



Annapurna Region

Includes ➔

Annapurna Panorama Trek	129
Khopra Ridge Trek	133
Annapurna Sanctuary Trek	136
Annapurna Circuit Trek	144
Nar-Phu Trek	175
Mustang Trek	184

Best Mountain Views

- ➔ Annapurna Sanctuary (p136)
- ➔ Upper Pisang (p151)
- ➔ Khopra Ridge (p133)
- ➔ Poon Hill (p130)
- ➔ Thorung La (p161)

Best of Mountain Culture

- ➔ Lo Manthang (p188)
- ➔ Manang (p156)
- ➔ Ghandruk (p132)
- ➔ Muktinath (p161)
- ➔ Nar-Phu (p174)

Why Go?

With well over 100,000 visitors a year, the Annapurna Himal has long been the most popular region among trekkers, and for good reason. The mountain views are exceptional, the villages you pass offer an exotic slice of Nepali and Tibetan culture, and the area is easily accessible, with excellent food and accommodation just about whenever and wherever you need it. During the 2015 earthquake, buildings collapsed in Jomsom and Mustang, but most of the region escaped without serious damage.

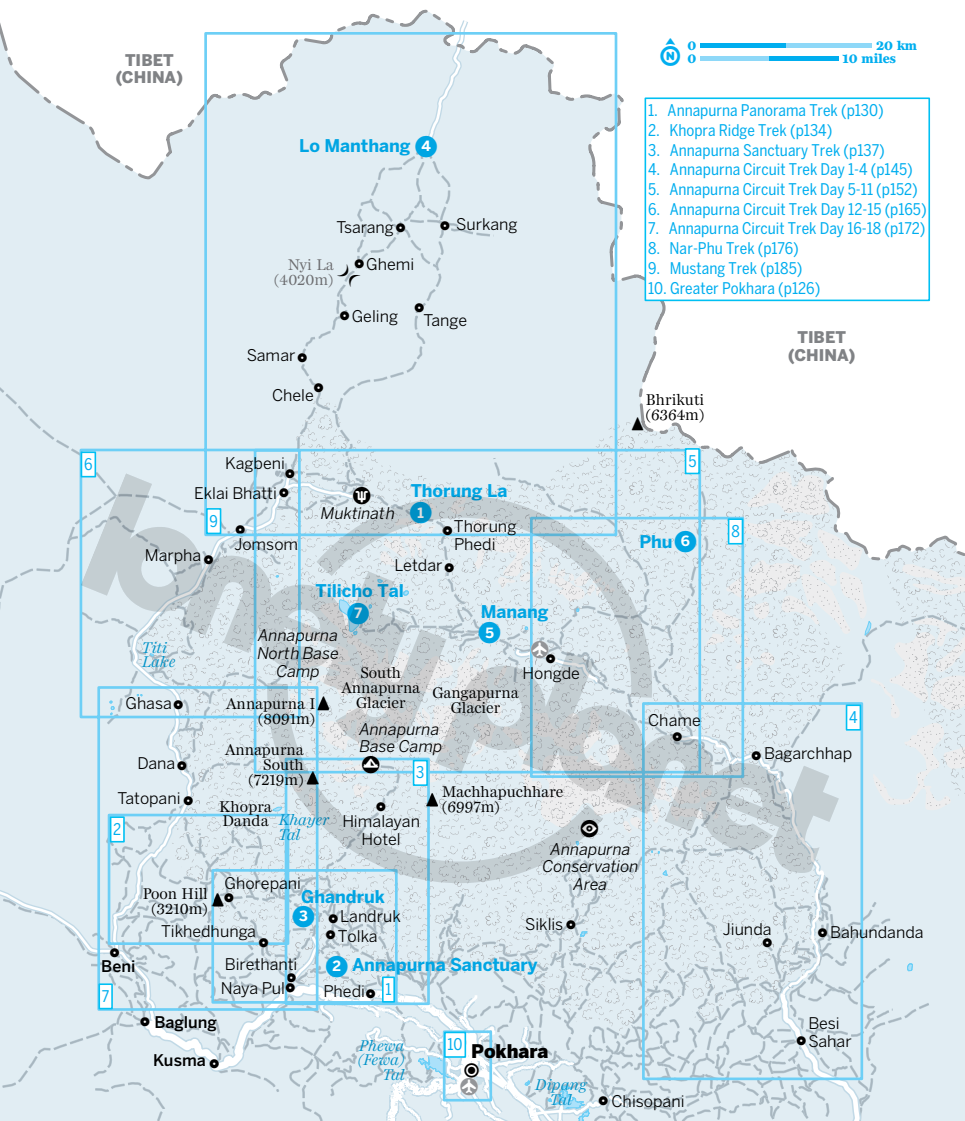
The city of Pokhara, with its relaxed traveller hub of Lakeside on the shore of Phewa Tal, makes an excellent base for all the treks in the Annapurna region, including the famous Circuit, the Annapurna Sanctuary and several shorter treks. The Annapurnas are also the launching pad for adventurous treks into the restricted areas of Mustang and Nar-Phu. For many of these treks, you can be on the trail within an hour or two of leaving Pokhara.

When to Go

➔ Autumn and early winter (October to December) are ideal months for trekking, with warm days and cool nights; this is the peak season. There is very little rain (although mountain weather is always unpredictable) and usually the mountain views are crystal-clear. Bear in mind that October sees twice as many trekkers in the Annapurnas than any other month.

➔ Spring (March to May) is Annapurna's second-best and second-most popular season for trekking. The days are warming up and Nepal's famous rhododendron blossoms colour the trails.

➔ The monsoon (May to September) brings rain and leeches to most trails, although not to Mustang and Nar-Phu, both sheltering in the Himalaya's rain shadow.



Annapurna Region Highlights

1 Trekking around the Annapurna massif, savouring perfect views and crossing the 5416m **Thorung La** (p161).

2 Watching the dawn light inch down the frozen fluted peaks from the **Annapurna Sanctuary** (p136).

3 Savouring the breakfast views of Annapurna and

Machhapuchhare from the magnificent Gurung village of **Ghandruk** (p132).

4 Trekking through eroded desert canyons, past ancient chortens and monasteries, to reach the fabled, walled city of **Lo Manthang** (p188).

5 Acclimatising in style on spectacular side trips to holy

Milarepa's Cave or scenic Ice Lake outside **Manang** (p156).

6 Overighting in the photogenic, medieval community of **Phu** (p177).

7 Teaming up with other trekkers for the challenging three-day excursion to high-altitude **Tilicho Tal** (p157).