communitytrek.com/nepal/annapurna-circuit-lodge-trek
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NEPAL · ANNAPURNA

Annapurna Circuit Lodge Trek

The Annapurna Circuit Lodge Trek is one of Nepal's most legendary Himalayan adventures, taking you through lush forests, traditional mountain villages, and the dramatic landscapes of the Annapurna and Mustang regions.

TRIP PRICE
$1,200

COST / PRICE	REGION	DURATION	MAXIMUM ALTITUDE
$1,200	Annapurna	10 days	5,416 m

BEST SEASON	DIFFICULTY	ACCOMMODATION	TRIP TYPE
All Year	Challenging	Teahouse / Lodge	trekking

HIGHLIGHTS

What makes this trip special

01 **Thorong La Pass: At 5,416 meters (17,769 feet): Thorong La Pass is the trek's crowning achievement. The challenging climb to the pass rewards trekkers with panoramic views of the surrounding mountain ranges. Ensure proper acclimatization to enjoy a safe and memorable experience**

02 **Lower Mustang Valley: After crossing the pass, the trek descends into Lower Mustang, a region steeped in Tibetan culture and ancient history. Visit historic monasteries and soak in the mystical atmosphere of Lo Mustang, an ancient kingdom with a unique culture that has remained largely unchanged.**

OVERVIEW

Journey overview

Embark on a transformative journey with the Annapurna Circuit Lodge Trek, one of Nepal's most iconic trails. This 120-180 km (75-115 mi) trek invites you to explore diverse landscapes, vibrant cultures, and thrilling challenges. Get ready to be captivated by breathtaking panoramas, charming villages, and ancient spiritual sites.

Syange Waterfall, Annapurna Circuit Trek.

What is the Annapurna Circuit Lodge Trek?

The Annapurna Circuit Lodge Trek is a stunning adventure that takes you through the Annapurna region, offering an immersive experience of Nepal's natural beauty and rich cultural heritage. Starting from Kathmandu, the trek passes through villages like Chame and Syange, leading to the majestic Thorong La Pass at 5,416 meters (17,769 feet), before descending into the enchanting Lower Mustang.

At Thorong La Pass 5416m.

Why Should You Choose the Annapurna Circuit Trek?

1. Scenic Drive and Villages: Your adventure begins with a scenic drive from Kathmandu to Besisahar, followed by another drive to Chame. The trail offers mesmerizing views of snow-capped peaks, crystal-clear rivers, and lush valleys, all while winding through welcoming villages where you'll experience the local culture.

2. Rich Cultural Experience: As you trek, immerse yourself in the vibrant cultures of the Himalayas. Visit ancient monasteries and temples where spirituality is alive in the fluttering prayer flags. Engage with locals to gain insight into their daily lives, traditions, and festivals, creating memories that will last a lifetime.

3. Majestic Landscapes: Prepare to be awestruck by the stunning beauty of the Himalayas. The trek presents an ever-changing landscape, from lush forests and terraced fields to rugged mountains. Marvel at the towering peaks of Annapurna, Dhaulagiri, and other majestic summits that define the region.

Lower Mustang, Annapurna Circuit.

Is the Annapurna Circuit Trek Right for You?

Before setting out on this life-changing trek, consider the following:

1. Physical Fitness: The Annapurna Circuit Trek demands good physical fitness. The trail involves long days of walking over uneven terrain, often at high altitudes. Being in good shape will enhance your trekking experience and allow you to tackle the challenges confidently.

2. Altitude Acclimatization: The trek reaches high altitudes, with the Thorong La Pass standing at 5,416 meters (17,769 feet). It's essential to acclimatize properly to reduce the risk of altitude sickness. Make sure you're prepared to take it slow and allow your body time to adjust.

3. Experience Level: While the trek is suitable for various experience levels, some sections can be challenging, especially if you're not accustomed to trekking in the mountains. Having prior trekking experience can be helpful but isn't mandatory.

4. Time Commitment: The trek typically takes between 10 and 21 days to complete, including travel time. Make sure you have sufficient time to enjoy the trek at a comfortable pace.

5. Logistical Preparedness: Proper planning is key to a successful trek. Ensure you have the necessary permits, gear, and a reliable guide if needed. A little preparation goes a long way in ensuring a smooth and safe adventure.

Walking down after crossing Thorong La Pass.

When is the Best Time to Trek the Annapurna Circuit?

The best time to trek the Annapurna Circuit depends on your preferences for weather, scenery, and crowds. Here's a breakdown of the two peak seasons:

1. Spring (April-May):

Pros: Pleasant temperatures, vibrant wildflowers, and fewer crowds than in autumn. Comfortable trekking conditions.

Cons: Rain showers may occur, and snow on Thorong La Pass can make the trek more challenging. Teahouses may be

crowded during peak weeks.
2. Autumn (September-November):
Pros: Clear skies, stunning mountain views, and dry weather. Comfortable temperatures and cultural festivals like Dashain and Tihar enrich the experience.
Cons: Peak season with larger crowds, higher accommodation costs, and colder nights at higher altitudes.
Annapurna Circuit Trek, NEPAL.
Other Factors to Consider:
Altitude: Regardless of the season, proper acclimatization is crucial.
Experience Level: Beginners may prefer spring or autumn for their stable weather conditions.
Personal Preferences: Choose between vibrant wildflowers in spring or crystal-clear skies and cultural immersion in autumn.
Is the Annapurna Circuit Lodge Trek Your Ideal Adventure?
The Annapurna Circuit Lodge Trek offers a blend of cultural immersion, natural beauty, and challenging terrain. It's perfect for trekkers who seek an unforgettable experience. Whether you're drawn to the snowy peaks, the ancient monasteries, or the cultural richness of the region, this trek promises to be a life-changing adventure.

DAY-BY-DAY ROUTE

Itinerary

A clear breakdown of each day of the trip.

DAY 1

Drive to Chame 2,710m. vie Besisahar

11-12 hrs · 142km



Start your day with breakfast before departing Kathmandu early in the morning.
Kathmandu to Besisahar: Travel by private Jeep if your group has more than three people. For smaller groups of fewer than three, transportation will be arranged by bus or local transport. The journey covers approximately **172 km** and takes around **5-6 hours**, depending on road and traffic conditions.

Besisahar to Chame: From Besisahar, continue by Jeep toward **Chame Village**, the starting point of your trek. This scenic drive covers approximately **70 km** and takes around **5 hours**, depending on road conditions.

Arrive in Chame, check into your accommodation, and prepare for the trekking adventure ahead.

DAY 2

Trek to Upper Pisang 3310m.

6-7 hrs · 14.5 km



Today, begin your trek toward the charming Himalayan village of **Upper Pisang**. The trail winds through beautiful mountain landscapes, offering spectacular views of the Annapurna range while passing through traditional villages and local communities.

Cover approximately **14.5 km** in around **5 hours**, with an elevation gain of about **600 meters**. As you trek deeper into the Annapurna Himalayas, enjoy the changing scenery, peaceful surroundings, and authentic mountain culture.

DAY 3

Trek to Nawal 3540m.



After breakfast, set out on a scenic trek through enchanting landscapes and dense pine forests, with spectacular views of the majestic Annapurna Himalayan range along the way.

Today's trail covers approximately **10.5 km** and takes around **5 hours** to reach **Nawal Village**. Nestled high among the mountains, Nawal is a beautiful traditional village known for its monastery and authentic Himalayan way of life.

Take time to explore the village, experience the local culture, and enjoy the peaceful mountain surroundings.

DAY 4

Trek to Manang 3540m.



Today, trek toward the renowned mountain village of **Manang**, one of the most beautiful and culturally rich settlements in the Annapurna region.

The trail covers approximately **9.5 km** and takes around **4–5 hours**. Along the way, pass through **Braka Village**, famous for its traditional stone houses and ancient monastery. It is an ideal place to stop for lunch and enjoy the surrounding mountain scenery before continuing toward Manang.

As you approach Manang, take in the spectacular views of the Annapurna range and experience the unique culture and lifestyle of the Himalayan mountain communities.

DAY 5

Day in Manang for acclimatization and Exploration.



Today is an important **acclimatization day in Manang**, allowing your body to adjust gradually to the increasing altitude. Following the principle of **"walk high, sleep low,"** you can choose from several optional hikes, including **Ice Lake** or **Milarepa Cave**.

For those comfortable with a longer and more challenging hike, we highly recommend the **Ice Lake trek**. The trail climbs to **Ice Lake at approximately 4,600 m**, offering spectacular panoramic views of the snow-capped peaks and the surrounding Annapurna Himalayas.

The ascent takes around **4 hours**, followed by approximately **3 hours of descent**, making it a full-day hike of about **7 hours**. Although demanding, the stunning mountain scenery and rewarding experience make the Ice Lake hike well worth the effort.

Overnight: Manang
Highlight: Panoramic views from the Ice Lake trail and high-altitude Himalayan landscapes.

DAY 6

Trek to Yak Kharka 4050m.



Today, enjoy a scenic **half-day trek to Yak Kharka**, covering approximately **9 km** in around **3 hours** of walking. The trail gradually climbs through beautiful alpine landscapes, offering impressive views of the surrounding mountains.

Arrive in Yak Kharka in time for lunch and take the afternoon to rest and relax. If you feel comfortable, enjoy a short walk around the village after lunch. This gentle activity helps your body gradually **adjust to the increasing altitude** and prepares you for the higher elevations ahead.

Overnight: Yak Kharka
Walking Distance: 9 km
Walking Time: Approximately 3 hours

DAY 7

Trek to Thorong Phedi 4,450m.



Today is another relatively short trekking day as you make your way to **Thorong La Phedi**, the base camp for crossing the famous Thorong La Pass.

The trail covers approximately **6 km** and takes around **3 hours** of walking. With a shorter itinerary, you'll have time to rest, relax, and prepare for tomorrow's challenging high-altitude crossing.

After reaching Thorong La Phedi, you may take a **short optional hike around the area** if you feel comfortable. This gentle activity can help your body adjust to the altitude while allowing you to enjoy the dramatic Himalayan surroundings.

Overnight: Thorong La Phedi
Walking Distance: 6 km
Walking Time: Approximately 3 hours
Highlight: Preparation for the Thorong La Pass crossing.

DAY 8

Trek to Thorung La Pass 5,416m to Muktinath 3800m.



Today is the **most challenging and rewarding day of the Annapurna Circuit Trek**, as you cross the famous **Thorong La Pass at 5,416 m**. An early start is essential, so begin your trek at around **4:30 AM**.

The initial climb to **High Camp** takes approximately **1 hour**. Take a short break here to enjoy a warm cup of tea and, if weather permits, witness the beautiful sunrise over the surrounding Himalayan peaks.

Continue toward **Thorong La Pass** at a slow and steady pace. The high altitude makes the climb physically demanding, so stay well hydrated, maintain a comfortable rhythm, and take regular breaks. Carry **chocolate, energy bars, or other light snacks** to help maintain your energy during the approximately **4-5-hour ascent**.

Reaching the summit at **5,416 m** is a truly memorable achievement. Take some time to celebrate, enjoy the spectacular mountain views, and capture photographs before beginning the descent.

From **Thorong La Pass,** descend for approximately **4 hours** toward the sacred pilgrimage town of **Muktinath**. The descent is long and tiring, so take your time and walk carefully.

After arriving in Muktinath, check into your accommodation, rest, and recover from this demanding but unforgettable day.

Overnight: Muktinath
Thorong La Pass: 5,416 m
Ascent: Approximately 4–5 hours
Descent: Approximately 4 hours
Highlight: Crossing one of the highest trekking passes in the world and reaching the sacred Muktinath Valley.

DAY 9

Drive to Pokhara



After breakfast, begin your scenic drive from **Muktinath to Pokhara**, covering approximately **162 km**. The journey takes around **6–7 hours**, passing through dramatic mountain landscapes, traditional villages, and the changing scenery of the Annapurna region.

Arrive in **Pokhara** in the afternoon or evening and take some time to relax after the long journey. In the evening, enjoy a special **Farewell Dinner** with your trekking crew. This is a wonderful opportunity to celebrate the journey, share memories, and thank your guides and porters for their hard work and support throughout the trek.

If you wish, you may show your appreciation through **drinks, food, or a tip** for the crew. These gestures are entirely optional but can be a meaningful way to express your gratitude and bring the trekking adventure to a warm and memorable conclusion.

Overnight: Pokhara
Driving Distance: Approximately 162 km
Driving Time: 6–7 hours
Highlight: Scenic journey and farewell celebration with the trekking crew.

DAY 10

Fly to Kathmandu and drive to Hotel

After breakfast, take a scenic **30-minute flight from Pokhara to Kathmandu**, enjoying beautiful views of the Himalayan landscapes along the way.

Upon arrival in Kathmandu, our team will arrange a **private transfer to your hotel**. Once you have settled in, your guide will bid you farewell and conclude the trekking journey.

If you wish to **extend your stay, add another tour, or arrange additional travel services**, our team will be happy to assist and make the necessary arrangements.

Flight Time: Approximately 30 minutes
Destination: Kathmandu
Highlight: Scenic flight and a warm farewell from your trekking team.

SERVICES

Included and not included

Included

- √ **Kathmandu to Besisahar and Besisaharu to Chame Transport.**
- √ **1 nights hotel in Pokhara**
- √ **Pokhara Airport drop and Ktm Airport pick up and drop off Hotel.**
- √ **4WD transportation from Muktinath to Pokhara**
- √ **10 night Mountain basic Accommodations.**
- √ **Foods: 10 (Breakfast, Lunch, Dinner) with a cup of tea.**
- √ **Guide and porter (1 porter per 20 kg of luggage)**
- √ **ACAP (Annapurna Conservation Area Project) permit**
- √ **TIMS (Trekking Information Management System) permit**

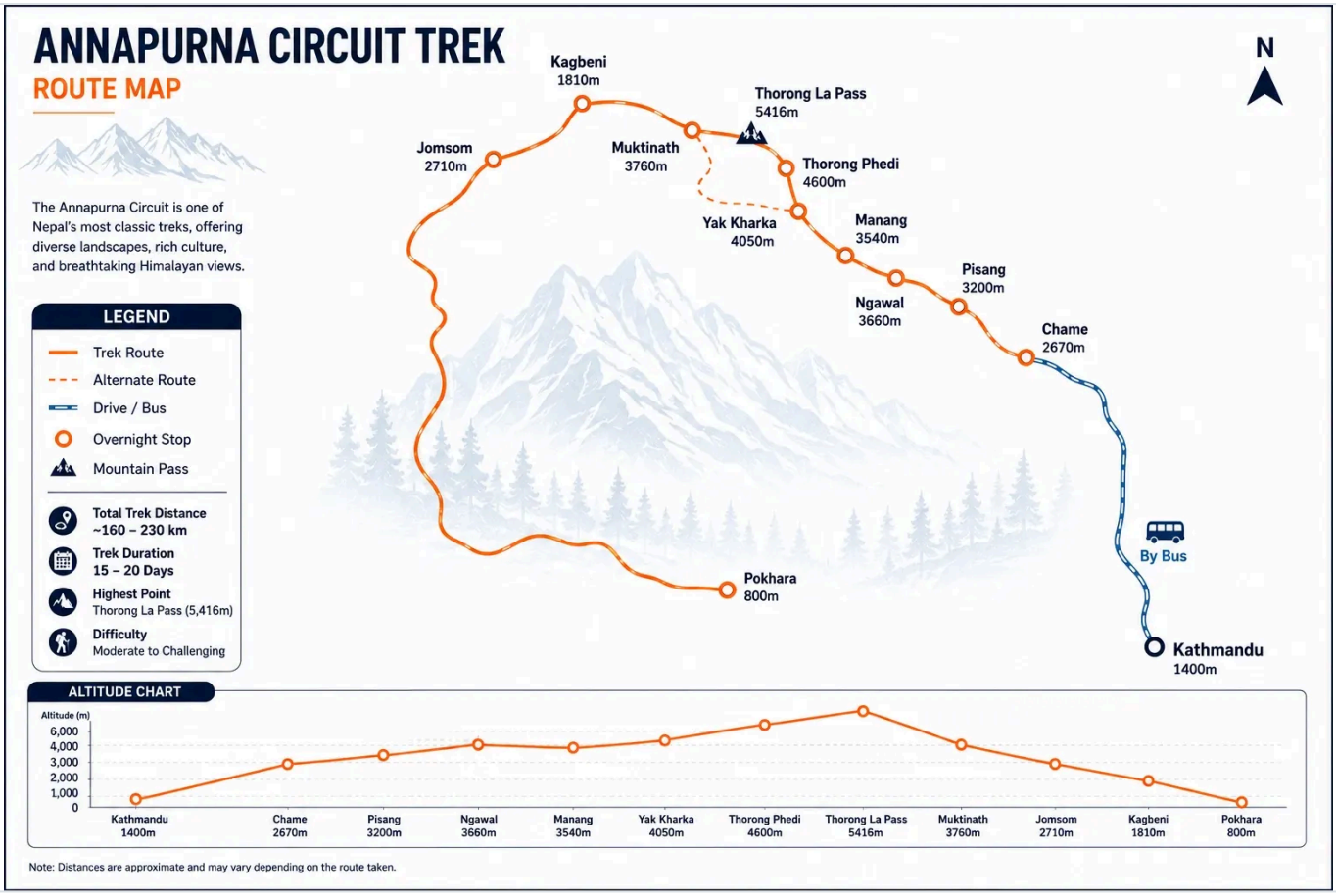
Not included

- – **Food: Dinner in Pokhara.**
- – **Extra accommodation: This covers any additional nights you may need to stay due to early return, natural disasters, or other unforeseen circumstances.**
- – **Tips for staff: This is a customary way to show your appreciation for the hard work of your guide, porters, and other staff. A suggested range is 12-15 USD per person per day.**
- – **Personal insurance: It is highly recommended to purchase travel insurance that covers medical emergencies, trip cancellation, and other potential risks.**
- – **Gear rental: You will need to rent appropriate gear for the trek, such as hiking boots, a backpack, a sleeping bag, and warm clothing.**

ROUTE MAP

Trekking & tour route

Key stops, checkpoints, and route trajectory.



PLANNING

Frequently asked questions

What types of accommodation are available for trekkers in Annapurna Lodge Trek?

There are a variety of accommodation options available for trekkers on the Everest Base Camp Lodge Trek. The most common type of accommodation is teahouses, which are small lodges that offer basic amenities such as beds and food. Teahouses are typically located in villages along the trail, and they are a good option for budget-minded trekkers.

What food options are available during the Annapurna Trek?

The menu served in most teahouses on the Annapurna Circuit Trek is very similar. You can order a variety of hot-cooked dishes at your teahouse with a choice of both Nepali and Western meals every meal.

What is the process for making a payment for the booking?

After receiving the confirmation of your Annapurna Circuit Trek, you will need to make a 30% deposit of the total trip cost. The remaining 70% can be paid before 7 days of the trip start date through our company's official bank Transfer.

What is the amount of extra money required to carry for the Annapurna Circuit Trek?

The package cost already includes food, accommodation, permits, transport, guide, and porter fees. However, we recommend carrying an additional USD 200 per person or more to cover any unforeseen expenses or emergencies that may arise during the trek. It's always better to be prepared with extra funds to ensure a stress-free and enjoyable experience.
Here are some of the unexpected expenses that you may incur during your trek:
Cold Drinks, Alcohols, Mineral Water
Souvenirs, such as trekking hats, t-shirts, and postcards.
Tips for your guide and porters.
We suggest that you bring cash in major currencies such as EURO, which can be easily exchanged for Nepali Rupees in Kathmandu. Please note that only Nepali Rupees are accepted in the mountains of Nepal.

PAYMENT

You may pay your deposit and balance using any lawful means. If sending money by electronic bank transfer, you will be responsible for covering the cost of the fees associated with the transfer. The company must receive the full amount shown on your invoice, in the denomination shown on your invoice.

Here are Community Trek's Bank Details:
Bank Name: HIMALAYAN BANK LTD.
Account Name: Community Treks and Expedition Pvt. Ltd.
Account Number: 01908097270018
SWIFT Code: HIMANPKA
Address: Budanilkatha-12, Katmandu, Nepal

TRAVEL INSURANCE

All trekkers must have comprehensive travel insurance that covers medical and emergency repatriation expenses, including helicopter rescue and evacuation up to 5000m. We can recommend insurance providers based on previous client feedback, but we do not sell insurance. We request our clients to send their insurance documents to us once they book the trek.

In emergencies, we will use your insurance and informational documents to facilitate a quick rescue operation, which must cover mountain rescue services at high altitudes.

Here are some of the things to consider when choosing travel insurance for your Annapurna Circuit Trek:
Make sure that your insurance covers medical expenses, including evacuation and repatriation.

Check the altitude limit of your insurance.
Make sure that your insurance covers helicopter rescue and evacuation.
Read the fine print carefully to understand what is and is not covered by your insurance.

GALLERY

A glimpse of the journey

















TRAVELLER NOTES

What travellers say

★★★★★

“Our Annapurna Circuit Trek with Community Trek was an unforgettable adventure and our fourth journey with the team after the Annapurna Base Camp, Everest High Pass, and Langtang Valley Treks. Guided by the knowledgeable and professional Ramesh Tamang, we always felt safe while gaining a deeper appreciation of the Himalayas, local culture, and nature. Community Trek consistently delivers exceptional experiences with outstanding service and genuine hospitality. If you're planning a trek in Nepal, we highly recommend joining Community Trek for an authentic and memorable Himalayan adventure.”

Carien H

Netherland · 2023

★★★★★

“We completed the Annapurna Circuit Trek with Community Trek last March, and it was another unforgettable adventure. This was our fourth trek with them, following the Annapurna Base Camp, Everest High Pass, and Langtang Valley Treks. Our guide, Ramesh Tamang, was professional, knowledgeable, and always focused on our safety while sharing his passion for the Himalayas, local culture, wildlife, and nature. Every journey with Community Trek has been enjoyable and memorable. We highly recommend the Community Trek team to anyone planning a Himalayan adventure and are already looking forward to our next trek with them. Thank you to the entire Community Trek team!”

Felix van Lieven

Perth, Western Australia · 2018

★★★★★

“We completed the Annapurna Circuit Trek with Community Trek, led by Ramesh Tamang, and it was truly one of the best Himalayan experiences we've ever had. Trekking with our friends from Perth made the journey even more special, while Ramesh's professionalism, local knowledge, and genuine care ensured we felt safe and enjoyed every moment on the trail. From the spectacular mountain scenery to the warm hospitality, everything exceeded our expectations. We highly recommend Community Trek to anyone looking for an authentic, well-organized, and unforgettable trekking adventure in Nepal.”

Nick Montague

Brisbane, QLD, Australia

Community Trek
Explore, Connect & Experience

PLAN YOUR ADVENTURE

Bookings & Custom Dates

Contact our local team in Kathmandu to reserve your spot or tailor this itinerary.

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