

Annapurna Circuit Trek with Annapurna Base Camp



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| Duration 20 Days | Per Person Cost USD 1699 | Difficulty Moderate |
| Group Size 1+ | Best Seasons March to May, Sep to Nov | Maximum Elevation 5416m |
| Accommodation Lodge/ Tea House | Transportation Private | Meals B.L.D |

Trip Route

Besisahar - Annapurna Base Camp

Trip Highlights

- Tour the classic and popular trekking route, Annapurna Circuit Trek With Annapurna Base Camp
- Trek from the sub-tropical forests of rhododendrons and oaks to alpine meadows.
- Watch one of the most beautiful sunrises from Poonhill View Tower with mountains in the backdrop.
- Witness the spectacular mountain views of Annapurna Massif, Dhaulagiri, Lamjunh Himal, Machhapuchre (Fishtail), and several other peaks.
- Visit the ancient monasteries and temples including the sacred Muktinath Temple.
- Get on top of one of the highest passes, Thorong La Pass at 5416 meters.
- Witness the diverse flora and fauna of the Annapurna Conservation Area.
- Immerse into the culture, tradition, and local customs of the Gurung, Magar, and Thakali people.

Trip Overview

Annapurna Circuit Trek With Annapurna Base Camp is the best way to explore the beautiful region of Annapurna. It is a popular destination for mountain lovers and adventure seekers. What's more, there is no need for prior experience to join the trek.

The Annapurna Circuit Trek With Annapurna Base Camp is loved by trekkers for its tranquil trails and stunning mountain views. You will walk around the Annapurna massif while trekking through the Annapurna Conservation Area. Similarly, you will pass by picturesque villages like Pisang, Manang, Ghorepani, Tadapani, Chhomrong, and many more.

The trail pierces through the rhododendron, oak, and alpine forests to alpine meadows. There are many age-old monasteries, stupas, and temples along the trail. En route, you will also visit the Hindu and Buddhist sacred pilgrimage site, the Muktinath temp. You will also cross the Thorong La Pass at an elevation of 5416 meters while on the trek.

Likewise, you will climb to the Annapurna Base Camp (4130 meters) via Machhapuchre Base Camp (3700 meters). The route also goes past one of the world's deepest gorges, the Kali Gandaki River. The mountain views of Mt. Annapurna, Gangapurna, Dhaulagiri, Hinchuli, and several others will keep you company during the trek. If you are trekking the route during early spring, there is a high chance of seeing the whole rhododendron forest in colorful bloom.

The Annapurna Circuit Trek With Annapurna Base Camp also offers a rich cultural experience. You can get a closer look at the Gurung, Magar, and Thakali ethnic communities' culture and traditions. Many people live in the upper region of Annapurna. So, you can also see the influence of Tibetan Buddhism in the region.

Serene and awe-inspiring, Annapurna Circuit Trek With Annapurna Base Camp has its challenges. But the experience and scenery are extraordinary. Let us learn more details related to the trek.

Trip Itinerary

Day 01: Drive to Besisahar by Tourist bus

The first day of the trek starts with the drive towards Besisahar from Kathmandu. You will have breakfast early in the morning and around 7 AM you will be picked up via the Tourist Bus. The bus ride will take you towards Besisahar via Kathmandu Pokhara highway. It normally takes 6-7 hours to reach your destination from Kathmandu.

As you pass through lush forests, barren landscapes, and tall mountains around the far corner, you will reach Dumre. You will drive past the Marshyandi River from Dumre on the pitch-black road until you reach Besisahar. Today you will stay overnight in the lodge at Besisahar.

Time:

6 hours drive

Accommodation

Lodge

Meals:

B.L.D

Altitude:

830m

Day 02: Drive to Chame by Sharing Jeep

On the second day of Annapurna Circuit Trek with Annapurna Base Camp, you will make your way towards Chame. Today you will share a jeep with other trekkers as you head toward the destination.

The distance between Besisahar to Chame is 66 kilometers and normally it takes about six to seven hours drive to reach there. Overnight stay at the lodge in Chame.

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|---------------------------------|-------------------------------|------------------------|
| Time: 6-7 hours drive | Accommodation Lodge | Meals: B.L.D |
|---------------------------------|-------------------------------|------------------------|

Altitude:
2675m

Day 03: Trek from Chame to Upper Pisang

Today we will begin our third-day trek from Chame to Upper Pisang. Immediately after getting up early in the morning, you will be able to see Langtang Mountain. As we continue to ascend altitude the view disappears but you will be welcomed by a large apple orchard.

As we continue trekking towards the small village of Bhratang, you will walk through a steep valley, which can make your trek a bit difficult. Ahead of you is a wooden bridge; after crossing it, you will start trekking towards a U-shaped road till it leads to Pisang.

After hiking for a few more hours you will reach Upper Pisang where you'll stay overnight.

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|--------------------------------|-----------------------------------|------------------------|
| Time: 4-5 hours trek | Accommodation Tea house | Meals: B.L.D |
|--------------------------------|-----------------------------------|------------------------|

Altitude:
3300m

Day 04: Trek from Pisang to Manang

Our fourth-day trek journey begins from Upper Pisang Ridge as you head towards an airport. Descending from Humde airport offers a stunning view of Manang Valley and Tilicho summit. This airport serves as the gateway to Manang for both people and cargo coming from other places.

A short distance further from the airport we will reach a flat place from where Annapurna III is clearly visible. Continuing our trek, we will cross a short bridge, leading us to Mungji, a beautiful small village.

Our trek leads us to Braga village famous for its people and monastery. Now the difficult ascend awaits us till we reach magnificent Manang where will rest for the night.

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| Time: 5-6 hours trek | Accommodation Tea house | Meals: B.L.D |
|--------------------------------|-----------------------------------|------------------------|

Altitude:

3540m

Day 05: Rest day and acclimatization at Manang

It is very important to acclimatize, especially before heading towards Thorong La Pass. Manang is chosen as the best place for acclimatization since there are hiking options that can be completed in a short time.

You can head towards the local river from where a stunning view of enormous icefall is visible. Other places of attraction in Manang are Ganagapurna Glacier Lake and the Himalayan Rescue Association [HRA] from where you can get valuable information about the local area and its history.

Hence you can spend the rest day hiking around local area and return to Manang for another overnight stay.

Time:

Rest Day

Accommodation

Lodge

Meals:

B.L.D

Altitude:

3540m

Day 06: Trek from Manang to Ledar

After spending two days in Manang you will now head towards Ledar. You will have your breakfast in the morning and then start trekking early. Ledar is at an altitude of 4200m so you'll have to climb a steep trail. The trek from Manang to Ledar only takes 4-5 hours. You will walk in the barren dry terrain alongside the Annapurna range.

Before reaching your destination, you will reach another small settlement in Gansang. After crossing the Gansang River and a wooden bridge, you'll reach Ledar. Settle and stay overnight in Ledar.

Time:

4-5 hours trek

Accommodation

Tea house

Meals:

B.L.D

Altitude:

4200m

Day 07: Trek from Ledar to High Camp

Today marks the seventh day of your trek, which will lead you from Ledar to High Camp. High Camp serves as the final stop before reaching Thorong La Pass. Continuing along the right side of the Marshyangdi River, you will ascend a short hill. The trail on this hill is brief and narrow, potentially

challenging your trekking experience.

You will eventually descend the trail till you reach Thorang Phedi. It is advisable to take a little break in the area as the trek ahead is very strenuous. You will have to ascend the majority of the 400m trail which is not a simple task so be sure to take necessary breaks.

In High Camp, you will find several other trekkers just exploring the area and returning to Phedi or settling in the local lodges. Overnight stay at High Camp Lodge.

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| Time: | Accommodation | Meals: |
| 4-5 hours Trek | Lodge | B.L.D |

Altitude:
4925m

Day 08 : Trek from HighCamp to Thorong La Pass to Muktinath

The special day of your Annapurna Circuit Trek with Annapurna Base Camp is upon you. Today you will reach Thorong La Pass which is the highest point of your ACT. The trek starts early and is quite challenging. You will be kept company by plenty of trekkers, especially in the favorable season.

After about four hours of continuous climbing, the passes become more clear with chortens and flags around you. With the achievement of climbing the world's tallest pass behind you, it's time to descend the trail to reach Muktinath.

Muktinath is the sacred place for Hindus and Buddhists of Nepal and its neighboring country. After worshipping in the Muktinath temple and visiting its surrounding area you will stay overnight in one of the local lodges.

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|----------------|----------------------|---------------|
| Time: | Accommodation | Meals: |
| 7-9 hours trek | Teahouse | B.L.D |

Altitude:
5416m

Day 09: Drive from Muktinath to Tatopan

If you haven't visited Muktinath temple on the previous day, you will worship in the early morning. Upon returning you will eat your delicious breakfast and then head towards the local bus station.

Board the bus towards Tatopani which will take up to 6 hours drive. Once you reach Tatopani you can explore the town or even indulge in the natural hot springs bath. You will feel relaxed after an intense

nine days of trekking.

Time:

5-6 hours drive

Accommodation

Lodge

Meals:

B.L.D

Altitude:

1189m

Day 10: Trek from Tatopani to Sikha

Today's trek will be short. You'll have breakfast in Tatopani, then hike for about four hours to reach the lovely village of Sikha.

Time:

3-4 hours Trek

Accommodation

Tea house

Meals:

B.L.D

Altitude:

2380m

Day 11: Trek from Shikha to Ghorepani

Early in the morning after breakfast, you will head from Shika. You will pass through different villages like Phalate, and Chitre to reach the beautiful hill station in Ghorepani. This trail is very beautiful especially in Spring surrounded by rhododendrons and pine forests. After trekking for 3 hours, you will reach Ghorepani, where you can enjoy beautiful panoramic views of the local mountains. Overnight stay in the lodge at Ghorepani.

Time:

3-4 hours Trek

Accommodation

Lodge

Meals:

B.L.D

Altitude:

2874m

Day 12: Early Morning Hike to Poon Hill for Sunrise and trek to Tadapani

In the early morning, we will begin our hike towards Poon Hill to witness the stunning sunrise and soak in the 360-degree panoramic views of the mountains. This experience is one of the highlights of the trek. Afterward, you can enjoy breakfast at one of the nearby cafes before returning to Ghorepani.

Upon reaching Ghorepani you will continue your trekking through several ascending and descending trails to reach Tadapani. Tadapani is a small village in the middle of the forest with few teahouses but they are normally quite crowded.

Time:

5-6 hours Trek

Accommodation

Lodge

Meals:

B.L.D

Altitude:

3210 m

Day 13: Trek from Tadapani to Chhomrong

Our Annapurna Base Camp Trek starts today as we start trekking from Tadapani. Today you will descend most of the time as the destination is Chamrong at the altitude of 2150m.

The route continues till you reach Kimrung Khola after which you will start ascending for about 45 minutes. Now you will reach a straight road until arriving at Chemrong. Overnight stay at the teahouse in Chemrong.

Time:

5 hours trek

Accommodation

Tea house

Meals:

B.L.D

Altitude:

2150m

Day 14: Trek from Chhomrong to Bamboo

The trail descends from Chamrong to the riverbank, followed by a significant ascent to Upper Sinuwa. After trekking for nearly 2 hours, you'll reach Bamboo, a tranquil settlement where you'll spend the night.

Time:

4-5 hours Trek

Accommodation

Tea house

Meals:

B.L.D

Altitude:

2350m

Day 15: Trek from Bamboo to Deurali

The fifteenth day of your trek is a bit more difficult as there are plenty of uphill trekking. After about 30 minutes of trekking from Bamboo, you will come across Dovan where there are religious shrines around.

The path from Bamboo to Himalaya goes through wooded areas with gentle slopes, except for a steep climb right before arriving at the Himalaya village. As you continue to trek upwards towards Deurali the terrain changes continuously.

Sometimes you'll come across rocky terrains, thin forests, or snow-capped hills till you reach Deurali.

Overnight stay at the teahouse in Deurali.

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|---------------------------|-------------------------------|------------------------|
| Time: 5-6 hours | Accommodation Lodge | Meals: B.L.D |
|---------------------------|-------------------------------|------------------------|

Altitude:
3200m

Day 16: Trek from Deurali to Annapurna Base Camp (ABC) via Machhapuchre Base Camp (MBC)

Today is the final day of your ABC Trek as you make your way from Deurali. You will first make your way towards Macchapucchre Base Camp through wide trails as you reach Annapurna Sanctuary. Hiunchuli mountains on the left and Fishtail on the right keep you company along the way.

After trekking uphill for about two hours, you will reach Macchapucchre Base Camp, where you'll pause briefly. Now you will start climbing altitude again till you reach Annapurna Base Camp located over 4100m altitude.

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| Time: 6-7 hours Trek | Accommodation Tea house | Meals: B.L.D |
|--------------------------------|-----------------------------------|------------------------|

Altitude:
4,130m

Day 17: Early Sunrise view from ABC and trek back to Bamboo

Today begins with the early sunrise view from Annapurna Base Camp. After some time you will start descending rapidly. The descent is quite steep but you will descend considerably till you reach Bamboo.

You will stay overnight in the teahouse in Bamboo and celebrate your successful trek.

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| Time: 7-8 hours trek | Accommodation Tea house | Meals: B.L.D |
|--------------------------------|-----------------------------------|------------------------|

Altitude:
2,350m

Day 18: Trek from Bamboo (2350 meters) to Chhomrong

You will continue descending from Bamboo along your trail. After an hour of upward trekking, you will reach Kuldihar. Following that, you will descend towards Sinhwa, and just ahead, you will come across a

suspension bridge over Chhomrong Khola.

You'll reach your destination just before the suspension bridge, where you'll stay overnight.

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| Time: | Accommodation | Meals: |
| 4-5 hours Trek | Lodge | B.L.D |

Altitude:
2150m

Day 19: Trek to Jhinu/ Syomrong and Drive to Pokhara

You will start your 1-hour trek to Jhinu Danda from where you will witness another stunning view. After spending a brief time there you will return back and then start driving towards Pokhara. It takes more than 2 hours to reach Pokhara via drive.

| | | |
|---------------------------------|----------------------|---------------|
| Time: | Accommodation | Meals: |
| 2 hours walk and 2.5 hours trek | Lodge | B.L.D |

Altitude:
1780m

Day 20: Drive to Kathmandu from Pokhara by Tourist bus

Today is the final day of the entire Annapurna Circuit with Annapurna Base Camp Trek. You will board a tourist bus from Pokhara after having breakfast. Within 6-7 hours of driving, you will reach Kathmandu concluding your trek. We hope you enjoyed your trek and return soon.

| | | |
|--------------------|----------------------|---------------|
| Time: | Accommodation | Meals: |
| 6 to 7 hours drive | Self | B |

Altitude:
1400m

Trip Includes

Accommodation

- One-night Accommodation in Pokhara (Hotel Splendid View with Breakfast)
- Lodge accommodation during the Trek (Twin Sharing Basis)

Meals

- All the Standard meals (Breakfast, Lunch, Dinner/the main course) During the trek
- Farewell Dinner in Kathmandu

Transportation

- Kathmandu to Besisahar to Chame by Local Transportation
- Muktinath to Tatopani by Local bus
- Syomrong - Pokhara by Jeep
- Pokhara to Kathmandu by Tourist Bus (Private Car/ Flight also available at extra cost)

Extra

- Annapurna Conservation Area Permit (ACAP) fees
- Trekker's Information Management System (TIMS) Card Fees
- One professional well English speaking government licensee holder trekking guide and require Porter (A porter for 2 trekkers)
- Guide's, porter's meal, salary, insurance, accommodation, insurance, etc
- Hillary Step Treks Duffel Bag (return after trek)
- Souvenir: Hillary Step Treks T-shirt & Warm Hat)
- First aid kits
- Water purification tablets for drinking water
- Seasonal fruits
- Trekking Map
- Trekking completion Certificate
- All Government Taxes, Local taxes, and Official expenses

Trip Excludes

- International Airfare
- Nepal Visa fees at Tribhuvan International Airport (15 Days USD 30, 30 Days USD 50, 90 Days USD125)
- All accommodation and meals in Kathmandu
- Lunch and Dinner in Pokhara

- Extra night's accommodation in Pokhara & Kathmandu due to early return from the trek
- All the hard and soft table drinks such as Tea/Coffee, Coke/Fanta, Mineral water, Beer, whisky, Hot shower and Battery charges, Soup desert, WIFI, etc
- Personal Travel insurance which should include emergency rescue
- Tips for Guide and Porters (expected)
- Any other expenses which are not mentioned in the 'Price Include' section

Additional Trip Information

Acclimatization During Annapurna Circuit Trek With Annapurna Base Camp

The highest point for the Annapurna Circuit Trek With Annapurna Base Camp is 5146 meters. So, there is a risk of altitude sickness for trekkers. To avoid this risk, it is important to acclimatize. During our 20-day Annapurna Circuit Trek With Annapurna Base Camp, we take an acclimatize day at Manang. The village sits at an elevation of 3540 meters.

Acclimatization lets your body adapt to the high elevation and its surroundings. It is important to stay active during acclimatization day. It helps in the adaptation process. Similarly, you should keep your body hydrated during the trekking period. Excess consumption of caffeine, alcoholic beverages, and smoking should be avoided.

Altitude sickness can prove to be fatal if not taken seriously. Hence, acclimatization is necessary. Ascend to the higher elevation gradually. You can also carry medications like acetazolamide or Ibuprofen. We highly recommend that you undertake exercise and training before the trek. It helps to build physical stamina and endurance. A positive attitude and mental resilience are also necessary. Build mental resilience to tackle any possible difficulties.

If you start experiencing altitude sickness symptoms, let your guide know immediately. Our guides at Hillary Step Trek are experienced and licensed individuals. They are trained to provide extensive first aid. Likewise, they carry oximeters to monitor trekkers' oxygen levels. They will ensure your safety.

Last-Minute Booking For Annapurna Circuit Trek With Annapurna Base Camp

We recommend booking your Annapurna Circuit Trek With Annapurna Base Camp in advance. But if you are unable to book in advance and have to make a last-minute booking, Hillary Steps Trek has the solution. You can contact us 24 hours before the departure date. No need to worry about any hidden charges.

We have 24/7 customer support for personal-level service. Similarly, we have professional staff who will do their best to make your trek experience memorable. Our team believes in providing authentic and best service.

Please note that in case of last-minute booking, we will not be responsible for delays due to bad weather, accommodation unavailability, etc.

For additional information, you can visit our website. Or, you can contact us via email at hillarysteptreks@gmail.com or WhatsApp us at +977-9851172243.

Difficulty During Annapurna Circuit Trek With Annapurna Base Camp

Among the factors that make the Annapurna Circuit Trek With Annapurna Base Camp difficult are the long trekking days. It takes 15 to 17 days to finish the entire trek. Additionally, trekkers have to walk 6 to 7 hours each day on average during the trek. The trail ascends and descends on uneven and rugged terrain.

Trekkers must walk in remote areas where the trail can be narrow and steep. Another biggest difficulty of the Annapurna Circuit Trek With Annapurna Base Camp is the high altitude. Trekkers will reach up to 5416 meters at Thorong La pass. The oxygen level in the atmosphere starts to deplete after 3000 meters. As a result, trekkers can experience altitude sickness. The symptoms include headache, nausea, dizziness, and shortness of breath.

The uphill and downhill climb can put physical strain on trekkers. Likewise, the weather starts to change rapidly as you ascend to the higher elevation. There is limited infrastructure. Therefore, the facilities at higher elevations are also basic. There is a lack of connectivity as phone signals may not work properly.

These kinds of difficulties can put stress on trekkers. It can prove to be mentally demanding. The trek can be physically and mentally challenging. Even with a basic level of fitness, walking for long hours is tiring. It can be especially strenuous for beginners. Therefore, trekkers must prepare physically and mentally for the Annapurna Circuit Trek With Annapurna Base Camp.

Best Time For Annapurna Circuit Trek With Annapurna Base Camp

Nepal has four distinct seasons and each season has its specialty. The weather and temperature vary significantly depending on the season. The ideal season helps enhance the Annapurna Circuit Trek With the Annapurna Base Camp trekking experience. Take a look at the different seasons and the weather conditions:

Spring Season (March to May)

March to May is the beginning of the trekking season in Nepal. The weather is mild and favorable for trekking. During early March, the weather remains cold and there can be remnants of snow at higher elevations. As the season progresses, it starts to become warmer.

The spring season also falls in the pre-monsoon season. There is a low chance of rainfall. The temperature in the lower regions ranges between 10 to 20 degrees Celsius. Meanwhile, the temperature of higher elevations is between 0 to 10 degrees Celsius.

The best part of trekking the Annapurna Circuit Trek With Annapurna Base Camp during spring is its vibrant scenery. The trail which goes through the rhododendron forests blooms in colors of red, pink, and white. The flora and fauna are most active during spring. Similarly, the sky is clear with brilliant mountain views.

Summer Season (June to August)

Summer is not an ideal season for the Annapurna Circuit Trek With Annapurna Base Camp. It falls in the monsoon season which brings heavy rainfall across the country. The monsoon begins at the end of June months and lasts until mid-August.

The temperature is warm and ranges between 10 to 25 degrees Celsius. The temperature at higher altitudes is also pleasant. However, the rainfall makes the trail muddy and slippery. There are also leeches which makes the trek difficult. Moreover, heavy rainfalls can create the risk of landslides and mudslides.

It can be risky to trek in the Annapurna region during summer. So, we suggest that you avoid this season for trekking Annapurna Circuit Trek With Annapurna Base Camp.

Autumn Season (September to November)

The peak season for trekking in Nepal including Annapurna Circuit Trek With Annapurna Base Camp is autumn. The weather is fine and crisp with warm temperatures. It falls in the pre-monsoon season. The rain cleanses the dust and the vegetation looks luscious. As a result, the visibility is superb.

You can enjoy the beautiful scenery, and majestic mountain views, and at nighttime enjoy a starry sky. The temperature range between 10 to 20 degrees Celsius. But the night temperature can get chilly. At the end of November, it begins to get colder, especially at higher elevations.

Another reason you should trek during autumn is to enjoy the festive atmosphere. The biggest Nepali festivals, i.e., Dashain and Tihar fall during this season. It provides an excellent opportunity to be part of the celebration. It is the best time for trekking as well as cultural exploration.

Winter Season (December to February)

The temperature during the winter season drops significantly. There is also snowfall at higher elevations. Annapurna Base Camp's temperature can drop down to -10 degrees Celsius at mid-winter. The visibility is also not that great at this season. It is comparatively warmer in lower regions.

The trail at higher elevations can get covered with snow. Snow can make the trail slippery. Then there is also the risk of avalanches. As winter progresses and reaches mid-February, the temperature gradually becomes warmer. The temperature at higher elevations creach to -5 degrees Celsius.

Winter is the best time to enjoy the snow-capped mountain views. The trail is also quieter. However, proper preparation is necessary to trek during the winter time. Accommodations along the trail can also close for the winter.

The weather becomes more unpredictable and changes rapidly. If you are a first-time trekker, it is best not to trek during winter. However, for experienced trekkers, they can take up this challenge.

Frequently Asked Questions

Can I trek solo?

You can no longer trek solo as of April 1, 2023. The government of Nepal has made it mandatory to hire a licensed guide for trekking in Nepal. Its motive behind the rule change is to ensure the trekker's safety and security.

Is Annapurna Circuit Trek With Annapurna Base Camp difficult for beginners?

The Annapurna Circuit Trek With Annapurna Base Camp is moderately challenging. It is ideal for beginners and intermediate trekkers. However, the trek duration is long and can get physically demanding. They have to be prepared to walk 6 to 7 hours on average while on trek.

Do I need travel insurance for the trek?

Yes, you must have travel insurance for Annapurna Circuit Trek With Annapurna Base Camp. The insurance must cover medical expenses including altitude sickness. Similarly, it should also include helicopter rescue and emergencies.

What permits are required for the Annapurna Circuit Trek With Annapurna Base Camp?

You will need two permits for the Annapurna Circuit Trek With Annapurna Base Camp. You will need a TIMS (Trekking Information Management System) card and an ACAP (Annapurna Conservation Area Project Permit). It can be obtained from government-licensed trekking agencies in Kathmandu or Pokhara.

What is the highest point during the trek?

The highest point during the Annapurna Circuit Trek With Annapurna Base Camp is at Thorong La Pass. It is one of the highest mountain passes, situated at an elevation of 5416 meters.

When is the best time for Annapurna Circuit Trek With Annapurna Base Camp?

March to May and September to November are the best times for Annapurna Circuit Trek With Annapurna Base Camp. The first months fall in spring while the other in autumn. The weather and temperature are the most favorable for trekking.

Is there a risk of altitude sickness during the trek?

As the Annapurna Circuit Trek With Annapurna Base Camp takes you to an elevation up to 5416 meters, there is a risk of altitude sickness. Proper acclimatization is necessary while trekking. Avoid excessive intake of caffeine, alcohol, and smoking. These help to minimize the risk of altitude sickness.

What accommodations are available while on the Annapurna Circuit Trek With Annapurna Base Camp?

You will find many tea houses, lodges, guesthouses, and homestays along the trek route. These accommodations are run by locals and are usually budget-friendly. Also, note that the facilities are basic and the availability of amenities is limited.

Is the drinking water safe in the region?

Although the water resources (rivers, streams, taps, etc) may look clean, do not drink directly from these. They may carry water-borne diseases. Carry a water bottle and fill it with boiled or filtered water at tea houses or shops en route. Bottled water is not ecologically friendly so use reusable water bottles.

Do I need to hire a porter for the trek?

The trek requires you to walk uphill and downhill on varied terrains and steep sections. Additionally, the trek duration is quite lengthy. Porters help to reduce physical strain on trekkers. So, it is highly recommended that you hire a porter for the Annapurna Circuit Trek With Annapurna Base Camp.

Address

Nayabazar 16, Kathmandu, Nepal