacular. And the unclimbed Fang (7647m) and the fishtail peak of Machhapuchhare (6997m) are some attractions too.

This trek will introduce you to various ethnicity and cultures. The lower regions of the trail are home to Brahmins and Chetris and the upper regions are home to the Gurung people.

You will also be crossing the [Thorong La Pass \(5416m\)](#), which is one of the highest and challenging passes across the world. This Annapurna Circuit Trekking will also take you across Muktinath Temple, a famous temple of Hindus and Buddhists around the world. Overall, this is a perfect trek for people seeking to experience the Himalayas of [Nepal](#) in a limited time.

Annapurna Circuit Trek 10 Days Itinerary

The Annapurna Circuit Trek 10 Days Itinerary is specially designed for adventure-seeking trekkers who want to see the whole Annapurna Circuit tour highlights like Chamje Waterfall, Upper Pisang, Manang, Thorong La Pass, Muktinath and Pokhara with time-friendly exploration.

This itinerary will provide plenty of time to immerse in the local culture of small Himalayan village settlements along with occasional scenic stopping, making it suitable for all levels of hikers, from beginners to those wanting a moderate physical challenge. Since you are looking at short trip length, you don't have to spend lots on gear preparation compared to long-day voyages.

This type of trek saves your adventure desire fatigue since fewer trail days will engage you more culturally and naturally along the high altitude without overwhelming you. Because trekkers are staying shorter, they also leave fewer traces. Short but fulfilling trail experience and easy planning make's most popular among different kinds of travelers.

Acclimatization in Manang: Great Day for Multiple

Accommodation on the Annapurna Circuit Trek

When it comes to lodging, guesthouses and tea houses can be found all along the trek. In general, every teahouse and hotel has a room with twin beds. The room is large enough for you to sit back, relax and relax.

Don't be surprised if you find a guest house with electricity, WiFi, and hot showers. Almost the entire route of the trek has a guest house with such facilities. You can charge your devices and connect to those around you.

Itinerary

Follow in detail our Annapurna Circuit Trekking Itinerary for the beauty of the Himalayas down to each day, from stunning landscapes to cultural villages and challenging passes.

Day 1: Arrive in Kathmandu.

Your journey begins when you arrive in Kathmandu. Our representatives will welcome you at the airport and transferred to your hotel. Depending on your own will, you can rest or discover the Kathmandu. In the evening a briefing session and at the same time introduces your guide.

Trek Distance: Free day	Trek Duration Free day	Highest Altitude: 1400 m
Meals: Breakfast	Accomodations: Hotel	

Day 2: Drive to Chame.

We wake up early, our driving journey starts in the morning from Kathmandu to Chame via Besisahar by Toyota Hiace minibus then by jeep to Chame. You will drive through scenic foothills and ridge line vistas along the Trishuli River.

From Munglin, you follow the Pokhara highway till Durme then turned towards the north to Besisahar along the Marshyangdi River enjoying Mountain views, terraces field and green hills.

Trek Distance: Approx 240 km	Trek Duration 8 - 9 hrs	Highest Altitude: 2710 m
Meals: Breakfast- Lunch- Dinner	Accomodations: Guest house	

Day 3: Trek to Pisang.

After breakfast, you will commence on your second day of trekking. Your trail today will go through steep and narrow valleys.

The trail will take you through dense pine forests and will lead you to Paungda Dada, a dramatic curved rock face rising 1,500m from the river.

From here, you will get beautiful views of the Annapurna II and Pisang peak. As the trail opens up, Himalayan peaks will surround you all the way to Pisang. Once you near the Pisang village, you will get a view of the whole view of Manang Valley.

Trek Distance:	Trek Duration	Highest Altitude:
15 km	5 - 6 hrs	3200m

Meals:	Accommodations:
Breakfast- Lunch- Dinner	Guest house

Day 4: Trek to Manang.

After breakfast today, you will start your trek towards Manang. The first few hours of the trek is an easy and smooth walk until you near Humde, where you will have to ascend a bit.

Other than that, it is pretty much walking on flat land. On today's trek, you will get awesome views of the snow capped mountains of the Annapurna Range, Pisang peak, Gangapurna, Tilicho etc.

You will also experience the unique Tibetan and Buddhist culture as you near Manang.

Trek Distance:	Trek Duration	Highest Altitude:
11 km	5 hrs	3540m

Meals:	Accommodations:
Breakfast- Lunch- Dinner	Guest house

Day 5: Acclimatization day / Discover Manang.

Since acclimatization days are for getting used to the high altitudes, today you will be trekking to the Gangapurna Lake or the Bhojo Gumba.

After the short hike, you can explore Manang and learn a few things about the culture and lifestyle of the people living there.

Highest Altitude:	Accommodations:
3540m	Guest house

Day 6: Trek to Yak Kharka.

After breakfast today, you will begin your trek towards Yak Kharka. The initial part of today's trek is a steady ascend through Tenki Village.

Your trek will begin by crossing a stream to reach the Tenki Village and from here you will trek to the Jarsang Khola Valley. From Jarsang Khola you will trek towards Ghunsa and on the way to Ghunsa, you will come across pasture lands of horses and yaks.

Finally, you will be crossing a small wooden bridge near a mani wall to reach Yak Kharka.

On today's trail, you will get beautiful views of the Gangapurna, Glacier Dome etc.

Trek Distance:	Trek Duration	Highest Altitude:
approx. 3-5 km	5 - 6 hrs	4110m

Meals:	Accomodations:
Breakfast- Lunch- Dinner	Guest house

Day 7: Trek to Thorong Phedi.

After Breakfast, as usual, you will start your trek towards today's destination i.e. Thorong Phedi.

Your trek will begin with a gradual climb to a ridge from where you will descend to cross a river. And from here you will climb up again till you finally reach Thorong Phedi.

Today's trail will give you amazing views of the mountains such as Mt. Gundang, Mt. Syagang, Thorong Peak and Mt. Khatungkan.

Trek Distance:	Trek Duration	Highest Altitude:
Approx 9 km	4 - 5 hrs	4,540 m

Meals:	Accomodations:
Breakfast- Lunch- Dinner	Guest house

Day 8: Trek to Muktinath over the Thorong La Pass.

You will start today's trek at dawn at around 3-4 am since you will be crossing the Thorung La Pass today, which is one of the highest and adventurous Passes in the world.

And the weather is unfavorable for crossing in the afternoon because of the strong wind.

It will take about 4 hours to reach the Thorong La Pass, but once you reach the top you will be rewarded with breathtaking views of the Annapurna, Dhaulagiri and many other mountains.

After spending a while on the top, taking pictures and enjoying the view, you will descend down towards [Muktinath](#).

Trek Distance:

Approx 16 km

Trek Duration

8 - 9 hrs

Highest Altitude:

5,416 m

Meals:

Breakfast- Lunch- Dinner

Accommodations:

Guest house

Day 9: Trek to Jomsom.

After breakfast, you will embark on the final day of your 10 days Annapurna Circuit Trek.

Your trek will begin with downhill walking through some beautiful old village of Jharkot then down to Ekle Bhatti. Once at Ekle Bhatti you will cross the Kali Gandaki via a suspension bridge and follow the path down to Jomsom.

On today's trail, you will get stunning views of the Dhaulagiri, Nilgiri, Tukucho and other surrounding snow-capped mountains.

Trek Distance:

Approx 14 km

Trek Duration

5 - 6 hrs

Highest Altitude:

2713m

Meals:

Breakfast- Lunch- Dinner

Accommodations:

Guest house

Day 10: Fly to Pokhara and fly to Kathmandu on the same day.

After breakfast today, you will take an incredible morning mountain flight to Pokhara. It is a short 20 minutes flight and you will be able to enjoy the mountain ranges from the flight to Pokhara.

Once in Pokhara, you will take another flight to Kathmandu. It is a 25 minutes short flight but the views are simply breathtaking.

From mountains views at Pokhara to the beautiful landscapes of Kathmandu, it will be a pleasant scenic flight.

Trek Distance:

160 km and 200 km

Highest Altitude:

1400m

Flight Hours:

30 minutes and 25 minutes

Meals:

Breakfast- Lunch- Dinner

Accommodations:

Hotel

Day 11: Fly to home.

Today you can either stay back and enjoy a free day in Kathmandu or leave for your respective countries.

Our representatives will drop you off at the airport according to your flight schedule.

Trek Distance:

Free Day

Trek Duration

Free Day

Highest Altitude:

1400 m

Meals:

Breakfast

Price Includes

- Airport transfers pick-up and drop-off.
- From Kathmandu to Besisahar by Toyota Hiace van and then by Jeep to Chame.
- Annapurna Conservation Area permit.
- Trekkers' Information Management System (TIMS card) Permit.
- Three meals a day (breakfast, lunch, dinner).
- Fresh fruit every evening after the dinner.
- Water purifier and hydration tablets
- Transportations, accommodation, wage, food, insurance, equipment for the guide / porter.
- Best available lodge accommodations during the trek.
- English speaking Sherpa trek guide.
- All necessary paper works and entry permits.
- Porter to carry your luggage during the trek (1 porter for 2 people)
- Himalaya Discovery duffel bag.
- Hiking pole for the trek, if needed.
- Trek map.
- Farewell dinner at typical Nepali restaurant after the trip completion in Kathmandu.

Price Excludes

- International airfares and Nepal visa.
- Any personal medical or evacuation expenses incur.
- International Travel insurance which included rescue.
- Tips for guide & porter (tipping is expected).
- Any others expenses which are not mentioned on the 'Price Includes' section.

Group Discounts Available

No. of Persons	Price per Person
2 - 3	USD 885
3 - 4	USD 795
1 - 1	USD 1,165

Add-Ons for Your Annapurna Circuit Adventure

Upon completing your Himalayan trek or before embarking on it, you can further discover Nepal's beauty through various alternatives. These includes:

- [Trishuli River Rafting](#)
- [Heli Sightseeing](#)
- [Kathmandu Food Tour](#)
- [Paragliding in Nepal \(Pokhara\)](#)
- [Ultra-Light Flight](#)
- [Kathmandu Day Tour](#)
- Bardia Jungle Safari
- [Chitwan Jungle Safari](#)
- [Bungee Jumping](#)

Sleeping Bag Rental

For your trek, a 4-season sleeping bag is available for rent at USD 30.

- Important: If the sleeping bag is lost or damaged, you will need to reimburse the full cost of USD 165 per item.

Personal Porter Services

Make your trekking experience more comfortable and enjoyable by taking advantage of our porter service. We will provide One porter for every two participants to carry 25kg of your belongings. If you would like a little more personal help with your backpack, then why not also take a personal who will look after your 25kg luggage for only \$20 p/d. You will be able to trek without the worry of carrying heavy backpacks.

Private Jeep Transportation

Add extra comfort to your ride with private transportation. We pick you up from Kathmandu in our 4×4 wheeler JEEP and drop you at Chame (the starting point of your trek). The cost is \$380 per private JEEP transfer. This means you'll have the easy and scenic city-to-trailhead transition all by yourself.

Annapurna Circuit Trekking Essential Information

Get ready for an epic adventure with our Annapurna Circuit Trekking guide. Packed with all the crucial information from permits and a packing list to trail conditions and altitude details, this guidebook should be an essential part of one's trip to make it comfortable and secure.

Best Time to Trek the Annapurna Circuit

It is important to choose the right time of year to trek in Annapurna or hike the Annapurna Circuit. The [best time](#) to hike the [Annapurna Circuit](#) are March to May and September to November. During these seasons, everything is pretty dry, the skies are clear, and it isn't too cold up high.

Between those two seasons, the winter is often clear and the scenery stunning, but heavy snow can close Thorong La Pass for days on end.

June-September is the monsoon season and often the least busy time on the circuit. Given that it's called "the rainy season," it doesn't get as much rain as you might imagine. Because much of the circuit is under a rain shadow, the northern sections of the trail are actually very dry, but the southern section of the trail gets quite wet.

The advantages of traveling at this time of year include less people and more flowers, but clouds are more likely to obstruct your views of the landscape.

Accessing the Annapurna Circuit Trek

Ideally, you can begin anywhere between Besisahar and Manang. You can only reach as far as Ngadi by bus; from there, you need walk or take a jeep. Jeeps can take you all the way to Manang.

Many people take a bus to Jagat, where we reached at the end of our first hiking day, and begin hiking from there.

Jagat is a popular starting point for the [Annapurna Circuit Trek](#). We reached at Jagat at the start of the second day. If you begin there, you will only skip one walking day.

Beginning the Annapurna Circuit in Chame is another popular place offered by us however, depending on your choice and holiday timeframe.

How Difficult is this Annapurna Circuit Trek 10 Day Trek?

The Annapurna Circuit Trekking is moderately difficult adventure. You should be prepared both mentally and physically for trekking 6-8 hours a day through rugged terrain, which includes rock-filled trails, steep ascents/descents and navigating a high mountain pass - Thorong La Pass (5,416m) with increased risk of altitude sickness.

Weather is very unpredictable in the mountains as well; therefore, you must be flexible in your thought process and adaptable to any changes that trekking conditions may present you with.

Get good gear, including proper boots and layered clothing. Acclimatization days (like in Manang) ensure that your body will acclimatize to the increasing altitude & reduce chances of altitude sickness. It will be tough but rewarding.

What Are Permits Needed For Annapurna Circuit Trek?

Annapurna Conservation Area Permit (ACAP)

You need to get the Annapurna Conservation Area Permit (ACAP) to do the Annapurna Circuit as the trek goes through the protected Annapurna Conservation Area. This permit helps in conserving endangered species like the Snow Leopard, Blue Sheep and Himalayan Tahr. You can obtain the ACAP from the Nepal Tourism Board in Kathmandu or Pokhara. It costs NRs. 3,000 per person for foreign trekkers. For SAARC country trekkers (India, Bangladesh, Sri Lanka, etc.) it is NRs. 1,000 per person. Children below 10 years don't need to pay this permit fee.

Trekkers' Information Management System (TIMS) Card The TIMS Card is issued for the safety and security of trekkers. It allows authorities to keep a record of trekkers and also provides insurance in case of accidents during the trek. For international trekkers, it costs NRs. 2,000, and you need to get it from registered local trekking agencies. You will have to submit your passport copy, visa copy, as well as a few recent passport-sized photographs along with the application.

Where to Get the Permits?

You need to take permits with you - ACAP and TIMS card - and you can get them at Nepal Tourism Board offices in Pokhara or Kathmandu. They will require a passport copy, a Nepal Visa copy, and two small pics of yours. These permits actually make sure that you will have a responsible, sustainable and wonderful trekking time in the Annapurna region.

Preparations to Make Before Tacking Thorong la Pass and Daily Annapurna Circuit Hikes

Prepare Smart, Hike Strong - Conquer Thorong La and Beyond

Physical Fitness

The Annapurna Circuit is a physically demanding trek with several full days of 6-8 hour hiking over rough, rocky terrain in very remote areas. Good physical conditioning is required to thoroughly enjoy the experience and ensure success on this wonderful adventure.

In order to get your body in shape for this really rewarding trip, you should Develop an appropriate training program emphasizing cardiovascular-type exercises designed to increase your overall stamina and strength.

Activities as jogging, cycling, and swimming done several times a week will help prepare you for the extended periods of exertion involved in trekking by gradually increasing your exercise length and intensity.

Altitude Sickness (AMS)

One of the main challenges that you will face in the Annapurna Circuit is actually dealing with the extreme altitudes, especially when you are crossing Thorong La Pass (5,416 m). Suffering from altitude sickness can lead to some of the cases being fatal, such as High Altitude Pulmonary Edema (HAPE) and High Altitude Cerebral Edema (HACE).

The best way to prevent altitude-induced illnesses is to be prepared. Take it easy; let your body acclimatize to higher altitudes. Keep yourself hydrated at all times; Drink at least 4-5 liters of water every day and avoid alcohol, caffeine and tobacco as they worsen your altitude sickness symptoms. Prone to altitude sickness? Consider bringing along portable oxygen bottles and get yourself familiarized with health risks in high altitudes before trekking. Visit your doctor for precautions or any medication that you may require.

Packing: Essential Gear for Mountain Survival

Proper packing is necessary for your comfort in the demanding Annapurna region. Remember, you will have to adjust to the unpredictability of mountain weather, which can vary throughout the day.

Pack a layered clothing system, as it is best suited for temperature regulation. Carry warm thermal clothes in layers of both the upper and lower body; carry windproof & waterproof jackets as well. Apart from this, you will need a high-quality sleeping bag that suits cold temperatures (likely to be encountered during the trek).

You will require a pair of good quality sturdy hiking boots with ankle support to manage steep ascends and descends on rocky surfaces. Similarly, take along a couple of trekking poles; they are extremely useful when going up or down on steep, difficult terrains. Do not forget protective equipment like gloves (warm), hat (warm) etc.

Moreover, sun protection is vital, so carry sunscreen, lotion and sunglasses (UV ray safe). Last but definitely not least, pack an easy-to-carry medical kit that shall draw attention to meet minor injury needs during the trek. Read more on [“Nepal Trekking Packing List”](#).

Local Guides and Porter

Hiring local guides and porters isn't just a convenience; it's part of your strategy to make the most out of your trip and excellent safety. The professional guides from Nepal-based travel agencies provide great insights about local culture and traditions, the best easy Route, translation-help etc., while crossing over with a different culture. They will guide you with better information on The Annapurna Region so that you have the best experience without any glitches and can enjoy your journey to the fullest in an unknown territory.

Porters can help you reduce the load on yourself, keeping you less exhausted during long walks. They also know the locals better/Route better/Crisis management etc. Their local knowledge safeguards you from other potential risks involved around & upon landscapes/people/culture/community understanding.

Annapurna Circuit TRek 10 Days Trip

Planning the Annapurna Circuit for 10 days? Well, we've got you covered by answering all your questions below.

Annapurna Circuit Trekking 10 Days Trip - All questions Answered

Is Travel Insurance Necessary for the Annapurna Circuit Trek?

Yes, it is necessary. Make sure your insurance covers high-altitude trekking, emergency medical evacuation, trip cancellation and helicopter rescue (just in case), as this is a serious mountain and altitude you are dealing with.

Can I Choose My Departure Dates?

Yes, you can absolutely choose whichever departure date suits you best! We are here and happy to help you work out a bespoke itinerary that matches exactly what you have in mind and the time frame that you have available.

Do Guides and Porters Have Insurance?

Yes, our guides and porters are insured. They have got life insurance as well as medical one paid by the company insurance.

Will someone pick me up from the airport?

Upon your arrival at Tribhuvan International Airport, a representative from Himalayan Discovery will be there to greet you and take you to your hotel. Our airport staff will make your transfer from the airport to your hotel quick and easy.

How Much Should I Tip Guides and Porters?

Tipping is customary in Nepal and expected. The general recommendation for tipping is 10-15% of your total trek cost. Tips are a very important part of income for many people working in the tourist industry in Nepal, and it is a way of life here that has been going on for generations.

Is Drinking Water Easily Available?

Drinking water is available at the teahouses and villages. However we recommend you bring water purification tablets or a reliable filtration system. While it's important to stay hydrated, it's also important to make sure that you drink safe water.

What Medical Facilities Are Available During the Trek?

Medical facilities are few and far between in the remote mountain regions, so we recommend that you carry a personal first-aid kit. Larger villages often have a medical post of some kind, and our guides are all certified in wilderness first-aid.

Is Wi-Fi and Mobile Connectivity Available?

Wi-Fi and mobile connectivity are intermittent in the mountains. Some teahouses have Wi-Fi that you can use for a small fee. However, expect to be disconnected from the outside world, as often you will not have access to it for several days at a time.

How Far in Advance Should I Book?

We would suggest you book at least 2-3 months prior to your trip departure date, especially during the trekking season, because booking early helps us to get enough time to prepare for your trip, guides, and permit information.

Can I Store Luggage Before Starting the Trek?

Yes, We have a safe storage facility at our hotel/office, where you can store your left-over clothes and items.

Address

Bijeshwori Swayambhu
Kathmandu, Nepal