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## 12 days Annapurna Circuit Trekking

URL: <https://boundlessadventure.com/annapurna-circuit-trekking>

### Duration

12 Days

### Per Person Cost

USD 20%

### Difficulty

Adventurous

### Best Seasons

Mar-June, Sep-Dec

### Transportation

Jeep

### Max Altitude

5416m

### Trip Type

Trekking

### Meal

Breakfast, Lunch, Dinner

### Accommodation

Hotel

## 12 days Annapurna Circuit Trekking

- We have been sharing our experience since 1992 with Annapurna Circuit Trekking.
- Thorong La Pass (5416 m) (Highest pass in the world 12 days)
- Local culture of Manang and Surroundings.
- Rivers, Waterfalls, Glaciers, and Gorges
- The Shangri-La Valley.
- Century-old Monastery along the Annapurna Circuit Nepal trail
- Hindu temples and Buddhist monasteries are together.
- Natural Hot Springs for Bath
- 12 days Annapurna Circuit Trekking is Nepal's most alluring detour. It is one of the classical trekking routes. Since the Nepal trekking industry's inception, the route has been attracting trekkers from across the globe.
- Diversity in natural and cultural attractions makes it the most worthwhile trekking trail.
- In 2024 and 2025, explore the entire Trek to Annapurna circuit in one trip. We are more than happy to provide excellent service.

# Trip Overview

We'll begin the trek in Dharapani in the Manang district. After the construction of the hilly road, the lengths of the Annapurna Circuit Trek have shortened. Therefore, the classical trailhead is no longer needed. The jeep can also go up to Manang.

If we start the Trek from Manang, there is a high risk of altitude sickness. To reach Manang Village, we will walk through Chame and Pisang villages for two days. Similarly, the Gurung community mainly lives along the Circuit Trek village in Annapurna.

Trekkers must stay two nights in the Manang as one day is stipulated for acclimatization during the Trekking packages of the Annapurna circuit.

On the seventh day of the Trek, trekkers will head to Yak Kharka. The place has pleasant grassy meadows and a fantastic landscape.

Get great pictures. If you want to go to [Tilicho Lake](#), this is the place from where the trekkers take a different route. Check out our Tilicho Lake trek package for more information about this trekking section.

The Trek continues to Thorong Phedi or High Camp before crossing Thorong La Pass. Depending on your physical condition, the trekking guide or leader will decide whether to stay at High Camp or Phedi.

Thorong Phedi is 4500 meters from Sea level, but the high command is 4800 meters high. If your situation is perfect, we suggest you stay overnight at High Camp. It allows you to cross the Thorong La Pass more comfortably than traveling from Phedi.

## **Thorong La Pass (5416 Meters)**

The ninth day of the Trekking is the most daunting. Trekkers will be crossing the longest pass in the world. Early in the morning, the walking starts. From the top of the key, you can see the striking mountain scenery as far as [Manaslu Circuit Trekking](#).

The Annapurna Mountain range looks splendid from the top of the pass. However, almost every trekking trail in the Annapurna region offers superb views. Beholding the snowy mountains from the top of **Thorong La Pass** is exemplary.

The trail to the top of the pass is through the narrow valleys from the High Camp. On the right side of the course, you can get the best view of Thorong Peak (6144 m) from sea level.

The hardships endured during the ascent will vanish. The cool breeze of fresh mountain air kisses us. A sense of achievement overpowers us. It is indeed the most iconic moment of this Trekking.

## **Best Season for the Annapurna circuit trekking trip to Nepal.**

Nepal experiences spring, summer/Monsoon, autumn, and winter seasons. Excessive rainfall during the monsoon season makes the trail muddy and slippery. Moreover, the view is also not clear.

Similarly, the winter season is frigid, and snowfall makes walking harder. The visibility is significantly less, and the Annapurna Circuit Trek is worse during these two seasons. Therefore, we recommend you

avoid trekking.

Plan your Trekking for the best experiences in spring and autumn. The clear sky, no rainfall, and no snowfall make it easier for the trekkers to traverse the trail. However, some people love challenges.

We can also operate trips during the Monsoon. All you need to have is willpower. Boundless Adventure Treks & Expeditions will handle planning and ground management.

## Trip Itinerary

The itinerary of the 12-day trek around Annapurna starts from the [International Airport](#) of Nepal. We don't mind picking up at the Airport. Please let us know.

The full, detailed 12-day itinerary of Annapurna Circuit Trekking is clickable below. Please follow the links for every daily trek, which offers superb views of the Annapurna Himalayas range and pictures of every camp. Please let us know if you want to make a shorter or longer itinerary around Annapurna Trekking. We will send you a detailed itinerary according to your holidays in Nepal.

Similarly, Around Annapurna Trekking is an adventurous destination in Nepal; the best trekking seasons are from March to June and September to December. You will travel by jeep for the first part and plane at the end of your trek. Along the way, you will find charming and comfortable tea houses/guest houses. You can get internet at every lodge while trekking in the Annapurna Circuit.

Please note: Your trekking starts on day two and ends on day twelve in Pokhara.

### Day 01: Pick up at Tribhuvan International Airport (TIA) Overnight at Hotel

Welcome to Nepal. Our company's airport representative will pick you up at the international airport and take you to the hotel by private vehicle. In the following days, you will receive a short briefing about the programming. Overnight at the hotel.

**Note:** *You will enter the Nepal airport if you want a Nepali phone SIM card and money exchange.*



The Airport in Kathmandu.

**Destination:**

Kathmandu

**Transportation:**

Car

**Duration:**

15 minutes

**Day 02: Jeep drive to Chame, O/N Hotel**

You will drive to Chame at 7:00 AM, have lunch at the Beshishahar, and change into a public Jeep on the gravel road to Chame. Overnight at Chame.

**Note:** We'll provide a luxury jeep to Chame directly from Kathmandu upon request only.



Jeep to Chame, Manang

**Destination:**

Chame

**Accommodation**

Hotel

**Transportation:**

Bus

**Duration:**

8 Hours

**Food:**

Breakfast, Lunch, Dinner

**Day 03: Trek to Pisang, O/N Guest House**

Have a warm breakfast at the Chame, and continue the trek to Pisang. It will take 5 hours, including a short break and lunch. The trekking trail goes through the pine forest and apple garden.

The first part is hiking through a small hamlet and barley fields, but the last part is walking through the animal greasing ground; you can have lunch at the Dhukur Pokhara and continue towards Pisang village.

It is a small village with hotels—overnights at the Hotel.



Pisang Village in Manang, Annapurna

**Destination:**

Pisang

**Accommodation**

Hotel

**Transportation:**

Hiking

**Duration:**

4 hours

**Food:**

Breakfast, Lunch, Dinner

**Day 04: Trek to Manang, O/N Hotel**

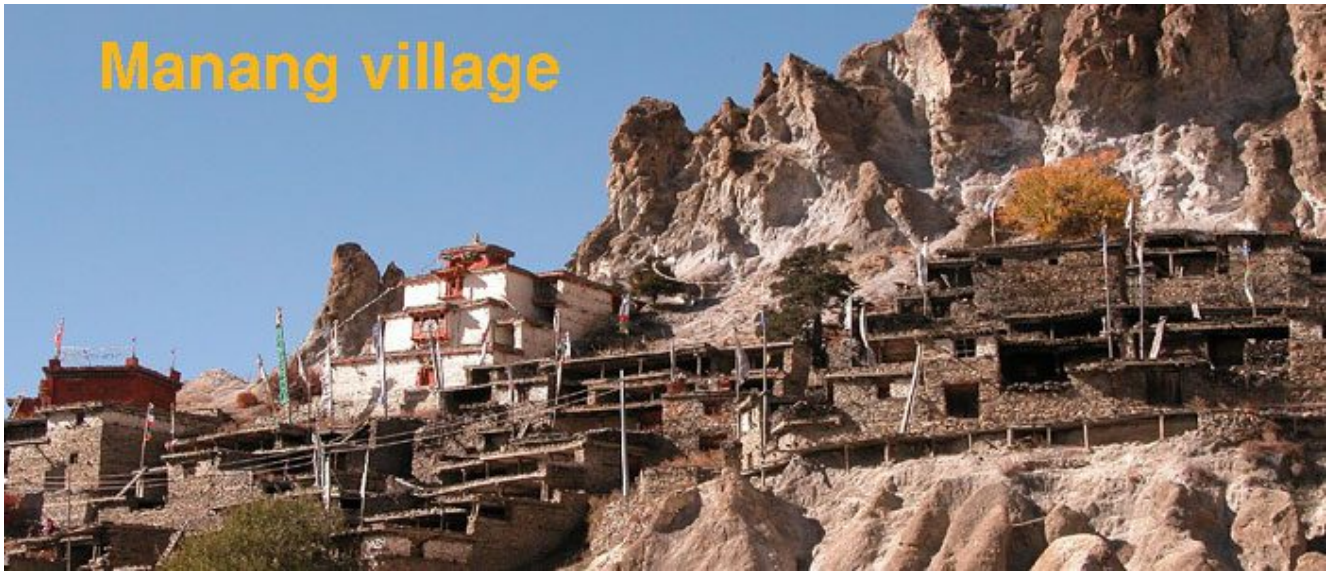
Breakfast at the Pisang Hotel and continue towards Manang via Hungdey airport.

It is a beautiful village, from where you can see the Annapurna Himalayan range, and the trekking trail is almost flat.

There is a seasonable airport that doesn't have planes every day, especially for charter flights.

Along the trails, you can often see the allot mani walls, beautiful monastery, and Annapurna Himalayan. It takes about 4 to 5 hours to travel from Pisang to Manang.

You can have lunch at the Manang as well. Overnight at the Manang.



Manang Village Trekking Photo

**Destination:**

Pissang

**Accommodation**

Hotel

**Transportation:**

Hiking

**Duration:**

5 hours

**Food:**

Breakfast, Lunch, Dinner

**Day 05: Acclimatization in Manang, O/N Hotel**

Manang village is already 3400 meters from sea level, but you must hike more than 2,000 meters soon.

Because of the altitude, acclimatization at Manang is necessary. Just have breakfast at the Hotel, hike up to 500 Meters higher than Manang after breakfast, and return to the Hotel for lunch.

You will have two benefits: the best altitude and views of Mt. Annapurna II, III, Lamjung Himal, Mt. Gangapurna, glaciers, and a Lake. You will have a free day and overnight at the Hotel.



Manang village trekking

**Destination:**

Manang

**Accommodation**

Hotel

**Transportation:**

Hiking

**Duration:**

4 hours

**Food:**

Breakfast, Lunch, Dinner

**Day 06: Trek to Yak Kharka, O/N Hotel**

Have Breakfast at the Hotel in Manang, and start to trek the Yakharka.

The trial is lovely; you may have beautiful views of Mount Gangapurna, Annapurna III, and surrounding peaks. It is moderate.

But lunch and camp will be in the same place. You walk through small bushes and some tea shops and cross simple suspension bridges.

But you will have the chance to see wild animals as well. Have Lunch at the yak Kharka, a free day after Lunch, and overnight at the Guesthouse.



Bridge in Yakl kharka, Annapurna

**Destination:**

Yak kharka

**Accommodation**

Hotel

**Transportation:**

Hiking

**Duration:**

5 hours

**Food:**

Breakfast, Lunch, Dinner

**Day 07: Trek to Thorung Phedi, O/N Hotel**

Have Breakfast at the Guest House and continue the trek to Throng Phedi.

It will take 3 hours; the trail between Yak Kharka and Throng Phedi is easy. Cross the bridge right after the yak Kharka and continue walking through the small path to Phedi.

You should watch up while walking if there are animals or not because the rocks can drop down over your head. Have lunch at the Phedi, have a free day, and overnight at the guesthouse.

**Note:** *If you are feeling well, you may continue the hike to hike camp after lunch; you can consult your guide according to your situation.*





Lodge in Throng Phedi, Annapurna Circuit Trekking

**Destination:**

Thorung Phedi

**Accommodation**

Hotel

**Transportation:**

Hiking

**Duration:**

3 hours

**Food:**

Breakfast, Lunch, Dinner

**Day 08: Trek to Muktinath, O/N Hotel**

Yes, today is the longest day of the trip. You need to climb more than 1600 meters and descend another 1600 Meters.

It would help if you had a penalty for drinking water, power bars, cashew nuts, walnuts, and other nuts.

It takes 3 to 4 hours to reach the top of the Trekking ( Through-La), which is 5416 meters long. Have a cup of tea on the top, then descend to Muktinath.

You can have lunch on the other side of the Through-La and continue the trek to Muktinath. At the same time, you can explore the Muktinath temple.

There are miracle-burning lamps on the water. Overnight at the Ranipauwa, Muktinath.



The top of Thorong La passes Trekking Photo.

**Destination:**

Muktinath

**Accommodation**

Hotel

**Transportation:**

Hiking

**Duration:**

10 hours

**Food:**

Breakfast, Lunch, Dinner

**Day 09: Bus to Tatopani, O/N Hotel**

Have breakfast at the hotel and have a bus driver drive you to Tatopani. Check in to the Hotel and have lunch. It will take a 3-hour bus journey from Muktinath to Tatopani. ( Natural Hot spring)

You can have a bath in a natural hot spring; two different natural hot spring pools are 52 degrees Celsius hot.

People mixed clean cold water into the pool through the plastic pipe and enjoyed the hot spring for a full day and overnight at Hotelotel.

**Options:** We can provide you with plane tickets to Pokhara. Please let's get Jomsom's opinion before booking your trip.



Natural Hot Spring Pool, Tatopani

**Destination:**

Tatopani

**Accommodation**

Hotel

**Transportation:**

Bus

**Duration:**

3 hours

**Food:**

Breakfast, Lunch, Dinner

**Day 10: Drive to Pokhara, O/N Hotel**

Have a warm breakfast at the Hotel, then catch a jeep or bus to Pokhara. Check-in at the Hotel and go out for lunch. Lunch will be in front of the Phewa Lake.

Trekking is over. On the same day, your trekking crew will drive you to Kathmandu. You'll spend the night at Pokhara.



Overnight in Pokhara Hotel

**Destination:**

Pokhara

**Accommodation**

Hotel

**Transportation:**

Bus

**Duration:**

5 Hours

**Food:**

Breakfast, Lunch, Dinner

**Day 11: Bus drive to Kathmandu, O/N hotel**

Today, breakfast and Lunch will be served on the way to Kathmandu. We will leave the hotel at 6:15 AM and drive to the tourist bus station.

The Bus leaves at 7:00 AM from Tourist Bus Park to Kathmandu. It takes 5/6 hours, including a break for breakfast and Lunch along the way to Kathmandu. Overnight in Kathmandu Hotel.



Pokhara airport

**Note:** *If you would like to go to Kathmandu by Plane, it is just 20 minutes to get into Kathmandu by plane. If you want to take a plane, please inform us in advance; otherwise, it is hard to get the tickets.*

**Destination:**

Kathmandu

**Accommodation**

Hotel

**Transportation:**

Bus

**Duration:**

6 hours

**Food:**

Breakfast, Lunch, Dinner

## Day 12: Transfer to Airport by vehicle

Have breakfast at the Hotel and then transfer to the international airport by car. If you leave in the evening from Nepal, The Hotel's check-out time is Noon.



Departure airport

**Destination:**

Onwards

**Transportation:**

Car

**Duration:**

15 Minutes

**Food:**

Breakfast

## Trip Includes

- International airport picks up and drops by private car /van/bus.
- Complete the package trip with three meals daily (Breakfast, Lunch, and Dinner) and Accommodations during the trekking.
- From Kathmandu to Beshishahar by Bus.
- Share a Jeep from Beshishahar to Chame.
- From Pokhara to Kathmandu by tourist bus **(options)**
- Government-licensed holder experienced and English-speaking Guide.
- Food, accommodation, salary, insurance, and equipment for the guide
- Annapurna conservation permits
- TIMS Permits
- Nepal government taxes.
- Per person, one trekking map
- Down Jackets (Returnable)
- Sleeping Bag (Returnable)

## **Trip Excludes**

- Hard and soft drinks.
- Hotel in Kathmandu.
- Lunch and Dinner Kathmandu.
- Temple and monastery entrance fee and donation.
- The rest of the expenses are not mentioned in Price Includes.

## **Frequently Asked Questions**

### **Where is the Annapurna circuit trek located?**

The Annapurna Circuit Trek is located northwest of Kathmandu in the Manang district. It starts in the Lamjung district and ends in the Dhaulagiri district.

### **Is the Annapurna Circuit still worth doing?**

Yes, trekking The Annapurna circuit is still good, unless it's a short trip compared to a couple of years ago.

### **How Many days is the best for trek to Annapurna circuit?**

Usually, it takes twenty-one days to trek from Kathmandu to Kathmandu in the end, but it won't be longer than a week.

### **How difficult is the Annapurna Circuit trek?**

The Annapurna circuit trekking is moderated trekking trail in the Annapurna region due to the highest Pass (Throng La pass 5416 meters) in Annapurna.

### **How much does it cost to do the Annapurna Circuit?**

Annapurna Circuit trekking costs US\$ 50/- per day per person without a guide and trekking permits.

### **Can I do Annapurna Circuit on your own?**

Yes, you may, but you must have trekking and TIMS permits from Kathmandu.

### **Is Annapurna Circuit for beginners?**

Yes, there is no problem at all, but you should have an idea about the altitude.

## **Can you do Annapurna Circuit without a guide?**

Yes, you may go to the Annapurna circuit trekking without a guide, but it will be at your own risk. Who will look after you during the trekking?

## **How do I train for the Annapurna Circuit?**

You don't have to train for the Annapurna Circuit trekking. Because you should start your trekking from Besishahar and continue through Throng La pass and trek to Birethanti via Jomsom, Marpha village, Tatopani, and Ghorepani.

## **How long itinerary is best for around Annapurna Trekking?**

If you have time, it would be better for 21 days, if not two weeks, if still not enough time then you may go to Manang by Jeep and trek to Jomsom, it will take less than a week.

## **Is it safe to do the Annapurna Circuit trek recently?**

No doubt, it is safe to trek even if you are traveling solo with family and friends.

## **Where is the best viewpoint before then pass?**

There are many different viewpoints, but some famous ones are Pisang, Humde Airport, Manang, Tenki Manang, and Yakhkarka, which are the best viewpoints of the Annapurna Circuit trekking.

## **What is alternative transportation of trek ?**

People used horses, Jeeps, a Helicopter, and a Plane to Manang. Yes, there are Humde airports in Manang. You may go to Manang by Jeep and Helicopter every day, but the plane goes once a week.

## **What is the highest place of Annapurna circuit trek ?**

The Throng La pass is the highest place on the Annapurna Circuit trek. It is 5416 meters above sea level.

## **Is it safe trek?**

Of course, The Annapurna circuit trek is always safe. Everyone can trek easily along the trekking trail.

## **What is the Highest place of the trek?**

Throng-La is the highest place of the Trek. It is 5416 meters above the sea level.

## **What about altitude sickness ?**

Yes, there is a high chance of catching altitude for bigger, but we have already acclimatized at Manang and walking in a slow phase.

## **What are the symptoms of Altitude sickness?**

Are headaches, vomiting, dizziness, or weakness the main symptoms of Altitude sickness?

## **What we do if we had altitude sickness?**

We should drink plenty of warm water, Hike slowly, and avoid alcohol and drugs till the Throng-La Pass. Similarly, are you still feeling altitude sickness? you need to descend where you are now and rest. You may hike up the following days while you feel comfortable.

## **Who will be with us if we got sick?**

You will have your guide and porter. They will take care of you and your sickness.

# **Essential Information**

## **Annapurna Circuit Trek Attraction**

### **Monasteries in Manang**

The monasteries in the Manang are a vital attraction of the Annapurna Circuit trek. You'll have a day to visit the areas, and during the day, you can explore the region's culturally and historically significant monasteries. Manang has several vital monasteries which visitors can see.

On your acclimatization day, you'll first hike to the Bojo Gumpa, a historical gumpa of Manang. The Gumpa is famous for its historic site and provides a 360-degree view of the Manang district and the glacial lake of Gangapurna. Another major monastery of Manang is Braga Gumpa, which lies 45 minutes from Mananag village. The Braga monastery is the oldest in Braga village. The monastery's major attractions are its artifacts and views of Mount Annapurna and Gangapurna.

Kundi Gumba, Thorte Chegi Lemba Gumba, Pisang Urgen Chhyoling Gumba, Thalilama Gumba, Orgen Thekchok Lingi Gumba, Manang Gumba, Tare Gumba, Tasi Lakang Gumba, Mocho Boko Gumba, and Manme gumba are the other historical charm of the Manang valley, adding attraction to the Annapurna circuit trek.

### **Local Culture**

The foremost attraction of the Annapurna Circuit trek is the local culture. The Trek passes through



different valleys with its own culture and history. The Annapurna Circuit takes you through the diverse culture of the region.

As you begin your journey from Besisahar, you'll experience the culture and hospitality of the Brahmin and Chetteri ethics of the group until you reach Manang. As you get to Manang, you'll be pleased to learn and experience the Gurung culture, their traditions, and warm hospitality. Until you reach Mustang from Manang, you'll encounter Gurung, and as you get to Mustang, you'll observe Thakali culture. On descending from Muktinath, you'll experience the Chettri and Brahmin cultures again.

On one Annapurna circuit, you can experience the region's four cultures, showing Nepal's cultural diversity. Cultural immersion throughout the Trek adds to the allure of trekking in the Annapurna Circuit.

## **Gangapurna Lake**

Gangapurna Lake is another noteworthy attraction along the Annapurna Circuit trek. It is a small lake near the base of Mount Gangapurna and the village of Manang. The lake is 3,540 m(11,614 ft) and near your accommodation point, about 500m from your tea house.

The glacier of Mount Gangapurna makes the lake, so it is named Gangapurna Lake. The stunning scenery of the mountain Gangapurna made the lake's surroundings more attractive. To get to Gangapurna Lake, trekkers need to cross the Marsyangdi River, and the lake is also on the way to Tilicho Lake. Since the source of the Gangapurna Lake is Mount Gangapurna, the lake's shape changes every year due to the melting glacier of Gangapurna Peak.

## **Tilicho Peak**

The highest lake on the Annapurna Circuit trek, Tilicho Lake, stands at 4,919 m (16,138 ft). It is generally a side trip from the Annapurna Circuit trek to Mesokanto la Pass. Tilicho Lake has two Base Camps: Tilicho Khola Base Camp and Tilicho Lake Southern Base Camp. One base camp is always open, and another is closed due to the high elevation and frigid climate.

Tilicho Lake's major attraction is the majestic mountain peaks surrounding it. You can see the mesmerizing view of Annapurna, Tilicho Peak, and Gangapurna from Tilicho Lake. After exploring Tilicho Lake, you'll return to Yak Kharka via Khangsar and continue to Thorung La pass.

## **Himalayas Views along the trail to Annapurna Circuit**

The Annapurna Circuit trek is well known for the spectacular views of some of the world's highest mountains. From the beginning of your journey to the end, you'll be amazed by the snow-capped mountain peaks in each trek step.

Your starting trekking point to Annapurna Circuit is Besidhsar; you'll start getting the mountain views

from there. As you reach Besisahar, Mount Lamjung 6,983 m(22,910 ft), welcome you. When you go to Pisang village, Chulu West stands at 6419m or 21059ft tall. From Pisang village, you have two routes to get to Manang village: Upper Pisang and Lower Pisang.

We suggest you choose a route through Upper Pisang, as the trail to Upper Pisang provides the best view of the Annapurna II (8,091 m/26,545 ft), Gangapurna (7,455 m/24,459 ft), Annapurna III (7,555 m/24,787 ft), Tilicho peak (7134m/23405ft) and Chulu west (6419m/21059ft).

All the views you can see along the way from Pisang can be seen from Manang village, but from a closer view. Likewise, the same views, including Annapurna II and III, Gangapurna (7,455 m/24,459 ft), Tilicho Peak (7134m/23405ft), and Chulu West (6419m/21059ft), are seen along the way to Yak Kharka. However, between Yak Kharka and Thorung Phedi, you'll see arid landscapes and hiking over the cliff.

While walking through the trail from Thorung Phedi to Thorong La Pass, you'll get the best view of Thorong Peak ( 6,144 m/20157ft) and other mountain ranges. As you get to the top of Thorong La, views of Mount Dhaulagiri (8,167m /26,795 ft), Tukucho Peak, and different faces of the mountain range seen earlier are magnificent. Descending through Thorong La Pass, you'll get to Muktinath.

Along the way to Muktinath, Annapurna I (8,091 m/26,545 ft) and Mount Dhaulagiri (8,167m /26,795 ft) accompany you. From Muktinath, saying goodbye to all the magnificent views from Annapurna Circuit, you'll descend and drive to Pokhara via a gravel road.

## **Some Other Trekking Routes for Annapurna Circuit**

### **Annapurna Anticlockwise Trekking**

The classical route of the Annapurna Circuit Trek is from the Besisahar sector. However, some people also prefer to cross the Thorong La Pass from the Muktinath region. The biggest hurdle or challenge in anticlockwise Trekking is altitude sickness. Trekkers get enough time for acclimatization while trekking from Lamjung.

From the Muktinath trailhead, trekkers might not get enough time to adjust to the altitude. Trekkers start the journey from Pokhara either by flight or by road. They reach the Muktinath area. The change in altitude is substantial. Pokhara's altitude is 900 m, and Muktinath's is about 3800 m from sea level.

Don't forget to grasp as much memory as possible. On the other side of the pass is the sacred place for Hindus, the Muktinath Temple.

### **Combined Annapurna Circuit with Nar Phu Trek**

The Annapurna Circuit Trek route can be extended further by adding various destinations. Trekkers can choose to explore hidden villages like [Nar and Phu](#). However, you will have to get permits for particular

restricted areas.

Tilicho Lake is another iconic destination. You can trek to the lake from Manang and rejoin the circuit trek route at Yak Kharka. Relish the chance to be at the shores of the world's highest-situated lake. You can choose to avoid crossing Thorong La Pass as well. Instead of the pass, cross the Meso Kanta La Pass. Trekkers reach the Jomsom.

You can head to [Upper Mustang](#) as well. Like Nar Phu Trekking, the Upper Mustang trip requires a special permit. The Upper Mustang Trekking starts from either Muktinath or Kagbeni. Contact Boundless Adventure now to explore the Upper Mustang. You must complete some formalities before heading to the forbidden kingdom of Nepal.

Please note: Soprohibited has prohibited destinations with single permits in Nepal.

## Muktinath Temple & Eternal Flame

The temple is of Lord Vishnu and has 108 holy taps and two bathing ponds. Bathing in those taps and dipping into the ponds will wash away all your sins. The monastery is next to the temple and has an eternal flame. It is so fascinating to observe these heavenly creations. No wonder some people believe that gods and goddesses live in these places—it indeed feels like it.

Hinduism has gods and goddesses in different forms. People believe that god resides in every particle of this earth. Moreover, according to the Hindu Scriptures, Lord Vishnu resides in the form of fossils (Shaligram).

Many Indian Travelers gather fossils back home as replicas of Lord Vishnu. Regardless of their religious belief, Trekkers can collect these sacred fossils from the surroundings of the [Muktinath Temple](#).

The trekking scenery slightly changes from Muktinath to Tatopani (**Naturally Hot spring**). Instead, we took Viagra to Tatopani village via Jomsom and Marpha. There, we dipped into the natural hot water springs and washed away all the pain we endured while walking.

Also, gear up for the uphill Trekking to Ghorepani the next day. The scent of the rhododendron and magnolia trees motivates trekkers to climb to Ghorepani. Enticing sunrise view from Poon Hill the following day enralls. Bask in the warmth of the first ray of sun coming out of the lofty Himalayas.

Bask because you have completed Nepal's diverse and alluring trekking detour. The final day's walking is mostly downhill and flats up to Nayapul via Birethanti.

The itinerary of the Annapurna Circuit Trek is customizable. Therefore, contact our travel planners if you want to change your plans. Boundless Adventure is always open to creating a trip of the trekker's choice.

## What makes Trekking interesting?

Nepal's Annapurna Region is the home of wonders in the Annapurna Conservation Area. The region tops the chart for a mesmerizing holiday destination, the lofty mountains or the deepest valleys. The trail, which encompasses almost every part of the region except the [Annapurna Base Camp](#), is always unique.

Crossing the longest passes to cleanse the spirit by visiting sacred monasteries and temples entices trekkers. Moreover, the journey from 1300 m to 5416 m in about two weeks of walking unravels Mother Nature's mythic enchantment.

Witness three of the world's top ten mountains and some iconic peaks. The mountains seen on the Annapurna Circuit Trekking trails are as follows:

Mt. Dhaulagiri (8,167m)

Mt. Annapurna I (8,091m)

Mt. Manaslu (8,163 m)

Mt. Annapurna II (7,937 m.)

Mt. Annapurna III (7,555m)

Mt. Annapurna IV (7,525m)

Mt. Annapurna South (7,219m)

Mt. Nilgiri north (7,041m)

Mt. Machhapuchhare (6,998m)

Mt. Hiunchuli (6,441m)

Mt. Lamjung Himal (6,986m)

Climbing Tilicho Peak (7134m)

Besides mountains and hills, the Annapurna Circuit Trekking also offers the sociological traditions of the Himalayas—similarly, the cultural pillars of Nepalese culture. Yes, the number of trekking days is more extended.

## Travel Insurance

Unforeseen incidents are bound to happen within two weeks of the journey. Trekking in the Annapurna Himalayas is unlike a leisurely walk in the park. Therefore, we anticipate incidents like AMS, floods, illness, avalanches, and landslides. To tackle these situations, you need to have Travel Insurance. Insurance is mandatory for any adventure activity in Nepal.

The insurance policy must include medical expenses and emergency evacuation by helicopter. Trekkers must leave a copy of the Travel Insurance in the Boundless Adventure office. In emergencies, the office will use the policy to make arrangements for rescue.

## Accommodation

Almost every commercial trekking route in Nepal has teahouses or lodges. Trekkers need to share the room on a twin-sharing basis. However, in some places and during peak season, they may have to spend overnight in the dining hall. These lodges on the trail have basic amenities. The attached bathroom is also available in a few places only. Don't expect extreme luxury lodges along the Trek trail.

## **Foods along the 12 days Around the Annapurna Trek.**

Regarding the food menu items in the Annapurna Circuit Trek route, restaurants or tea houses are highly elaborated. You can get Western and local delicacies every single day. The number of items on the menu is higher at low-altitude places. However, as you gain altitude, the food items on the menu start to get limited. While trekking, it is wise to avoid too many caffeinated food items and alcohol. Ask for healthy foods. Follow the lead of the trekking guide.

## **Trekking with local - Boundless Adventure specials**

Boundless Adventure Treks & Expeditions believes in providing authentic experiences. Therefore, we deploy the local guide and porters. It helps build authenticity and contributes to society. Tourism is the source of income for the people around the Annapurna. As a part of our CORPORATE SOCIAL RESPONSIBILITY, this way of operating a trip helps build trust with the people.

We train our trip crew members during the off-season. They participate in workshops and teaching seminars on hospitality, language, and eco-friendly measures. Our goal is sustainable tourism.

The Around Annapurna Trekking is fascinating in the [Annapurna conservation area](#). The detour refreshes. Get away from the daily drabness. Contact the travel planners of Boundless Adventure! State your requirements to us. We can discuss the Annapurna Circuit Trek itinerary according to your needs.

## **How can I prepare myself physically before trekking in the Annapurna circuit?**

We always suggest you have some trekking and hiking experience in your country even though you don't have such high-altitude mountains.

Walking in high-altitude places demands more physical fitness. The most daunting days of this Trekking are the 8th, 9th, and 11th. The trail is uphill and must be traversed at a lower oxygen level.

Do some cardiovascular exercises before Trekking. Prepare your body for 7 - 8 hours of continuous walking. Evening walks, cycling, light gym work, and good food habits will help you overcome the hurdles. Eat, drink, and sleep well. Get the whole-body check-up before embarking on the trekking journey. Consult your doctors.

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