



# Annapurna Circuit Trek

The [Annapurna Circuit Trek](#) is one of the most renowned and diverse treks in Nepal, offering a mesmerizing blend of stunning landscapes, diverse cultures, and challenging trails. Here's an overview of this iconic trek:



**Introduction:** The Annapurna Circuit Trek is a classic trekking route that circumnavigates the entire Annapurna massif, showcasing some of the most spectacular scenery in the Himalayas. It is known for its varied terrain, including lush subtropical forests, alpine meadows, high mountain passes, and arid landscapes.

**Starting Point and Permits:** The trek typically begins in the town of Besisahar, which can be reached by bus from Pokhara. Trekkers need to obtain permits, including the Annapurna Conservation Area Permit and the Trekkers' Information Management System (TIMS) card, before starting the trek.

**Trekking Itinerary:** The standard itinerary for the Annapurna Circuit Trek takes around 14 to 21 days, depending on variations and side trips. Here's a brief overview of the typical route:

- 1. Besisahar to Bahundanda:** The trek begins with a drive from Pokhara to Besisahar, followed by a trek to the village of Bahundanda, passing through terraced fields and traditional Nepali villages.
- 2. Bahundanda to Chamje:** The trail descends to the Marsyangdi River and crosses several suspension bridges before reaching the village of Chamje.
- 3. Chamje to Bagarchhap:** Trekkers continue along the Marsyangdi River, passing through forests and picturesque villages before reaching Bagarchhap, a Tibetan-influenced

village with prayer wheels and monuments.

4. **Bagarchhap to Chame:** The trail ascends through pine forests and apple orchards to the village of Chame, the administrative center of the Manang District.
5. **Chame to Upper Pisang:** Trekkers trek through a narrow valley with stunning views of Annapurna II and other peaks before reaching the village of Upper Pisang, known for its traditional Tibetan architecture.
6. **Upper Pisang to Manang:** The trail ascends through forests and barren landscapes to the village of Manang, situated at an altitude of 3,540 meters (11,614 feet). Trekkers spend a rest day in Manang for acclimatization and exploration.
7. **Acclimatization Day in Manang:** Trekkers can explore the village of Manang, visit monasteries, or hike to nearby viewpoints for panoramic views of the Annapurna range.
8. **Manang to Yak Kharka:** The trek continues through alpine meadows and yak grazing pastures to the village of Yak Kharka, situated above the tree line.
9. **Yak Kharka to Thorong Phedi:** Trekkers ascend to Thorong Phedi, the last settlement before the challenging Thorong La Pass. The altitude gain is significant, and trekkers need to take it slow to acclimatize properly.
10. **Thorong Phedi to Muktinath via Thorong La Pass:** Trekkers wake up early to cross Thorong La Pass (5,416 meters/17,769 feet), the highest point of the trek. The pass offers panoramic views of the Annapurna and Dhaulagiri ranges before descending to the sacred village of Muktinath, known for its Hindu and Buddhist temples.
11. **Muktinath to Marpha:** The trail descends through arid landscapes and traditional Mustang villages to the village of Marpha, famous for its apple orchards and Tibetan-style architecture.
12. **Marpha to Kalopani:** Trekkers continue through the Kali Gandaki Valley, the world's deepest gorge, passing through villages like Tukuiche and Kokhethanti before reaching Kalopani.
13. **Kalopani to Tatopani:** The trail descends through subtropical forests to the village of Tatopani, known for its natural hot springs. Trekkers can relax and rejuvenate in the hot springs after a long day of trekking.
14. **Tatopani to Ghorepani:** The trek ascends through rhododendron forests to the village of Ghorepani, famous for its panoramic views of the Annapurna and Dhaulagiri ranges.
15. **Ghorepani to Nayapul and Drive to Pokhara:** Trekkers wake up early to hike to Poon Hill for sunrise views before descending to Nayapul. From Nayapul, they catch a bus or taxi back to Pokhara, where they can celebrate the completion of their trek.

**Cultural Highlights:** Throughout the trek, trekkers encounter diverse ethnic groups, including Gurungs, Thakalis, and Tibetans, each with their own unique cultures, traditions, and lifestyles. They visit traditional villages, monasteries, and religious sites, gaining insights into the rich cultural heritage of the region.

**Scenic Beauty:** The Annapurna Circuit Trek offers unparalleled views of the Annapurna and Dhaulagiri mountain ranges, as well as breathtaking landscapes ranging from lush forests and terraced fields to high mountain passes and arid valleys. Trekkers traverse diverse terrain, with every turn revealing new vistas and natural wonders.

**Challenges and Considerations:** The Annapurna Circuit Trek is a challenging adventure that requires good physical fitness, as well as proper acclimatization to the high altitude. Trekkers should be prepared for long days of walking, varying weather conditions, and basic teahouse accommodations along the trail.

**Conclusion:** The Annapurna Circuit Trek is a once-in-a-lifetime adventure that promises unforgettable experiences and breathtaking scenery. From the towering peaks of the Himalayas to the warmth and hospitality of the local communities, every step of the journey is filled with discovery and wonder. Whether trekking solo or with a group, the Annapurna Circuit Trek offers a truly immersive Himalayan experience that leaves a lasting impression on all who embark on this epic adventure.