

Annapurna Circuit Trek



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Annapurna Circuit Trek

URL: <https://hillarysteptreks.com/trip/annapurna-circuit-trek/>

Duration

14 Days

Per Person Cost

USD 1155

Difficulty

Moderate-Challenging

Group Size

1+

Best Seasons

March - May and September-5416 m
December

Maximum Elevation

Accommodation

Hotel/Tea House

Transportation

Private Vehicle/Flight

Meals

Full Board

Trip Route

Bhulbhule - Thorongla Pass-
Poonhill- Pokhara

Trip Highlights

- See majestic mountain views like Dhaulagiri, Tukucho Peak, Lamjung Himal Annapurna I, II South, Manaslu, Hiunchuli, Nilgiri, etc.
- Experience the magnetic view of sunrise and sunset from the peak of Thorong La Pass(5416m).
- Pass along several diverse landscapes, beautiful settlements, rivers, lovely waterfalls, and dense forests.
- Witnessing mesmerizing sunrise view over Annapurna Ranges, from the Poon hill(3210m)
- Experience the relaxing and rejuvenating natural hot spring bath in the Jhinu Danda.
- Visit one of the prestigious and sacred temples for Hindus and Buddhists, Muktinath Temple (3800m).
- Get to the largest monastery in the Manang district, Barge Monastery.
- Explore the small but beautiful settlements of the Gurungs, Tamangs, and Tharus.

Trip Overview

The Annapurna Circuit trek is popular as one of the **best treks in the world** for its breathtaking natural scenarios, beautiful, diverse landscapes, and cultural immersion. It is equally popular as other trekking destinations in Nepal, such as Everest Base Camp or Annapurna Base Camp Trek. This circuit trek takes you through lush green forests, charming villages, and diverse landscapes, including arid deserts.

Furthermore, you will also see **stunning views** of mountains like Annapurna, Hiuchuli, Nilgiri, Macchapuchre, Tukucho Peak, Dhampus Peak, Dhaulagiri, and Ganesh Himal. The Annapurna circuit trek (14 days) starts from Kathmandu, the capital city of Nepal. However, the trek begins in Besisahar, taking you through beautiful villages such as Bhulbhule, Jagat, and Dharapani. The key highlight of the trek is arriving at Thorong La Pass, the highest peak (5416m) of our trek.



Additionally, hiking to the Poon Hill viewpoint and visiting Muktinath Temple during your trekking days are the days for acclimatization. These acclimatization days are necessary to adapt your body to high altitudes. For this, you will spend a day in Manang, where you will also have an opportunity to learn about the local lifestyle and culture. During this time, you can also visit ancient monasteries, Ghumbas, and meditation caves.

Trip Itinerary

Day 01: Kathmandu(1,350m/4,429ft) - Besisahar-Bhulbhule/Ngadi(845m/2,772ft) (by Bus)

On our first day of the 14 Days Annapurna Circuit Trek, you will depart Kathmandu on a Public bus in the early morning. The bus takes you through the beautiful scenarios of terraced fields, small villages, and green hills. The scenic drive presents you with a magnificent view of the Trishuli River and snow capped peaks including Mt. Manaslu and Mt. Ganesh on your way.

After 6 hours of driving, you will arrive at Besisahar, a bustling town that is considered the starting point for Annapurna circuit trekking.

From Besisahar, the bus takes you through rough road uphill towards Bhulbhule. Upon arriving at Bhulbhule, you will witness the beautiful Marshyangdi River flowing freely at the side. We will take some time to relax for a while at a teahouse before registering the trek permits at the check posts. Later, you can explore nearby places in Bhulbhule.

You will stay overnight at Bhulbhule.

Time:	Accommodation	Meals:
200km/124 miles/ 7-8 hrs drive	Lodge/Tea house	B.L.D

Altitude:
1,350m/4,429ft, 845m/2,772ft

Day 02: Bhulbhule(845m/2,772ft) - Jagat (1,300m/4,265ft)

Today is the day we start our real trekking in our 14 days Annapurna Circuit trek itinerary. After an early morning breakfast, you will start your journey from Bhulbhule with a gradual walk to reach Jagat. The trekking trail passes through the lush green forest and terraced fields alongside the beautiful Marshyangdi River. On the way, you will pass through the pleasing waterfalls as you walk past beautiful villages to arrive at Jagat. Remember to admire the beautiful Mt Annapurna, Lamjung, and attractive landscapes on your journey.

You will stay overnight at a teahouse at Jagat.

Time:	Accommodation	Meals:
16km/10 miles/ 6-7 h	Lodge/ Tea house	B.L.D

Altitude:
845m/2,772ft, 1,300m/4,265ft

Day 03: Jagat(1,300m/4,265ft) - Dharapani (1,860m/6,102ft)

Today, you will continue your trek along the **Marsyangdi River** to reach Dharapani. The early trekking trail passes through rocky cliffs, a suspension bridge, lush forests, and beautiful waterfalls. Then you will

gradually climb steep ascents, which will take you to Tal village, the gateway of the Manang Region. From here, you will enjoy walking and observing the terraced fields with growing crops such as rice, barley, and potato as you reach Kontro village.

From Khotro village, the trekking trail descends downhill before you cross a bridge. A short walk from here will take you to Dharapani.

You will stay overnight at Dharapani.

Time:	Accommodation	Meals:
15km/9.3miles/ 5-6 hrs	Lodge/ Tea house	B.L.D

Altitude:
1,300m/4,265ft, 1,860m/6,102ft

Day 04: Dharapani (1,860m/6,102ft)- Chame (2,670m/8,760ft)

Today, the trekking trail will take you through stunning forests of pine and oak trees, with occasional glimpses of astonishing mountains from the distance. You will also pass through several small villages of Bagar Chhap, Danaque, Timang, Thanchok and Koto while observing the unique lifestyle of people in these lively settlements.

The highlight of the day is the stunning view of the Manaslu, Lamjung Himal, Annapurna II as you make your way to Chame. Stay overnight at Chame.

Time:	Accommodation	Meals:
15.5km/9.6 miles/ 7 hrs	Lodge/ Tea house	B.L.D

Altitude:
1,860m/6,102ft, 2,670m/8,760ft

Day 05: Chame(2670m/8760ft) - Upper Pisang(3300m/10827ft)

On the fifth day of our 14-day Annapurna Circuit trek, you will walk on the trekking trails towards Upper Pisang passing through steep ascents in the thick woods and narrow river valley. On the way, you will get a glimpse of the sacred huge Paungda Danda Rock.

Moving ahead through rocky terrain and stunning forests, you will ascend to Dhikur Pokhari. From here, a gradual walk on the trail will take you to Upper Pisang village. This small village is situated on a ridge overlooking the Marsyangdi River valley, with stunning views of the Annapurna range in the distance.

Time:	Accommodation	Meals:
13.2km/ 8.2 miles/ 4-5 hrs	Lodge/ Tea house	B.L.D

Altitude:

2670m/8760ft, 3300m/10827ft

Day 06: Upper Pisang(3,300m/10,827) - Manang (3540m/11,614ft)

Waving goodbye to picturesque Upper Pisang, you will start the day climbing steeply toward the numerous beautiful villages such as Ghyaru, Ngawal, Munji and Braka. You are rewarded with stunning views of Annapurna II, III, IV, Gangapurna, Pisang Peak, and Tilicho while you pass through various Tibetan settlements. On these settlements, you will explore small monasteries and make a visit to the largest Braka monastery in Manang. From Braka monastery, you will arrive at Manang after a short walk on the ascending path.

You will stay overnight at Manang.

Time:

17km/ 10.5 miles/ 7 hrs

Accommodation

Lodge/ Tea house

Meals:

B.L.D

Altitude:

3,300m/10,827,

3540m/11,614ft

Day 07: Rest day and acclimatization in Manang

Today is acclimatization day in our 14-day Annapurna Circuit trek itinerary. Acclimatization is important to allow your body to adapt to the high altitude and thinning air. Here, you will spend the day exploring the nearby villages and monasteries. You will also hike to the Gangapurna viewpoint to adjust your body to the higher altitude. From this viewpoint, you will witness the magnificent Gangapurna Glacier Lake, glaciers, and exceptional views of Annapurna. It also presents you with the top view of the beautiful Manang Valley.

Later today, you will visit the Himalayan Rescue Association and learn about prevention against [altitude sickness](#).

In the evening, you will also be able to interact with the local people and learn about their unique lifestyles. We will end the day enjoying the local cuisine.

Stay overnight at Manang.

Time:

3-5hrs

Accommodation

Lodge/ Tea house

Meals:

B.L.D

Day 08: Manang(3,540m/11,614ft) - Ledar (4,200m/13,780ft)

From Manang, today, you will head towards Ledar. The trekking trail is peaceful today, so you will enjoy walking in the quiet surrounding. The occasional encounter with beautiful animals such as yaks, goats, and mules on the way to Ghashang keeps you entertained. Walking further, the snow-capped mountains follow you as the trail ascends and descends to reach Yak Kharka. Careful walking is required as some passes are narrow.

From Yak Kharka, an easy walk will take you to Ledar where you will spend a night at a teahouse.

Time:	Accommodation	Meals:
10km/6.2 miles/ 5 hrs	Lodge/ Tea house	B.L.D

Altitude:
3,540m/11,614ft,
4,200m/13,780ft

Day 09: Ledar(4,200m/13,780ft) - High Camp (4,925m/16,158ft)

The ninth day of our 14-day Annapurna Circuit trek is quite challenging as the trails gain a significant amount of altitude. Today, you will leave Ledar walking slowly and gradually on several ascends and descends and cross a river following a narrow trail. On the trail, you will pass through Thorong Phedi where you are welcomed by the cold blowing wind.

You will trek at a slow pace throughout the day to arrive at High Camp. Stay overnight at a teahouse in High Camp.

Time:	Accommodation	Meals:
9km/ 5.6 miles/ 4 hrs	Lodge/Tea house	B.L.D

Altitude:
4,200m/13,780ft,
4,925m/16,158ft

Day 10: High Camp(4,925m/16,158ft) - Thorong La Pass (5,416m/17,769ft) - Muktinath (3,760m/12,336)

Today, the most thrilling part of the trek begins as we will be reaching the highest altitude of the Annapurna Circuit trek. The trekking trail is certainly challenging yet rewarding.

You will leave High Camp early in the morning as you pass through steep and rocky trails, where you may need to take frequent breaks to rest. As you climb higher, it is important to walk at a slow pace to avoid potential altitude sickness.

Upon reaching Thorong La Pass, you are rewarded with astonishing panoramic views of snow-capped

mountains including Annapurna and Dhaulagiri. You will also witness colorful prayer flags and chortens at the top of the pass.

After taking some time for rest and enjoying the exceptional nature at Thorong La Pass, you will begin to descend toward Muktinath. If we have time, we will make a visit to Muktinath temple, which is a pilgrimage destination and holy site for Hindus as well as Buddhists.

Stay overnight at a teahouse.

Time:	Accommodation	Meals:
14km/8.7 miles/ 7-9 hrs	Lodge/Tea house	B.L.D

Altitude:
4,925m/16,158ft,
3,760m/12,336

Day 11: Muktinath(3,760m/12,336ft) - Tatopani(1,190m/3,904ft) by Local Bus

On the 11th day of our 14 Days Annapurna Circuit trek, you will start a day early in the morning with a visit to Muktinath temple. The temple includes a golden statue of Lord Vishnu, and outside of the temple are 108 stone faucets with a bull face on them. Here, you will also visit the small monastery Mebar Lha Gumpa and get a glimpse of the continuous natural gas fire at the entrance of the gate. Inside the gumpa is a statue of a Buddhist god dedicated to Guru Rimpoche.

From Muktinath temple, we will ride on a bus to visit Tatopani. The thrilling bus ride takes you through the rigged roads of dry highlands; and passes the deepest gorge Kali Gandaki. The bus ride takes around 5-6 hours to reach Tatopani; and takes you through the beautiful villages of Kalopani, Marpha, Jomsom, and Tukucho.

After arriving at Tatopani, we will take a rest for a while. Later, you will visit the famous natural hot spring and enjoy the hot spring to heal your body. The bath provides you with refreshment and relaxation after a long day of continuous walking.

Stay overnight at a teahouse in Tatopani.

Time:	Accommodation	Meals:
113km/70.2 miles/ 4-5hrs	Lodge/ Tea house	B.L.D

Altitude:
3,760m/12,336ft,
1,190m/3,904ft

Day 12: Tatopani(1,190m/3,904ft)- Ghorepani (2,874m/9,429)

Waving goodbye to Tatopani, you will resume your trekking journey walking toward Ghorepani. The trek starts by crossing a suspension bridge of Kali Gandaki River before climbing steeply uphill to reach Sikha village. The trekking trail passes through the beautiful terraced farms and rhododendron forests to reach the charming Magar villages of Shikha. From here, the trail further passes through blooming magnolia, rhododendron, and birch forests to arrive at Ghorepani. You will enjoy stunning views of wonderful Himchuli, Tukucho, and Annapurna South on your way.

Stay overnight at a teahouse in Ghorepani.

Time:	Accommodation	Meals:
17km/10.6 miles/ 7-8 hrs	Lodge/ Tea house	B.L.D

Altitude:
1,190m/3,904ft, 2,874m/9,429

Day 13: Early morning Poon Hill hike (3,210m/10531ft), Trek to Hile & Return to Pokhara(8,20m/2,690ft)

Today, you will start the day early in the morning to enjoy the beautiful sunrise view. So, the hike commences at around 4.30 AM to arrive at Poon Hill after an hour of walking. The famous landmark for sunrise presents a breathtaking sunrise view over the snow-capped peaks including Dhaulagiri, Annapurna, Lamjung, Nilgiri, and other surrounding peaks. You can capture the moments with your camera or just relish the moment.

After collecting lifelong memories, you will return to Ghorepani and enjoy breakfast. Afterward, you will start trekking towards Hile passing through rich beautiful forests of bamboo, oak, rhododendron, and pine.

From Hile, you will ride a cab or local vehicle to drive to Pokhara. If time favors us, we will visit the nearby sightseeing sites or else we will rest at a hotel.

Stay overnight in Pokhara.

Time:	Accommodation	Meals:
12km/7.4 miles /6-7 hrs	Hotel Splendid View	B.L

Altitude:
3,210m/10531ft, 8,20m/2,690ft

Day 14: Pokhara(820m/2,690ft) - Kathmandu (1,350m/4,429ft) by Tourist Bus

Our extensive and thrilling 14 days Annapurna circuit trek comes to an end today. After early morning

breakfast at a hotel in Pokhara, you will drive back to Kathmandu on a 7 to 8 hours scenic drive. If you prefer a flight, you can also fly on domestic flights from Pokhara to Kathmandu (excluded from the package). After arriving in Kathmandu, you can take time to take a rest at a hotel in Thamel. If time favors, you can visit nearby sites in Kathmandu. Stay overnight at your own hotel in Kathmandu.

Time:

200km/124 miles/7-8 hrs

Meals:

B

Altitude:

820m/2,690ft, 1,350m/4,429ft)

Includes

Accommodation

- One night Accommodation in Pokhara (Hotel Splendid View with Breakfast)
- 12 nights Lodge accommodation during the Annapurna Circuit Trek

Meals

- All the Standard meals (Breakfast, Lunch, Dinner/the main course) Three times a day during the trek

Transportation

- Kathmandu to Bhulbhule by Bus
- Muktinath to Tatopani by public Bus
- Hile to Pokhara by Private Jeep
- Pokhara to kathmandu by Tourist bus

Note: (If you ask flight from Pokhara to Kathmandu we can arrange an extra cost)

Extras

- Annapurna Conservation Area Permit (ACAP) fees
- Trekker's Information Management System (TIMS) Card Fees
- One professional well English speaking government Licence holder trekking guide
- Porter (One porter for 2 trekker's, combine porter limit is 20kg)
- Guide's, porter's meal, salary, insurance, accommodation, insurance etc.
- Sleeping bag (if needed)
- First aid kits
- Water purification tablets for drinking water

- Seasonal fruits
- Trekking Map
- All Government, local taxes, and official expenses

Excludes

- International Airfare
- Nepal Visa fees at Tribhuvan International Airport (15 Days US\$30, 30 Days US\$50, 90 Days US\$125)
- All accommodation in Kathmandu
- Meals in Kathmandu and Pokhara
- Extra nights' 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, desert, WIFI, etc
- Your travel insurance that covers Helicopter evacuation
- Tips for Guide and Porters

Trekking Information

Thorong La Pass

The Thorong La Pass trek is one of the **highest trekking trails** in the world. It is located on the border of Nepal's Manang and Mustang districts, attracting thousands of tourists annually. While it's known as the Annapurna Circuit trek, it's also popularly called the Thorong La Pass trek. During this trek, you will arrive at the Thorong La Pass, with the highest elevation of 5,416 m.

One of the major attractions of the Annapurna Circuit Trek is the majestic views from the top of the Thorong La Pass ridge. You will see some of the most amazing views of the mountains like Manaslu 8153, Mt Annapurna II 7940, Annapurna III, Annapurna IV, Gangapurna, Tilicho Peak, Throng la Peak, Dhaulagiri 8,167 meters, Nilgiri, Annapurna south, Fishtails and many others countless peaks.

Annapurna Circuit Trek Route

The Annapurna Circuit Trek route takes you to the majestic Annapurna region. You will pass through different landscapes, from barren wilderness to lush jungles, rocky peaks and valleys, glacial moraines, and snowy mountains.



The trek route for the Annapurna Circuit trek generally starts in two places, **Bhulbhule and Besisahar**. Bhulbhule is the popular starting point that is used nowadays, whereas Besisahar is the traditional starting point; however, they are still used by many trekking agencies.

You will pass through small remote settlements like Jagat, Dharapani, Manang, Chame, and Upper Pisang. Ledar, High Camp, Thorong La Pass, Muktinath, Jhinu Danda, Kagbeni, Jomsom and finally Pokhara.

Accommodation for Annapurna Circuit Trek

Accommodation is one of the important factors that every trekker must consider during their trek. Trekkers need accommodation services during their Annapurna trek for meals and to get rest after an extremely tough day of trekking. There are three ways to accommodate you during your hike to Annapurna Circuit Trek in Nepal.

Hotels

Hotels are the most common means of accommodation in the cities or towns areas of the Khumbu region. When you arrive in Kathmandu, you can choose between luxury and budgeted hotels. These hotels have many unique services like big rooms, single beds, hot showers, and complimentary food and drinks. These hotels are much more expensive than budget lodges or guest houses.

Lodges

Lodges are mid-level places for accommodation, cheaper than hotels and more expensive than teahouses. The lodges have more services than teahouses as they have small rooms with single or twin beds. You will get hot water, room services, and other amenities in some lodges. Lodges are available in the cities and town areas.

Teahouses

At higher altitudes along the Annapurna Circuit Trek, you'll stay in basic but comfortable teahouses owned by locals. Additional facilities like Wi-Fi, laundry, hot water, and attached bathrooms are available at lower altitudes for an extra cost. Heaters, blankets, and hot water for a shower are available in winter. Check for working electrical outlets and Wi-Fi before booking a room. While staying, respect the local customs and take the time to learn about their culture and traditions.

Meals for Annapurna Circuit Trek

Meals during the Annapurna Circuit Trek are basic but appropriate and healthy for the trekkers. Carbohydrate, nutrition, and protein-based foods are required for mountain trekkers. When you hike the Annapurna Circuit Trek, you will have meals three times: Breakfast, Lunch, and Dinner. Here are some menu options for Breakfast, Lunch, and Dinner.

Breakfast: The menu for breakfast includes chapati, Tibetan bread, eggs, soups, stews, steaks, tea, coffee, etc.

Lunch: Dal Bhat, vegetable curry, lentils, roti, chapati, pizzas, burgers, dumplings, and fresh salads.

Dinner: Dal, Bhat, Vegetable curry, pizzas, burgers, dumplings, chapati, roti, soups, stews, steaks, thukpas.

Drinking water Facilities in Annapurna Circuit Trek

Drinking water is also essential to consider, as well as accommodation and meals in the [Annapurna Region](#). First, you can buy mineral or sparkling water in the city area. When you climb the altitude, you won't get shops where you can buy those water bottles, but make sure you carry purifying tablets.

Furthermore, when you are staying at a high altitude, your primary water source is taps and hand pumps, which are unsuitable for drinking, so ask for boiled water in the teahouse where you are staying. You might have to pay extra for the boiled water. Since plastic water bottles are forbidden in the Annapurna Conservation Area, it is handy to carry reusable water bottles. Keep on drinking water to prevent altitude sickness in the mountains.

Phone Network in Annapurna Circuit Trek

You can make calls with your phone when trekking along the lower altitudes of the Annapurna Circuit. However, the phone network may become unreliable or unavailable as you go higher. Using the available Wi-Fi, you can easily communicate with family or friends at the teahouses.

Furthermore, you can also take a satellite phone if you don't get much coverage, especially at higher altitudes. Some popular phone sim cards you can trek along with your trek are NTC and Ncell. The coverage might be sticky when you reach a height above 5000m around the Thorong La Pass area.

Internet Facility in Annapurna Circuit Trek

The world has become better with technology. Even in Nepal's mountains, people have internet access. Most teahouses in the Annapurna region have internet, which works well. However, the internet may not work well at Thorong La Pass and Ledar during the Annapurna Circuit Trek. Trekkers can use Wi-Fi at the teahouses for an additional cost. Additionally, they can purchase a SIM card and use a mobile data pack instead of paying extra for Wi-Fi.

Whenever you have the internet available at any point during the trek, it is wise to use it for communication or download maps for navigation. Ensure you limit the data usage on your devices, which don't play audio and videos, so your internet data will last long.

Reaching the starting point of the Annapurna Circuit Trek

If you plan to trek at Annapurna Circuit Trek, it is essential to understand the itinerary clearly. The 14-day Annapurna Circuit trek begins at Besisahar, which can be reached via a 6-hour drive from Kathmandu. The journey to Besisahar can be completed by a tourist bus or private cab, depending on your preferences.

By Bus: One way to travel to Besisahar from Kathmandu is via bus. The distance to cover is about 175 kilometers. It takes up about 5-6 hours to reach Besisahar from Kathmandu. The buses leave from Kathmandu to Besisahar via Gongabu Bus Park. You will take the Kathmandu road to Dumre road before reaching the initial point of the trek. The bus costs about \$10 to \$15 per person.

By Jeep: Another way to reach the starting point of the Annapurna Circuit Trek is via Jeep. Jeep is the quickest way to get to Besisahar in about 3 to 4 hours. Traveling via Jeep means you can stop at your will and click some beautiful pictures. You will feel a sense of privacy and peacefulness during your trek. Please remember that jeep travel is a bit expensive, and it costs from \$150 to \$250 per person, according to the trekking agency.

Preparation of Annapurna Circuit Trekking

If you want to trek the Annapurna Circuit Trek, prepare beforehand. Preparing for the Annapurna Circuit Trek will make the trek more fun and less challenging. Here are some of the ways you can prepare for your trek. During your trek, you must be wary of the physical and mental stress to reduce it and ensure you are mentally and physically strong.

Physical Preparation

Like other treks in Nepal, like Everest Base Camp Trek, Manaslu Circuit, or even Annapurna Base Camp Trek, the Annapurna Circuit Trek is quite physically daunting. The average duration for the Annapurna Circuit Trek is about 10 to 14 days, and every day, you will be trekking for about six to seven hours. So make sure you are physically fit by participating in the cardiovascular exercises. This exercise will help you with your core and your strength.

Mental Preparation

Just like physical difficulty, the high-altitude trekking also leads to the mental preparation. When you are trekking in harsh conditions, remoteness, and where there is a language barrier, sometimes trekkers face mental breakdowns. Make sure you are trekking with a positive mindset and confidence. You must always expect that the trek will not be easy, but the rewards will be pretty satisfying. You can participate in meditation and yoga exercises to improve your mental preparation.

Cost for Annapurna Circuit Trek

The cost of Annapurna Circuit Trek with Annapurna Base Camp Trek per person is **USD 1699**. In every trekking package, the cost of trekking decreases with the number of trekkers. Similarly, the trek price decreases to **USD 1299** per person for two people.

The cost of the treks depends upon different factors, such as duration, trekking region, group size,

trekking agency, transportation, and accommodation. Besides regular costs during your treks, you will also bear other personal expenses, like travel insurance, shopping expenses, tips for guides and porters, etc.

Guides for Safety for Annapurna Circuit Trek

The Annapurna Circuit trek is a majestic journey that takes you into the wilderness of the Annapurna region. The trek is quite fun, but many challenges exist, from the subtropical path to the high-altitude snowy mountains. Hence, trekkers, whether they are beginners or experienced, require guides for safety. It would help if you considered some factors regarding safety: weather, altitude sickness, wildlife, trail conditions, and personal safety. Here are some of the guides for safety on the circuit trek.

1. Preparing physically and mentally for the trek so that you will be ready for every unknown.
2. Make sure you learn about acclimatization and are acclimatized throughout the trek to avoid altitude sickness.
3. Pack all the necessary clothing, gear, and equipment to trek the Annapurna Circuit Trek.
4. Stay Hydrated and take the necessary nutrients throughout your trek so you don't feel weak.

Annapurna Circuit vs Annapurna Sanctuary Route

The Circuit and Annapurna Sanctuary trek routes feature encounters with the Gurung people but differ significantly. It would be best to have permits for both treks, such as a TIMS card for the Annapurna Conservation Area Permit (ACAP). The Circuit travel starts and ends in Taal, while the Sanctuary begins and ends in Pokhara. Venturing into Mustang is remarkable, as the area resembles Tibet and stands out from the rest of Nepal. The Sanctuary hike offers breathtaking views of the Himalayas, with no high passes but plenty of uphill terrain, reaching an altitude of 4,130 meters.

Meanwhile, the Circuit offers an exciting challenge of completing a loop. Although the AST doesn't follow the same route back, some overlapping areas make it a unique and diverse journey. The Thorong La (pass) between Manang and Mustang stands at an impressive 5,416 meters and is undeniably one of the most demanding parts of the renowned Circuit. Addressing high altitudes and getting to a lower elevation as soon as possible is crucial.

A Typical Day in the Annapurna Circuit Trek

Annapurna Circuit Trek is one of the fun trekking adventures. The typical day in the circuit trek consists of exploring, meeting new people, and visiting new places. The Annapurna Circuit trek begins early, from 5 AM to 6 AM.

5 AM to 6 AM

You will wake up early and freshen up regularly. Prepare for the trek ahead by packing the necessary items for the trek. After half an hour of preparation, you will eat a delicious breakfast before heading out for trekking. Make sure you are not skipping breakfast as they will provide you instant energy for the first section of the trek.

6 Am to 1 PM

After enjoying your tasty breakfast, it's time to start your trek. The weather will be cool at first, but it will get warmer as the day progresses. Depending on the season, you might need to bring rain gear. For example, you'll mostly have warm, sunny weather in spring while trekking. During your trek, you can explore villages, ancient temples, monasteries, caves, and other sites. Take the time to visit local villages, chat with the locals, learn about their culture, and try regional foods. After 6 to 7 hours of trekking, it's time to stop for lunch.

1 PM to 2 PM

It's lunchtime! After walking a lot, eating food with lots of energy is essential. Your guide will take you to a local restaurant where you can try Nepali or Thakali food. For lunch, you'll have rice, lentils, and vegetable curry. It's an excellent time to take a break and get used to the altitude. Listen to your body and rest when you need to. After about an hour, it's time to keep walking.

2 PM to 5 PM

In the afternoon, the trek to Gokyo Lake and Gokyo Valley continues. The journey takes three to four more hours, with the pace slowing down as we pass through the villages of Gokyo. As the sun goes down, the villages cast long shadows on the mountains, creating a beautiful sight. The evening begins, and it's time to reach the new teahouse destination.

5 PM to 7 PM

At around 5 PM, you will arrive at the teahouse. It's time to relax, freshen up, and check out the teahouse. Then, you can take a leisurely walk around the village and explore local attractions such as restaurants, temples, and monasteries. In some villages, the locals gather around the fire, sing, dance, and share stories. You can join them and build a stronger connection with the locals.

7 PM to 8 PM

It's dinner time at your new teahouse. Dinner is served from 7 to 8 PM, and you'll have many options, including local Nepali or Thakali Dal, Bhat, Tarkari, and various Western dishes. Some teahouses also offer Western dishes like Pizzas, Burgers, and Dumplings. Eating healthy, carb-rich foods for energy during lunch is wise, but try not to overeat, as it can make it hard to fall asleep.

8 PM to 10 PM

After lunch, aim to fall asleep by 10 PM. Getting enough quality sleep is essential to feel refreshed for the next day. If you don't sleep well enough at night, the next day will be tired, and you will be fatigued throughout the trek the next day. The rooms have plenty of bedding to ensure a warm and comfortable sleep. This is the typical routine for a day on the Annapurna Circuit Trek.

Annapurna Circuit Elevation

The Annapurna Circuit Trek takes you to some of the tallest peaks in the Annapurna region. During this trek, you will gain elevation daily and finally reach the highest elevation in the Thorong La Pass. On the

first day, you will travel from Kathmandu to Bhulbhule, where you will lower your altitude, but when you reach Jagat, you will get an altitude of 1,300m, which means climbing an elevation of over 450m.

On the third day, the trek takes you from Jagat to Dharapani, where you will gain an elevation of 560m, and the next day, you will reach Chame, where you will gain an elevation of more than 810m. From Chame to Upper Pisang, you will gain a further elevation of 630m. You will gain more elevation of about 240m. From Manang to Ledar, you will climb about 640m in elevation. You will climb about 725m from Ledar to High Camp and finally climb 491m.

Annapurna Circuit Trek Distance

Let's take a look at the Annapurna Circuit Trek distance.

Day	Starting Point	Ending Point	Distance (km/miles)
1	Kathmandu	Bhulbhule/Ngadi	200/124
2	Bhulbhule/Ngadi	Jagat	16/10
3	Jagat	Dharapani	15/9.3
4	Dharapani	Chame	15.5/9.6
5	Chame	Upper Pisang	13.2/8.2
6	Upper Pisang	Manang	17/10.5
7	Manang	Manang (Rest Day)	-
8	Manang	Ledar	10/6.2
9	Ledar	High Camp	9/5.6
10	High Camp	Muktinath	14/8.7
11	Muktinath	Tatopani (Bus)	113/70.2
12	Tatopani	Ghorepani	17/10.6
13	Ghorepani (Poon Hill Hike)	Pokhara (Bus)	12/7.4
14	Pokhara	Kathmandu (Bus)	200/124

Essential Permits for the Annapurna Circuit Trek

The trekkers require two permits for the **Annapurna Conservation Area Project (ACAP)** and the **Trekkers Information Management System (TIMS)**.

Annapurna Conservation Area Permit (ACAP)

Annapurna Circuit Trek passes through the Annapurna Sanctuary, which is why you must issue the Annapurna Conservation Area permit. ACAP Permit can be purchased at the tourism office. This permit costs SAARC nationals NPR 3000 and NPR 1000 for the local people.

TIMS Card

The TIMS card also stands for the Trekking Information Management System Card. This card was

previously essential as it recorded every trekker visiting every trekking region. You can issue this card to the Nepal Tourism Board in Kathmandu. The TIMS costs SAARC nationals NPR 2000 and NPR 1000. Both ACAP and TIMS permits are valid for all treks in the Annapurna region until it has an exit stamp on them.

Travel Insurance

Travel Insurance helps protect travelers from unexpected events by covering medical and other travel-related expenses. It is an essential tool to ensure a comfortable travel experience. Make sure to get travel insurance that covers medical emergencies, luggage loss, theft, flight cancellations, emergency rescues, and high altitude.

However, there are certain things travel insurance won't cover, which you have to be careful. Some of the things that travel insurance does not cover are expenses due to negligence, expenses due to drug abuse, prior medical conditions, acts of terrorism, loss of items, and expensive jewelry.

Annapurna Circuit Trek Difficulties

Annapurna Circuit Trek is challenging for first-time trekkers but adventurous at the same time. The circuit blends high ascends, steep descends, and straight roads. A few factors influence the difficulty level of the Annapurna Circuit Trek. These factors make the trek even more challenging if you don't have prior experience. So, let's look at some Trek difficulty factors you will experience during your ACT.

High Altitude

High Altitude is one of the most common trek difficulties that the trekkers face during their trek to the Annapurna region. In high altitudes, the risk of altitude sickness becomes more common, especially after the altitude of love is 3500m, and in this trek, the trekkers trek above 5000m, so the chance of altitude sickness is common. Ensure you have carried medicines and lower your altitude if the symptoms affect you.

Long Duration

The Annapurna Circuit trek lasts 10 to 21 days or more; each day, you have to trek for about 6 to 7 hours. It can be challenging because it requires lots of energy, and you must walk for a long time. It would help if you also took breaks to get used to the higher places. It's essential to get ready and stay strong during the journey. Different Annapurna Circuit trek packages run for varying lengths of time.

Tough Terrain

The Annapurna Circuit Trek passes through different types of landscapes. From sub-tropical barren lands to lush green forests, rocky peaks, snowy mountains, and glacial moraines near Tilicho Lake, the trekkers will get different types of experience. However, such different terrains are also challenging to trek. The trails pass through ups and downs with steep ascents and descents each day. So ensure you are physically fit to trek through these challenging terrains easily.

Altitude Sickness and Acclimatization at Annapurna Circuit Trek

Altitude, or acute mountain sickness, is common among trekkers who climb to over 3000 meters in high altitudes. Trekkers may have to go up and down multiple times during their trek. The main symptoms of altitude sickness include headache, feeling sick, nausea, difficulty breathing, vomiting, tiredness, dizziness, loss of appetite, trouble sleeping, hallucinations etc.

Only a few trekkers suffer from altitude sickness below 3000 m, but it can be treated well with proper guidelines and medications. If anyone has a symptom of altitude sickness, immediately inform the guide, and necessary actions are taken. There are a few ways to prevent altitude sickness, which are explained below.

- Acclimatization is the primary way of preventing altitude sickness. One of the best ways of acclimatization is to rest whenever you can. Trek High Sleep Low is the best motto for trekkers trekking at a high altitude.
- Drink an adequate amount of water. Keep rehydrating at regular intervals. It is best to drink a liter every hour you've walked then. Set yourself to urinate further throughout the day and night.
- Get plenty of rest & sleep. Don't push yourself too much while walking. The key is to ascend slowly and gradually.
- It would help if you had an applicable balanced diet throughout the journey. Avoid too much salty food, cigarettes, tobacco, and alcohol throughout the trek.
- Do warm-up hikes and stretching before starting the journey for the day so that you don't suffer cramps and limps during the trek.
- If necessary, take the capsules for altitude sickness by consulting your guide. If you feel too uncomfortable, descend immediately.

When is the best time to visit Annapurna Circuit Trek?

Annapurna Circuit Trek is quite a fun and challenging trek, but if you want to make it even more fun and less demanding, it's best to trek in the ideal trekking conditions. In Nepal, two seasons are considered the best for trekking, whereas the other two seasons fall in the off-season. So let's look at the best and two offseasons for trekking the ACT.

Spring (March to May)

Spring season begins in March and ends in May. It is among the best season to trek the Annapurna Circuit Trek. The main attraction of the Spring season is the flowering trails from the different places to places. The weather and climate are ideal for the trekkers to enjoy the whole region. During Spring, the views of the mountains and skies get much more straightforward to click some stunning photos. It is the ideal trekking season for regular casuals to trek with their families and loved ones. Children also love the Spring season due to the vibrant environment and the chance to see many flowers, animals, and birds.

Autumn (September to November)

Autumn is the best time to trek the Annapurna Circuit in Nepal. The weather is great for hiking, with pleasant temperatures, minimal humidity, and plenty of sunlight. Paths are clean and fresh after the rain, and the forest paths are beautiful as the leaves on the trees change color. Days at higher elevations are not too cold, so crossing Thorong La Pass is easier this time of year. The peak provides a clear view of

Nepal's Manang and Mustang region's skies, mountains, and unique landscapes.

Monsoon season (June to August)

Since there is the best season for trekking, there are also the off-seasons. Monsoon season falls under the off-season for trekking. It might be the worst season for trekking as a whole. Monsoon season begins a month after the summer season, and the region suffers from mild to heavy rainfall every day. Such rainfall makes the trek, especially the steep ascents and descents, challenging to scale. Since the trails are wet and slippery, trekkers might fall and get injured. Furthermore, the jungles and forests are infested with insects and mosquitoes due to their moist surroundings. During the monsoon season, Nepal also suffers from natural disasters like floods, landslides, and soil erosion. Hence, it's better not to trek in such dangerous conditions.

Winter Season (December to February)

Winter season is another season that falls under the off season for trekking in Nepal. This season starts in December and ends in February. If you come to hike in the winter, prepare for the extreme temperature, cold and dynamic weather, and heavy snowstorms throughout the trek. During the winter, the teahouses are usually closed due to the high chance of avalanches. So, staying in the open fields during winter is highly risky. However, in the winter season, the views of the snowy mountains are more beautiful than in any other season, which is why vastly experienced trekkers trek in the winter season.

Read More: [Best Time to Hike Annapurna Circuit](#)

Luggage limitation for Porter

Porters make the trekking journey comfortable. They perform an admirable job by carrying heavy luggage on their back with the help of a strap band. They climb up and downhill on the rough, slippery, zigzag trails. Porters carry the luggage of two trekkers. So, considering their health and difficulty level, the maximum luggage limitation for a porter is 20-22 kg.

Trip Safety

HST guides and porters are professional, well-trained, and skilled experts with over a decade of experience. For us, the safety of the trekkers is the topmost priority. The guides always carry personal protective equipment and first-aid kits with them. They are technically skilled, friendly, have spotless judgment, and have proven safety acts with no fatalities. The guides and porters accompany you to make the trekking journey memorable, safe, and accessible. HST is always concerned about the safety of international clients during trips. We are readily available to fulfill various needs and provide better service so our clients have a safe, satisfying, and unforgettable experience.

What is the Equipment checklist for Annapurna Circuit Trek ?

The essential equipment checklist for Annapurna Circuit Trek is listed below:

Upper Body:-

- A long-sleeve thermal base layer
- Trekking shirt
- Insulation layer
- Fleece jacket
- Warm Down Jacket
- Gloves
- Waterproof jacket
- T-Shirt lightweight

Head: -

- Beanies and ear warmers
- Sunhat & Scarf
- Headlights with extra batteries

Face: -

- Sunglasses with UV protection
- Sunscreen
- Dust Masks
- Lip Balm
- Face /Body wipe

legs & Boots: -

- Trekking Pants, two pairs
- Waterproof jacket
- Trekking boots
- Sport Shoes
- Gaiters
- Crampons (If snow or Ice)
- Slippers
- Thermal Leggins
- Underwear & thick Socks

Essentials Gear: -

- Trekking pole
- Sleeping bag
- Towels
- Raincoat
- Water bottle
- Backpack or Day pack

Toiletries: -

- Quick drying towel
- Toilet paper
- Toothbrush

- Toothpaste
- Soap
- Shampoo
- Small mirror
- Nail cutter

Personal accessories: -

- Money
- Camera
- Phone
- Watch
- Power bank
- Extra batteries for the Camera

Extra: -

- Diary & Pen
- Books
- Extra Passport copy and Photos
- Binocular
- Firsts Aid Kits

Note: The above list can be customized according to the season and the trekkers' needs.

Extra Personal Expenses

Trekking in the mountains is adventurous but full of unpredictability at the same time. It is sensible to carry extra cash as banks and ATMs are unavailable at higher altitudes. For the following purposes, one needs to carry extra cash:

- For your Travel Insurance
- Extra or personal porter
- Gears and Equipment
- Hot showers, internet access, battery charging, laundry, and other extra services in the mountains
- Emergency evacuation cost
- Souvenirs from the Himalayas, such as medicinal herbs, paintings, and other things
- Flight cancellation/Extra stay
- Any drinks, energy bars throughout the trek, tips to the guides and porters at the end of the trek

What is the Tipping System in Nepal?

Tipping in Nepal is a good culture and is widely accepted. One can tip the guides and porters based on the services provided by the guides. It is entirely your choice to tip them, but a general rule is to tip about 10% of your trekking costs.

Benefits of Choosing Hillary Step Treks (HST)

- Our experienced team of over a decade has accomplished treks in Annapurna Circuit Trek and other treks.
- Our guides are fluent in English and Nepali dialects. They know the terrain, culture, people, and the Annapurna region through & through.
- HST provides you with the best value services for your money. There is no hidden cost; every step with HST is transparent and clear. We value our clients over profit any day.
- Your safety is the top priority while trekking with the HST team. Thus, a first-aid kit or rescue team provision is required in an emergency.
- Our government-registered company provides real care services at the best reasonable rate.
- Our company also has 70% of our clients showing their trust in us over the years.
- We go the extra mile to ensure a complete trekking experience in Nepal. HST is your ideal choice for trekking in Nepal.

FAQs of Annapurna Circuit Trek

What level of fitness is needed for the Annapurna Circuit?

To trek the Annapurna Circuit, you need good overall fitness. This includes the ability to walk for 6-7 hours a day, often uphill and downhill, while carrying a backpack. Strong legs and a solid core are important for handling steep and uneven terrain.

Can you do Annapurna Circuit alone?

Yes, you can do the Annapurna Circuit alone, as the trail is well-marked and has many teahouses and lodges for accommodation and food. However, trekking solo requires careful preparation. While the trek is relatively safe for solo trekkers, hiring a guide or joining a group can provide additional safety.

What is the highest point of the Annapurna Circuit Trek?

The highest point of the Annapurna Circuit Trek is Thorongla Pass, which stands at 5416m above sea level. This pass is challenging yet rewarding, offering breathtaking views of the surrounding mountains. Reaching this high altitude requires good acclimatization and preparation.

Does Annapurna have a death zone?

Yes, Annapurna I, the highest peak in the Annapurna massif, has a death zone. This zone is above 8,000 meters, with extremely low oxygen levels, making it difficult for humans to survive for extended periods. This zone poses severe risks, including extreme cold, high winds, and the danger of avalanches and rockfalls.

Do you need a porter for Annapurna Circuit?

Hiring a porter for the Annapurna circuit is not strictly necessary but can be very helpful. Porters carry heavy bags, allowing you to trek with just a day pack, which makes the trek much easier and more enjoyable.

What is the elevation gain of the Annapurna Circuit?

The Annapurna Circuit's elevation gain is substantial. Trekkers start from low altitudes around 800 meters in Besisahar and reach the highest point at Thorong La Pass at 5,416 meters. This means a total elevation gain of approximately 4,616 meters.

Can you do Annapurna Circuit in 7 days?

Yes, you can complete the Annapurna Circuit in 7 days, but it can be very challenging. The full circuit typically takes 12 to 22 days, depending on the chosen route and pace. Attempting to do it in just 7 days will require a very fast pace, limited acclimatization time, and potentially skipping some sections.

How many have died on Annapurna?

As of recent records, around 73 climbers have lost their lives attempting to reach the summit of Annapurna. Annapurna, particularly Annapurna I, is known for being one of the most dangerous mountains in the world for climbers, with a high fatality rate.

How long does it take to reach Annapurna Circuit Trek?

The Annapurna Circuit Trek usually takes between 12 to 22 days to complete and covers a distance of 160 to 230 kilometers, depending on the route you take. The Annapurna Circuit is a long trek that goes around the Annapurna mountain.

Can you see Mt Everest from Annapurna Circuit?

No, you cannot see Mount Everest from the Annapurna Circuit. The Annapurna region is quite a distance from the Everest region, and the two areas are separated by other high mountain ranges. The Annapurna Circuit offers views of the Annapurna and Dhaulagiri mountain ranges.

Which is harder Annapurna Circuit or Everest Base Camp?

Annapurna Circuit is harder than Everest Base Camp. This is because it is longer, unusually taking around 12-22 days compared to 10-14 days for Everest Base Camp, and includes a higher and more challenging pass, the Thorong La, at 5,416 meters.

What is the difference between Annapurna and Annapurna Circuit?

Annapurna usually refers to Annapurna I, the 10th-highest mountain in the world, known for its challenging climbs and high-altitude conditions. The Annapurna Circuit, on the other hand, is a popular trekking route that circles the Annapurna massif, offering a diverse range of landscapes and cultural experiences.

Can a beginner climb Annapurna?

Climbing Annapurna is not recommended for beginners due to its extreme difficulty and high risks. Annapurna I, the main peak, is one of the most challenging and dangerous mountains to climb, with a fatality rate among climbers.

Can you climb Annapurna without oxygen?

Climbing Annapurna without supplemental oxygen is extremely challenging and risky. The high altitude, with Annapurna I reaching 8,091 meters, significantly reduces the amount of available oxygen, making it difficult for even experienced climbers to breathe and maintain physical performance.

How high is the pass on the Annapurna Circuit?

The highest pass on the Annapurna Circuit is Thorong La Pass, which stands at an elevation of 5,416 meters above sea level. Reaching this high point is a major highlight of the trek and requires careful acclimatization to handle the altitude safely.

Address

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